

## MANDARIN OPTIONS

### 父母之道：14个彻底改变家庭的真理原则

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作为父母，你的职责是什么？

很多父母在为孩子安排各种活动和辅导班、学习科学的育儿方法、应对孩子成长中的各种挑战中，慢慢迷失了方向。我们尽力做一个好父母，学习各种实用的技巧，却忘记了要把孩子带到哪里。

在这本书中，作者提到的14个原则，将帮助父母重新认识自己的身份、调整养育的目标。我们需要提醒自己：我们不是孩子生命的主宰，上帝才是；教育孩子的目标，不是改变行为，而是改变他们的内心。

### 标杆人生：我究竟为何而活？

华理克 著

一个为期40天的灵修之旅，探索上帝为你生命所定的五个目的。

只有在基督里，我们才认识到自己是谁和为何而活。在我们听闻基督之前，神的眼目已关注到我们，已定意要我们活出荣耀的一生——这是祂为万物和万人设计的整全计划的一部分。

## 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 Kindergarten and is available on a limited basis. There is no drop-in option at this time.

**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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## LADIES MORNING OUT

**Ladies Morning Out** is all about finding community and growing in your faith. It's a space where you can feel supported, encouraged, and safe while discovering more about Jesus.

Choose a study that interests you, and over eleven weeks you'll journey alongside women of all ages and stages - learning, sharing, and growing together through meaningful discussion.

**Unable to commit to the full term?** Try our drop-in group!

**FALL 2025**

**September 18 - December 4**  
**Thursdays | 9:00 - 11:00 am**

**REGISTRATION + REFRESHMENTS**

**September 11 | 9:30 - 10:30 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

Register online wherever you are! Registration will go live on **September 11th at 9:30 am** and remain open **October 2nd** (or when groups reach capacity, excluding the drop-in group). Books can be picked up at the Church Office during regular business hours.

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

\*\*Should you encounter a problem with your online registration please call the Church Office\*\*

## COST

English Studies	\$50 (includes book)
Mandarin Studies	\$50 - \$55 (includes book)
Drop-In Study	\$25
Kids Morning Out	\$15 per child

## SPONSORSHIP PROGRAM

Unable to participate due to cost? Inquire about our sponsorship program.

**Consider donating** towards this program to ensure every woman has access to Ladies Morning Out! When you register, select "Sponsorship Program" and enter the amount you wish to give.

# BOOK OPTIONS

## EVERYDAY THEOLOGY

by Mary Wiley

Theology is the study of God, what He has done, is doing, and will do in the world. And it's not just for those with formal education or those who work at your church. It's for you in your everyday moments, questions, and decisions. It's for the big and little, the exciting and mundane. Our theology is the basis of our faith and touches every part of our existence. In this study we'll explore 8 essential doctrines: Scripture, God, Jesus, the Holy Spirit, humanity, salvation, the church, and the end times. Know God more deeply as you examine these foundational truths.

## MOM UP

by Kara-Kae James

Every mom can identify with the feeling that they're in a race to the finish line every day. As James writes, "When we come to the place where we think that we have failed - this is the moment when God's Word and motherhood intersect."

In Mom Up, James shares four themes: intentional motherhood, genuine community, refreshing rest, and embracing chaos. With practical ideas for building relationships with other moms, grace-filled Scripture reminders, and a healthy dose of humour, we'll step out of survival mode and into the abundant life God has for us and our families.

## UNABLE TO ATTEND EVERY WEEK?

Try our drop-in group where instead of a scheduled study, the time will be centred around a devotional.

This option is perfect for those who need flexibility, but still want to find community. Going on a trip? Ongoing health issues? Exhausted new mom? This is for you! If you've never been to Ladies Morning Out, this is also a great way to see what we're all about.

## THE WHOLEHEARTED WIFE:

**10 Keys to a More Loving Relationship**  
by Erin, Greg, and Gary Smalley

Although it takes two to have a great marriage, an important truth for any marriage partner to realize is that he or she can really change no one other than him or herself. Nevertheless, changes in just one person can have an amazing impact on a marriage relationship!

Instead of focusing on "How do I have a better marriage?" this book embraces that truth, and helps women ponder the question, "How can I be the best wife I can be?" It provides every woman with skills, information, and encouragement to make a positive difference to this and future generations, by wholeheartedly investing in her marriage and her relationship with her husband today.