

## Upcoming Events and Activities

### TBC Church Family Bowling Event

Sunday, March 30<sup>th</sup> (4-6pm), our church family and their friends are invited to enjoy a time of bowling and fellowship together, as we've booked all six lanes of the Deep River Bowling Alley (1 Ridge Road, Deep River). Bowling is FREE, and slick, smooth bowling shoes are provided. We do welcome those coming, to bring along some tasty snacks to share with one another.

### Community Good Friday Worship Service

This Easter season, Trailhead will be joining together in worship with the church families of: Calvary Baptist, Wesley Community, Pineridge, Pembroke Pentecostal, First Evangelical Missionary, and New Life Community for a one-hour joint Good Friday community worship service, Friday, April 18<sup>th</sup>, 10 am at Pembroke Pentecostal Tabernacle (34 Jordan Avenue, Pembroke, near to the intersection of Highways 17 and 41).

**NEXT SUNDAY AT TRAILHEAD:**  
Easter 2025, pt. 1: The Last Supper

### Trailhead's Weekly Ministries

TBC Weekly Prayer Group.....Monday evenings, 7 pm  
TBC Men's Study .....Tuesday evenings, 7:30 pm  
TBC Ladies' Study.....Wednesday mornings, 9:30 am  
Co-Ed Small Group.....Thursday evenings, 7:30 pm



Sunday morning Weekly Worship  
10:30 am at The Silver Threads Club  
1163 Victoria Street, Petawawa

Pastor Tim Roddick 613.401.8841 tim@trailheadbaptist.com  
www.facebook.com/trailheadbaptist www.trailheadbaptist.com



"A Song for  
Stressful Times"

Psalm 46

Special Guest Speaker:  
Pastor Paul DeGraaf

Sunday, March 30<sup>th</sup>, 2025

# Welcome to Trailhead Baptist Church

## Trailhead Baptist Church's Mission

Trailhead Baptist Church exists as a church family focused upon inviting people to know and follow Jesus Christ within a supportive community of believers.

## rightnow MEDIA.

Our Trailhead family has FREE access to over 25,000 faith-based videos created for adults, youth, and children, that can easily be accessed through your personal tablet, home computer, or mobile phone. Simply scan the following QR code below, or request an email invite from Pastor Tim, to create your own free account and begin streaming!



## Supporting Trailhead Financially

There are two ways to personally give to support Trailhead:

- a) By placing your donation into a provided envelope, and depositing it in the black metal collection box located on Trailhead's welcome table.
- b) By means of an e-transfer, directed to the email: [office@trailheadbaptist.com](mailto:office@trailheadbaptist.com). Additional details concerning how one can give in this way, may be found on Trailhead's website under the 'giving' tab.

Please note: All monetary givings will be deposited into TBC's general fund, and annual tax receipts provided should the donor be identified on their cheque or envelope; with the exception of monies designated for TBC's 'Benevolent Fund.'

## "A Song for Stressful Times" (Psalm 46) Special Guest: Pastor Paul DeGraaf

Sunday, March 30<sup>th</sup>, 2025

## Sermon Notes

Psalm 46 introduces to us three crucial questions we might ask about God in stressful times:

1. **Who is God? (verses 1-3)**
2. **Where is God? (verses 4-7)**
3. **What is God doing? (verses 8-9)**

Which may in turn cause us to ask...

### What are we to do? (verses 10-11)

- a) **STOP!** "Be still!"
- b) **CONSIDER!** "know that I am God."
- c) **SURRENDER!** "I will be exalted."

**Conclusion: The LORD is our  
ever-present help in times of stress.**