

# WELCOME

Kids Church

*Overcome With the Overcomer*  
John 16:16-33  
Jason Heide

## THIS WEEK @ SEMC

### MONDAY

1:30 PM Mission Sisters  
8:00 PM Futsal

### TUESDAY

7:00 PM Junior Youth

### THURSDAY

7:00 AM Men's Breakfast  
9:30 AM Kindle Kids  
9:30 AM Prayer Time  
7:00 PM Senior Youth

### SATURDAY

7:00 PM Young Adults

### LOOKING AHEAD

**YOUTH FUNDRAISER  
LUNCH**  
April 2

**GOOD FRIDAY SERVICE**  
April 7 @ 10:00 AM

**EASTER SUNDAY SERVICE**  
April 9

**KIDS CHURCH (grades 1-5)**  
April 16 & 30

### THIS WEEK'S MEMORY VERSE

Because he himself suffered when he was tempted, he is able to help those who are being tempted. Hebrews 2:18 NIV

## EASTER CHOIR



Sign up to join the  
**Easter Choir**  
lead by Danny Plett!

There will be **3 choir rehearsals**:

Thursday, March 30 7 - 9PM  
Thursday, April 6 7 - 9PM  
Saturday, April 8 9:30AM - 12PM  
Dress Rehearsal (Band & Choir)

*Sign up at the Connect Center!*

## LIFE GROUPS

Have you wondered what goes into starting a Life Group? It's pretty simple and we are looking for more people to help us get a couple of new groups going.

We'd love to have a conversation with you. Maybe you'd be just the right person!

Call Valrae @ 204-355-8373



**YOUTH FUNDRAISER  
LUNCH**  
Sunday, April 2

The Senior Youth are heading to Abundant Springs May 19-22.

They will be hosting a fundraiser lunch Sunday, April 2 after the worship service.

*Proceeds will be going toward registration for those attending.*

**STELLAR VBS**  
**July 2 - 6, 2023**  
**6:30 PM-8:45 PM**

WHO: Kids entering Kindergarten through Grade 5 in Fall, 2023

**REGISTRATION BEGINS  
SOON!**



**CALLING VOLUNTEERS!!**

**Volunteer Training Night**  
**Sunday, June 25 @ 6:30 PM**

*Criminal Record checks take a bit longer now, so check with the office soon to see if yours needs to be updated!*

**Sponsorship Committee  
Announcement**

There is a list of items that are needed to set up the home for our sponsored family. Stop by the Connect Center today to see if you can donate one or more of the items on the list!

## PRAYER REQUESTS

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:16-18

### Our Congregation

**Albert & Edna Martens** - we want to thank our church family for your prayers, visits, calls and meals these past six weeks. Edna's knee replacement surgery went well and she is on the road to recovery.

**Liz Reimer** is in the hospital and appreciates your prayers.

**Tina Dyck** is recovering at home.

**Dave (Laura) Sharp** has been diagnosed with cancer. Pray for the follow-up appointments and treatments.

**Isaac Schellenberg** is in Vita Hospital awaiting placement.

**Abe Teichroeb** as he continues cancer treatments.

**Afghan Sponsorship Committee** - The family we are planning to sponsor are just waiting for their visas and plane tickets from the Government of Canada.

**Robert Friesen, Minna Loewen, Susan Neufeld, Martha Reimer, Mary Reimer & Minnie Reimer** in Rest Haven.

### Our Workers

**Isaiah & Holly Loewen** - Pray for strength and energy for them as they are in a busy time of serving at camp. Pray for wisdom for Isaiah as he looks for spring and summer camp staff and speakers.

David Driedger, CEO of **HavenGroup**, has submitted his letter of retirement/resignation effective October 13, 2023.



# March 19, 2023

GATHER · GROW · GO

• • •

WE ARE GLAD YOU ARE HERE

9:30 AM Sunday School

10:45 AM Worship Service



STEINBACH EMC • 422 MAIN ST STEINBACH  
204 326 6572 office@semconline.com

## Sermon Notes

## MINDING OUR MENTAL HEALTH

Adult Sunday School Elective

April 2-23, 2023

Youth Room

### Minding our Mental Health

We all experience mental health challenges along our journey of life.

- ♦ As Christians, how do we understand these struggles when they come along?
- ♦ Where is God when we find ourselves struggling?

This class is designed to help us understand that we are not alone, there is hope, and we can move toward healing and emotional health.

Topics include:

- The Christian and Mental Health
- Coping with Stress
- What do we do with Our Emotions
- Practicing Health Self-Care