

**SUNDAY, MARCH 17, 2019  
MORNING WORSHIP AT 9:30 & 11:00 AM**

**Message: "Handling Life's Hurts"**

**WELCOME TO FIRST-TIME GUESTS  
AT TRENTON WESLEYAN**

We are so glad that you are here today!  
We seek to provide a place of spiritual growth and community  
where lives can be transformed by the message of Christ.

In order for you to get the most out of your time with us:

1. Please do not feel obligated to participate in the offering. This is for our members and regular attendees who consider this their church home. As our guest, we ask that you please turn in the communication card so that we may acknowledge your visit with us.
2. Children are special here. We provide a friendly, caring and safe place for our kids. Prior to the 9:30 service, parents are asked to take their children to the nursery (up to age 2) or to their Sunday School class. Prior to the 11:00 service, parents are asked to take their children to the nursery/toddler area (up to age 4) or to the JK through to Grade 2 class.

---

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ."*

2 Corinthians 1:3-5

**THIS WEEK'S SCHEDULE**

<b>Tuesday</b>	<b>6:45 pm</b>	Tuesday Church (Grades SK to 6)
	<b>3:30 pm</b>	Trent Valley Lodge Service
<b>Wednesday</b>	<b>6:30 am</b>	Men In Motion
	<b>6:00 pm</b>	Prayer in the Board Room
	<b>6:45 pm</b>	Crossfire (Grades 7 to 12)
	<b>7:00 pm</b>	Local Board of Administration
<b>Thursday</b>	<b>6:30 pm</b>	Ladies Bible Study at TWC
	<b>7:00 pm</b>	Choir Practice

**NEXT SUNDAY—MARCH 24  
COMMUNION**

**9:30 & 11:00 am** Morning Worship Services  
"Releasing Regrets"

**LOOKING AHEAD**

<b>March</b>	<b>30</b>	Plan to Protect Orientation Training
<b>April</b>	<b>3</b>	Trustees Meeting
	<b>5</b>	Raw Gospel Concert at Trenton Wesleyan
	<b>6</b>	Ladies Breakfast
	<b>7</b>	Prayer for the City at Bethel Church
	<b>12</b>	50+ Adult Fellowship—Men, Let's Bake!
	<b>19</b>	Good Friday Seder Dinner with Jeff Futers



## **PLEASE PRAY FOR...**

...the ministries of the Salvation Army to those who are hurting.  
...the Trenton Care and Share Food Bank.

## **PRAYER CHAIN REQUESTS**

Until March 27, please call the church (613-392-1075) with prayer requests.

## **BABIES ARE SPECIAL HERE**

As a reminder to parents of young children, during the 9:30 service, we offer a nursery ministry for children up to age 2. During the 11:00 service, we offer a nursery/toddler area for up to age 4. We encourage you to consider letting our loving nursery staff care for your child so that you and others can best benefit from the service. Thank you for your consideration.

## **THANK YOU, TRENTON WESLEYAN**

Clare & Ruth Millage would like to thank all those who participated in their 60<sup>th</sup> anniversary celebration. Many showed up for the fun that was had! A particular thank you goes to Carole Gilbert, Irene Canning and Joan Watts for the assistance given to their family in coordinating and making the day special. They are blessed to have such a loving and caring church family!

## **KIDS HAVE STRESS, TOO!**

Belleville Christian School invites you to join them on Tuesday, April 2 at 7:00 pm to learn about Children & Stress (causes of stress, recognizing signs of stress and stress management). Free but RSVP at 613-962-7849.

## **RAW GOSPEL CONCERT AT TRENTON WESLEYAN**

On Friday, April 5 at 7:00 pm, you're invited to join us for a Raw Gospel Concert at Trenton Wesleyan Church. A free-will offering will be taken.

## **LADIES BREAKFAST AT TRENTON WESLEYAN**

All ladies are invited to join us at Trenton Wesleyan on Saturday, April 6 from 9:30 to 11:00 am for fellowship and a delicious breakfast. A free will offering will be received. Child care will not be available. If you plan to join us, please sign up in the atrium at the Welcome Centre. For information, email [patricia.carswell@sympatico.ca](mailto:patricia.carswell@sympatico.ca) or [heather@gcoctrenton.com](mailto:heather@gcoctrenton.com).

## **EMPOWERED TO CONNECT SIMULCAST CONFERENCE**

The Empowered to Connect Simulcast Conference is in the Quinte area on April 26 & 27 and is meant to equip people who serve children impacted by adoption and foster care. Ideal for adoptive/foster parents, those considering adoption/foster care, and those who support others (social workers, ministry leaders). Details at [empoweredtoconnect.blogspot.com](http://empoweredtoconnect.blogspot.com).

## **EMPOWERED LADIES CONFERENCE 2019**

All ladies are invited to the Wesleyan Women's Empowered Conference 2019 from May 3 to 4 at Roblin Wesleyan Church. Enjoy worship led by Melina Dulluku Fisico and main sessions with speaker Natasha Dongell. For information, visit [empoweredwm.ca](http://empoweredwm.ca) or call the church at 613-392-1075.

## **SAVE THE DATE**

Save the date of Saturday, April 27—The Family Fellowship Committee invites you to join in the Quinte Trash Bash. More details coming soon!

# GLOBAL PRAYER-NET

## **MISSIONARY PRAYER FOCUS**

Global Partners is asking for focused prayer this week for Jason and Kerensa McFrederick, missionaries to the Czech Republic.

Jason and Kerensa, along with their children, Mollyn ('03) and Niam ('05), have been serving in the Czech Republic since 2005. They give leadership to Global Partners missionaries and national workers across the country.

Sadly, the message of communism—There is no God—still rings true for this post-communist, atheistic nation. The McFredericks are committed to long-haul relationships, living out the truth of Christ with people who have long considered the story of Jesus a mere fairy tale. One by one, people are being transformed by the message of the gospel! Jason, Kerensa, and their teams work to ignite a movement of discipling relationships and Bible studies so that churches are planted across the Czech Republic.

## **Prayer Points from Jason and Kerensa McFrederick:**

- Please pray for the multiplication of Bible study groups. Pray that more and more seekers would be drawn to God's Word and for believers to rise up to lead Discovery Bible Study groups.
- Pray that our weekly conversation clubs would be filled with opportunities to point people to Jesus and that those attending would recognize that God is what makes the atmosphere special!
- Pray for us and everyone on our teams to continuously grow in prayer, in love, and in our abilities to share the good news.
- Pray for Czech people to know the truth & be set free! (John 8:32)
- Pray for our kids, Mollyn and Niam, to be encouraged in their school work and to find subjects they enjoy and can excel in. Pray for them to grow strong in their faith.
- Pray for Kerensa's health after a difficult diagnosis in November of an inflammatory disease that attacks connective tissues and various organs. We are hopeful she will be able to get all the needed future treatment in Czech. Pray for God's provision, daily strength, and grace for the challenges of chronic pain and fatigue.

Find Jason and Kerensa McFrederick on the Global Partners website at [gponline.org/0275](http://gponline.org/0275).

# HANDLING LIFE'S HURTS

March 17, 2019

9:30 and 11:00 a.m.

*"...my heart is wounded within me. I fade away like an evening shadow." Psalm 109:22-23*

## HOW PEOPLE HURT

- We hurt \_\_\_\_\_
- We hurt \_\_\_\_\_
- We hurt \_\_\_\_\_

## SIX REMEDIES FOR HURT THAT DON'T WORK

(Proverbs 14:12)

(Good News Translation)

1. \_\_\_\_\_

*"I kept quiet, not saying a word, but my suffering only grew worse and I was overcome with anxiety. The more I thought, the more troubled I became." Psalm 39:2-3*

2. \_\_\_\_\_

*"I wish I had wings like a dove. I'd fly away and find some rest. I'd flee to some refuge from all this storm!"*  
Psalm 55:6 & 8

3. \_\_\_\_\_

*"There was a time when I wouldn't admit my sin, but dishonesty made me miserable and filled my days with frustration." Psalm 32:3 (LB)*

4. \_\_\_\_\_

*"...I am worn out by my worries." Psalm 55:2*

*"...I am so worried I cannot speak!" Psalm 77:4*

*"Don't give in to worry or anger, it only leads to trouble."  
Psalm 37:8*

5. \_\_\_\_\_

*"When my thoughts were bitter and my feelings were hurt, I did not understand you." Psalm 73:21-22*

6. \_\_\_\_\_

*From the depth of my despair, I call to you, Lord. Hear my cry, Lord—listen to my call for help." Psalm 130:1-2*

## WHAT WILL WORK?

The first step:

*"I bring God all my complaints, I tell him all my trouble. When I'm ready to give up, he knows what I should do!"*  
Psalm 142:2-3