

February 2026



## CENTRAL NEWS

Central Presbyterian Church  
7 Queens Square  
Cambridge, ON N1S 1H4  
(519) 623-1080  
centralchurchcambridge.ca

### MAKE A JOYFUL NOISE!

When the Praise Band strikes up a lively tune on a Sunday morning, do you start to feel more relaxed and less stressed? Well, research shows that singing with a group is very good for you, both physically and mentally. Singing reduces stress by releasing endorphins into your system which decreases anxiety. Heart rates and blood pressure tend to become synchronized and lower when singing in a group. Singing even helps those who have a snoring problem! Stronger social relationships reduce loneliness and depression in groups that sing. Older folk who sing together have improved cognitive abilities and greater physical well-being as well. Central Church has a great music program, so let's all sing our hearts out and beat those February "blues".

### FEBRUARY DATES

Saturday, February 7	Ladies Brunch	10:00 am
	Men's Breakfast	8:00am
	Children's Ministry Event	2:00-4:00pm
Sunday, February 8	Small Groups Meeting	Following service
Wednesday, February 11	Hymn Sing Café	2:00-4:00 pm
Sunday, February 15	Grace Bible Church Service	10:30pm
Saturday, February 21	Pictionary Extravaganza	1:00-3:00pm



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## NEWS & EVENTS

**LADIES BRUNCH:** Sick of cooking and cleaning up? Join us for brunch February 7 @ 10am and get to know both new and long-time members of Central Church. We are changing our venue and brunch will be held at “Q-BBQ” which is located at the corner of Dundas and Beverly St. The address is 164 Beverly St.

**MEN’S BREAKFAST:** Join the men of Central on Saturday February 7 at 8:00 am for our first breakfast of 2026! This is an opportunity for newcomers to meet and socialize as well as to listen to Jeff Hesselink who is the Executive Director of Missions to the Margins. Feed your body, your mind , and your spirit with this friendly group.

**KIDS KORNER:** Lulu LOVES Valentine’s Day and she is inviting all the children at Central to join her on Saturday, February 7 for games, crafts and fun! Lulu has also requested lots of sweet treats for her friends at Sunday School so come and enjoy!

**HYMN SING CAFÉ:** Get your vocal “chords” in action as we begin a new season singing many beloved hymns and traditional songs. Elizabeth Cresswell offers a short history for each piece and special guests throughout the year share their musical gifts. With Katherine Rochester accompanying the hymns on the piano or organ, the singers raise their voices. Tea and cookies allow the singers to socialize and enjoy each other’s company. See you February 11 @ 2pm!

**VISIT TO GRACE BIBLE CHURCH:** On Sunday, February 15, we will be visiting Grace Bible Church in their renovated setting.

**PICTIONARY EXTRAVAGANZA:** If you can draw like Picasso or decode hieroglyphics at the speed of light, we want you! If your fridge is covered in toddler art that only you can decode, we need you! If you enjoy laughter and fellowship, we have the event for you. Join us on February 21 from 1-3 in the fellowship Hall. This event is for everyone! We will play a large group game, so plan to attend.

**MENTAL HEALTH FUNDING:** If you are suffering from bereavement, depression or other mental health issues, some money has been made available for counselling. Please contact the office for more information.

