

We Believe in Prayer!

"For where two or three gather in my name, there am I with them."
Matthew 18: 20 NIV

Philippians 4:6-7 NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

The Salvation Army is in need of School Supplies mainly **backpacks** (for all ages) and **3 inch zippered binders for the High School students.** Any new School supplies would be appreciated! You can just drop your donations off at :
The Salvation Army 780 1st Ave NW
Swift Current SK.

The hours are Monday to Thursday from 9 to 5 and Friday from 9 to 12. They are closed from noon to 1. Thank you so much!



We have some exciting news to announce!! Starting August 12th, your East Side W.O.W. staff members will be kicking off a new Facebook segment that will happen twice a month called "W.O.W. Wednesdays". We are asking for you to send us topics you would like to hear us discuss and given all four of us will have own unique perspective, it could make for some Interesting conversations. We will be having special guests depending on what the topic is for that week. This will kinda be like the East Side version of "The View". So text, message or email me (Shauna @eastsidechurch.ca) your topics and remember to tune in on the 12th for our premiere episode!



THE GIFT THAT KEEPS ON GIVING (REALLY!)

MEET YOUR NEW DIGITAL DISCIPLESHIP RESOURCE. You now have free access to thousands of video Bible studies and supplemental materials for study individually and with groups of any size.

Get started in two easy steps:

1

Contact the church office to get your invitation to Right Now Media emailed to your email.

2

Open the email and click "Get Started". Yeah, it's that easy.

Sunday, August 23, 2020

Speaker: Pastor Kevin Snyder

welcome



Love God, Love Others, Learn to Be like Him, Live His Mission

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Lead Pastor: Kevin Snyder
Worship Pastor: Dave Smith
Care & Admin: Shauna Friesen
Family Ministry: Jennifer Klassen
Admin Secretary: Tracey Stienley
Creative Secretary: Corie Lanceleve

ADJUSTMENTS PT 3

STRESS & ANXIETY

Matthew 6:1 - 24

Aug 23/20

Introduction

Where am I at right now?

BASIC TRUTHS

Everybody lives at a different level.

Everybody has a different BREAKING POINT (COPING LIMIT)

The longer Covid-19 stretches out the more people are struggling to cope.

WHAT CAN BE ADJUSTED ON THIS CHART TO WIDEN THE GAP BEFORE WE REACH THE BREAKING POINT?

LEAST ADJUSTABLE:

MOST ADJUSTABLE:

Matthew 6: 1 – 24

INTERNAL ADJUSTMENTS

1.1 LIVE FOR AN AUDIENCE OF ONE (v.1 – 7)

1.2 PRAYER (v.8 – 13)

A. AFFIRM WHO GOD IS (V.8,9)

B. RELINQUISH CONTROL (V.10)

C. ASK HIM TO PROVIDE YOUR DAILY NEEDS (V.11)

D. TAKE OUT THE ARROWS (GUILT, WOUNDS) (v.12)

E. PRAY FOR GOD'S PROTECTION AND CARE (v.13)

F. REAFFIRM (v.13b)

Phil 4:6, 7

1.3 DECLUTTER/SIMPLIFY (v.19 – 21)

1.4 LIVE IN THE OPEN (v.22 – 23)

1.5 ONE BOSS (v.24)

Wrap-Up

Exercise:

What is **ONE** area that God has laid on your heart today? What is something you can do to increase capacity?



Steve, Lisa, and Emmett Balzer would like to extend our deepest thanks to our East Side family for the love, care, and support which you have shown to us in the loss of our girl Thizbe. Your kindness and generosity mean more than we can say. Given our family circumstances and COVID travel restrictions, we have entered into a time of sabbatical and will remain in the Swift Current area for the next several months. We are grateful for your friendship as we grieve, rest, and regroup.



East Side Church Financial Statement January—July 2020

Year to date income: 402,475

Year to date expense: 380,864

Excess: 21,611

Thank you for your generosity

Summer IN-HOUSE Service
SUNDAY, AUGUST 30TH, 2020
at 10:00am

You must register between August 24th-27th
on our website or by phone