

A note from Pastor Owen Scott...

Most of us struggle with self-centeredness. Usually we are concerned only with what will benefit us. As a result we end up sitting alone, getting more angry...more guilty...and more worried. To break this cycle, we must shake off our self-pity and get going with our lives. The next time you find yourself complaining about how lonely you are, begin to act on a few of the following suggestions...

- Make a phone call to two other people to find out how they are getting along (Do NOT tell them your troubles even if they ask)
- Invite three people to your home...even just for a cup of tea or coffee
- Do at least one kindness for someone worse off than you
- Get a life! Go outside and enjoy God's creation...sign up for a class...learn a craft...join a book club...go for a hike (Be alive, enthusiastic, adventurous!)
- Read important, stimulating books (Ask your pastors if you don't know where to start)
- Make plans for at least one activity with someone else
- Get involved in some type of community service...or help with a meal at the Gospel Mission
- Ask the Lord to make you "other-centered"

Valley Church...

There's a place for you!



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

May 22nd, 2016

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. Ivan Schulz will also be giving a short presentation about Cowichan Camp. 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 – *Peter & Camilla Schroeder* are dedicating their son, *Ethan Bryan*, to the Lord in 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.

What's happening at Valley Church?

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 Luke Ratzlaff at 604-980-0307 or luke@valleychurch.ca for details.

Ladies Morning Out – Thursday mornings at 9 am. Childcare is provided. Contact Kristina at kristina_kurtz@hotmail.com for further information.

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

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 and click on the PayPal button.



We will be having a BAPTISMAL SERVICE on Sunday, June 12th. If you would like to be baptized in water at that time, please contact the church office at info@valleychurch.ca.

Are you good with people and with administration? We are looking for someone to coordinate the 11 am greeting ministry. If you are interested, please contact Marcel at marcel@valleychurch.ca



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 18th to 22nd. Registration will begin the end of May.

Photos on front ... Clockwise from top – The Monday evening *ESL* group celebrating *Margot Fraser's* birthday; *Jennifer Nyland* with daughters, *Brianna, Kasia* and *Zoe*; *Michael & Dorothy Elwood* on a recent trip to Mexico; *Ethan Schroeder* who is being dedicated to the Lord this morning by his parents, *Peter & Camilla*.