

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. 12, 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.

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 will be distributed next Sunday.

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 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.*

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.

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@nsrj.ca or (604)363-5370 or the church office.

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

NURSERY FOR TODDLERS 3 AND UNDER

On Sunday Mornings the Nursery is available for toddlers **3 and under**. You can bring your child to the nursery when all the children are invited to go to their programs following Children's Time. Sign in your child with our Caretaker **Jessica Horton**. All children in the nursery who are *over* 3 years old must be supervised by their parent or guardian.

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.

Thrift Shop Turn-Around Extra Help Needed!

Thurs.	Feb. 23 – 8 pm	<i>Pack-up</i>
Fri.	Feb. 24 – 9 a.m.	<i>Pack-up</i>
Sun.	Feb. 26 – 11 am	<i>Heavy Lifting</i>
Mon.	Feb. 27 - 9 a.m.	<i>Restocking</i>
Tues.	Feb. 28 – 9 a.m.	<i>Restocking</i>
Wed.	Feb. 29 - 9 a.m.	<i>Restocking and Sorting</i>

Please plan to stay after worship on Feb. 26 and help move stock down from the storage area.

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. 19	11 am	Shrove Sunday with Pancake Lunch
	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. 26	11 am	Parent Meeting after Worship
March 4	11:30 am	Annual General Meeting and light lunch

Contact the office or visit our website for more information.