NOV 15TH
2026

Aldergrove Alliance Church

SUNDAY

BULLETIN

Sunday LIVE @10:30 AM - The Nonnegotiables of "The Way" and Communion with Pastor Doug
Sunday School @9:30AM

This Week

Tuesday November 17
- Men's Coffee Group @10am Aldergrove McDonalds
- Women of Grace @ 7pm AAC Lobby
- Men's Shop Talk @ 7pm Krahn Shop

Wednesday November 18
- Senior Adult Study @ 10am AAC Room 204
- Board of Elders @ 6:30pm AAC Room 205
- Revelation Study Group @ 7pm AAC Lobby

Thursday November 19
- One-Eighty and Club 67 Connect @7pm AAC



Next Sunday

Sunday Live @ 10:30am- 'No Time Change Weirdness' with Pastor Doug , Sunday School @9:30

Notices

Welcome Centre Table

We have many useful resources available at our Welcome Centre Table in the Lobby. Prayer updates for Alliance International workers; prayer updates from International workers who have been to AAC; Civic Engagement Kit that contains tools and tips for interacting with MPs and senators on important issues involving bills that relate to our practice of faith; information on AAC and the Alliance Canada and connect cards that help you get connected to AAC.

Sunday School 2026-2027

Adult class meets in Room 204, High-School Room 205 and elementary in Room 102.

Teachers are: Adult Class: Kerri Henry and Phil Priebe
High-School: Gayle and Doug Allen
Elementary: Evelyn Sinclair and Rachelle Harron. This is a great ministry to learn and grow in God's Word and to connect with others at AAC. See you at 9:30am.

Advent Luncheon

Please join us following the service on Sunday November 29 for lunch as we celebrate the beginning of the Advent season. A great lunch will be provided, this is a great way to connect with new friends and get caught up with old friends. **Advent Calendars** are available on the Welcome Centre table for families to use throughout Advent. Each day has a Bible reading followed by a question to pray and reflect on, a good resource for family devotions.

Have a Heart for Prayer?

"*Devote yourselves to prayer, being watchful and thankful.*" — Colossians 4:2
Join us **Sunday mornings from 10:00–10:20 a.m. in the Library** for a time of prayer together.
We'll be praying for the **ministries of our church, our church family, and our Sunday morning services**—asking God to lead, strengthen, and work through all that happens in our church.
Everyone is welcome! Come join us as we seek God together in prayer.

Prayer Matters

- Pray for all the guest families who attended "Family Fun Night" on October 30. Pray for the Spirit to "nudge" something within to bring them back for the Christmas season, pray for a sense of something more to life in their hearts and minds.
- Continue to pray for the families who were injured in the devastating fire at CFB Wainwright, Alberta. 15 soldiers are on ventilators, 9 in critical condition after the fire. Pray for the parents and families of these young women and men.

Parents of Rooted Kids

'The Kingdom Cracks'

Big Truth: Two bad Kings cracked God's Kingdom.
Bible verse: Pride goes before destruction, and a haughty spirit before a fall. - *Proverbs 16:18*

Rooted Kids (K to Gr.5) meet in our Gym and are dismissed during the service; Infants to age 2 meet in Room 101 and ages 3-4 in Room 102.

Global Prayer Matters

Thailand | Pray with **Derek** and **Bonnie Burnett** for the team as they seek to motivate and mobilize the existing Thai church to reach out to the Muslim communities. Pray for God to dispel a spirit of fear among believers.
Middle East | Pray with **Richard** and **Hui** for the Middle East as election results in several key nations in November could significantly impact the region's security situation. Pray that these developments would not lead to another outbreak of war. Pray Psalm 122:6: "Pray for the peace of Jerusalem," and ask that His will would be done. Pray that God would use each believer to share His light in their communities during this time.
Japan | Pray with **Jocelyn** and **Joze Reverente** for the Japanese people—the world's second-largest least-reached people group. Pray for Japanese Christians who may feel overworked as they juggle responsibilities at work, in their families, and at church. Pray that they will not grow weary or give up, but remain faithfulto their convictions through the choices they make, allowing others to see, experience, and come to trust in King Jesus.

Cultivating Joy in Difficult Seasons

How do we cultivate joy when life is overwhelming? Here are some practical, scientifically backed, and biblically-grounded strategies: Dr. Michelle Bengtson

Practice Gratitude
Science: Studies show that keeping a gratitude journal increases dopamine and serotonin, the brain's "feel-good" chemicals.
Scripture: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18, NIV)
Application: Start a daily gratitude list, even if it's just three things each day.

Worship and Praise
Science: Singing and listening to worship music activates the brain's pleasure centers and reduces stress hormones.
Scripture: "Sing to the Lord a new song, for He has done marvelous things." (Psalm 98:1, NIV)
Application: Start your day with worship music or a gratitude-filled prayer.

Shift Your Perspective
Science: Cognitive Behavioral Therapy (CBT) teaches that changing our thoughts can change our emotions.
Scripture: "Set your minds on things above, not on earthly things." (Colossians 3:2, NIV)
Application: When faced with a challenge, ask, "How can I see this through God's eyes?"

Engage in Community
Science: Social connection boosts oxytocin, reducing stress and increasing happiness.
Scripture: "A cheerful heart is good medicine." (Proverbs 17:22, NIV)
Application: Surround yourself with joyful, faith-filled people who uplift your spirit.

Serve Others
Science: Acts of kindness increase dopamine and serotonin, improving overall well-being.
Scripture: "It is more blessed to give than to receive." (Acts 20:35, NIV)
Application: Find a way to serve someone today. Maybe send an encouraging text, help a neighbor, or volunteer.

Practice Mindfulness
Science: Mindfulness reduces stress and improves focus and emotional regulation.
Scripture: "Be still, and know that I am God." (Psalm 46:10, NIV)
Application: Practice deep breathing, prayerful reflection, or mindful walks in nature.

Prioritize Physical Activity
Science: Exercise releases endorphins, reducing anxiety and depression.
Scripture: "Do you not know that your bodies are temples of the Holy Spirit?" (1 Corinthians 6:19, NIV)
Application: Engage in joyful movement: walk, dance, or stretch while meditating on Scripture.

Laugh More
Science: Laughter boosts mood and reduces stress hormones.
Scripture: "A cheerful heart is good medicine." (Proverbs 17:22, NIV)
From Dr. Michelle Bengtson