

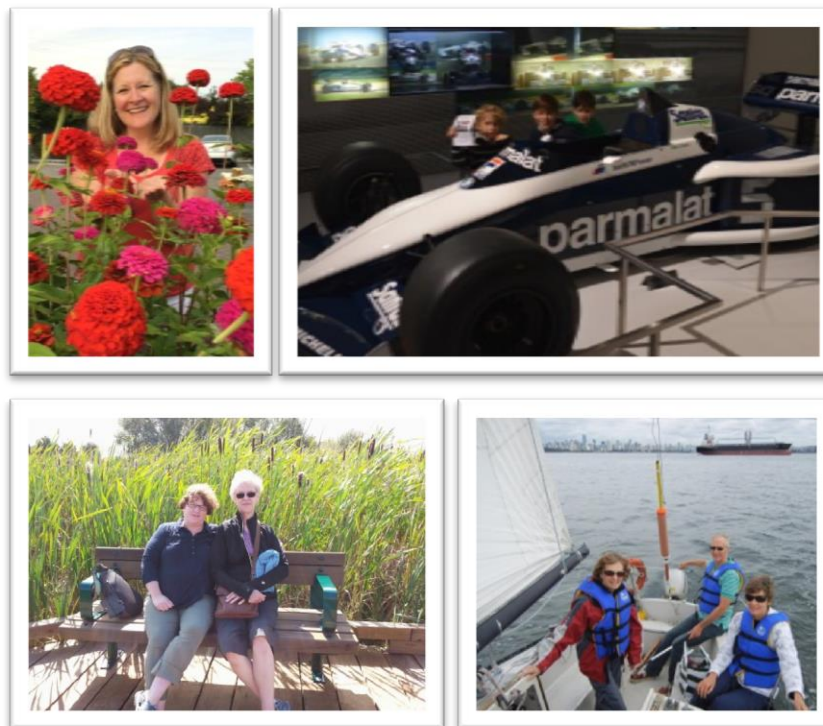
## *A note from Pastor Owen Scott...*

Are you feeling overwhelmingly tired? In his book, *The Way*, E. Stanley Jones suggests ways to get rid of fatigue...

- 1) Get a physical checkup to make sure there's no structural disease causing your tiredness.
- 2) Make sure you're getting the nutrition you need in your diet
- 3) Are you getting proper exercise? It's amazing how a daily walk can boost your energy.
- 4) If you're bored at work, change your job or change your attitude...do everything for God, not for your employer
- 5) Surrender everything to God that produces inner conflict...self-centeredness, worry, fear, resentment, oversensitivity, inferiority feelings and guilt
- 6) Give yourself to interests outside yourself – Get a hobby you enjoy...Reach out someone to encourage them
- 7) Don't keep saying, "I'm tired". Instead affirm health and adequacy.
- 8) Take time to relax in God's presence throughout the day to let his healing grace into every brain cell, nerve and tissue. Along roads in India there are pillars with stone slabs on top called sumatungas so that people carrying burdens on their heads can rest them. One Indian woman said it well..."*Christ is my Sumatunga*". He is! "*Come to me, all you who labor and are heavy laden, and I will give you rest.*" – Matthew 11:28

# Valley Church...

*There's a place for you!*



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

## **September 21<sup>st</sup>, 2014**

Lynn Valley Full Gospel Church  
1160 E. 29<sup>th</sup> Street, North Vancouver V7K 1C2  
Ph. (604)980-0307 E-Mail [info@valleychurch.ca](mailto:info@valleychurch.ca)  
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 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.



**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 in which you are invited to donate unperishable food items for Harvest Project. See the enclosed insert for suggestions. **TODAY** is your last chance!



## 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** – 7 pm on Tuesday evenings. Contact Tim Shaw at 604-980-0307 or [tim@valleychurch.ca](mailto:tim@valleychurch.ca) for details.

**Ladies Morning Out** - Thursday mornings from 9:00 to 11:00 am resuming on September 25<sup>th</sup>. 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](mailto:kristina_kurtz@hotmail.com)

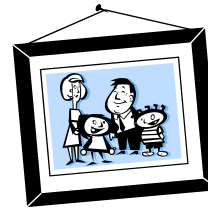
**Young Adults Group** – Thursdays at 7:30 pm at the church. For info, give Simon & Oyuki Bodlack a call at 778-689-4636 or contact them at [simonbodlack@gmail.com](mailto:simonbodlack@gmail.com)

**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**. This Saturday, September 27<sup>th</sup> at 10 am the video "*The Journey of Grief – Part One*" will be shown.

## What's happening at Valley Church?

**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.

**Pray for Christel Korth & her son, Peter** – Christel's husband, Bill, passed away on Sunday, September 14<sup>th</sup>. A memorial service will be held on Saturday, October 4<sup>th</sup> at 2 pm at Valley Church. We will be providing refreshments after the service. If you are able to bring food, please contact Val. A food list is available in the office.

**Thanksgiving Dinner at the Gospel Mission** – If you would like to help in any way on Saturday, October 11<sup>th</sup>, contact Bruce & Sharon Nelson at 604-444-3539 or 778-896-3539.

**Photos on front – Clockwise from top left...** Lisa Gonzalez; Tom, Isaac & Matthew Mitchell in the BMW Museum in Munich this summer; Manon Park & John & Susan Gilmour enjoying a day on the water; Sue & Lillian Gorrie at Boundary Bay.