

## *A note from Pastor Owen Scott...*

In his book, *“A Minute of Margin”*, Dr. Richard Swenson reminds us that God has given us three wonderful gifts to enjoy life with...The first is NATURE. Everywhere we look we can see the beauty of nature. Every sunset is unique. Every fallen leaf is spectacular. The best part is that nature is free and equally available to all. A walk in the woods or a stroll on an ocean beach never fails to revive and inspire us. The second gift is LAUGHTER. It is indeed the best medicine. Laughter has a healing effect upon us inwardly and outwardly. And here again, it doesn't cost us anything – It is totally free. Oh, that we would learn to laugh more and worry less! The third gift is MUSIC. Music is equally available to every person. 75% of Americans use music to de-stress. Singing along with the words of a Christian praise CD will bring the presence of God right into your living room and into your heart. Find the music that touches you deeply and play it over and over again until you sense God setting your Spirit free. Nature, laughter, music - three wonderful gifts from our Heavenly Father!

# Valley Church...

*There's a place for you!*



*Equipped in the Spirit...Equipped in the Word  
Going everywhere...meeting needs in Jesus Name*

## **November 29<sup>th</sup>, 2015**

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Lynn Valley Full Gospel Church  
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Website: [www.valleychurch.ca](http://www.valleychurch.ca)

## **Sunday at Valley Church...**

**Services at 9:00 & 11:00 am** – This morning *Pastor Owen Scott* will be speaking. There is a supervised Mini-Kids Centre for children under 3 years in the 11 am service. (The Mini-Kids Centre is unsupervised during the 9 am service – Parents are asked to stay with their children.) Nursery facilities available to mothers with babies.

**Join us for a coffee & cookies on the patio!** Join us for coffee on the patio after the service today...a great chance to meet a new friend.



**Children's Christmas Musicale Practice** – 2-4 pm on Sundays

## **What's happening at Valley Church?**

**ESL (English as a Second Language)** - Monday evenings at 7 pm. For info call Elaine Englar at 604-986-4288 or Margot Fraser at 778-980-4452

### **Intercessory Prayer Group**

Tuesday mornings at 9:30 am in the nursery - If you are a part of the Valley Church family, you are invited to join this group to pray each week. If you have a prayer request, please fill in the enclosed prayer card. The group also appreciates hearing about your *answers to prayer!*

**SOULTREK FOR YOUTH** – 7 pm on Tuesday evenings. Contact Luke Ratzlaff at 604-980-0307 or [ljratzlaff@hotmail.com](mailto:ljratzlaff@hotmail.com) for details.

**Ladies Morning Out** - Thursday mornings from 9-11 am.

Childcare is provided. For info, contact Kristina at [kristina.kurtz@hotmail.com](mailto:kristina.kurtz@hotmail.com)

**Young Adults Group** – Thursdays at 7:30 pm at the church.

For info, give Simon & Oyuki Bodlack a call at 778-689-4636 or contact them at [simonbodlack@gmail.com](mailto:simonbodlack@gmail.com)

**Spanish group** – Friday evenings at 7 pm. For info, contact Jorge & Jeanette Rios at 604-971-3070.

**Your journey from mourning to joy** – If you've lost someone close to you, please contact Lillian Gorrie at [lgorrie@shaw.ca](mailto:lgorrie@shaw.ca) for information about our weekly **GriefShare Support Group**. The video on Saturday, December 5<sup>th</sup> will be called "What Do I Live For Now?"

**If you are new to Valley Church or would like to pass on some new information**, please take a moment to fill in a Valley Church Connection Card and drop it in one of the boxes beside the exits. You'll find the cards in the holders on the chairs in front of you.



**Send in your photos – Our stock is getting low...**so please share some of your special moments with us by emailing us your favorite family photos to use in the bulletin!

**NO PARKING!** A reminder not to park in the Blue Shore parking spaces OR any of the RESERVED 24 HOUR spots - If you do, you may be towed.



**Online donations at Valley Church are now possible** – You can give your offering online through PayPal. Go to the bottom of our web page at [www.valleychurch.ca](http://www.valleychurch.ca) and click on the PayPal button.



**"It's a Wonderful Life" Movie Night** on Sunday, December 6<sup>th</sup> at 6 pm. Childcare (& popcorn!) will be provided.

**"An Unplugged Christmas"** with our own Valley Church kids on Sunday, Dec 13<sup>th</sup>. There will be two performances at 5&7 pm.



**Christmas Eve Services** – Thursday, December 24<sup>th</sup>

Three services – 4, 6 and 8 pm followed by cookies and cider downstairs. Please bring a plate of Christmas bakin for everyone to enjoy afterward!

**Photos on front – Clockwise from top...** Varun & Vikas Darmaraj and Krishna Relve on a recent trip with family to India; Kristina Kurtz looking radiant on their wedding day 19 years ago (November 24<sup>th</sup>!); Thomas, Matthew & Isaac Mitchell with Thomas Bergen and Tristan Baigent; Gail Mofrad having a visit with Esther Briscoe.