



*It is in the  
agony of the  
cross and the  
power of the  
resurrection  
that we find  
peace with God*

## from the Lead Team

“Put a pencil in your mouth (like a rose stem in a romantic movie scene), and bite on it.” that’s the advice I’d heard given many years ago to someone who was feeling down. It may seem strange, but there’s a scientific reason for it. When you flex the muscles that you use to smile, your body releases chemicals that make you feel happier (dopamine, serotonin, and endorphins). When you bite a pencil it flexes those same muscles – mimicking a smile - and tricks your brain into releasing those chemicals making you feel happier.

I share this not because it’s great self help advice, or a handy “bio-hack” for when you’re feeling down, but rather because I wanted to get your attention, and make you wonder where I’m going with this :)

Although there’s nothing inherently wrong with wanting to feel good, if that becomes the top priority or the goal, it will lead to trouble. However, it does often feel good to do the right thing, even if it’s hard (but the good feeling is a bi-product, not the goal).

In 1 Thess 5:18 Paul tells us to “be thankful in all circumstances”, and in Phil 4:4 he says “rejoice in the Lord always” and in verse 8 he reminds us to think on the things that are good, excellent and praiseworthy. Now we could break this down into the scientific principles of how positive thinking is actually good for our health, being thankful and having an attitude of gratitude reduces stress and helps you adapt to change better, but what’s the motivation? Are we being thankful just for the benefits? Or are we being thankful because God

has asked us to? And we want to live to glorify Him? Romans 12 talks about us giving our bodies as living sacrifices, being transformed by the renewing of our minds, this is our act of worship.

As strange as it may sound, I think choosing to be thankful can be an act of worship.

- Walter Friesen

## Holy Week services

### March 29 - Palm Sunday

- No Sunday School for kids. Adult Sunday School & Coffee Fellowship as usual
- Missions Sunday - Service at 10:45 am
- Special Guests: Phil & Kinsey Edwards
- Everyone is welcome to join them in the fellowship hall after the service for a potluck lunch. Bring a dish to share.

### April 3 - Good Friday

- Tenebrae Service at 10:00 am

### April 5 - Easter Sunday

- No Sunday School for kids. Adult Sunday School as usual
- Special Coffee Fellowship at 9:30 am. Everyone welcome
- Easter Service at 10:45 am. Communion Service.

For the comfort of all who attend,  
please remember that Grace is  
a **fragrance-free** facility



# grace youth

## Last Week

Last week we finished our series "Jesus on Trial" by looking at how He was the perfect sacrifice, the need for the cross, and the need for the resurrection. This past week was a small group week.

## This Coming Week!

This week is Spring Break. No Jr. or Sr. Youth. Enjoy your week off!

## Upcoming

- Jr. Youth
  - April 6 - Regular Youth Night
  - April 13 - Regular Youth Night
  - April 20 - No Youth (PD Day)
    - Invited to worship night on Apr 22
  - April 27 - City Clean Up
- Sr. Youth
  - April 8 - Regular Youth Night
  - April 15 - Regular Youth Night
  - April 22 - Worship Night
  - April 29 - City Clean Up

If you have any questions, please ask!  
- Pastor Brad

# sunday school

Mark your calendars:

There will be no Sunday School on March 29<sup>th</sup> and April 5<sup>th</sup> (Spring Break).

Sunday School Superintendents,



*Our Jr. High Sunday School students helping out with the sandwich ministry.*

# partnership Focus

Pembina Counselling Centre  
presents:



Two years ago our community rallied around a 16 year old boy whose heart stopped. That was the beginning of the story - Come hear the rest.

Please join us to hear Daren and Abishai Redekopp's story at the Winkler MB Church (120 Pineview Dr.). This is PCC's Spring Fundraiser with coffee and dessert provided.

We appreciate your help in promoting our fundraiser to help those who are unable to afford counselling, receive the help they need.

# meals for students

Looking for people to make meals or purchase gift cards to bless our college students this spring as they write exams and finish the year strong. Soup, freezer meals, etc are great options.

All contributions can be left in the church fridge or freezer with a label for college students by April 5. Gift cards could be given to Mallorie Kuhl. If you have questions, contact Mallorie at 204-362-8978.



# Prayer and Praise

Pray for our shut-ins and those with on-going health issues:

## At Home:

- Linda Hiebert
- Gladys Wiebe
- Marilyn Hildebrand
- Helene Kuhl
- Linda Jenkins
- Florence Dyck
- Melissa (Friesen) Tunu
- Dennis Wiebe
- Marie Brown
- Alexander Sauer
- Allan Derksen
- Leo Braun
- Abdul Tunu

Notre Dame: Irene Hildebrand

In Boundary Trails: Rosanna Krahn

In Salem Home: Helen Loeppky  
Elva Hildebrand  
Agnes Giesbrecht  
Maria Klassen  
Anne Enns

# Pastor Sean's Resources of the Month:

## Video: "Love in Chaos" - Bob Goff

In this 6 session RightNowMedia series, Bob Goff gives a lighthearted, pastoral view on loving people in a world of division and chaos.

## Book: "Decision Making and the Will of God: A Biblical Alternative to the Traditional View"

This book by Garry Friesen asks: Does God have a perfect will for each Christian? Can you be absolutely certain of God's specific will for your life?



Missionfest Manitoba  
April 17 - 18th  
Friday 7-9pm  
Saturday 9am-4pm  
Free Admission

**MISSIONFEST BOOST**

GUEST SPEAKERS

- James Shields
- Sathya Animalla
- John Feakes

Praise and worship at 7pm with **Renewal Winkler**

Winkler Mennonite Church, 31 Willowdale Crescent, Winkler  
For more info email: [tim@missionfestmanitoba.org](mailto:tim@missionfestmanitoba.org)  
[www.missionfestmanitoba.org/boost\\_winkler](http://www.missionfestmanitoba.org/boost_winkler)

# community events



PEMBINA VALLEY BIBLE CAMP  
**FUNDRAISING BANQUETS**

**WE ARE LOOKING FOR TABLE HOSTS!**

**DATES:**  
Apr 8 - Morden  
Apr 14 - Winkler

**TO HOST A TABLE...**

- ☎ 204-246-2008
- ✉ [info@pembinavalleybiblecamp.com](mailto:info@pembinavalleybiblecamp.com)



Would you like to support Pembina Valley Bible Camp by hosting a table at their annual spring fundraising banquets? April 8<sup>th</sup> in Morden and April 14<sup>th</sup> in Winkler. To host a table or attend the banquet, contact the camp office at 204-246-2008 or email [info@pembinavalleybiblecamp.com](mailto:info@pembinavalleybiblecamp.com)



**PALM SUNDAY CHORAL CONCERT**

Sunday, March 29<sup>th</sup> | Emmanuel Mennonite Church  
7:00pm | 750 15th Street, Winkler

A joint concert including  
Winkler Senior Choir &  
Winkler Community Male Choir

Douglas Kuhl  
School of Music