

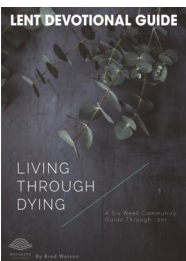


NASHVILLE ROAD
COMMUNITY **CHURCH**

I take pride in my family, I take pride in my abilities, I take pride in the way I do my job... all great ways of thinking about pride, which may be more reflective of a sense of respect for yourself, your achievements, and the things around you. However, the dark side of pride is what we have been battling since the Fall of humanity. In the studies of psychology and psychoanalysis, the "self" is constantly under investigation. Man is constantly at odds with others, seeking help for relationships and power struggles. Man is at odds within himself, as the Id (the instinctual part of the mind) battles with the Superego (the moral conscience); or as Paul says, the flesh battles with the spirit.

This Sunday, we explore *Humble Grace* as Paul's letter to the church in Corinth says, "Love does not boast, it is not proud". This seems counter-cultural especially when we are able to tweet, post, and snapchat every detail of our lives to prove that we are fun, we have something going on, or that we have *things*. Humility is not our natural default, and it is hard to be humble when most messages from the world tell us to be otherwise. As we read through 1 Corinthians 3:21 – 4:7, we will see the message that *Gospel Humility is not thinking less of yourself - its thinking of yourself less!*

LENT DEVOTIONAL:



Lent and the celebration of Easter focus our lives on the wonderful love of God in the gospel. Lent is a forty-day season of fasting, praying, scripture reading, and reflection on the Good News. The death and resurrection of Jesus Christ are at the very heart of Christianity. The gospel in a nutshell is that God has acted in history to conquer evil and reconcile

sinners to himself through the life, death, and resurrection of Jesus. Lent is first and foremost about the gospel making its way deeper into our lives. Lent is a season of preparation and repentance during which we anticipate the death (Good Friday) and resurrection (Easter Sunday) of Jesus. It's this very preparation and repentance—aimed at grasping the intense significance of the crucifixion—that give us a deep and powerful longing for the resurrection, the joy of Easter. For those who are observing Lent we have a short devotional that is available at the Welcome Center that you may find helpful. It is designed for small groups but can be excellent for individual use as well.

Church Events

- * Feb 18: Call to pray @ 930am
- * Feb 18: Family games night
- * Feb 20: training for Alpha leaders
- * Feb 24: Man UP
- * Feb 27: Women's connect & grow @7pm

Pancake Dinner

PANCAKE DINNER THANK YOU!

We had a great evening on Tuesday breaking bread ... well, pancakes - together! It was Shrove or Pancake Tuesday and a sweet time to be together as a larger family! Thank you to Dave Lawson and the worship team for taking the lead in making it happen and also to Dave for leading a great devotional on the wonder of fasting! Thanks to Mike Cook for living up to his surname and making some amazing pancakes and for everyone who took it easy on Dean for really messing up the first batch! Thanks also to everyone who helped chip in to set up or clean up after dinner! We'll look forward to next years "2nd Annual NRCC Pancake Dinner Extravaganza!"



HAPPY BIRTHDAY!

Jim Gerber celebrated his birthday on Thursday February 15th! Happy Birthday Jim!



MOVING WITH MUSIC:

MOVING WITH MUSIC IS MOVING - moving days that is! We're now meeting on **Wednesday mornings from 9:30-10:30** in the Chapel. We've been MOVING WITH MUSIC for the last two weeks and it's been great!. Each session uses music and rhythm exercises that help maintain walking, balance and general

movement. All exercises are adaptable so participants can work at their own level. MOVING WITH MUSIC benefits healthy older adults as well as those dealing with (but not limited to):

> Brain Injury > Stroke > Parkinsons Disease

DETAILS:

Day: Wednesday mornings

Time: 9:30am - 10:30am

Where: The Chapel at Nashville Road Community Church - 6950 Nashville Road

Cost: No charge!

For more info please contact Julia at 647-230-2066 or email -

info@julasplacemusictherapy.com

CONNECT CARDS:

Church is a people who God's love and grace are changing! We get to be a large family! Families communicate the important stuff that's happening in their lives often around a dinner table! We'd love to celebrate, support and pray for one another when we hear about what's happening. One way to do that is with the Connect Card. Think of it as the family dinner table in convenient card form! You can pick one up any time and place it in the offering plate on a Sunday or the Connect Card box.



YOUTH SUNDAY GATHERING:

Continuing this Sunday morning - February 18th and continuing thru to March 4th our youth will meet together and watch a 4 week video series called "Whisper" and talk about what it means to hear from God. Please speak with Diana Payne for more details.



CHRISTIANS AGAINST POVERTY (CAP):

People living in poverty have a life expectancy that is 21 years less than the national average. Today, there are people in our community whose lives are

being devastated as a result of debt. They may be struggling to feed their families, suicidal, depressed and alone. Last Sunday we heard of the ministry of Christians Against Poverty (CAP) and also the opportunity that we have as NRCC to partner with CAP and demonstrate God's love in action and bring hope and salvation to some of the most marginalized people in our community. If you are interested in being involved with CAP and being trained - please speak to Dean or contact - dean@nashvilleroad.ca



FAMILY GAMES NIGHT:

We're getting together as a large family to celebrate Family Day Weekend and we'll eat some food and enjoy some craziness playing board games and maybe one or two larger games together! So bring your favourite board game, some energy and some food to share and we'll see you Sunday evening!

Date: Sunday February 18

Time: 6-9pm

Where: Main Auditorium

Prayer & Praise

PRAISE + PRAYER:

We've been praying for Andre Oulette who was seriously injured in a work accident in August. He is doing really well! He says:

"All the doctors are impressed and dare I say excited with my progress. I have more movement than anyone they have ever seen in such a short time.

The nerves are growing down my arm (F. Y. I nerves grow at a rate of an inch a month) My muscles are getting stronger but my movement is dependent on nerves talking to muscles but everything is not totally working together yet. The bones in my arm are not growing the way the doctors like but it is still a short time since the accident.

I'm back at work on light duty and left hand work only. I am doing exercises and using my right hand as much as possible

I sometimes sound like a 3yr old when people ask if they can help and I say "No I can do it my self" Everyone laughs!

My Physiotherapist says because I use my hand even though it doesn't work as well I am getting more exercise by using it and improving my movement

Thank you for all the prayers and good wishes!"

Reta Campbell in Jamaica has shared that they are giving glory to God for all He is doing there and asked for prayer for the children as they seek to share the love and truth of God with them and to continue *"to make ourselves available to be used to accomplish His purposes for which He has called us."*



Please pray for all those in our body who are dealing with the flu bug!

Praising God for the provision of a Hospice room at Bethel house, for Chris Hennig's father. Please continue to pray for the Hennig family during this difficult time.



ALPHA:

Alpha is a series of interactive sessions exploring the basics of the Christian faith.

Each session looks at a different question, and is designed to create conversation. There's no pressure, no follow-up and no charge; it's just an open, informal, and honest space to explore and discuss life's big questions together. Each Alpha has:

Food:

Whether it's a group of friends gathered around a kitchen table, or a quick catch-up over coffee, food has a way of bringing people together. It's no different at Alpha. All sessions start with food, because it's a great way to connect, relax and build friendships.

Talk:

The talks are designed to be engaging and inspire conversation. Usually around 30 minutes long, they explore the big issues around faith and unpack the basics of Christianity, addressing questions like "Who is Jesus?", "Why and how do I pray?" and "How does God guide us?"

Discussion:

Probably the most important part of any Alpha: the chance to share thoughts and ideas about the talk without being corrected or judged. There's no obligation to say anything; it's an opportunity to hear from others and contribute your own perspective.

"Alpha is where I was able to go with people from all walks of life and come together to discuss faith. We ate together, we talked together, and we learned from each other." - Martin, Alpha Guest

We're excited to partner with Connect Church in Bolton for this next session of Alpha and you're invited to come and invite others!

Dates: Tuesday evenings starting March 20th

Time: 7-8:45pm

Cost: Free!

Location: Connect Church - 12495 Peel Regional Rd 50, Bolton, ON L7E 1M3

Our Winter Session begins on **Tuesday March 20th** and will follow on each Tuesday for 12 weeks.

More ALPHA Info?

For more information or details about Alpha - please check out tryalpha.ca or contact the church office

Interested in SERVING on the ALPHA Team?

If you are interested in serving as part of our Alpha Leadership Team - we're looking for:

- > 3 Table hosts to help welcome and make people feel comfortable and at home
- > 2 Child care helpers to make it easier for parents with young children to attend
- > 2 Food helpers to share the food preparation with the team from Connect Church.

If you'd like to volunteer - please sign up at the welcome centre or contact the church office