

PAINTING FOR GOD'S GLORY

On Monday afternoons Louise is leading a group of ladies who want to learn to paint in order to glorify God with prophetic art. This group is part of the fulfillment of prophetic words given to Louise over the years by Denny and other prophets. The goal of this group is to bring Christian artists together to help them develop the skills they need so they can share the visions and inspirations that God has given them. Right now we are focusing on learning to paint in acrylics and we are doing some drawing practice. If you are interested in joining us please call Louise. We have room for one or two more people.

THE FIVE LOVE LANGUAGES

This book written by Gary Chapman is required reading for Marriage Preparation Classes. Mr. Chapman points out that as we grow up we develop a way of recognizing that we are loved and in return we demonstrate our love in that same way. This is what he calls a love language. Problems arise in couples when each partner has a different love language. This book can help you identify your love languages and help you learn to speak your partner's love language so that you will both feel loved and appreciated. Watch for a Wednesday night class to be announced soon. Books can be purchased at Chapters.

LAUGH YOUR WAY TO A BETTER MARRIAGE

Books are available for \$19.00 from Naomi, call 949-7722.

MARRIAGE PREPARATION

Those couples who have expressed an interest in being married this year need to contact Louise to arrange for Marriage Preparation. Call Louise **right away** at 536-9573.

What do you do when communication breaks down?



Communication, listening, and sharing feelings are at the heart of connecting. But we all have our own opinions. We see life from our point of view. The amazing truth about conflict is that, if used correctly, it allows you to validate your friends and family members by listening to them and understanding them. Validation simply means that you value a person's opinions, ideas, concerns, needs, and feelings. It doesn't mean that you agree with what they're saying but you give them a sense that you really "understand" them.

During a conflict, either you can force others to agree with your position, or you can provide them with an experience of being heard and understood. The latter option is validation. When you validate someone, you don't argue about what he's saying; instead, you seek first to understand. If you're able to validate someone, he or she should walk away with a very clear message: "My opinions, needs, and feelings are valuable." What a tremendous gift!

Can you think of feelings that your spouse or kids have tried to express, and rather than validating them you excused them or explained them away?

When was the last time you simply listened to your spouse when he or she was sharing frustrations, rather than problem solving? ~ Gary Smalley

The Sanctuary Church

P.O. Box 31085
Regina, Saskatchewan, S4R 8R6
Louise Howe, Pastor) - 536-9573
e-mail: l.howe@sasktel.net
Church Secretary - 536-9741
e-mail: thesanctuarychurch@sasktel.net
www.thesanctuaryregina.com



A member of
Life Builders Network

Welcome to The Sanctuary!

We Are An Apostolic - Prophetic People Worshipping Jesus!

Sunday, February 28th, 2010

The Sanctuary Church

An Apostolic-Prophetic people worshipping Jesus

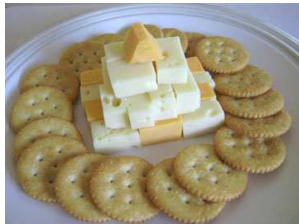
Good Morning and Welcome! The Lord is doing great things around the world today as He prepares His Church to minister and reach out supernaturally. As His Church becomes apostolic and prophetic in reaching out to the lost we will walk in power and see the hand of the Lord minister in miracles, signs and wonders daily.



This morning Ralph will be teaching. He will be sharing on “Risking Greatness” based on Matthew 25:14-30 The Message Version). Plan to receive what the Lord is speaking to

us individually and corporately. We will be listening to God’s Word and it is powerful when received and applied to our lives.

Please join us after some worship for a cup of coffee or a glass of juice and some fruit, crackers and cheese. This time of fellowship is a great way to get to know newcomers as well as share what Jesus has been doing in your life.



Dear Friends,

This past week as I finished writing the Following in Jesus’ Footsteps Bible reading guide I was so excited. As I read through the events of Holy Week and the accounts of Jesus’ trial, crucifixion, resurrection and ascension, I was impressed with the sense of Jesus’ urgency to give the disciples their final instructions and prepare them for what was to come.



I became aware of the significance of these last teaching sessions and the commissioning of the disciples to take Jesus’ authority and say and do the things Jesus wanted said and done. They had faith to do these things because they really knew Jesus. If we are to break free of our comfort zones and cast off the things that hold us back we too must come to know Jesus intimately. We need to see that He is God, His words are true and we can trust Him to keep His promises to empower us to do the things He is telling us to do. The amazing thing about serving our God is that He endows His followers with His own Presence and Power. He never asks us to do things by our own ability but He stretches us beyond our abilities to do things that we could never do on our own by His power. Wow!!

I have been praying that God will do just that in my life and in the church. I hope that Following in Jesus’ Footsteps will bring you closer to Jesus and it has been doing for me.

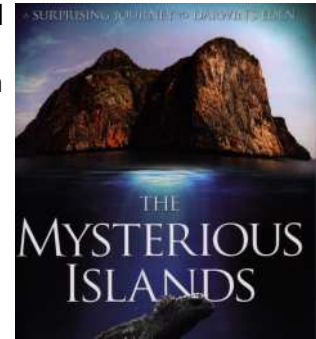
~Louise



On Monday night, Darryl, Ben and Elizabeth took nine very energetic kids tobogganing for two hours. It was a blast! Thank you to everyone who helped with supervision, baking, making hot chocolate, driving and donating the crazy carpets! Much Appreciated!

Next Monday night (March 1st) we will be meeting at Darryl and Elizabeth’s house. The weather is supposed to be really nice so please make sure the kids come dressed for some outside activities.

Last Sunday we watched a video called The Mysterious Islands which was created as a response to Darwin Day. It supports Creation and gives evidence against Evolution in the place where Darwin developed the theory - the Galapagos Islands. This was an excellent movie full of valuable information. If you have any questions concerning the video, please don’t hesitate to phone Louise at 536-9573.



Calendars and bookmarks for March are available today. Please make sure you pick one up for yourself or your family. Keep these important reminders in a place where you can see them each day. They can help you to pray for specific events.

Please note that the regular Bible Reading Bookmark is being replaced by the Following in Jesus’ Footsteps Bible reading guide. As you are answering the questions please pray that God will reveal His heart and not just His words to you and draw you into a deeper intimacy with Jesus.