

## VIDEO OPTION

### TRIGGERS:

#### **Exchanging Parents Angry Reactions for Biblical Responses**

by Wendy Speake and Amber Lia

Do you believe your struggle with anger stems from the wrong behaviour you see displayed in your children? The knee-jerk reactions and blow-ups you're facing are often a result of a bigger set of "triggers." Some of these are external, like a child's disobedience, backtalk or selective hearing, while others are internal, like an overflowing schedule, sleep-deprivation or perhaps your own painful experiences from childhood.

This video series examines common parenting issues that cause us to explode inappropriately at our children. Moving beyond simple parenting tips on how to change your child's behaviour, you'll receive biblical insight and practical tools to equip and encourage you on this journey away from anger-filled reactions and toward gentle, biblical responses.

## KIDS MORNING OUT

Children are able to learn and grow in their social and spiritual development while being in a safe, caring, and fun atmosphere. We strive to provide excellent care and engaging activities for your children while you enjoy a morning out!

KMO is for children ages 9 months to 6 years old and is available on a limited basis.

**Please register for KMO during your LMO registration process. Simply choose "KMO" from the selections list before checking out.**

## CONTACT US

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**Join us on Facebook!**

[groups/ladiesmorningout](https://www.facebook.com/groups/ladiesmorningout)

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## ellerslie's LADIES MORNING OUT

Ladies Morning Out is a place for you to find community and either begin or go deeper in your faith journey.

Choose the book or video study that most speaks to you. Over an eleven week period, you'll learn and mature together as a small group through discussion with women of every age and stage of life.

This is a safe environment where you can feel supported and encouraged, all while discovering more about Jesus.

**FALL 2023**

**September 21 - December 7  
Thursdays | 9:00 - 11:00 am**

**REGISTRATION + REFRESHMENTS**

**September 14 | 9:30 - 11:00 am  
Fireside Room**

# REGISTRATION

## IN-PERSON

Enjoy refreshments in the Fireside Room as you decide which study you want to be a part of. You can register online via your smartphone or allow us to assist you at a registration kiosk. Don't forget to pick up your book on the way out!

## ONLINE

Can't make it in-person? Register online wherever you are! Registration will go live September 14th @ 9:30am and remain open until October 4th (or when groups reach capacity). Books can be picked up at the church office during regular business hours.

To register visit [erbc.ca/lmoregister](http://erbc.ca/lmoregister).

## COST

Book study \$55 (includes book)  
Video study \$30  
Childcare \$15 per child

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For those wanting to participate who are unable to due to cost, please inquire about our sponsorship program.

**Questions? Contact Kim at [lmo@erbc.ca](mailto:lmo@erbc.ca) or the church office at 780-437-5433.**

# BOOK OPTIONS



## CHASING VINES:

### Finding Your Way to an Immensely Fruitful Life

by Beth Moore

Explore the ways God delights in watching things grow and how the vineyard holds the secret to how we can have a more abundant and meaningful life.

As Beth traces this metaphor through Scripture, you'll be taken on a spiritual journey uncovering how every part of our own lives (even the rockiest, most difficult soil) is used by God to make a difference for His Kingdom.

## LIFE LESSONS FROM PHILIPPIANS:

### A Guide to Joy

by Max Lucado

In a world full of anxieties, worries, and fears, could you stand to have a bit more joy? In the book of Philippians, the apostle Paul expresses joy in sharing the gospel, explains why he was imprisoned and addresses the disunity among believers in the church.

In this book, Max explores how by faith we have Christ in us because of the Spirit of God; that only Christ can bring salvation; and how Christian unity encourages our faith.

## IDENTITY THEFT:

### Reclaiming the Truth of our Identity in Christ

by Melissa Kruger

Who am I? It's a question we all ask ourselves at some point. Depending on the season, we focus our identity on our job performance, marital status, personality type, or social network, among others. However, there's a larger question to consider. Who does the Bible tell me I am in Christ?

From the wisdom and perspective of insightful authors, including Jen Wilkin, Hannah Anderson and Jen Polluck, we'll seek to answer this question by exposing our false notions of identity; understanding biblical truths of our identity in Christ; and reflecting on what it looks like to live in our new (and true) identity. Join us as we explore how knowing who we are in Christ changes every aspect of our lives.