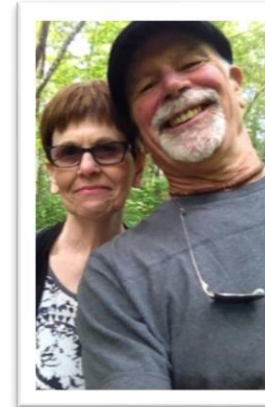


A note from Pastor Owen Scott...

I have kept a daily journal since the 1970's and found it to be another excellent way to maintain a *healthy soul*. Writing down your daily experiences, along with the lessons you have drawn from, will make you more aware of what is going on in your interior journey. Writing in a journal offers you the opportunity to have regular one-to-one conversations with yourself. Over the years a journal has forced me to think more deeply about what is going on within me. Even though I often miss putting entries in my journal, I always end up coming back to where I left off because this is such a beneficial discipline. Here's an entry from my journal on October 30, 2011...*"The Lord reminded me today that I am a vessel by which the world drinks. I must see myself as someone through whom 'living waters' are flowing out from. My function is to be 'in union with Christ'. I am a vessel...I cannot produce 'His life'...I can only express it. Val & I watched the Amazing Race this evening. Today the planet reached 7 billion people. The seven billionth person will be born in India. Who knew?"* Happy journaling!

Valley Church...

There's a place for you!



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

September 14th, 2014

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 – This morning *Pastor Owen Scott* will be continuing his series called **Rest for Your Soul**. 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.

Baby Dedication – Dave & Christine Bergen are dedicating their son, Thomas, to the Lord during the 11 am service this morning.



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.

Harvest Project Food Drive – We have 2 boxes in the lobby today and September 21st in which you are invited to donate unperishable food items for Harvest Project. See the enclosed insert for suggestions.



This week...

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 – will be starting on Tuesday, September 16th at 7 pm. Contact Tim Shaw at 604-980-0307 or tim@valleychurch.ca for details.

Growth Group Leaders Meeting – 7 pm on Wednesday, September 17th at the church. We will be launching our Growth Groups on October 5th.

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

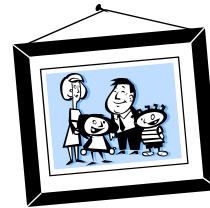
Spanish group – Friday evenings at 7 pm. For info, contact Jorge & Jeanette Rios at 604-971-3070.

Your journey from mourning to joy – If you've lost someone close to you, please contact Lillian Gorrie at lgorrie@shaw.ca for information about our weekly **GriefShare Support Group** This Saturday, September 20th at 10 am the video "Challenges of Grief" will be shown.

What's happening at Valley Church?

Starting soon! Ladies Morning Out - Thursday mornings from 9:00 to 11:00 am resuming on September 25th. We will be using a DVD series called *Twelve Women of the Bible*. If your Thursday mornings are free and you would like to connect with other women, feel free to join us! Childcare is provided. For info, contact Kristina at kristina_kurtz@hotmail.com

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! Summer is coming to an end and our Valley Church family has been involved in all kinds of interesting activities – Please share some of your special moments with us by emailing us your favorite family photos to use in the bulletin.

We have some wonderful seniors who are part of our Valley Church family and sometimes need a ride or a bit of help...or just a visit. If you would like to bless someone in this way, please contact Val at the church office (604) 980-0307 or val@valleychurch.ca

Photos on front – Clockwise from top left... *Zadok Bodlack* showing off his Mexican roots; *Louisa & Karl Rutka*; *Verna Eldred* and her granddaughters, *Adeline, Kate & Isabel* on their early morning balloon ride; *Thomas Bergen*, son of *Dave & Christine* and big brother to *Elise*; *Roy & Gladys McKinney*, *Shane & Sarah* on holidays at Shuswap Lake.