

For your notes:

Today's message: "When running is not good for your health"

Text: Book of Jonah



A place to belong. A place to grow. A place to find purpose.

Sunday, February 17, 2019

When running is not good for your health



Speaker: Pastor Adi Caciula



VERSE OF THE WEEK



"Where can I go from Your Spirit? Where can I flee from Your presence? If I go up to the heavens, You are there; if I make my bed in the depths, You are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast." **Psalms 139:7-10**

2300 Bridletowne Circle, Scarborough, Ontario M1W 2L2
416-497-3599 bridletowne@gmail.com www.bridletowne.com
 [bridletowne](https://www.facebook.com/bridletowne)  [bridletowne.park.church](https://www.instagram.com/bridletowne.park.church)

— *A member of the Associated Gospel Churches* —
www.agcofcanada.com

Monthly Prayer Focus

MISSIONARIES TO PRAY FOR:

Amy and Alain Virgin

Youth Unlimited (Youth for Christ) Toronto

Birthdays

Sarah Mitton February 17

Jordyn and Kyle Seath February 17

Dave Bell February 27

PRAYER REQUESTS:

1. Please pray for our upcoming marriage seminar in March! May God use it to strengthen families and draw us to Him!
2. People with physical issues (Francette, Catherine, Jenny Yao, Jennifer Channer, Rosanne, Shao Yang, and others)
3. The Elders, the pastor, and the youth pastor
4. The volunteers at BPC (Sunday School, worship, cleaning, etc)
5. Our youth and young adults - For godly influences in their life
6. People with spiritual, emotional, and mental health struggles
7. Our Government and Leadership, both provincial and federal
8. For those that need new jobs - Praying for open doors!

If you have any prayer requests, email us: bridletowne@gmail.com

B.P.C. Supported missionaries:

Jeff & Mary Baldwin

Peter & Rhonda Daniels

Neil & Jenni Macris

Alain & Amy Virgin

Guy & Nicki Freeman

Kevin & Carolyn Jolly

Rob & Debi Millar

Julie Seath (Love a Village)

🔗 ANNOUNCEMENTS & REMINDERS 🔗

Prime Timers and Friends!

Book Wednesday, February 20, 12.00-2.00 pm for our "Prime Timers and friends" Potluck lunch! Join us for a lot of food, fun, and fellowship!

FIRST YOUTH NIGHT! Thursday, February 21, from 7pm to 10pm!

Youth: come for a night of fun, games, and connecting with friends and God! More details: talk to pastor Nick

Men's Bible Study will start again, on February 25! (Study: *Galatians*)

Meeting upstairs in the library from 7pm!

STRIVE - AGC YOUTH high school retreat , March 8-10, at Muskoka Woods.

Grades 9-12, \$185 per person, %50 for friends! More details: pastor Nick

March 24, 5.30pm to 8.30pm: "Home improvement"

- A marriage seminar for couples! For registration please talk to pastor Adi or email the church at bridletowne@gmail.com
- The topics to be presented: *Building up your spouse; Resolving conflicts; Improving your communication.*

Food Bank Donations: There is a box at the back of the church for those that want to donate to Scarborough Food Bank. Examples of non-perishable food items: rice, pasta, noodles, canned/dried goods, baby food, etc.

Our regular weekly schedule

- ESL CAFÉ - Tuesdays at 7:00 pm
- Ladies Bible Study: Tuesday, at 7:00 PM
- Prayer Meeting: Wednesday at 7:30 PM - All Welcome !
- Mandarin Bible Study: Saturdays, at Robert and Beth's.

Our leadership team:

Elders: Steve Mitton (Chairman), Robert Zhao, Jack Huang,
Mike North, James Friesen

Pastor: Adrian (Adi) Caciula

Youth pastor: Nick Mastervick

I WOULD LIKE TO

- ☐ Become a follower of Jesus
- ☐ Renew my commitment to Christ
- ☐ Learn more about Christianity

I WOULD LIKE INFORMATION ON

- ☐ Membership at BPC
- ☐ Baptism
- ☐ Missions
- ☐ Youth Group
- ☐ Small Bible Study Groups
- ☐ Children's Ministry
- ☐ ESL
- ☐ BPC Vision & Values

I HAVE A PRAYER REQUEST

- ☐ For the weekly prayer list
- ☐ For Pastor and Elders
- ☐ For BPC Prayer Meeting

STAY CONNECTED

Please complete and deposit in the offering plate, or hand it to an usher.

Date yyyy/mm/dd

Name (Mr/Mrs/Ms/Miss/Dr)

Street Address APT#

City Postal Code
()

Phone #

Email

Your Language:

- ☐ English ☐ Mandarin ☐ Cantonese
☐ Other:

I AM A ...

- ☐ First time visitor
- ☐ Newcomer to Canada
- ☐ Regular attendee of Bridletowne

I AM REQUESTING...

- ☐ A set of offering envelopes
- ☐ A call from the pastor or an elder
- ☐ A call from the Care Ministry Team

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