



Parkdale

Evangelical Free Church

Passion for God, Compassion for People

September 06, 2026

Transitional Pastor: Travis Hutchinson

Ministers: Everyone

250-382-7513

parkdaleonline@gmail.com

www.parkdalechurch.ca

1095 Tolmie Avenue, V8X 2H4

*My flesh and my heart may fail,
but God is the strength of my heart and my portion forever.*

Psalm 73:26

Gatherings at Parkdale

- | | |
|----------------------------|--|
| Mon | 10:00 AM Women's bible study (Restarts Sept 21) |
| Tues | 11:30 AM Men's coffee time |
| Fri (bi-weekly) | 6:30 PM Youth (Restarts Sept 11) |
| Sat (2 nd week) | 7:20 PM COBS bagging |
| Sun | 9:30 AM Prayer |
- Please ask us about Home Groups!

Upcoming Events

- Sept 13: End of summer BBQ & Potluck

Birthdays and Anniversaries

- Sept 12: Andrea and Juan Anniversary

Schedules

Sunday School

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| • September 6: Andrea, Val | September 13: Dona, Ted |
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Coffee

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| • September 6: Laleh, Leona | September 13: Helen, Sherrie |
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Sound

- | | |
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| • September 6: Evan | September 13: Michelle |
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COBS

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| • September 12: Yu | September 19: Zion |
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Connecting and Contributing

Offerings can be allocated to "Building Projects" or the "Benevolent Fund" to meet the special needs in our church.

People are welcome to give via:
An offering box near the coffee table, parkdalechurch.ca/give, mail, or by e-transfer to parkdalebookkeeper@gmail.com

Series: In Christ: The Letter to the Ephesians

Title: Growing Up Together

Scripture: Ephesians 4: 1 – 16 NIV

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”

⁹(What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip his people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Please Remember to Pray for...

- † Our Church Board: Paige, Treasure.
- † Ministry/Partner: Victoria Evangelical Pastors Fellowship.
- † Missionaries: Henry and Kim Ngugi, The Moved Church in Kenia
- † Our World & Community: Kids transition back to school

Prayer Need?

- Feel free to talk to the pastor after the service, or email us at parkdaleonline@gmail.com to send it to our prayer chain



Need More Information?

- Check out www.parkdalechurch.ca for sermon recordings, past bulletins, online giving, upcoming dates, and more

COBS bread and other food items are in the foyer. Please help yourself!