

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

Author, Tom Harpur, said that most of our prayers have as much passion to them as a kiss on the cheek from a great aunt or from an aged grandparent on one's 21<sup>st</sup> birthday...they lack "suction". Small wonder then that our prayers thus tend to become boring, flat and unable to move our own soul! It is important that we move from the anemic and the formal to something solid and down to earth....something with a true *suction* on our lives! So how can we change the nature of our prayers? First of all, hold nothing back. Pour your whole self into your prayer. Pour out your heart to the Lord. Pray aloud. Use the most simple direct language you know. When you can't think of what to say or how to say it, keep silent before the Lord. It is helpful to use the Psalms and read them aloud in order to increase the *suction*. Gently gaze at the Lord and bless His Name. Whisper, shout, kneel or lay before Him. Do whatever you need to increase God's passion in your heart. Telling the Lord how many things you are truly grateful for is a perfect way to end your prayer moment.

# Valley Church...

*There's a place for you!*



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

## July 3<sup>rd</sup>, 2016

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Lynn Valley Full Gospel Church  
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## Sunday at Valley Church...

**Services at 9:00 & 11:00 am** – Pastor Marcel Kurtz will be speaking this morning. 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.

## What's happening at Valley Church?

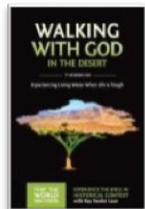
**ESL (English as a Second Language)** will resume in the fall.

### 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** – Check with Luke for info about summer activities. Contact Luke Ratzlaff at 604-980-0307 or [luke@valleychurch.ca](mailto:luke@valleychurch.ca)

**SUMMER IN THE CITY – *Walking with God in the Desert (Experiencing Living Water When Life is Tough)*** – Wednesday evenings starting July 6<sup>th</sup> at 7:00 pm in the lower auditorium. The coffee pot will be on!



**Young Adults Group** - Thursdays at 7:30 pm at the church. For info, call Simon & Oyuki Bodlack 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.

**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** – Please share some of your special moments with us by emailing us your favorite family photos to use in the bulletin!



**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 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.



**VBS Dates for 2016** – For those of you who are organizing your children's summer, the dates for this year's VBS will be July 18<sup>th</sup> to 22<sup>nd</sup>. You can register online at [www.valleychurch.ca](http://www.valleychurch.ca)

**Photos on front ...**Clockwise from top left – Sam McLeod leading in worship on a Sunday morning; Celeste MacInnes with Stephen, Sophia and Thomas; Proud grandma and aunt, Pat & Maria DeCoursey with Noa and his clarinet at a performance; Doug Black & Marcel Kurtz enjoying a morning coffee together at Delaneys.