

240 Powers St. Winnipeg MB R2W 5L1 (204) 479-4893



## UPCOMING SERVICES

We gather together at 240 Powers St. Sunday evenings at 6:30. All are welcome!

March 1

March 8

March 22—Lord's Supper Celebration with Ken Douma

March 29

### LOOKING FOR:

As a Friendship Group, we hope to make baskets to distribute for Easter to the children in the neighbourhood surrounding 240 Powers. If anyone has any of the following to donate towards this project it will be much appreciated!

- Baskets
- Plastic Eggs
- Easter Grass
- Cello Wrap

*Thank-you for helping us, help others!*

*Hope Centre Ministries exists to celebrate the gifts and uniqueness of individuals who live with disabilities and support them in their walk with God and their faith community.*



## The Lion and the Lamb

February is heart month. "Heart Healthy" strategies are brought to us via media of all kinds. It is amazing to see the amount of time, energy and money spent on communicating the importance of maintaining our heart. After all, statistics tell us that heart disease is the #1 killer in North America. As we hear reminders of the importance of diet and exercise—let's apply that to our spiritual walk.

### Heart Disease = Sin = #1 Destroyer

The most effect way to prevent sin from destroying our hearts is to start early with proper diet and exercise.

**Diet:** God's Word is provided to us to give us spiritual nourishment. It is our spiritual food that we need daily. Open it up and let it feed you--devour the Word of God!

**Exercise:** It is important to exercise our faith. As we seek out ways to actively

"live our faith" it will grow stronger and help us to stand firm against sin.

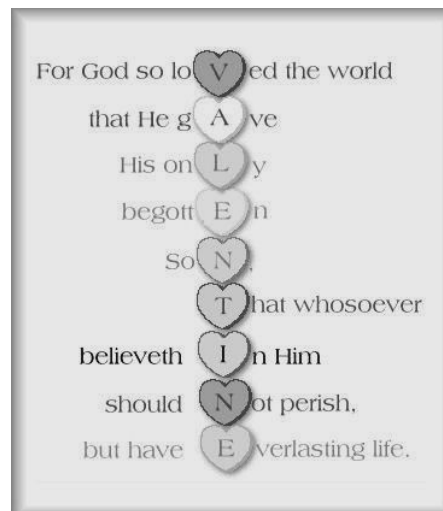
This month is heart month. Let us be reminded that we must be continually cleaning out our hearts so that they are healthy.

*"Create in me a clean heart, O God, and renew a right spirit within me."*

*Psalm 51:10*

## God's Valentine

Valentine's Day is a day to celebrate the gift of love. As Christians, let's celebrate the one who is love in its perfect form. God is love. Everything he does begins with love. He sent us his son, Jesus, who like the Father, acts out of love. No human love can match the eternal love that was poured out on the cross. No gift can ever match the gift of salvation. This gift is God's Valentine for all time and for all people!  
**Happy Valentine's Day!**





## Guests from SBC

Thursday, January 15 was a very lively evening. It was a Friendship meeting at HCM and we were blessed to have as our guests, students from Steinbech Bible College. A group of 7 young people attended as part of their missions experience. We began our evening with a short orientation and also a group of very quiet people. Nervous? Shy? As our members arrived the atmosphere changed and it was great to hear laughter and see two

groups of people reach out to each other. Our guests brought guitars and we enjoyed a lively time of praise together. The focus of our evening then became the making of a snack that represented the "sweet" story of salvation. The SBC students were encouraged to put their faith into simple words and share it with a friend. It was exciting to have an evening of one on one mentorship. It was very

evident that our group of mentors enjoyed their time with us. It is my hope and prayer that they left realizing what is so special about our Friendship evenings: *"Profound faith becomes simple and simple faith, profound!"* It would be such a blessing for Friendship to have several more volunteers willing to be mentors. **Contact Shellie for more information.**

## Prayer Partnering

In the work of God, prayer is vital. No Christian ministry, whether at home or abroad, can 'go it alone'. HCM needs prayer as the vehicle through which we seek guidance, give thanks and gain strength. Since nothing can be accomplished without prayer~ prayers for HCM are central to seeing our mission accomplished. That is why we need committed pray-ers, people to form a group of prayer partners.

Do you feel called to pray for HCM? Are you willing to pray consistently for HCM? Would you like to volunteer but have not been able to "schedule" it?

Become an HCM Prayer Partner!

Simply email: [shellie@hopecentreministries.org](mailto:shellie@hopecentreministries.org)

In the subject line, put "Prayer Partner" and in the body of the e-mail include your first and last

name. You will receive monthly prayer partner updates with specific prayer requests and we will also share how God has answered your prayers.

**James 5:16:** *"The effective prayer of a righteous man can accomplish much."*



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