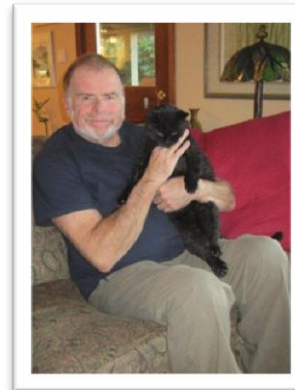


A note from Pastor Owen Scott...

In order to live whole in Christ throughout the next 12 months, we must be on guard against the three “*diseases*” of the soul. The diseases are...1) *Self Centeredness* 2) *Anger and resentment* and 3) *Worry and anxiety*. These are the killers of abundant living. We were made by God to live in happiness and health, but if we do not keep ourselves free from these afflictions of the soul, we become a lightning rod for sickness, disease and depression. Amazingly enough, Jesus gives us an antidote by calling us to live “*other-centered*” and to die to self...to forgive those who hurt or harm us...and to cast all our cares on Him each day. Christ gives us all we need to live abundantly in a fallen world. Go to “*Dr. Jesus*” each morning for a check-up. Let Him make you whole. Rid yourselves of spiritual disease and a demanding spirit and begin to live as God intended.

Valley Church...

There's a place for you



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

January 6th, 2013

Lynn Valley Full Gospel Church
1160 E. 29th Street, North Vancouver V7K 1C2
Ph. (604)980-0307
E-Mail info@valleychurch.ca
Website: www.valleychurch.ca

Sunday at Valley Church...

Services at 9:00 & 11:00 am

Pastor Owen Scott 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.

This week at Valley Church...

ESL (English as a Second Language)

ESL will resume on January 7th at 7 pm. For info call Kay (604)986-2932 or Elaine (604)986-4288.

SOUL TREK (for youth)

Soul Trek will resume on Tuesday, January 8th at 7 pm. Contact Tim Shaw at (604) 980-0307 for further info.

Intercessory Prayer Group will resume on Tuesday, January 8th – They meet every Tuesday morning at 9:30 am in the nursery. If you have a prayer request, please fill in the enclosed prayer card. If you are a part of the Valley Church family, you are invited to join this group to pray each week. The group also appreciates hearing about your *answers to prayer!*

Mom's Morning Out will resume regular meetings on Thursday, January 10th. For further information contact Kristina at kristina.kurtz@hotmail.com

Celebrate Recovery will reconvene on Thursday, January 10th. Phone Karl or Louisa at 604 984-0719 for details.

What's happening at Valley Church?

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 and on our website

WHAT WORKS WHEN LIFE DOESN'T... Starting January 13th Pastor Owen Scott will present a sermon series that will speak clearly to the issues of our day. In this study of selected Psalms, you will learn...

- *How to cope with paralyzing fear that won't go away*
- *How to cope and prosper in a hostile and negative atmosphere at work, school, church or home*
- *How to overcome the baffling problems of everyday living*

Don't miss this relevant and heart-stirring presentation of Biblical insights from the Book of Psalms.

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 and on our website.

Check out Valley Church on our website, Facebook

or Twitter! Keep up to date with what's happening by following us on Twitter @ValleyChurchNS, visiting us on Facebook (we also have a new "Valley Church Men" page) or checking our website at www.valleychurch.ca

Baptism Service – If you are interested in being baptized in water on Sunday, January 27th, please contact the church office at (604) 980-0307 or info@valleychurch.ca

Pray for Sharon Nelson & her family ...Sharon's mom went to be with the Lord on December 26th.

Household Emergency Preparedness Plans – Valley Church has invited Paulette Mossop, *Education Coordinator from the North Shore Emergency Management Office* to present "What I need to know for the next disaster" in a one hour presentation on **Monday, February 7th from 7-8 pm**. Topics covered will be...*Best source of emergency water and food, how to protect yourself and your family during an earthquake, home emergency kits, grab and go bags, communicating with loved ones after a disaster, etc.* Don't let your household be caught without a plan (Adults only please, babysitting not provided).

Photos on front (from top left)...Jim Comber & Tussa; Eric, Elena & Daniel van der Eerden; the Stanusch family; Els & Wim van der Eerden.