



## FOR THE WEEK OF MARCH 10 - MARCH 17, 2024

[CLICK HERE](#) to access the March-April Calendar and get an easy glimpse of the weekly activities as well as upcoming events.

If you haven't liked us on [Facebook](#) and [Instagram](#) be sure to do so! We have a lot going on in our church family and we're continually updating these pages with info and images about our church family.

We invite you to join us in-person on Sunday mornings. We also stream our services on our [Youtube channel](#).

Contact the Church Office at [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) if you would like to receive our **Weekly Email Blast** to stay informed on the life of our church.

To **donate** to Arlington Woods Church, go to <https://arlingtonwoods.ca/donate.php>.

Are you new? by filling out our **online welcome card** we are able to connect you to our church community! <https://arlingtonwoods.ca/welcome.php>.

Watch **Kidzone weekly videos** at <https://arlingtonwoods.ca/kids.php>. These include worship, drama and animation for kids of all ages.

**Small groups** are an important part of our church community life. Click [HERE](#) to find a list of our current small groups.

## FRIDAY

**6:30 - 9:00 p.m. Friday, March 8 - CATALYST YOUTH** (grades 6 to 12) is meeting in the Creekside Room. Drop in between 6:30-7:00 p.m. to hang out and play on some of our games tables or challenge a friend to a board game. CATALYST Youth then runs from 7:00-9:00 p.m. featuring fun games, worship music, a Bible-based talk, and a chance to connect in groups. Email [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) for more information.

## SATURDAY

**TIME CHANGE: SPRING FORWARD** Remember that tonight the time changes. Make sure to turn your clocks an hour ahead so that you aren't late for church on Sunday.

## THIS SUNDAY

### For Sunday, March 10, 2024:

**9:00-9:30 a.m. - WHITE PINE CAFÉ OPEN:** Our Café is open before and after services. For details visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**9:30-9:50 a.m. - PRE-SERVICE PRAYER IN PERSON & ON ZOOM:** All are welcome every Sunday morning for pre-service prayer in Prayer Room or by zoom link through email.

### Living Well Week 8: Strategic Living

Life can be a bit hectic and out of sorts at times. This Sunday Pastor Mike is going to be speaking about how we can be strategic and allow peace to guard our hearts. Join us for a welcoming and encouraging morning as we dive into some valuable teaching.

This week is communion. If you're joining us from home be sure to have a cracker and some juice so that you can partake in communion with us.

The nursery will be staffed and KIDZone will be happening

To connect to our livestream service, [click here](#).

[Click here](#) to check out our FAQ on in-person services.

KIDZONE JK-6 kids program on Sunday mornings. [Click](#) for more information.

Follow the Sunday Message with YouVersion. [Click to view the notes for this Sunday!](#)

If you missed the message from last Sunday, [view the service here](#)

## MONDAY

**9:00 a.m. - Noon - BEAT THE MARCH BREAK RULES:** We'll be opening up the Evergreen gym March 11, 12 & 14 for open parent supervised play time. Bring a friend, grab a coffee and come kick a ball around!

**9:00 - 11:30 a.m. - WHITE PINE CAFÉ:** The White Pine café will be open Mondays at 9 a.m., serving fair trade, organic Equator coffee and teas as well as home made baking! Invite a friend or relax alone. Visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**PARENTS OF PRESCHOOLERS (POP)** Please note that POP will not be happening this week due to the March break. Visit [www.arlingtonwoods.ca/pop](http://www.arlingtonwoods.ca/pop) for details and register for the new school year.

## TUESDAY

**9:00 a.m. - Noon - BEAT THE MARCH BREAK RULES:** We'll be opening up the Evergreen gym March 11, 12 & 14 for open parent supervised play time. Bring a friend, grab a coffee and come kick a ball around!

**7:00 - 8:00 p.m. - VIRTUAL PRAYER MEETING ON ZOOM,** special focus on Church and Community needs. Check your weekly church emails for the ZOOM link.

## WEDNESDAY

**11:00 a.m. - Noon WINTER SOWING** Ever wonder how you can start your garden in the winter? All ages are welcome to join us on Wednesday, March

13 in Evergreen hall at 11:00 a.m. for a winter sowing gardening activity. Sign up by e-mailing [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) or sign up at the welcome desk.

**SMALL GROUPS** There are various small groups that meet at the church on Wednesday evening. Please visit <https://arlingtonwoods.ca/smallgroups.php> for more information.

## THURSDAY

**9:00 a.m. - Noon - BEAT THE MARCH BREAK RULES:** We'll be opening up the Evergreen gym March 11, 12 & 14 for open parent supervised play time. Bring a friend, grab a coffee and come kick a ball around!

**9:30 - 11:30 a.m. - WHITE PINE CAFÉ:** Our café will be open Thursdays at 9:30 a.m., serving fair trade, organic Equator coffee and teas as well as home made baking! Invite a friend or relax alone. Visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**7:00 - 8:00 p.m. - VIRTUAL PRAYER MEETING ON ZOOM,** special focus on Pastors and church leaders. Check your weekly church emails for the ZOOM link.

## FRIDAY

**Friday, March 15 - CATALYST YOUTH** (grades 6 to 12) Please note that CATALYST will not be happening this week due to the March break. Email [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) for more information.

## SATURDAY

No events scheduled

## NEXT SUNDAY

### For Sunday, March 17, 2024:

**9:00-9:30 a.m. - WHITE PINE CAFÉ OPEN:** Our Café will be open before and after the service. For details visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**9:30-9:50 a.m. - PRE-SERVICE PRAYER IN PERSON & ON ZOOM:** All are welcome every Sunday morning for pre-service prayer in Prayer Room or by zoom link through email.

**10:00 a.m. - ARLINGTON WOODS CHURCH SERVICE - IN-PERSON & ONLINE:** Join us at 10:00 a.m. for our Sunday service!

The nursery will be staffed and KIDZone will be happening.

**DEEPER ROOTS FOR TEENS (GRADE 7+):** This monthly Sunday small group for teens will take place on March 17, 2024. For details, email [christinev@arlingtonwoods.ca](mailto:christinev@arlingtonwoods.ca).

**12:00 - 2:30 p.m. - CONNECT YOUNG ADULTS LUNCH:** Join us on Sunday, March 17th from 12 - 2:30 p. m. Be sure to contact Pastor Ben ([ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca)) to RSVP by March 10th and get more info.

## COMING EVENTS

**1. An Invitation From the FMCIC National Prayer Team** The FMCIC senses the Lord is stirring up a spirit of prayer in us and we do not want to neglect this gift. So, you are invited to join us for 12-noon to 12:30 pm, Eastern Time, 6-days-a-week (Monday to Saturday), prayer meetings, until the end of March. These prayer meetings are open to anyone who would like to join in prayer for the FMCIC and Canada.

[Click here to join the Zoom meeting](#)

Meeting ID: 885 3284 1873

Passcode: 105883

**2. Friends For Dinner** Sign up to host one or more international students for dinner this Easter! Your kindness and hospitality will help international students find a home away from home in this city. [CLICK HERE](#) to find out more information and register before March 17.

**3. Community Easter Flyers** We Need Your Help! Do you want to soak in some sunshine and get some exercise while informing our community about what's going on in the life of our church? Sign up at the welcome desk to help deliver the community flyers before March 17.

**4. Beat the March Break Blues** We'll be opening up the Evergreen gym March 11, 12 & 14 from 9:00 am-Noon for open parent supervised play time. Bring a friend, grab a coffee and come kick a ball around!

**5. Winter Sowing** Ever wonder how you can start your garden in the winter? All ages are welcome to join us on Wednesday, March 13 in Evergreen hall at 11:00 a.m. for a winter sowing gardening activity. Sign up by e-mailing [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) or sign up at the welcome desk.

**6. Deeper Roots for Teens (grade 7+)** This monthly Sunday small group for teens will take place on March 17, 2024. For details, email [christinev@arlingtonwoods.ca](mailto:christinev@arlingtonwoods.ca).

**7. Connect Young Adults Lunch** Join us on Sunday, March 17th from 12 - 2:30 p. m. Be sure to contact Pastor Ben ([ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca)) to RSVP by March 10th and get more info.

**8. Easter Flowers** Wishing to contribute an Easter flower for the Sanctuary platform in memory of a loved one? Online payments to request an Easter flower (\$25 each) can be made from March 6 - March 26 ONLY.

[Click here EASTER FLOWERS | Arlington Woods Church](#)

Your Easter Flower can be picked up from the Sanctuary platform after the Easter Celebration Service on Sunday, March 31, 2024.

**9. Easter Candy** We're looking for wrapped peanut free Easter chocolates and candy. Please contact Pastor Ben if you're able to donate or if you have any questions. Donations are due back by Sunday, March 24.

**10. A Passover Seder: Presented by Arlington Woods Women's Ministry** On Saturday, March 23 at 5:30 p.m. everyone is invited to a Messianic Passover Seder (celebratory dinner), commemorating God's rescue of the Jewish people from slavery in Egypt and grasp the background for the greater deliverance available to all through Jesus the Messiah. Join us as Bible Teacher, Author, Podcast Host (Thinking Biblically) and Jewish believer, Alan Gilman takes us on an engaging journey of discovery as we celebrate Passover through a Messianic lens. Sign up at the welcome desk or e-mail [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca).

**11. Discovery 101 Membership Class** Membership is an important part in the life of our church family. We'll be having our next membership class on Saturday, March 23 from 9:00AM-Noon. If you're interested in finding out



more information or signing up, talk to Pastor Mike. Membership Sunday will be happening on Sunday, April 14.

**12. Palm Sunday** On Sunday, March 24, 2024 we'll be celebrating Palm Sunday. Join us at 10:00AM as we come together to honour the significance of Palm Sunday and share in the anticipation of Easter.

**13. Journey To The Cross** Join Renew Arts and Theology for an Easter art exhibit. We hope this mobile gallery exhibition will give you space to reflect on the events of Jesus' crucifixion through bespoke artworks created by all Canadian artists. [CLICK HERE](#) for full information.

**14. Good Friday** On Friday, March 29, 2024 from 10:00AM-11:00AM, we'll be having an online and in-person service to reflect upon the cross. Please note that there will be no nursery or Kids programs during this service.

**15. Easter Breakfast, Egg Hunt & Celebration Service** Join us for Easter on Sunday, March 31, 2024 at 9:00AM for a continental Breakfast for everyone and a kid's Easter Egg Hunt (9:30AM start). Following the egg hunt and breakfast we'll be having an Easter Celebration Service at 10:00AM in-person or online as we celebrate Jesus' resurrection!

**16. Spring Encounter** The Free Methodist Women's Conference this year will take place April 19-20, 2024 at the Quality Inn Kingston. Special guest speaker Loreli Cockram will be talking about The Gratefulness Experiment: Discover What Changes When You Give Thanks. [CLICK HERE](#) for all the details.

**17. The Patrick J. Kesselring Scholarship** Calling All Grade 12 Students you may have an opportunity to apply for the The Patrick J. Kesselring Scholarship through Arlington Woods free methodist Church. Applications are due back by May 26 to the church office. [CLICK HERE](#) to find out if you qualify.

**18. Summer Internships** We are hiring an intern at Arlington Woods Church for the summer of 2024! If you're interested in applying or getting more info [CLICK HERE](#) for full details.

**19. Summer Camp** If you would like to help with planning, decorations, crafts, sports, games, leading groups, or general supervision, please contact Pastor Ben at [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) as soon as possible, so we know we have enough volunteers to proceed. [CLICK HERE](#) for more details.

**20. Pay It Forward** Our debt retirement campaign kicked off on October 28. Click [HERE](#) for more information about it as well as upcoming campaign events.

**21. Bread Basket Logo** We're still looking for a logo for our new bread Basket ministry. Do you have a great idea but need graphics for it? Give us your ideas and we'll see what we can do..

**22. Staffed Nursery** The nursery will be staffed every week going forward unless we have a special Family Service. For more details visit [www.arlingtonwoods.ca/kids](http://www.arlingtonwoods.ca/kids).

## CHURCH NEWS & INFORMATION

**1. AWC Men's Ministry** - If you would like to be added to the Men's Ministry email list, please email [mensministry@arlingtonwoods.ca](mailto:mensministry@arlingtonwoods.ca).

**2. Arlington Woods Bread Basket** We want to let you know about a new and exciting opportunity, we have accepted a partnership with Lionhearts Food Rescue and Redistribution organization. Arlington Woods Church, will look after picking up, packaging and redistributing the unsold baking from the Cob's at Bells corners 1 day a week, that being Saturday evenings.

**Does this sound interesting for you to be a part of?**

**Does this type of volunteering excite you?**

**And/or Do you or your neighbour have need?**

If you are interested in volunteering and finding out more about this new ministry please email [breadbasket@arlingtonwoods.ca](mailto:breadbasket@arlingtonwoods.ca) or speak to Julie Hogeboom.

**3. Small Groups** are an important part of our church community life. Click [HERE](#) to find a list of our current small groups.

**4. Discovery 101 Membership Class** Membership is an important part in the life of our church family. We'll be having our next membership class on Saturday, March 23 from 9:00AM-Noon. If you're interested in finding out more information or signing up, talk to Pastor Mike. Membership Sunday will be happening on Sunday, April 14.



**5. Tithes and Offerings** Visit the church website <https://arlingtonwoods.ca/donate> for Online, Credit Card or Pre-Authorized Auto Debit options **or** visit the Welcome Centre in person for a Pre-Authorized Auto Debit brochure and form. Thank you for your continued financial support. If you have any questions, please contact the Head Teller at [giving@arlingtonwoods.ca](mailto:giving@arlingtonwoods.ca).

**6. Daily Bread Devotional Guides** Copies of the Daily Bread devotional guides for March-April-May are available at the Welcome Desk. If you can't be at church in person but would like a copy of Daily Bread, please email [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) with your mailing address.

## COMMUNITY NEWS & EVENTS

**1. Camp IAWAH Family Work Day** - Join with the staff at Camp IAWAH to help them out during their family work day. This will be happening Saturday, April 13 from 9:00 a.m. - 4:00 p.m. [CLICK HERE](#) for more details.

**2. Respond Ottawa** - Many local agencies (foodbanks, community houses, inner-city missions) are running low on essential items and the number of requests has grown significantly. Click [HERE](#) for a list of food banks in the Ottawa area to contact.

**3. FAMSAC Donations** - Please bring your food bank donations to the FAMSAC bin in our church lobby. Regular donations are vital to their sustainability.

**Most needed items:** sugar (2 kg bag), flour (2.5 kg bag), cooking oil, granola bars, fruit cups, oatmeal.