

Welcome into this Place!

The welcome we extend in this church is as broad and deep as we can make it. We welcome you wherever you are on life's journey, no matter how young or old you are, whatever your marital or economic status, sexual orientation, ethnic or cultural heritage. We welcome those who consider themselves to be Christians, those who are part of other faith traditions and all who seek to explore the mysteries of life and serve the ideals of compassion, justice and peace.

Our worship service is piped into both the Narthex (lobby) and the Chapel at the back of the sanctuary. Please feel free to use these areas if you have young children or wish to move about.

AN INFANT AND TODDLER ROOM is available during worship in the chapel at the back of the sanctuary. There is usually blanket area at the front of the church as for children to play.

If you are in need of a hearing device, please ask a Welcomer. Hearing aid users can activate the T-switch on their aids to link into our sound system.

VISIT THE WELCOME TABLE in the lobby at the front doors and pick up a welcome package. Add your name to our contact list at the Welcome Table and feel free to ask for any assistance or information.

THE OFFERING: Financial donations to the church cover the expenses to run the church and to fund our local and global ministries. Tax receipts are available. Please use one of the envelopes in the pew or, for regular giving, sign up for envelopes or PAR (Pre-Authorized Remittance) at the Action Table. You can also donate online at www.mtseymourunited.com.

Visit the **ACTION TABLE** to sign up for coming events and find out what else is happening at Mount Seymour. **Please join us for coffee/tea and visiting after the service.** We serve Fair Trade coffee. Donations are gratefully accepted.



SCENT FREE BUILDING

Please refrain from wearing perfumed products or synthetic scents as some people are very sensitive to smell.



Mount Seymour United Church
1200 Parkgate Ave., North Vancouver, BC
(604)929-1336 www.mtseymourunited.com

Announcements Feb. 19, 2012

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - Martin Luther King

WELCOME! If you are new to our church, please read the back page of these Announcements.

MSUC Annual General Meeting - March 4 after worship

Plan to stay after church for a light lunch and our annual meeting. We will be voting on the 2012 Budget and amendments to the Constitution. The proposed amendments are available at the Action Table. The 2011 Annual Report with the 2012 Budget is available at the Action Table or by visiting our website <http://www.mtseymourunited.com/resources/reports.aspx>



A WAY IN THE WILDERNESS

The season of Lent, which begins on Feb. 22, includes the 40 weekdays and 6 Sundays leading up to celebration of Easter. Traditionally it is a time to seek a deeper understanding of what it means to follow the Jesus way of life.

Since the Lenten season historically included a time of fasting, Christians would use up all the eggs, milk and fat in their homes to signal their willingness to enter the simplicity of the season.

This year, we will mark the beginning of lent with two events:

On Sunday, Feb. 19, plan to stay after worship for a pancake lunch.

On Wednesday, Feb. 22, we will gather for a simple soup and bread dinner at 6 pm followed by a time for all ages to engage in spiritual practices.

The time together following our meal will help us to intentionally mark the beginning of our Lenten journey and will include a time for us to reflect on the deep and personal meaning of the season. The Cove and St Clare-in-the-Cove Church communities have been invited to join us. No need to sign up, just come! *Please sign up at the Action Table or email the office if you can help with set-up, serving or clean up for these events.*

LENTEN YOGA

Four-Week Yoga Series for Lent

The Spirit of Movement and Meditation

Every Monday **7:30pm-8:30pm** In the Sanctuary

Early Bird Registration: \$30 -Registration after March 1st: \$40

Each week, Bethel will reflect on a scripture reading with a Lenten theme.

Costs subsidized by MSUC. Registration forms available via MSUC's office, on our website or email: bethel@yogachapel.org

3-PART SERIES: "YOUR CHILD'S SEXUAL WORLD IS BIGGER THAN YOU THINK"

Mt. Seymour, Cove Community Church & Parkgate Community Centre are hosting a 3-part parenting series on the topic of sexuality.

Pick up a poster at the Action Table

The first workshop is on "**Parenting in a Cyber Age**" on **Friday, February 24** from **7pm-9pm**, which will be led by **Safe Online Outreach Society**.

Upcoming events are:

"How to Talk to Your Kids About Sexuality" (April 13) -- Saleema Noon
Health Educator Group

"Love, Sex and Good Relationships" (May 25) -- Jan Bryant, Parent
Counsellor & Educator

JUNIOR YOUTH GROUP EVENTS - GRADES 5-8

Mt. Seymour is partnering with Cove Community Church to offer Junior Youth Group Events on the last Thursday of every month. Pick a calendar at the Action Table or [click here](#) for our website link.

SUNDAY NIGHT YOUTH GROUP - GRADES 9-12

Starting **Sunday, Feb. 19** and running almost every other Sunday, all youth Grades 9-12 are invited to Mt. Seymour's Sanctuary for movies, games and fellowship. This time of intentional "hanging out" will run from **7:30pm-9:30pm**.

For more information and dates contact Nick:
nick.hetherington@hotmail.com

MT. SEYMOUR PARENT MEETING

Calling all MSUC parents and guardians! Please grab your coffee/tea and return to the Sanctuary right after the service on **Sunday, February 26** to talk about the future of children and youth programs at Mt. Seymour. We need to update you on what's been going on, and more importantly to hear from you -- your thoughts, dreams, concerns, questions, possibilities -- regarding our Sunday morning programs.

Help with Sat. Movie Night at First United Mission Feb. 25 from 6-9 pm

On the fourth Saturday evening of the month MSUC hosts a movie and fellowship night at First United Mission in the downtown eastside. Snack food and hosts are needed. If you would like to make sandwiches or cookies for that night, or if you would like to come to First United to be a part of the fellowship by passing out coffee and sandwiches, please contact Ellen Muirhead at 604-929-9668.

This Week's Regular Activities

Mon-Wed	9 am-12 pm	Thrift Shop Sorting
Wednesday	3:45 pm	Children and Youth Choir Practice
Thursday	2-8 p.m.	Thrift Shop
	7:30 pm	Choir practice
Saturday	8:30 am	Men's Breakfast
Sunday	10 am	Worship with Children's Community

Dates to Remember

Feb. 19	7:30 pm	Youth Group
Feb. 22	5:30 pm	Ash Wed. Dinner and Service
Feb. 17	7 pm	Deep Cove Coffee House @ MSUC with Plough
Feb. 24	7 pm	Parenting in a Cyber Age
Feb. 27	7 pm	Seycove Student Vocal & Jazz Ensembles
Feb. 26	11 am	Parent Meeting after Worship
March 4	11:30 am	Annual General Meeting and light lunch
March 5	7:30 pm	Lenten Yoga begins

Contact the office or visit our website for more information.

Wider Community

Highlands United Church Presents Godspell - Feb. 22-25

More info at <http://highlandsunited.org/>

**World Day of Prayer Service @ Lynn Valley United
Saturday, March 3rd at 10am.**

All are welcome to join in this year's World Day of Prayer at Lynn Valley United Church, 3201 Mountain Hwy. to experience a service written by the women of Malaysia prepared by the Women's Inter-Church Council of Canada and to gather following the service for a time of fellowship. For more information, please be in touch with Kelly in the church office at 604-987-2114 or lvuc@telus.net