



PATHWAY NEWSLETTER

IN THE KNOW

SEPTEMBER/OCTOBER 2024



MARK THE CALENDAR

Pathway Warm Up
Church Event

October 31, 2024

Membership Classes
Classes

November 3/10, 2024

AGM
Church Event

November 18, 2024

Did you know that gratitude is kind of a miracle disposition? Trust me, I understand how absurd that sounds. It comes across as some sort of Oprah Winfrey self-help exercise or akin to a new age self-actualization tactic. However, you may be encouraged to learn that gratitude is something that started with the Lord.

If anyone has ever had a good reason to be thankful, Noah would certainly be near the top of the list. Many people forget that they were not in the ark for only 40 days and 40 nights. That's simply how long the rain lasted. They were stuck inside the ark for 375 days before they finally came out!

There was a lot of work to do to take care of all those animals. And we all know what it's like to be at family gatherings that seem to go on forever (even though we love our families), try 375 days! There are only so many times the family can play Phase10 before you get tired of each other!

So, after 375 days in a cramped and crowded boat packed to the rafters with awful smells, dirty animals, little space to run around and little time to relax, Noah and the other seven finally get off the ark. I think it's safe to say that Noah and his family were thankful.

The first thing Noah does is build and alter and gives thanks to the Lord:

Genesis 8:20 NIV

“²⁰ Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it.”

Consider the amount of stress and anxiety Noah's family had just experienced and were going to continue to experience. They saw the world destroyed in a flood. They were tasked with tending to the animals in the ark. They lived in close quarters with each other and were also responsible for repopulating the earth. That is a lot of pressure, and the response to what I can only imagine was a deep sense of stress and anxiety, Noah gives thanks.

I find it so amazing that God built within us a mechanism to ward off anxiety, limit depression, improve physical and social health and ultimately lead us to a place of peace.

On December 6, 2022, the Mayo Clinic posted an article titled [“Can expressing gratitude improve your mental, physical health?”](#) The opening lines of the article gave you the direction of where it was headed:

“Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.

If a pill that could do this, everyone would be taking it. Your brain is designed to problem-solve rather than appreciate. You often must override this design to reap the benefits of gratitude.”

Paul, in his letters to churches in the New Testament understands well the connection between healthy well-being and thankfulness/gratitude. Paul lets us know that peace is achievable even in the face of anxiety:

Philippians 4:6-7

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

The peace of God is a byproduct of thanksgiving prayer and leaning on Jesus as the source of our peace. This peace protects us and guards us from the unhealthy results of anxiousness. It literally offers us the ability to exhale in a trouble ridden world.

Additionally, we are called to live in a continual space of being ruled by the peace of Christ.

Colossians 3:15-17

“And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

So, God has built within us somewhat of a miracle disposition. As we press into prayer, worship and thoughts that are focused on gratitude, we find that we are lovingly overwhelmed by the peace of Jesus. What an amazing savior we have who created ways for us to deal with the difficulties of this life.

- Pastor Rob

SERVICE HIGHLIGHT

ANNIE HEINRICHS

Hello Pathway family.

My name is Annie Heinrichs, along with my husband Peter and our two children, we are one of the families from Pathway Community Church that have opened up our home to host Pathway Warm Up.

In January 2023, we moved into our home on Medora Bay, just off of Durum Crescent. We knew right away that God had plans for us at this location.



Like so many other families in Winkler, we would take our children Trick-or-Treating down Durum Crescent on Halloween. This area of Winkler sees hundreds of children every year, so we knew that moving here would mean that we could do something great for our community. This is where Pathway Warm Up comes in. Once a year our church sets up a few spots around the city to connect with our community to hand out hot chocolate and glow sticks to the families going door to door. We love that Pathway is always looking to be a light in our community and is on a mission to bring those far from God come to know life in Christ. That is something that we wanted to be a part of.

For Pathway, it's not just a night of handing out hot beverages, it's an opportunity to reach out and have meaningful conversations with people about the gospel and provide prayer. The hope we have is that with just a small gesture of kindness, a door can be opened to talk to someone about Christ's love.

Last year my family hosted Pathway Warm Up and we are excited to do it again this year. We hope you consider volunteering at one of the locations to help share the love of Jesus.

Looking to help serve? Visit the Church Centre App for details and to sign up or email: info@pathwaycc.net.