

SUNDAY, OCTOBER 6, 2019
MORNING WORSHIP AT 9:30 & 11:00 AM

11:00 Hymns: #554 It Is Well With My Soul
#625 What A Friend We Have In Jesus

Message: "Managing Stress"

WELCOME TO FIRST-TIME GUESTS
AT TRENTON WESLEYAN

We are so glad that you are here today!
We seek to provide a place of spiritual growth and community
where lives can be transformed by the message of Christ.

In order for you to get the most out of your time with us:

1. Please do not feel obligated to participate in the offering. This is for our members and regular attendees who consider this their church home. As our guest, we ask that you please turn in the communication card so that we may acknowledge your visit with us.
2. Children are special here. We provide a friendly, caring and safe place for our kids. Prior to the 9:30 service, parents are asked to take their children to the nursery (up to age 2) or to Sunday School (up to Grade 8). Prior to the 11:00 service, parents are asked to take their children to the nursery/toddler area (up to age 3) or to the age 4 to Grade 3 class.

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

James 1:2-4

THIS WEEK'S SCHEDULE

Monday	6:30 pm	Plan To Protect Training
Tuesday	6:45 pm	Tuesday Church (SK to Grade 5)
Wednesday	6:30 am	Men In Motion
	6:45 pm	Crossfire (Grades 6-12)
Friday	6:00 pm	50+ Adult Fellowship— Old-Fashioned Hymn Sing

NEXT SUNDAY—OCTOBER 13

9:30 & 11:00 am Morning Worship Services
"What It Means To Follow Jesus"

LOOKING AHEAD

October	15	Prayer in the Board Room
	15	Local Board of Administration
	19	CPR & First Aid Training at Trenton Wesleyan
	19	Men's Camp Close-Up Day at SLWC
	21	Worship Committee Meeting
	25	Nicaragua Fundraiser—Pulled Pork Dinner
	28	Plan To Protect Nursery Refresher Session



PLEASE PRAY FOR...

...the final meeting of "Celebration of Hope" in Belleville tonight.

BABIES ARE SPECIAL HERE

As a reminder to parents of young children, during both of our morning services (9:30 and 11:00), we offer a nursery ministry for children up to age 3. We encourage you to consider letting our loving nursery staff care for your child so that you and others can best benefit from the service. Thank you for your consideration.

SUNDAY MORNING COFFEE

We welcome contributions of cookies, squares, loaves, cakes, cheese & crackers, fruit or veggies to be enjoyed during our Sunday morning coffee times. For details, contact Carole (613-475-9223) or Rob (613-403-4294).

PLAN TO PROTECT (P2P) TRAINING SESSION

This Monday, October 7 from 6:30 to 9:30 pm, there will be a Plan To Protect Training Session in the Upper Room for anyone who is new to or interested in children's or youth ministry. To attend, sign up in the atrium. Questions? Email Helen Neerhof at helen@trentonwesleyan.org.

TRENTON CHRISTIAN SCHOOL—ANNUAL FALL DRIVE

Trenton Christian School is holding their annual fall fundraising drive from October 14 to 18, with a goal of \$160,000. For information about the school or donating, contact 613-392-3600 or visit trentonchristianschool.com.

CPR & FIRST AID TRAINING COURSE AT TRENTON WESLEYAN

On Saturday, October 19, from 8:30 am to 1:00 pm, TWC will be hosting training for CPR & First Aid with our AED defibrillator. Cost is \$25/person for Trenton Wesleyan attendees. Payment is required by October 13, given to Don Davy or the church office. To attend, please sign up in the atrium.

CAMP CLOSE-UP AT SILVER LAKE WESLEYAN CAMP

On Saturday, October 19, all men are invited to attend Camp Close-Up Day at Silver Lake Camp. Our group will depart from Trenton Wesleyan at 8:00 am, returning by 6:00 pm. Jobs include yard work such as clearing brush and raking leaves. Transportation and lunch is provided. If you can lend a hand, please sign up near the Welcome Centre in the atrium.

TRENTON WESLEYAN YOUNG ADULTS—BBQ & CORN MAZE

On Saturday, October 19 at 4:30 pm, all young adults are invited to a BBQ at the Hart's place, followed by an after-dark Corn Maze (bring a flashlight). For more information, contact Lorrie Hart at 613-885-0210. If you'd like to attend, please sign up near the Welcome Centre in the atrium.

FOR HIGH SCHOOL STUDENTS INTERESTED IN BIBLE COLLEGE

For any high school students interested in the possibility of Bible college: "Encounter", a dynamic, youth event, is happening this November 1-2. It is designed to engage youth in worship, through music and the Word, and to challenge youth to explore God's call on their lives. It also introduces youth to Kingswood University, to see if this may be the place God is leading them to train for ministry. For travel details, cost, and other info, call/text Pastor Mike: 613-827-0860. Visit online: encounter.kingswood.edu.

GLOBAL PRAYER-NET

MISSIONARY PRAYER FOCUS

Global Partners is asking for focused prayer this week for Allan and Sheri Stevens, missionaries to Albania.

Allan grew up in Nova Scotia and New Brunswick. He graduated from Bethany Bible College (now Kingswood University) and Wesley Biblical Seminary. Sheri grew up in Ohio and graduated from Cedarville College with a degree in elementary education.

Allan and Sheri have been ministering in Albania since 2005, starting as singles and continuing as a married couple in 2011. As church planters in Durres, Albania, they are involved in personal evangelism, discipleship, teaching English, and humanitarian service. Allan and Sheri have a child: John ('13).

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'" John 14:6 (NIV)

Prayer Points from Allan and Sheri Stevens:

We are working in a new area of the Kenete (Durres) and are in the building relationships/evangelism phase of church planting. Our prayer requests are:

- Pray that God would lead us to people willing to read and discuss the Bible.
- Pray that as Bible groups form, participants would be saved.
- Pray that Bible groups would reach out and multiply.
- Pray that apathy and religious disinterest would be broken. Albanians are fond of saying there is just one God, implying that everyone is okay as long as they believe God exists.
- Pray that a young couple, Dorian and Dina*, who come for English, would be saved (*names changed).
- Pray that the three unbelievers who are now willing to read and listen to the Bible would continue to participate.

Find Allan and Sheri Stevens on the Global Partners website at gponline.org/0319.

Emails: allan.stevens@gponline.org • sheri.stevens@gponline.org

MANAGING STRESS

October 6, 2019
9:30 and 11:00 a.m.

6 STRESS MANAGEMENT PRINCIPLES MODELED BY JESUS

1. KNOW _____

"I am...the light of the world...the Son of God...the way, the truth and the life...the bread of life..."

(John 8:12, Mark 14:62, John 14:6, John 6:35)

"I testify on my own behalf." John 8:18 (RSV)

2. KNOW _____

"...I know where I came from and where I am going."

John 8:14

"I must proclaim the good news...for I was sent for this purpose." Luke 4:43 (RSV)

3. KNOW _____

"I only try to please the one who sent me." John 5:30 (NCV)

"No one can serve two masters..." Luke 16:13

"I have brought you glory on earth by completing the work you gave me to do." John 17:4 (NIV)

4. WORK _____

"He appointed twelve—designating them apostles—that they might be with him and that he might send them out to preach."

Mark 3:14 (NIV)

"Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'"

Matthew 26:38 (NIV)

5. LISTEN _____

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35 (NIV)

"News about Jesus spread even more. Crowds came to hear him and to be healed...but Jesus often slipped away to be alone so he could pray." Luke 5:15-16 (NCV)

"Plant your roots in Christ and let him be the foundation for your life. Be strong in your faith, just as you were taught."

Colossians 2:7 (CEV)

6. TAKE _____

"Crowds of people were coming and going so that they did not even have time to eat. He said to them, 'Come away by yourselves, and we'll go to a lonely place to get some rest.'"

Mark 6:31 (NCV)

"Jesus came enjoying life..." Matthew 11:19 (Phillips)

Come On Down to.....



Join us for an evening of
laughter and fun as our special
guest comedian 'Bob Barker'
entertains us!!

Appetizers and snacks served.

You might be the next
contestant on The Price is Right!!

Saturday

October 19, 2019

7 pm at Trenton Christian School

For free tickets call 613-392-0074



In support of:

PREGNANCY & FAMILY CARE
of Quinte West



*Annual
Gala*

WOMEN'S HOME

with GUEST SPEAKER

**Lorna
DUECK**

CEO Huntley Street
& YES Television



Saturday October 19 @ 6 pm

Ramada Belleville Harbourview Centre
11 Bay Bridge Rd. Belleville, ON

**Cheryl
Nembhard**

Emcee
Filmmaker
& Playwright



**Paul
Lafrance**

Guest
Musician
HGTV Host



Tickets: \$45 per person
(613) 394-3341
NewLifeCanada.org