



# Why Do I Still Feel...?

SUNDAY NOVEMBER 30 2025 | 10 AM



*"I know how to be brought low, and I know how to abound.  
In any and every circumstance, I have learned the secret  
of facing plenty and hunger, abundance and need."*

*~ Philippians 4:12*

780.458.3777 | [church@svbc.ab.ca](mailto:church@svbc.ab.ca) | [www.svbc.ab.ca](http://www.svbc.ab.ca)  
51 Woodlands Rd., St. Albert, AB

Connect  
with us!



We'd love to get to know you.  
Scan the QR code to connect  
online or Visit the Welcome  
Centre - We'd like to say hello!

## MISSIONARY OF THE MONTH

*Yuri Nakano*

NAB Missionary  
in Japan

For more information,  
please visit the  
**Mission's Bulletin Board**  
or send an email to  
[missions@svbc.ab.ca](mailto:missions@svbc.ab.ca)



## MINISTRY COORDINATOR MEETING

**TODAY**

After the Service  
Room 202

**1-hour max. session**



**MORE INFO: [RENEH@SVBC.AB.CA](mailto:RENEH@SVBC.AB.CA)**

YOU ARE INVITED

## Deaf Community Christmas Potluck

DECEMBER

**7**

SUNDAY

2025

AT 11:30 AM

FIRESIDE ROOM

BRING A DISH TO SHARE  
BRING A \$20 GIFT TO EXCHANGE  
HEARING PEOPLE ARE WELCOME!

## CHRISTMAS CAROLS

For widows & ladies who are alone!  
"Sharing the Joy of the Season"

DECEMBER

THURSDAY

**11**

1:00-3:00 PM

SVBC FIRESIDE ROOM ~ BRING A FRIEND

For info: [church@svbc.ab.ca](mailto:church@svbc.ab.ca)  
or call 780.458.3777

## Expecting Moms

IF YOU'RE EXPECTING A  
BABY, PLEASE SEE US AT  
THE INFO DESK!

WE HAVE A GIFT FOR YOU!



WOMENSMINISTRY@SVBC.AB.CA

30  
NOV

## Kids's Church

Memory Verse: Ps. 103:19 (NIV)

### • PRETEENS: GRADE 5-6

Hope is Born #2 (Christmas)

### • PRESCHOOL - GRADE 4

David Defeated Goliath  
~ 1 Samuel 17

### • NURSERY & BABY ROOM

Childcare is available!



SCAN ME



FAMILY REGISTRATION 2025/26

WEEK TWO:  
The Angels'  
Song

Grades 7-12



## CHRISTMAS CAROLS

WED Dec 3/ 6:30-8:30PM

Party Prep!

youthministryinterim@svbc.ab.ca

## Christmas FAMILY EVENTS

SUNDAYS AT SVBC  
1:30-3:30PM

JOIN US NOV 30<sup>TH</sup>,  
DEC 7<sup>TH</sup>, 14<sup>TH</sup>, AND 21<sup>ST</sup>  
FOR SOME CHRISTMAS  
FAMILY FUN!

## YOUTH CHRISTMAS BANQUET

*We need your support!*  
December 5th

We're looking for door prize  
donations (gift cards, small gifts,  
etc.) for our upcoming Youth  
Christmas Banquet. Donations will  
be accepted until **Friday, Dec. 5th.**

Thank you for your support in  
making this event extra special!

More info:  
youthministryinterim@svbc.ab.ca

## BINGO & POTLUCK

SAT DEC 13

Tried & True Group (50+)

5-9 PM in the Fireside Room

Email Rebecca and Melissa at:  
triedandtruegroup@svbc.ab.ca

NOTE: IF YOU'RE NOT ON OUR EMAIL LIST AND  
WOULD LIKE TO RECEIVE EVENT UPDATES,  
PLEASE EMAIL YOUR CARE GROUP.

## Desert Streams HEALING MINISTRIES

Do you wonder if God still heals?  
Or if there's freedom from past hurts,  
inner pain and persistent ungodliness?  
If you recognize a need for healing in your  
life, we welcome you to consider attending

### Desert Stream Healing Retreat

January 15-17, 2026  
at Sturgeon Valley Baptist Church

Visit [www.desertstreams.ca/applications/](http://www.desertstreams.ca/applications/)  
to fill-in an application form

## Why Do I Still Feel Broke?

~ Philippians 4:4-13

Pastor Justin  
November 30, 2025

You feel broke because your dopamine bucket has a hole in it.

### **Ted Talk Advice on Contentment:**

Acknowledge our circumstances

Focus on good. Ignore the bad.

Choose to be happy and thankful

Don't look for more than you have

### **The problems with that:**

Ignoring the bad feels \_\_\_\_\_ and disingenuous

The bad, still feels \_\_\_\_\_

No purpose for the bad things, just \_\_\_\_\_

Longing for more or better inevitably leads to \_\_\_\_\_

Self driven mindset is impossible if you are not \_\_\_\_\_ enough

### **Paul's Perspective:**

God is our \_\_\_\_\_, not self will

Don't \_\_\_\_\_ pain, trust God in it

Bad things have \_\_\_\_\_

We are meant to long for \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_ is the goal, not avoidance of difficulties.

This reality fits our actual experience.



**Thank-you** for your continued support.

For your convenience there is a Debit Machine located in the Foyer by the Coffee Station.

For other giving options go to: [www.svbc.ab.ca](http://www.svbc.ab.ca) and click "Give"