

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
-  facebook.com/southridge
-  [@southridge](https://twitter.com/southridge)
-  [@southridge_church](https://instagram.com/southridge_church)
-  info@southridgechurch.ca
-  (905) 682-9901

southridge

WEEK OF FEBRUARY 10, 2019

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

FINDING YOUR VOICE | WORDS MATTER

Some studies have shown that the average person says more than 10,000 words in a day, but that only 500-700 are words of “significance,” as in, communicating something important to an active listener. So what should we think of all this hot air flowing from our mouths? Does it really matter how we use our voice? What does all our talking ultimately say about us?

PRACTICE THIS WEEK: BREATH PRAYER | AUDIO RESOURCE

Studies demonstrate that a healthy meditation practice helps reduce stress and increase our ability to cope with anxiety and depression, yet many of us find it “out of our comfort zone” and have never tried it.

Breath prayer is a long-standing Christian meditation intended to help us slow down, take a deep breath, and experience more of the presence of God. By recognizing God as near as the breath in our lungs and by using a simple word or phrase to guide our thoughts, breath prayer helps us “pray without ceasing.”

To practice this week, we've created an audio resource of a guided breath prayer exercise, similar to the one we tried in the service. You can access this resource on our social media or by going to southridgechurch.ca/breathprayer.

On The Cover: Friends serving together in CURRENT Life Groups

coming up



Plan to spend next Sunday afternoon with us for a Movie Matinee as part of Family Day weekend. Everyone is welcome and everything is free!

SUN FEB 10 **Vision Night**
St. Catharines Location | AGM 4:00PM
Dinner | 5:15PM Vision Night | 6:00PM

FRI FEB 22 **Before Forever Pre-Marriage Course**
Registration required for this 2-day event
St. Catharines | Starts at 6:00PM

THU FEB 28 **R!OT Laser Tag (Grades 6-8)**
St. Catharines | 7:00PM - 9:00PM

FRI MAR 1 **CURRENT Bazoka Ball (Grades 9-12)**
St. Catharines | 7:00PM - 9:00PM

visit 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)

visit southridgechurch.ca/family for
more details on all family programs