

Sunday Morning January 27th - Re:New>

Most of us have habits. Behavioural scientists tell us that we develop these habits via a neurological loop that involves a cue, a routine and a reward. Essentially when we encounter a situation we take an action and receive whatever the reward is. For example - we feel hungry and we know where the cookies are and we eat one (or 2 or 3!) and don't feel hungry anymore. When we repeat this process it creates a mental association between the situation and action which means that when the cue is encountered the behaviour is performed automatically. It becomes integrated and we no longer actually think of the process. That's a reason it's very difficult to break habits. Our Re:New series is aimed at helping us look at how we relate to God. The question for this Sunday is how "habitual" has the way we relate to God become? What are the "automatic" ways we think about or relate to Him that we've been influenced towards over time? Do we even think about the process of engaging with or about God at all? This week we're looking at the challenge that the early church faced of letting go of the old ways of relating to God in order to experience the freshness that Jesus unleashed to individuals and their community. Looking forward to reNEWing life together and celebrating the reminder of this New Agreement Jesus inaugurated for all of humanity.

Church Events

January 26: J-Walkers Youth Nite -5:30pm

January 30: Moving with Music - 9am

February 5: Women's Connect + Grow - 7pm

February 9: Men's Breakfast - 8:30am

February 17: Family Games Nite - 6pm

February 23: Coldest Night of the Year -4pm

March 5: Pancake Dinner - 6pm



KIDS KONNECTION PARENTS!

Parents and children of Nashville Road Community Church, you are invited to join the Kids Konnection leaders on **Sunday February 3, 2019 at 9:30.** We want to briefly share with you how our year is progressing and have an opportunity to meet with you over coffee and treats to be mutually encouraged. Hope to see you there.

A PEOPLE WHO ... ROAD RALLY!

Caledon Meals on Wheels is holding a fun, interactive, community Road Rally fundraiser tentatively scheduled to take place on Saturday June 1, 2019 from 9AM- Noon. Journey through the picturesque Headwaters Region making stops to enjoy delicious snacks and collect passport stamps. Then assemble back at a centralized location to enjoy interactive health and wellness activities, a barbeque, entertainment and a chance to win prizes.

We are inviting members of local car clubs, as well as nutrition, health and wellness enthusiasts to participate in planning this community event. Do you know someone who may be interested in being a part of the team that helps to create our inaugural Road Rally? The committee assists with planning the following:

- Road Rally Route - Games & Activities -Barbeque - Entertainment - Prize Acquisition -Recruiting participants - Marketing & Promotion

Committee meetings take place in the evenings 1 to 2 times a month, tentatively scheduled for Tuesday evenings. If you are interested, please contact Deirdre at (905) 857-7651 ext. 27.



Save the date!! The Coldest Night of the Year is on Saturday, February 23, 2019. CNOY is a family-friendly national walk-a-thon that helps us support and raise funds for ministries that serves hungry, homeless and hurting people in Brampton and in 136 communities across Canada. We're going to walk for Regeneration Outreach in Brampton! <u>Check</u> <u>out all the details here!</u>

Family Happenings

> Happy Birthday to Mark Webb - celebrating his birthday on January 29th

> Happy Birthday to Janet Body - celebrating her birthday on February 1st



Ladies, January through till the end of May, we're meeting every other Tuesday evening at 7pm for a couple of hours in

the chapel. Currently we are listening to and discussing J.D. Greear's 9 session video teaching

of Ephesians made available to us through RightNow Media. Next meeting date: February 5th.

There's always room around the table to connect and grow together! If you're interested, please speak with Gail Lister or leave your contact information with the church office.

Prayer & Praise

Praise the Lord:

> Joycey Romeo is doing really well at her rehab and doctors have told her that they think she'll be released on Thursday!

> LeeAnn's niece Brianna is 35 weeks pregnant and at 33 weeks her baby's body was not growing properly. There was significant concern had that pattern continued they were considering taking the baby early. After a recent reexamination the doctors have said that they baby is growing well now and will go to full term! Praise the Lord for His answer to prayers!

Join in Prayer:

> Reta Campbell in Jamaica as she continues ministering with the other church ministries in her area to support children and families. Please read Reta's update below.

> Mark Webb has heard back from his cardiologist and the report is encouraging at this point as they can't see anything alarming that is causing his irregular heart beat.

> Heather Campbell is coming to the end of her chemotherapy treatments.

> Marisa Parise is in Asia on the first part of her trip before her Mission in Laos in March. She will be assisting in "freeing the children mission". Please pray for her as she travels and prepares herself for the difficult ministry ahead.

> Pray for our national government leadership -Justin Trudeau and his family. Praying for wisdom fro Justin to lead and make decisions and for balance to be a husband and father.

> Responding to a last-minute invitation, Dave Lawson (our worship minister) is on mission in Bangkok this week (Jan 26 - Feb 4). He is helping with a leadership conference hosted by Journey Thailand. Over 40 pastors and Christian leaders are in attendance -- learning how better to serve individuals who suffer under the pain and bondage of sexual abuse and addiction. Dave's role is to help facilitate one of the break-out groups which meets twice a day as a safe place for men to work through their own pain and struggles, bringing them to the cross of Jesus. Dave asks for prayers for health, insight and spiritual protection for his family while away.

Happy New Year!!!

This was Friday January 11 and included a mini treat for our Saturday Connect students and others who joined in. We served over 100 meals of which about 70 was sent out into the community to the elderly and need as well as shutins. Some people also walked in and were fed. It was a full day but very rewarding.



Please pray that the Lord will send willing workers in this area of the vineyard and for

strength, commitment and determination for those already involved.

God is truly at work and we give Him all the glory.

Sr. Hi Youth Grades 9-12



