



OUR DAILY BREAD

Responding with Time, Energy and Ability at Mount Seymour United for 2009-2010

I would be interested in helping with the following ministries (please check):

Worship Team

- Serve as a team member
- Serve as Church Librarian / help in the library
- Help with Children's programming
- Build furniture for Godly Play programs
- Help with youth activities
- Prepare communion / Serve communion
- Sing in a choir :
 - Monthly Community Gospel Choir
 - Joyful Noise every Sunday
 - Children and Youth Choirs
- Play a musical instrument on Sunday
- Read scripture during worship
- Organize scripture readers for Sundays
- Be a greeter or welcomer on Sundays
- Join the Welcoming Team
- Take up offering on Sundays
- Help with sound at Sunday worship and other services
- Decorate the sanctuary
- Contribute flowers for the sanctuary on Sunday morning

Administration Team

- Serve as a team member
- Volunteer as a building monitor on weekends and evenings
- Help with gardening
- Help with cleaning
- Help with maintenance
- Count offering
- Help with accounting
- Participate in a work bee

Congregational Life Team

- Serve as a team member
- Make coffee/ clean up on Sundays
- Set up/take down for events
- Help in kitchen for events and receptions
- Clean up after events and receptions
- Join the GALA fundraising team and help plan our annual dinner dance
- Organize a fundraiser such as our annual Talent Show
- Represent Mount Seymour at community events
- Help plan a Documentary Film Festival or Movie Nights

Communication Group

- Join the communication group
- Help distribute advertising materials in the community
- Write for the newsletter
- Proofread written materials
- Take pictures for the website and other materials

Caring Ministries

- Make Phone calls
- Visit homes and hospitals
- Make casseroles and other food
- Knit or crochet prayer shawls
- Help with worship at Kiwanis Care Centre
- Join a prayer chain
- Offer healing modalities

Mission and Outreach Team

- Serve as a member of the team
- Help with the frail and elderly in the community
- Volunteer at the North Shore Lookout Shelter
- Help organize an outreach even such as Gifts That Give Twice, World Food Day Sale or Christmas in July

First United Church Mission (in the downtown eastside)

- Make sandwiches twice a month
- Saturday night fellowship: Volunteer once a month to provide fellowship and snacks
- Deliver food and donations to the Mission
- Take youth down to serve a meal once a month

Thrift Shop

- Sort and price donated goods on week days
- Sell goods on Thursdays
- Serve tea and snacks on Thursdays for volunteers
- Set up and take down goods on Thursdays (heavy lifting)

I/We have the following particular skills/abilities that I/we am willing to offer in the Church's ministry:

The most convenient time(s) for me/us to contribute/be involved are (please circle):

- Daytime – M T W Th Fr
- Evenings – M T W Th Fr
- Weekends – Sat Sun
- Anytime

NAME(S): _____ TELEPHONE: _____

EMAIL: _____

