

SERMON NOTES

SURVIVING THE STRESSES OF LIFE

SERIES #3 - "SURVIVING EMOTIONAL PAIN"

TEXT: PSALM 42:5; PSALM 43:5

➡ WHAT IS E _____ P _____?

Some Causes Of Emotional Pain

- ♦ S _____
- ♦ A _____
- ♦ A _____
- ♦ S _____ and G _____

➡ The Impact of Emotional Pain

King David Himself Faced Emotional Pain

- ♦ D _____
- ♦ D _____
- ♦ D _____

➡ David's Survival Kit - Psalm 23:3

"He restores my soul" - Psalm 23:3

1. THE P _____ of R _____

"Return to a R _____ P _____"

JANUARY 22, 2023

2. THE P _____ of R _____

A. FIRST, I need to let GOD R _____

my G _____

♦ Psalm 38:4; 1 John 1:9; Psalm 32:5;
Hebrews 8:12

B. Let GOD R _____ my G _____

and P _____

1) A _____ what can't be C _____

♦ 2 Samuel 12:22-23

2) Play it D _____ and P _____ it up

♦ 2 Samuel 12:20

3) Focus on the G _____ that 's left

not the B _____ that was lost

♦ 2 Samuel 12:24

C. Let GOD R _____ my G _____

♦ Romans 12:19; Ephesians 4:31;

Ephesians 4:32

♦ Job 11:13-16

MINISTRY TEAM

REV. DOUG HOPE, transition pastor
MARY CAMPBELL, program coordinator,
ladies Bible Study
CHELSEY WATCHMAN, board secretary,
treasurer, children & youth director
LYLE & ANGELA DEMERAIS
and MOLLY JOHNSON, jr. youth leaders
MARIVIC IDMILAO, office secretary,
library & powerpoint
CANDICE SINITOSKI, music director
DIANA WOODEN, women ministries
HENRY PETERS, maintenance
RANDY WATCHMAN, tech & equipment
DAVE & EVANG OLSEN, hospitality
KATHY JACOBS, ladies Bible Study
MYRNA FRANC, intercessory prayer
VERONICA HAUSER & ARLAINE GILLIES,
prayer
MYRNA FRANC & FAYE HOPPE,
extended hands
ANN-MARIE CHOKANI & ELMA DENNIS,
church decorations
FAYE HOPPE & CATHY CRANE, king's kids
JUDE BRASS, church lunch coordinator
CHRIS ROCK, cards



BOARD MEMBERS

Dr. Khami Chokani
306-961-2997
Cathy Crane
306-980-6306
Dave Dennis
306-621-9379
Rey Idmilao
306-960-5284
Marvin Sinitoski
306-960-0470
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306-960-7844
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306-960-6975

STAFF EMAIL & CONTACT NUMBER

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QUESTIONS?

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www.crossroadspa.org

CHURCH OFFICE HOURS:

Mon - Fri 9:00am - 5:00pm

1510 Olive Diefenbaker Drive

Prince Albert, SK S6V 7H4

January 22nd, 2023

Sermon Series #3: Surviving The Stresses of Life

Psalm 42:5; 43:5

SURVIVING EMOTIONAL PAIN



visit our website at www.crossroadspa.org



Welcome

to Our Worship Service

We are delighted that you can join us today!

9:30 am - Prayer

- Join us in our Prayer Room

10:30 am - Worship Service

- Speaker: Pastor Doug Hope

SUNDAY, JAN 22nd

- Intercessory Prayer 9:30am
- Worship Service 10:30am
- Nursery (ages 0-3)
- Children's Church (ages 4-8)
- Junior's Church

TUESDAY, JAN 24th

- Ladies Bible Study - 1:30pm

THURSDAY, JAN 26th

- KING'S KIDS - 5:30pm

FRIDAY, JAN 27th

- SR Youth - 7pm

Birthday Greetings!

- Tunde Akinyemi - Jan 24
- Willard Ahenakew - Jan 24
- Samantha Wooden - Jan 25
- Joseph Perrault - Jan 27
- Germain Chisholm - Jan 28
- Gihon Angosom - Jan 28

Anniversary

- Olatu & Elizabeth Akinyemi—Jan 23

News & Announcements

ATTENTION DEPARTMENT HEADS

ALL REPORTS SHOULD ALL BE IN BY
TOMORROW - MONDAY, JAN. 23, 2023.
Kindly email your REPORTS to MARIVIC @
crossroad3@sasktel.net

Thank you for your cooperation!

- **SURVIVING THE STRESSES OF LIFE** -
New Sermon Series by Pastor Doug Hope.
There are four major stresses everybody
faces in life: relationships, finances, work,
and health concerns. This Sunday we are
now on SERIES #3, Pastor Doug will discuss
some of the stresses we face and how to
survive them.
- ✓ SERIES #1: Surviving WORRY
- ✓ SERIES #2: Surviving BUSYNESS
- ✓ SERIES #3: Surviving EMOTIONAL PAIN
- SERIES #4: Surviving INDECISION
- SERIES #5: Surviving DARK VALLEYS
- SERIES #6: Surviving HURTS

- **WATER BAPTISM: DATE TO BE DETERMINED**
As Christians we believe in the observance
of the ordinances of Christian Baptism by
immersion for believers. So, those who are
interested to be baptized please don't
forget to take one of the forms & register
by writing your name & contact number
on the sheet provided at the foyer table.

TAX RECEIPTS

Please check your MAIL BOX
for your 2022 TAX RECEIPTS.

*And kindly check if your
TAX RECEIPT ENVELOPE INFO MATCHES
YOUR PRESENT ADDRESS.
if not please help CROSSROADS
UPDATE our CHURCH FILE/DIRECTORY
by filling-out the enclosed form and kindly
SUBMIT IT TO THE OFFICE or give it to one
of the USHERS after the service.

MAKE CROSSROADS YOUR HOME CHURCH

We are excited that you have made
Crossroads your home church
we would be delighted if you
will become a member of our church.
Please feel free to fill up the "BLUE"
APPLICATION FORM for MEMBERSHIP
at the Hospitality Desk & drop it off
at our office. Thank You!

CHURCH FINANCES

JANUARY BUDGET: \$ 26,875.00

MTD TOTAL: \$ 10,242.20

REMAINING: \$ 16,632.80

100th

ANNIVERSARY
1923-2023

October 6-8, 2023

- **CROSSROADS** will soon be celebrating
it's 100th ANNIVERSARY! It is a major
milestone and an opportunity for us to
celebrate our church's history. The same
faith that they used to trust the Lord a
century ago is still in operation today!
Let us all know that the work is not to
men but it belongs to God. So let our
church family rejoice and give God all
the glory as we mark our 100 years of
preaching the gospel and ministering to
our community. "He who began a
good work in you will carry it on to
completion until the day of Christ Jesus."
Philippians 1:6

- **15 MINUTES of PRAYER:** Our goal is to
daily pray for our Church, our Church
Family and our Church Ministries. We
encourage you to start praying today up
to the whole month of February. Believe
in the power of prayer and LET GOD do
the rest!

ANNUAL MEETING

February
27th

Monday
7pm

Crossroads

- **ANNUAL MEETING:** Plan to attend on
Monday, February 27th, 2023—7PM
- **BOARD ELECTION:**
Again this year we need your
nominations for Board Members.
Dr. Khami Chokani & Rey Idmilao
have served their one year terms and
therefore eligible for re-election.

- On the foyer table you will find a ballot
with space for up to two (2) names.
Please write clearly and don't forget to
sign your ballot. Please place it in the
slot provided on the foyer rack or you
can ask one of the USHERS to assist you.

Please note that we will accept
nominations until
Sunday, February 12, 2023.

As stated in the "Local Church Constitution",
do not consult with those you nominate, but
pray about it and ask God for His direction in
your selection for board member.

Thank You!

Pastor Doug Hope
& Crossroads Board