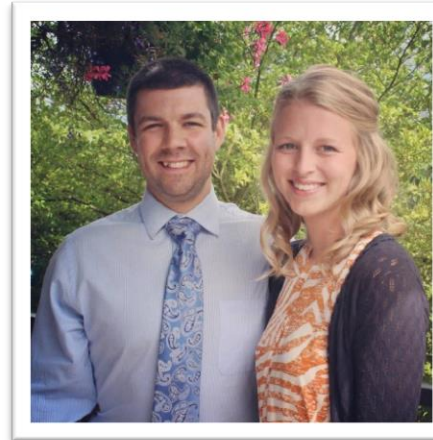


A note from Pastor Owen Scott...

"Taking a nap" is one of God's greatest gifts to us. You don't have to be old in order to appreciate an afternoon siesta. Many of the most famous people in the world were nappers. In his article, *"The Fine Art of Napping"*, Dr. Richard Swenson reminds us that Thomas Edison is said to have catnapped up to eight times a day. John F. Kennedy napped in the White House and Winston Churchill took daily naps, even during WWII. We know for certain that Jesus himself napped because during the storm the disciples had to wake him up so He could rescue them from drowning. The benefit of napping is that it revitalizes and gives us energy for later in the day. Here's the rule of thumb regarding napping. Don't nap for more than 30 minutes. If you nap longer, you'll feel groggy and unrefreshed. The benefit of *power napping* is that even a 15 minute sleep can help to improve alertness and concentration. The most helpful naps are in the afternoon. A Sunday afternoon nap after church (a Sabbath rest) can do much to make up for the sleep you never got during the week. Dr. Swenson gives great advice to those who are just learning to power nap...*"Learn to enjoy a nap without feeling guilty!"* Thank you, Lord, for the fine art of napping!

Valley Church...

There's a place for you!



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

August 30th, 2015

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 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

Valley Church Picnic in the Park – TODAY at 2 pm at Mahon Park. Good fellowship, good food and good times! It's "potluck", so bring along your favorite well-refrigerated "picnic food" to add to the buffet table!



What's happening at Valley Church?

ESL (English as a Second Language) will resume on Sept. 14th 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!*

After six years of faithful service as Youth Pastor, Tim Shaw has resigned his position to take up a new challenge. He and Tamara have been greatly appreciated and we wish them the best in this new adventure! **SOULTREK FOR YOUTH will resume later in September.**

SUMMER IN THE CITY – Wednesday evening at 7:00 pm. The coffee pot will be on...the worship will be vibrant...the teaching will be inspiring – This will be the last time we'll meet this summer. Simon Bodlack will be sharing this week.


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.

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! Over the summer 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.



 **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 and click on the PayPal button.



Renovations underway! After 29 years our upstairs bathrooms were badly in need of improvements. We apologize for the inconvenience! Bathrooms are available in the basement.

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** starting on Saturday, September 12th at 10 am. If you're interested in being a part of this group, fill in the enclosed registration form.

Photos on front – Clockwise from top left... Tim & Tamara Shaw; Mikayla Baigent with one of the babies in Guatemala; the Podmore and Artiga families recently enjoyed a trip to the Oregon coast; a day at the park for Zadok Bodlack; Anora Shaw, Thalia Nidua and their mummies.