EXPECTANT MOMS Gillian Hamilton—May 30 Carla Obchansky—August Jenna Davidson—August 30 Chloe Zarowny—September

SENIORS Marilyn Bouck Ralph Magee- Carol & Eleanor's dad Fred Grant—Michelle's uncle Edmond Coulombe– Pauline's dad

New: The Brundage family on the passing of David Wood, brother-in law and uncle on May 9th

New: The Allan family; Shanna's son Ledger Lenz went to be with Jesus May 7th

The Davidsons -Todd's uncle Don Jarrett passed away May 2nd The family of Larraine Davidson on her passing April 10th Tarry Dahlseide-new aggressive cancer Tammy Dzus-Lee—depression Pam Nicholson-cancer Mel Johnson-stage 4 prostate cancer, Kelly Johnson—cancer—surgery in the fall Zimmer Family—passing of Fran's brother March 11th Amber Fehr— recovery from hip surgery Cheryl Davidson-waiting on lung specialist Shannon Ruggles—father of Kiera's friend—cancer Maureen Kaastrup—treatment for lung cancer Kari Mauws—brain cancer Lori Blackmer -- continued recovery from surgery in August **Delmer Sunderland Sr.**—health issues Norma Westhaver—cancer Alex Flewell—continued healing for lungs **Donna Brown**—growths to shrink and disappear Brynlee Alden born March 30, 2019 Acute lymphocytic leukaemia Lyle Klatt - Myasthenia Gravis—still not in remission George Rahmoun-heart issues and cancer Irene Martin—COPD Eleanor Dzus-Adolphe—continued healing on her right knee Margaret (Elaan's mom) —blood clot in her leg Terry Allan –spiritual healing **Don Coleman**-cancer

This Month: Foreign Missions This Week: Kinnaird Church of God, Castlegar BC

MISSIONARIES

Tim & Jenn Adams—YWAM Gary & Gwen Bistritan—Yap Mike & Lori Blackmer—Edgerton Jason & Anita Boucher—NCEM Randy & Sandy Huebert—Mexico -Yaneth—YWAM-Mexico City Tim & Colleen Stevenson-Uganda MINISTRIES The Gideons Deer Valley Meadows Pregnancy Care Center

University Campus Ministries—Calgary Rock Solid Ministries

Phone prayer chain: *Eleanor* 780-745-2361 Email prayer chain: *Elean* pyprayerchain@gmail.com Bulletin prayer list and other announcements: patriciawills75@gmail.com or 780-205-1732 Paradise Valley Church of God 300 Park Ave., Box 30 Paradise Valley, AB T0B 3R0 780-745-2233 Website: pv-church.com

Find us on Facebook (a) Paradise Valley Church

| Sunday Morning | Senior Pastor: Ryan Sturge |
|-------------------|--|
| Sunday school | 780-205-1734 rhsturge4@gmail.com |
| 9:45 | Youth & Family Pastor: Chad Brundage |
| Worship Service | 780-205-1731 chadinparadise@gmail.com |
| 10:45 | Admin Support: Patricia Wills |
| Children's Church | 780-205-1732 patriciawills75@gmail.com |
| 10:45 | |
| 10.43 | |

Evening Church– call Pat for details

May 16th, 2021 Worship Team Leader: Merle Sound: Media: Kirsten

Please join the service online on our Facebook page or subscribe to the church account on YouTube this morning. May 23rd 2021 Worship Team Leader: Youth Guitar: Luke Media: Jessie

Please join the service online on our Facebook page or subscribe to the church account on YouTube this morning.



Finances to May 9th, 2021 Cash: \$95,003.14 Tithes & Offerings: \$117,329.60 Other Revenue: \$15,138.36 Expenses: \$121,550.53

The Power of a Carefree Mind Philippians 4:6



Pastor Ryan Sturge May 16th, 2021 Paradíse Valley Church of God

COMING EVENTS

May 30th—Museum Cleanup June 13th Sunday School Picnic July 4th Grad Service

WORSHIP SERVICES

Morning 10:45 online on our Facebook Page; YouTube

SUMMER STUDENT OPPORTUNITY!

The job description is varied kids, maintenance and upkeep, youth, office Please have your resumes in to a board member or email to patriciawills75@gmail.com before June 6th. Looking forward to working with you!

CONGRATULATIONS CLASS OF 2021

Gerrid Bodnar Isaac Brundage Ashton Flewell Eric Garvey Toren Stockman **MEN** Bible Study on Thursdays at 7:30 in the Youth Center

Celebration Service July 4th

A HUGE THANK YOU to the Cubbies and Awana Leaders

for giving of their time to invest in the lives of our kids and share God's love with them! You are greatly appreciated!!

Cubbies:

Lorilyn Brassington, Belinda Dzus, Cheryl Davidson Sparks and T&T Elaan Sunderland, Christine Sunderland, Hannah Brundage, Josiah Nelson, Zach Allan, Zoe Allan, Lynda Harbin,

Lynelle Davidson, Michelle Bontrager, Pastor Ryan Sturge, Chris and Ashleigh Adams and Kari Nelson

YOUTH

Details for junior and senior high activities and Bible studies are on Instagram, Facebook, and via emails weekly

| THE POWER OF A CAREFREE MIND |
|------------------------------|
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Philippians 4:6

I. INTRODUCTION

- A. The Cares of Life Can Make Us Powerless Mark 4:19, Luke 8:14, Luke 21:34
- B. Paul Calls for a Carefree Mind
- 1. "Be careful (anxious) for nothing" (v.6)
- 2. How can we achieve this important goal?

II. BODY

- A. We Must <u>Trust</u> (faith) Instead of <u>Tremble</u> (fear) Isaiah 26:11
 - 1. Anxiety prevents achievement.
 - 2. Faith and fear are opposites
 - 3. Faith drives fear away, placing everything within our reach Mark 9:23, Hebrews 11:1
 - "Faith is dead to doubts, dumb to discouragements, blind to impossibilities, knows nothing by success" (V. Raymond Edman). That's empower ment!
- B. We Must Forgive Instead of Fume
 - Ephesians 4:31-32
 - 1. How do we handle bitterness, wrath, anger, malice?
 - 2. Forgiveness is the antidote to anger (v. 32)
 - 3. Forgiveness opens the channels of power
- C. We Must <u>Release</u> Instead of <u>Retain</u> (1 Peter 5:7)
 - 1. We can cast our cares on Christ and be free of them.
 - 2. We have the option of releasing our cares.

II. CONCLUSION

- 1. God's Power Can Flow Through Us to Others
- 2. Trusting, Forgiving and Releasing Turns the Power On

| 6 | SERMON NOTES |
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