

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 Jan. 29, 2012

"Let the gratefulness overflow into blessing all around you".

Louie Schwartzberg - [Moving Art, You Tube](#)

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)

2011 Tax Receipts are Ready

You can pick up your tax receipt in the Narthex (lobby) after worship services or in the office during the week. If you would like to have envelopes or sign up for PAR (preauthorized remittances) contact Fay Butterfield at fbutterfield@shaw.ca or (604)929-1991. Envelope and PAR givers receive a tax receipt for their donations.

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. Please sign up for our weekly email at the Action Table or mailto:kclinton@telus.net.

Sing with MSUC Community Gospel Choir

Marcus Mosely leads a spirit-raising and voice-lifting gospel experience once per month. All voices are welcome, and music reading is not required. The choir practices one Thursday per month at 7:30 pm and sings at worship on the following Sunday. **The next practice is Feb. 16.** Check our website for upcoming workshops or date changes.



"IMAGINE" CHILDREN'S RETREAT - AGES 8-11

It is time to register! The retreat runs Friday, February 24 - Sunday, February 26 at Stillwood Retreat Centre.

Registration forms are on the Action Table. For more information, contact: Mary Nichol, retreat coordinator [604.763.4201](tel:604.763.4201) or maryn@shiloh-6ave.net



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 up a [Calendar of Events](#) and put it on your refrigerator!**

Let me know if you will be coming so I know who to look out for! And meet me inside the entrance at 6:30pm. If you arrive after 6:30pm, purchase your admission and meet me inside in the rink. See Events Calendar for all the details!!

Bethel Lee(bethel.mtseymour@gmail.com)/(778) 887-1036)

Our Children's Programs are in Need of Support

These are the other upcoming dates and the jobs we need help with:

- February 5: GP-Door Person
- February 12: GP-Story Teller and GP-Door Person
- February 19: Teacher for Group 3 (Ages 11-14), Someone in charge of the Children's Blanket

- March 4: GP-Door Person
- March 11: GP-Door Person
- March 25: GP-Door Person

It's ok if you've never helped before, I can walk you through everything you need to know. Please let me know which day/role you'd be willing to fill in - thank you so much!

Bethel Lee(bethel.mtseymour@gmail.com)/(778) 887-1036)

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

Dates to Remember

Feb. 16	7:30 pm	Gospel Choir practice
Feb. 22	5 pm	Ash Wed. Dinner and Service
March 4	11:30 am	Annual General Meeting

Contact the office or visit our website for more information.

Wider Community

The North Shore Grief Recovery Society is offering a six week support group program on **Thursday evenings, February 9 to March 15, 2012** from **6:30 to 8:30 pm**. Healing begins when your grief is shared and understood. Pre-registration required. There is a fee. For information and registration, please call 604-979-1600.

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**.