

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. 5, 2012

"The place God calls you to is where your deep gladness and the world's deep hunger meet." ~ Frederick Buechner

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

Spiritual Practices to Sustain Us and our World:

A **sermon series** to explore what lays the foundation to enable us to consume less, live simply, and work for peace.

January 29 -- Letting Go

February 5 -- Deepening Trust

February 12 - Radical Gratitude

February 19 - Knowing what we're for

You can read or listen to these and past sermons on our website

(http://www.mtseymourunited.com/worship_with_us/sermons/Past_Sermons.aspx)

Children and Youth Christmas Fundraiser

During December the children and youth raised \$1400 for TWECs (Third World Eye Care) through their Sunday morning activities such as bakes sales and coin collections. Thanks to everyone who supported their efforts.

MSUC is Saving Paper

With the use of PowerPoint in our worship service, we have reduced the need for bulletins and are printing only a few for those that can't see the screen. As well, our weekly email has eliminated the need for written announcements. We will have a few written announcements available on Sunday for those who don't have email or are new to the church. Thanks for helping us to reduce waste.



LENTEN EVENTS

Lent includes the 40 weekdays and 6 Sundays leading up to the celebration of Easter. Historically it has been a time of increased prayer, fasting, education and outreach

in the church. For us today it is an opportunity, among other things, for self-reflection and deeper understanding of our Christian faith. The season officially begins on **Ash Wednesday** (Feb. 22) following an evening of feasting on Shrove Tuesday. The traditional food for Shrove Tuesday is pancakes because at one time Christians would give up eating eggs, milk and fats during Lent.

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 bun dinner at 5:30 pm followed by a time for all ages to engage in spiritual practices.

The evening will be both a fun time of celebrating together and a quieter time of entering the sacredness of Lent. 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. 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.

Help Wanted

We need a volunteer (or volunteers) to take on our returnables ministry. The work involves picking up donated bottles and cans left at the church and returning them to the recycling depot. The money collected is sent to First United Mission in the downtown eastside. Email Joyce if you can help: ahjones@shaw.ca.

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

~First Evening is Friday, Feb. 24. More details to follow....

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.



Deep Cove Coffee House - Feb. 17 at MSUC

Doors open at 7 pm - Open Stage at 7:30 pm

Features *Plough* in Concert at 9 pm

\$10 admission include coffee and home baking! More info at jane@nsri.ca or (604)363-5370 or the church office.

This event is a fundraiser for our church. Contact the office if you can help.

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.

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 am	Men's Breakfast
Sunday	10 am	Worship with Children's Community

Dates to Remember

Feb. 16	7:30 pm	Gospel Choir practice
Feb. 19	11 am	Shrove Sunday with Pancake Lunch
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 Evening
March 4	11:30 am	Annual General Meeting

Contact the office or visit our website for more information.

Wider Community

Parkgate Diner's Club Meal Program for Seniors @ MSUC

In Jan. and Feb. we are hosting these Tuesday dinners while Parkgate's kitchen is being renovated. You are invited to come for dinner (cost is \$6 per meal) on Tuesdays at 5 pm. To reserve your meal, call Andrea at **604-904-6483**.

Stayed on Freedom - A Musical Celebration of Black History Month

Friday, February 10th, 8:00 P.M., at St. Andrew's-Wesley United Church, Ticket price \$25.00. Our Gospel Choir Director, Marcus Mosely, is holding this concert at St. Andrews Wesley downtown. The concert will feature the

City Soul Choir, directed by Brian Tate, The Sojourners, Marcus's choral group, and special guest Leon Bibb. Tickets at www.ticketstonight.ca.