



NEWS from the PEWS

PASTOR'S CORNER

"For you were bought at a price;
Therefore glorify God in your body
And in your spirit, which are God's"
1st Corinth.6-20

MARCH IS Nutrition Month.....We need to be mindful of what we eat

We should be eating food items that will keep us healthy and strong to work for our creator and to do His will.....it is difficult to do our best when we are not at our best health wise...



FREE HEALTH SYMPOSIUM

Our church is hosting a free Health Symposium at the Ambassador Hotel on April 12-14, 2019. Please plan to attend and Invite your family, friends and Neighbours.
See flyers in foyer for more information and for distribution.



FUND RAISING

We continue to fund-raise for 2 projects here in our church:-

- 1) NEW BUILDING---\$84,099.00
- 2) EVANGELISM---\$28,813.48

As of FEB. 28, 2019

BIRTH DAY WISHES

HAPPY BIRTHDAY goes out to all the PRINCESSES and PRINCES who are celebrating their birthday in MARCH.....

May the blessings God freely gives bring you a day and a year filled with joy, peace and happiness!!

HEALTHY SMOOTHIE TO TRY.....

- 2 Ripe bananas
- 1 chopped ripe pear or apple
- 2 cups chopped kale leaves
- ½ cup pure orange juice
- 1 tablespoon ground flax seed

Blend together and enjoy!



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