

## **PRAYER FOCUS – OCTOBER 9, 2022**

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

### **1. Missionary Focus:**

- a) Pray for Marsden & Mandy Giesbrecht, serving with NCEM and EMMC in the Nipawin area: "Dear friends and family, we decided to write a short update, mostly to ask you all to pray for us as you read this. There have been so many things happening within the last week that have really felt like an intense spiritual attack/battle.
- Pray for Mandy and I for God's protection and covering.
  - Pray for our daughters to navigate a difficult school experience and for Isaac as we are doing distance learning with him for this year.
  - Pray for missionaries and pastors who are on the front lines.
  - Pray for Nipawin Bible College as they teach men & women to follow Jesus.
- We hope to write a letter in the next few weeks as we can set aside a little time. Thank you all for praying for us. Blessings, Marsden and Mandy"
- b) Pray for Pete & Cathy Dyck (Mexico) who are asking for prayer concerning El Monte (property) that they are in a legal battle over.

### **2. Birthdays:** Darlene Loewen (Thursday)

### **3. Church Family:** Zach/Delilah Loeppky, Eloise, Theodore, William – Darrell/Darlene Loewen – Anne Loewen – John/Tina Miller

### **4. Prayer Requests:**

- Pray for Brendan Neufeld – CT scan on Friday and lung surgery on Oct 21<sup>st</sup>.
- Karen Faust is weak and in pain from cancer. Pray for God's peace/comfort.
- Helena Wiebe has an inoperable and life-threatening blood clot. Pray for peace and God's will.
- Pray for Wayne Bertness, (Crystal Nelson's father) – stage 4 cancer.
- Pray for Chris Neufeld as he continues the journey back to strength/mobility. Progress is being made. Pray especially for improved sleep.
- Cornelius Peters is improving in hospital. Pray that he can go home soon.
- Lois Fehr is experiencing blackouts caused by low blood sugar (diabetes). Pray that receiving an insulin pump will resolve the issue.

### **5. SEC:** New Beginnings Committee: Britney, Veronica & Victoria

### **6. Sister Churches:**

- Region 1, SK/AB: Hepburn Gospel Church – Jesse/Kelsey Doell  
Region 2, MB C: Niverville Community Fellowship—David/Kendra Funk  
Region 3, MN S: Bergfeld Mennonite Church—James/Rhonda Friesen  
Region 4, ON: Blenheim EMM Church—Aron/Annie Wiebe  
Region 6, BZ: Blue Creek—Henry/Sara Janzen

### **7. Parachurch Ministries:** The Bridge on 20<sup>th</sup> –Current needs: Men's clothing, Shoes, Light Jackets and Sweaters, Hygiene Items (Shampoo, body wash, razors, toothbrush, toothpaste, deodorant, etc.), Gently Used Furniture (contact the office for more details).



**Sutherland** +  
**Evangelical Church**

110 – 104<sup>th</sup> Street Saskatoon SK S7N 1M8 - Phone: 306-934-8981

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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 School: 9:30AM — Sunday Worship: 10:30AM

**"Glorifying God – Building Relationships"**

### **GIVING:**

- Offering/tithe can be dropped off in the Offering Box by the entrance.
- E-transfer available: [treasurer@sutherlandevangelicalchurch.com](mailto:treasurer@sutherlandevangelicalchurch.com).
- For specific giving, please clearly designate your offering.
- First time donors, please provide your mailing address!

**OCTOBER 9, 2022**

**OCTOBER IS PASTOR APPRECIATION MONTH!  
BE SURE TO TAKE SOME TIME TO LET OUR PASTORS  
KNOW HOW MUCH THEY MEAN TO YOU.**

**USHERS:** Sheldon & James  **CHILDREN'S CHURCH:** Jade

### **ORDER OF SERVICE – THANKSGIVING SUNDAY**

**PRELUDE:** Mary Friesen

**WELCOME & ANNOUNCEMENTS:** Ken Peters

**OPENING PRAYER:** Ken Peters

**WORSHIP IN SONG:** Betty Guenter

**VIDEO**

**WORSHIP IN GIVING-OFFERTORY:** Mandi Letkeman

**THANKSGIVING SHARING TIME:** Ken Peters

**SCRIPTURE FOCUS:** Hebrews 12:18-29

**WORSHIP IN SONG:** Betty Guenter

**CHILDREN'S PRAYER:** Ken Peters

**MESSAGE:** "Let Us Be Thankful" – Hebrews 12:28; 13:15  
– Pastor Dale

**CLOSING SONG:** Betty Guenter

**BENEDICTION:** Pastor Dale

*Praise God,  
from Whom all  
blessings  
flow.*



*"Worship and service: these are the fruits  
produced by genuine life from God." -Ray Stedman*

### **THIS WEEK**

**NO TUESDAY PRAYER MEETING THIS WEEK.**

**WEDNESDAY, 9:30AM:**

Fellowship Coffee Time in the dining room.  
Everyone welcome.

**WEDNESDAY, 7PM:**

Bible Study in the Admin Building. You can also join by Zoom. A link will be emailed out on Tuesday. Call the office if you don't receive it and want to join in. We will end with a prayer time.

**SATURDAY, 6PM (@ SEC):**

Young Couples' Mystery Supper at  
The Spurs & Saddle Restaurant—for those who  
registered. If you have it, come in your cowboy gear!



### **YOUTH/ C&C**

**Thursday 7-9PM:**

College & Career

**Friday, 7-9PM:**

Youth  
Snacks: Darlene

**"Gratitude  
to God is an  
ingredient  
of true  
worship."**

### **NEXT SUNDAY**

**COFFEE:** Janice A

**WORSHIP LEADER:** Lindsay

**LIVESTREAM:** Adam

**USHERS:** Dave & Greg F

**MISSION REPORT:** Joel & Amber Cera (Christlike Ministries)

**MESSAGE:** Brian Unger

**PRELUDE:** Eva R

**POWER POINT:** Janice A

**SOUND:** John B

**CHILDREN'S CHURCH:** Delilah

*Fellowship Potluck Lunch following the service. Everyone is asked to bring a  
main course dish **AND** a salad or dessert. Setup/Cleanup - Gratitude Gang*

### **SEC NEWS**

#### **Dates to Remember:**

**Oct 20, 7PM:** Council Meeting in the Board Room.

**Oct 23:** Registration (\$10) deadline for Ladies' Salad Fiesta.

**Oct 29, 5PM:** 50+ Social: Chili Cookoff and Family Feud. Four volunteers are needed to compete for the chili cookoff! Contact Darlene Loewen or Janice Klassen if you would like to enter!

**Nov 3, 6:30PM:** Ladies' Salad Fiesta.

**Thank you** for supporting last Sunday's youth fundraiser. \$867.00 was raised!



#### **From our Treasurer:**

General Fund as of Sept 30<sup>th</sup>:

\$202,968 Actual income

\$223,444 Budgeted income

(\$20,476) Budget deficit

\$202,968 Actual income

\$210,427 Actual expenses

(\$7,459) Net loss

**Event Work Teams:** Please note that some events require your help, and some don't, so you will be contacted when you are needed.

**Visitation** is an important ministry that provides encouragement and blessing. The Council is asking for the congregation's help to ensure that those wishing for encouragement through visitation would not be missed. If you are someone who can offer a visit **OR** if you are someone who would like to have someone visit them, please contact the church office. Bonnie will then coordinate the two lists.

### **COMMUNITY NEWS**

**Thursdays, 7-9PM:** Bible Class from Thrive Ministry in Hepburn! Hepburn Gospel Church. EVERYONE is welcome! Free!

**Oct 20, 6:30PM:** Gospel Echoes Fundraising Banquet @ Brian King Centre, Warman. Music by The Derksen Family. To reserve your spot call 306-239-4228 or email gospelechoes@sasktel.net.

*"Reverence  
and awe  
before his  
holiness  
are not  
incompatible  
with grateful  
trust and  
love in  
response to  
his mercy."*

## Let Us Be Thankful

Hebrews 12:28-29; 13:15-16 – SEC Oct. 9/22

### Introduction:

#### A. Why Be Thankful?

1. We are receiving an \_\_\_\_\_ kingdom.  
(12:28)
2. God is incredibly \_\_\_\_\_ yet invites us into  
\_\_\_\_\_. (12:28-29)
3. It proclaims our \_\_\_\_\_ to God. (13:15)

#### B. How Are We to be Thankful?

1. By offering \_\_\_\_\_ worship to God.  
(12:29; 13:15)
2. By treating God as he \_\_\_\_\_. (12:28b-29)
3. By doing \_\_\_\_\_ and \_\_\_\_\_ with others.  
(13:16)
  - ↳ Thankful people share—appreciate \_\_\_\_\_  
and bestow blessings.
  - ↳ Thankful people do good—appreciate \_\_\_\_\_  
and extend favour.
  - ↳ Thankful people honour God—appreciate \_\_\_\_\_  
and live graciously.

### Conclusion:

Skip Pritchard studied the benefits of gratitude for years. Study after study demonstrated its incredible power. He consistently found 17 benefits. Gratitude helps us:

- Reduce depression
- Get promotions at work
- Improve our self esteem
- Increase our energy
- Develop a strong immune system
- Decrease blood pressure
- Increase sleep quality
- Reduce and cope with negative stress
- Eat healthier
- Have deeper friendships
- Increase productivity
- Improve job performance
- Become more likable
- Reach goals faster
- Increase feelings of happiness and wellbeing
- Reduce negative emotions such as envy, hatred, and anger
- Increase positive emotions such as love and empathy

Amy Morin is a psychotherapist and the author of "*13 Things Mentally Strong People Don't Do*", Here are 7 scientifically proven benefits of gratitude that she found:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy & reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things you think you deserve, take a few moments to focus on all that you *have*. Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.