

# Coffee anyone?

We'd love to get to know you and help you however we can! If you'd like to connect with someone from our staff, please fill out the following information and we will be in touch this week.

Please tear off this card and drop it off at the *Welcome Centre*.

We look forward to connecting with you!

NAME

PHONE

EMAIL

LOCATION (CIRCLE ONE):

VINELAND   WELLAND   ST. CATHARINES

*Southridge Community Church is committed to protecting your right to privacy. The personal information you share with Southridge will only be used to support your involvement with our church.*

*Our community meets on Sunday morning in three locations each week:*

## St. Catharines

201 Glenridge Avenue  
10:00 am

## Vineland

3970 Glendale Avenue  
9:00 & 11:00 am

## Welland

414 River Road  
10:00 am

 [southridgechurch.ca](http://southridgechurch.ca)

 [facebook.com/southridge](https://facebook.com/southridge)

 [@southridge](https://twitter.com/southridge)

 [@southridge\\_church](https://instagram.com/southridge_church)

 [info@southridgechurch.ca](mailto:info@southridgechurch.ca)

 (905) 682-9901

# southridge

WEEK OF OCTOBER 7, 2018

## Welcome to Southridge!

We're glad you're here.

If it's your first time we invite you to stop by our **Welcome Centre** after the service.

We'd love to say hello, answer any questions you may have, and give you a gift (*no strings attached*) to say thanks for joining us!

# today's service

## THE PURSUIT OF SAFE-NESS

The accumulation of wealth is one of the highest goals of our society, usually out of a desire to gain safety and security for ourselves and those we love. But what do we lose in this process? Is it possible that having less enables us to have more of what really counts?

## (RE)WIRED FOR GRATITUDE

There's an idea in neuroscience called "Hebb's Law" that says, "*neurons that fire together wire together.*" Essentially it means that our brains are continually forming patterns of thought that get ever more deeply engrained over time.

This means, if we tend to be people who complain or criticize, we'll only become more complain-y the more we do it.

But the good news is that we can re-wire our ways of thinking; we can actually "be transformed by the renewing of our minds," if we practice in real and tangible ways.

**Practice This Week:** Try tapping your thumb to all four fingers while saying to yourself, "*Thank you God for,*" one word for each tap, and then name something you're thankful for. This combines a physical and mental expression that rewires our thinking. Do this a few times each day to notice and name specific things you are thankful for.

**On The Cover:** Friends from Jamaica taking in an Ice Dogs game.

## coming up



Engaged or seriously dating? Consider registering for the pre-marriage Before Forever course!

**SUN**  
**OCT 7**  
**Shelter Thanksgiving Dinner**  
St. Catharines Location | 6:00PM - 8:00PM

**THU**  
**OCT 11**  
**R!OT Archery Tag (Grades 6-8)**  
St. Catharines Location | 7:00PM - 9:00PM

**FRI**  
**OCT 12**  
**CURRENT Pumpkin Patch Trip (Grades 9-12)**  
Registration is required for this event.  
Howell's Pumpkin Farm | 7:00PM-9:00PM

**SUN**  
**OCT 28**  
**Start the Party!**  
All Locations | 4:00PM-7:00PM

visit [southridgechurch.ca/upcoming](https://southridgechurch.ca/upcoming) for more details on all events

## what's here for my family?



**AGE 0 - 4**  
Sunday Mornings  
During Sunday Services



**SK - GRADE 5**  
Sunday Mornings  
During Sunday Services



**GRADES 6-8**  
Sundays Mornings  
During Sunday Services  
Thursday Nights Bi-Weekly (7-9PM)



**GRADES 9-12**  
Monthly All-Location Events (7-9PM)  
Local Groups Meet Bi-Weekly  
(email Keith at [kkyer@southridgechurch.ca](mailto:kkyer@southridgechurch.ca))

visit [southridgechurch.ca/family](https://southridgechurch.ca/family) for more details on all family programs