



NASHVILLE ROAD
COMMUNITY **CHURCH**

SHIFT:

I grew up during a time when you weren't required to wear your seat belt - it wasn't the law. When wearing them became mandatory - I had a friend whose father still wouldn't wear his. He didn't like the way they restricted him in the car. Once he got a ticket for not wearing his belt and even that didn't change him. The "law" enforced a fine and yet it didn't make him act differently. One time I even saw him grab the belt and pull it across his chest while we passed a police car but once we passed by - he let the belt go. Then on a drive into Toronto - I noticed that he was wearing his belt and I asked my buddy why? He told me that his uncle (his dad's brother) had been in an accident and gone thru the windshield requiring 85 stitches to his face and now his dad wore his seat belt. The "law" couldn't make him do it - the law only "restrained" him, something else had gone where the law couldn't go and had transformed his motivations and changed his actions.

This week we're finishing our SHIFT series that has looked at real character that comes from a heart transformed by God's love rather than a heart restrained by "law". A transformed heart grows in the expression of practical graces or "fruit" of the Spirit - you can check them out in [Galatians 5:16-25](#). This week - we'll look at how we can continue to cultivate growth in these areas of grace as we walk in step with the Spirit rather than conforming to

> Messy Spirituality

A great book that is another companion to our SHIFT series and offers a strong antidote for spiritual perfectionism. Mike Yaconelli shares great stories that illustrate truth to help us cut loose from the tyranny of the "ought-to's" and opens our eyes to being loved - shortcomings and all - by the God who meets us and transforms us in the midst of a messy and unpredictable life.

Church Events

- * **March 13: Women's connect & grow @7pm**
- * **March 20: Alpha 7:00 @ Connect Church**
- * **March 27: Women's connect & grow @7pm**

Community Volunteer Hours:

If you are a high school student looking to build on your 40 hours of Community Service needed for graduation - we're looking for 2 students who would be willing to help with Childcare at Alpha. We meet each Tuesday from 6:45-8:45 beginning March 20th and if you are able to help on a semi regular basis for any of the 12 weeks of the Winter Session - then it's a great way to build your hours or add more. Hint: *Community Involvement Hours look great on scholarship applications!* Please speak to Dean, Giovanna or sign up on the Alpha Helper sheet at the Welcome Desk

YOUTH SUNDAY GATHERING:

Continuing this Sunday morning - March 4th and continuing thru to March 11th 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.

It is the Holy Spirit's job to convict, God's job to judge and my job to love." - Billy Graham

Praise + Prayer:

Please pray for Harold Barker who is in Brampton Civic Hospital, undergoing treatment for an infection.

Pray also for Norma while Harold is in hospital.

MOVING WITH MUSIC:

We've been MOVING WITH MUSIC for the last few 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@juliaplacemusictherapy.com

christians
against
poverty

CAP

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. On Sunday, February 11th, 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



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