

To activate the Prayer Chain, call/email the church or text Bonnie.

1. **Missionary Focus:** Pray for Ken and Bertha Guenther, serving with SEND International: “Five prayer requests:
  - (1) SEND has at least 10 new missionaries ready to leave for the field but waiting because of visas. For most of these, COVID-19 is the reason for the delay in visas. Pray for doors to open.
  - (2) We will need to make some decisions about how we should participate in local ministries in Kyiv now that we are vaccinated.
  - (3) Pray for the team leaders that will be taking Ken's online course in August and September. Pray for them to grow in their leadership skills.
  - (4) Continue to pray for the launching of a mentoring program within SEND.
  - (5) Pray for more workers for the Central Asian countries. There are 365 million people in these countries - 99% unreached.”
2. **Birthdays:** Agnes Peters (Mon), Sheldon Fehr (Mon), Sally Labatch (Tue), Brendan Neufeld (Thu)
3. **Church Family:** Lyndon/Kirsten Neufeld, Cohen, Lucas, Logan – Agnes Peters – Allan Peters – Dave/Matilda Peters – Tina Peters
4. **SEC:** SEC Board of Business: Don Klassen, Brendan Neufeld, Lindsay Neufeld, Steve Regehr & LaVerne Wiebe
5. **Prayer Requests:**

–Ralph Nicotine has COVID-19 and is in hospital, on a ventilator. Pray for healing. “His lungs are very weak, and he is on two antibiotics to clear some infections.”
6. **Sister Churches:**

Region #1, SK/AB: Mennonite Gospel Church: Henry/Tina Redekopp  
Region #2, MB C: Nassau Street Church: Al/Monica Letkeman  
Region #3, MN S: Gospel Mission Church: Claude/Michelle Lainey  
Region #4, ON: Aylmer EMM Church: Michael/Anne Marie Krahn  
Region #6, MX: Spanish Lookout EMMC: Blaine/Melissa Dueck
7. **Parachurch Ministries:** Power to Change – Justin Hiebert and Charlotte Martin

Welcome to

# Sutherland Evangelical Church



You will keep him in  
*perfect peace*  
whose mind is *fixed* on You  
because he trusts in You.

TRUST IN THE LORD ALWAYS,

*for the Lord God is an  
everlasting Rock.*

*Isaiah 26:3-4*

110 – 104<sup>th</sup> Street Saskatoon SK S7N 1M8

Phone: 306-934-8981

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Etransfer: [treasurer@sutherlandevangelicalchurch.com](mailto:treasurer@sutherlandevangelicalchurch.com)

Website: [www.sutherlandevangelicalchurch.com](http://www.sutherlandevangelicalchurch.com)

YouTube: Sutherland Evangelical Church

Wi-Fi: SEC\_guest (password: jesuslovesme)

Lead Pastor: Dale Doerksen

Youth Pastor: Adam Fehr

Sunday Service: 10:30AM

**August 29, 2021**

## WELCOME TO SUNDAY WORSHIP!

### ORDER OF SERVICE:

PRELUDE: *Betty Guenter*

USHERS: *Jake & Darrell*

WORSHIP IN SONG: *John & Mandi Letkeman*

OFFERING COUNTER: *Darrell*

MINISTRY REMINDERS: *Greg Nelson*

CAMP REPORT: *Pastor Adam Fehr*

PASTORAL PRAYER: *Pastor Dale*

SCRIPTURE FOCUS: *Luke 12:22-31 – Greg Nelson*

Kids' activity  
sheets are available  
at the back table.

WORSHIP IN SONG: *John & Mandi Letkeman*

MESSAGE: *"Don't Become Anxious –*

*Developing Trust/Finding Peace" – Pastor Dale*

CLOSING SONG: *John & Mandi Letkeman*

BENEDICTION: *Pastor Dale*

### GIVING:

- Your offering/tithe can be dropped off in the Offering Box by the entrance.
- Etransfer available: [treasurer@sutherlandevangelicalchurch.com](mailto:treasurer@sutherlandevangelicalchurch.com).
- For specific giving (i.e., *Benevolence Fund*), please clearly write your designation on the offering envelope (ettransfer—use comment box).
- First time donors, please provide your mailing address!

## THIS WEEK

- *Be in prayer this week for our children as they go back to school this week.*

## NEXT SUNDAY: (Labor Day)

USHERS: *Nathan & Keenan*

OFFERING COUNTER: *Keenan*

PRELUDE: *Mandi*

LIVE STREAM TECH: *Devon*

SOUND: *Devon*

POWER POINT: *Janice A*

MESSAGE: *"Don't be Idle – Willing Service." – Pastor Dale*



## DATES TO REMEMBER

**September 9:** C&C Kickoff

**September 10:** Youth Kickoff

**September 12:** SEC Fall Kickoff – see details below.

**September 12:** Brief membership meeting following worship.



## SEC NEWS

### The SEC Fall Kickoff (Sept. 12):

- Everyone is asked to bring a salad AND a dessert. Couples and singles are encouraged to team up so that the quantity remains but with fewer salads/desserts to manage.
- Shirley and Matilda are asking for volunteers to help in the kitchen and also for BBQ duty. Please talk to one of them this week if you can help.
- Come for food, fellowship, and fun! **Lunch - Games - Bouncy Castle – Visiting**

**Note From the Pastor** I will be starting a sermon series on Angels on Sept 19<sup>th</sup>. Each week of the series I will seek to answer a question that someone may have about angels. Submit your questions to the office, put them in mailbox #10 or text them to me. – Pastor Dale

**The next issue of *The SEC Connection*** will be out in a few weeks. Submission deadline is Sunday, Sept. 12<sup>th</sup>. Send your submission to Karen Neufeld or the church office.

### From Pastor Adam:

- Looking for volunteer youth leaders to start in fall -talk to Pastor Adam.
- Fall Youth Snack Schedule: There is a sign-up sheet at the back for anyone interested in blessing the youth in this way.

### Steinbach Bible College Fall Courses available via live stream:

- *Tough Questions About the Bible*. Sept 23 – Oct. 14: Thursdays 7-9:45PM.
  - *Counselling topics: Building Resilience Skills During Chronic Stress*. Oct. 7-9: Thursday – Friday, 7-9:45PM and Saturday 9AM – 4PM.
- \*To register go to [sbcollege.ca](http://sbcollege.ca) or contact the church office for a direct link.

**Transportation Request:** We've had a request from a senior lady in the Erindale neighbourhood who would love to attend SEC (she has in the past) but can no longer drive herself. If you are interested in providing a ride to and from church, please contact the church office.

**Prayer Walk Challenge:** The Billy Graham Association of Canada is challenging everyone to walk through their neighbourhood this summer, praying for their neighbours. "Let's pray and believe that God will change our nation one heart at a time." For more info, or to register, go to [billygraham.ca/prayer-walk-challenge/](http://billygraham.ca/prayer-walk-challenge/).

## Don't Be Anxious – Developing Trust/Finding Peace

SEC - August 29, 2021

### Introduction:

A. Understand the \_\_\_\_\_ toward peace: Phil. 4:4-8

1. We can trust God with \_\_\_\_\_, so we don't have to be anxious about \_\_\_\_\_.
2. We pray with gratitude, acknowledging that all we have is a \_\_\_\_\_ from God.
3. We will find peace that is beyond human reasoning which \_\_\_\_\_ our hearts.
4. We must focus our thoughts on God's \_\_\_\_\_ and righteousness.

B. Understand the \_\_\_\_\_ of scripture:

1. God is \_\_\_\_\_. 1 Peter 5:7
2. God is \_\_\_\_\_. Isaiah 26:3-4
3. God is \_\_\_\_\_. 2 Timothy 1:12

C. Understand our \_\_\_\_\_ choices:

1. Jesus commands us not to \_\_\_\_\_. Luke 12:22-31
2. Jesus commends Mary for choosing not to \_\_\_\_\_. Luke 10:38-42
3. Jesus offers us peace instead of \_\_\_\_\_. John 14:27

D. Understand the difference between the sin of \_\_\_\_\_ and the mental disorder of \_\_\_\_\_. (See reverse side.)

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Conclusion:

**Don't Be Anxious – Developing Trust/**  
**How to Deal with Anxiety as a Christian**  
Heather Riggelman

- Give your life and thoughts to God. Commit yourself to God and His care.
- Ask for prayer. Others don't have to experience a panic attack or understand your challenges in order to pray for you. Confide in people you trust and ask them to pray.
- Remember God is always with you. Don't trust your feelings. When negative thoughts and feelings threaten to unmoor us, God is our anchor.
- Selfcare is God's care. Don't take on more than you can handle. Rest, exercise, proper amount of sleep, a healthy diet are so important.
- Seek a Trio of counsel. Seek medical help from a doctor, spiritual help from a mentor/pastor, psychological help from a counsellor. Mental illness can be treated effectively up to 90% of the time (NIMH).

**7 Ways Christians Should Deal with Stress & Anxiety**

Aaron Loy

1. Admit there's a problem. Pushing through without addressing the issue may lead to an ugly crash.
2. Stop self-medicating in unhealthy ways. Coping by over-eating, binge-watching T.V, alcohol, etc. are not helpful.
3. Take care of yourself physically. Regular exercise, proper amount of sleep/rest, healthy diet, etc.
4. Be intentional about what goes into your mind. Fill our minds with what is good and true (Phil.4:8).
5. Don't neglect the spiritual. Regularly pray, read the Bible, enlist in support of your Christian community.
6. See a doctor. Medical help can significantly aid our recovery. God can work through medicine.
7. Embrace the blessing of brokenness. I hung on to God most desperately when having panic attacks. I felt a greater need to pray. Don't miss what God might have for you right where you are.

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