

Fall 2012
Program Calendar



Turn with the Seasons...

Each of us is in this world as
a unique and exceptional expression
of the miracle and mystery of creation
... what you do with that gift is up to you.




Lynn Valley
UNITED CHURCH

3201 Mountain Highway, N Vancouver, BC, V7K 2H4 | 604.987.2114 | lvuc@telus.net

www.lynnvalleychurch.com

WELCOME!



Lynn Valley United Church is an active, spirit-filled congregation seeking to nurture relationships with our local community by providing programs and services to nurture the mind, body and spirit. Whether you have an active spiritual life, have left the church and are looking to gently reconnect, or just want to drop in for a program, you are welcome here. Lynn Valley United Church welcomes, includes and celebrates people of all ages, abilities, cultures, economic and social circumstances, ethnicities, gender identities, religions and sexual orientation.

Wherever you are on your journey, you are welcome here.

Programs, events and gatherings at LVUC during the 2012/13 year will follow a unique set of seasons designed around various spiritual practices. These programs provide opportunities to experience the transformative power of spiritual practice through broadening and deepening our connection to ourselves, each other and the Divine.

- The Season of Prayer
- The Season of Music
- The Season of Discipleship
- The Season of Kenosis
- The Season of Scripture

Program Selection Guide

All programs are guided by the shared values at Lynn Valley United Church. People of all faith backgrounds are welcome to attend any programs. To help guide your program selection, symbols are included to indicate the religious/spiritual nature of each program.



Christian content and language



Interfaith/inclusive spiritual content and language



No direct spiritual or religious content

GATHERING



Sunday Worship 10:00am

A time to gather in spirit and be nourished through prayer, music and silence. A time to explore relevant and meaningful spirituality in contemporary culture. A time to reflect on how ancient wisdom can guide us towards transforming ourselves and our communities through love, peace and freedom.

There is nothing you need to know or do to join in worship at LVUC – just take that first brave step through the door to experience a place of acceptance and welcome. Coffee, tea and light refreshments are served in the foyer following Worship.



Children's Worship

Children stay with their parents for the start of worship and are invited to go with leaders to their program space during the service. Children will be invited to listen to the voice of scripture through Godly Play (a Montessori based biblical story telling method); listen to the voices of each other through sacred listening and listen to their own inner voice and the voice of God through the contemplative practices. Ages 3-14.



Sermon Series

During Sunday Worship throughout the year, a number of focused reflections are planned:

- ✧ *On Being the Church*, via the wisdom of the book of Ephesians (Summer 2012).
- ✧ *Reel Theology*, a month-long exploration of what contemporary culture is “preaching” through the movies through the lens of four Oscar Award nominees. Begins Feb 4; movies titles given after nominees are announced.
- ✧ *Discipleship* through the book of Acts (Spring 2013).



Friday Night Live

A complete departure from the usual church experience...

Returning this year, Friday Night Live is an improvised comedy and music performance featuring the hugely talented cast of AddLibretto (who can be seen regularly at Vancouver's Improv Centre on Granville Island). This weekly show is all-ages friendly, with skits and music centered on positive and uplifting universal themes. A performing guest artist joins the cast each week, doubling your entertainment value! (Check the website for info on guests).

Fridays, Aug 17- Dec 14 2012 and Jan 11- June 28, 2013

Suggested donation: \$15-\$25

Doors open at 7:00pm for the 7:30pm show

YOUTH

Lynn Valley United Church Youth Group

(drop-in)

A place to connect, belong and be who we are. A place to learn about our relationship to each other, God and ourselves. A place to play games and to practice active spirituality. A place to explore how we can improve the lives of those in our local and global community.

Facilitated by Michael Moddle and Christina Kinch

2nd and 4th Sunday of each month

6:30-8:00pm

There is no fee for this program

Volunteer Opportunity: “Stories of our Elders”

(pre-register)

Practicing the art of listening and creative writing. This volunteer opportunity allows youth to develop listening, interviewing and creative writing skills while spending much-needed time with an elder in the community. Register as an elder or as a youth. In addition to weekly conversations and time for writing, there will be two creative writing and interviewing skills workshops.

Facilitated by Christina Kinch and Peggy Trendall- Jensen

Workshops- Thursday, Oct 25 and Thursday Dec 6, both 5:30-7:30pm

Teen Anxiety Group

(pre-register)

This five-week workshop provides tools and techniques to support youth experiencing anxiety. Together, we will explore the physical, mental, emotional and spiritual aspects of anxiety through breath awareness, relaxation, mindfulness, journaling and art.

Facilitated by Christina Kinch and Rachel Raimondi (Youth Worker from NS Neighbourhood House)

Tuesdays 3:30-5:00pm

Oct 16 - Nov 13

There is no fee for this program; registration required

Teen Yoga: Inner peace, outer strength *(see Yoga for details)*

Youth Hang Out

(drop-in)

All youth in high school are invited to attend youth drop in nights. These nights are simply a place to hang out, connect and have fun.

Facilitated by Michael Moddle

1st and 3rd Saturday of each month

7:00-9:00pm

Suggested donation: \$2-\$5, proceeds towards youth conference

♥ **Youth @ Friday Night Live**

Youth are invited to gather for dinner at 6:30pm. Following dinner, attend Friday Night Live (see “Gathering” section for details). Dinner will be at the church. Please purchase tickets by the Thursday before each monthly event.

Third Friday of the month (except Dec):

Sep 21, Oct 19, Nov 23

Jan 18, Feb 15, Mar 15, Apr 19, May 17, and Jun 21

Cost: \$15, includes dinner and the show

Music

♥ **North Shore Community Drum Circle** (pre-register)

A Community Drum Circle open to all ages and abilities. Drums and other rhythm instruments are provided.

Facilitated by Lyle Povah

Fourth Saturday of the month: Sep 22, Oct 27, Nov 24,

Jan 26, Feb 23, Mar 23, Apr 27, May 25, and June 22

10:00am-12:00noon, with time for fellowship afterwards

Cost: \$15/session, \$70/year or \$50/4 session flex pass

♥ **Lynn Valley Light** (pre-register)

A choir for recent high school and university grads who miss the school choir experience and are looking for a place to gather and connect through song and performance. Weekly rehearsal, ability to read and memorize music needed.

Conductor: Blair Odney

Tuesdays, 8:00-10:00pm

September 17 - June 30

Cost: \$30 per month

♥ **byoVoice** (pre-register)

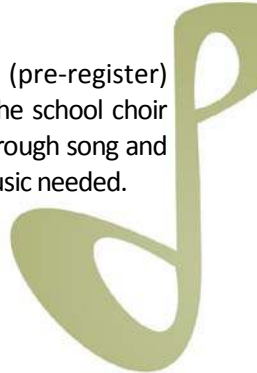
For people who want to listen deeply to the world around them, celebrate diversity, and sing out on behalf of harmony, justice and peace. Through a variety of musical styles, in a variety of languages and encompassing the wisdom of world traditions, members of this group will sing for the pure love of music, joy and camaraderie of choral ensemble and just for fun, rather than performance... of course there will be invitations to join in community celebrations, concerts and such.

Choir Director: Mary Yan

Thursdays, 7:30-9:30pm

Term 1: Sept - Dec, Term 2: Jan - April 15, and Term 3: April 15 - June 30

Cost: \$40 per term



♥ **Vocal Foundations Choral Workshop** (pre-register)
Learn breathing techniques, vocalization exercises and pronunciation skills through music from around the world and through the ages.

Facilitated by Dr. Kevin Zakresky
Saturday, Nov 10, 1:00-5:00pm
Suggested donation: \$25
(proceeds to Musicians Without Borders)
www.musicianswithoutborders.org



YOGA

💧 **Beginners Hatha Yoga** (drop-in)
A great class for those new to yoga as well as seniors and people looking for a gentle practice. No experience required.

Instructor: Christina Kinch
Mondays, 11:15am-12:30pm
Sep 10 - Dec 17 (excluding holidays)
Suggested donation: \$10-\$15

🔑 **Prayer, Meditation and Yoga** (pre-register)
A class designed to deepen your practice by connecting movement, breath and prayer. Some yoga experience required. Please contact Christina if you are unsure if this class is appropriate for you.

Instructor: Christina Kinch
Mondays 6:30-8:00pm
Sep 10 - Oct 22 (excluding Oct 8)
Sliding Scale: \$60-\$90

💧 **Intermediate Hatha Flow** (drop-in)
Learn to connect physical movement with breath and intention to balance your physical, mental, emotional, spiritual and energetic bodies. Learn energetic self care techniques to help you ground and center. Release what is no longer serving you and draw nourishment into your life. Prior experience with yoga or an otherwise active lifestyle are required. Contact Christina if you are unsure if this class is right for you.

Instructor: Christina Kinch
Wednesdays 8:00-9:15pm
Sep 12 - Dec 19
Suggested donation: \$10-\$15



Teen Yoga: Inner Peace, Outer Strength (pre-register)

Build strength and confidence. Develop skills to calm the mind and body, reduce stress and be able to navigate the challenges of life with ease. Age 12-18.

Instructor: Christina Kinch

Thursdays 3:30-4:30pm

Oct 4 - Nov 1

Sliding scale: \$25-\$50 (5 weeks)



Kids Yoga and Meditation (pre-register)

A fun and playful class designed to teach the art of movement and of stillness. Kids will learn about their energy bodies as well as how to connect to their silly bones and their inner knowing. Appropriate for sensitive children. Contact Christina for more information. Ages 7-11.

Instructor: Christina Kinch

Wednesdays 3:30-4:15pm

Sep 19 - Oct 17

Sliding Scale: \$25-\$50 (5 weeks)



SPIRITUAL PRACTICE



Centering Prayer (pre-register)

Christian monastics and mystics through the ages described and practiced a contemplative relationship with God that takes place in a silence deeper than words. Centering Prayer offers a method of prayer that opens us to the gift of contemplation. It offers a way of quieting our faculties and preparing us to be more receptive to God's presence. This course begins with a three-hour introduction to Centering Prayer followed by six weeks of evening practice sessions.

Facilitated by the Contemplative Outreach of Greater Vancouver

Introduction: Sunday, Oct 28, 1:00-4:00pm (light lunch at 12:15pm)

Follow up sessions: Wednesdays, 6:00-7:30pm, Nov 7 - Dec 12

Cost: \$50 (includes intro + 6 follow up sessions)



Healing Pathway Phase 1 (pre-register)

An introduction to Healing Hands, a United Church energy-based approach to healing. This two day workshop will help you explore concepts of healing hands within the Christian tradition with an emphasis on learning to be a heart-centered instrument of healing. We will practice energy healing sequences as well as learn how to ground and centre ourselves through prayer and meditation.

Facilitated by Sharon Yetman (second instructor TBA)

Saturday Nov 17, 9:00am-6:00pm and

Saturday Nov 24, 12:00-7:00pm (*participants must attend both classes*)

Cost: before Oct 31 \$160, after \$170 (bursaries available)



Coffee and Questions

(drop-in)

An informal theological discussion group held at Waves Coffee House, 3050 Mountain Highway.

Facilitated by Blair Odney

Thursdays 3:30pm

Cost: just what you spend at Waves



A Second Helping of the Spirituality of Wine

(pre-register)

As requested, a second level has been developed for this unique blend of study/discussion group and tasting/appreciation class that teaches about shared experiences, values and living abundantly. Participants must be 19 or older and do not need to have completed the previous course to enroll.

Offered by Blair Odney, Rod & Myrna Pearce and Brent Woolrich

4 sessions: Nov 4 and Dec 2, 2012; Jan 6 and Feb 3, 2013

7:00-9:00pm, location TBA

Cost: \$25-\$35 per session per person



Weddings, Baptism, Confirmation, Funerals

Opportunities for you to join the church through baptism or confirmation are provided throughout the church year. To make an appointment to speak to our Minister about your place on the Christian path, please call the office.

Meetings to make arrangements for weddings and funerals are scheduled as requested. LVUC welcomes couples of any sexual orientation to explore holding their wedding service in our sanctuary.

...a sneak peek into 2013



Spirit Given Gifts Workshop

(pre-register)

Participants discover how they have been gifted by the Spirit and how they may be called to service using those gifts.

Facilitated by Blair Odney

Saturday Feb 2, 2013, 9:30-11:30am



Bible 101 or Reading the Bible with Heart and Mind

Group bible study focusing on improving biblical literacy.

Late Spring 2013, dates and time TBA



The Practice of Kenosis: An Interfaith Exploration

(pre-register)

Throughout the season of Lent, speakers with backgrounds in six faith traditions offer their ideas around the practice of kenosis, or emptying, suggested to be *THE* spiritual practice of our time. Guest speakers TBA.

7:00-9:00pm Feb 17 - Mar 24

Cost: \$10 per session; the Feb 17 session is offered free of charge

HEALING AND WELLNESS

♥ **Counseling and Pastoral Care**

People often look to the church as a place of healing and encouragement during life's challenges and transitions. The ministry staff at LVUC is here to offer their wealth of experience and compassion to all members of the community. No church affiliation is required to access these services.

Blair Odney, Minister, has particular interest in supporting adults on their faith journey as they experience transition, personal crisis, gender issues, challenges in family of origin, and other interpersonal conflict. Please call the church office to make an appointment.

Christina Kinch, Family Minister and Outreach Counselor, specializes in supporting children, youth and parents. She has particular expertise working with people experiencing behavioral difficulties, mental health challenges, addictions, disabilities and MCFD involvement. Please call the church office to make an appointment.

♥ **Yoga Therapy**

A practice of supporting the body's innate healing system to bring the mind, body, emotions and spirit into equilibrium. Through this gentle practice we are able to reduce or illuminate physical pain, experience more health and vitality and move more fully into being who we really are. This practice is accessible to all people regardless of age or physical ability.

Offered by Christina Kinch

Children and Youth: Sliding scale \$0-\$50

Adults: Sliding scale \$30-90 (subsidies available)

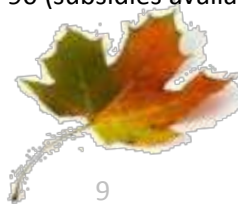
♥ **Healing Hands**

An energy-based approach to healing. This method is holistic in nature and supports healing on physical, mental, emotional and spiritual levels. Whether you wish to simply relax or have a specific concern, Healing Hands is a great way to release and recharge. This practice is accessible to all people regardless of age or physical ability.

Offered by Christina Kinch

Children and Youth: Sliding scale \$0-\$50

Adults: Sliding scale \$30-90 (subsidies available)



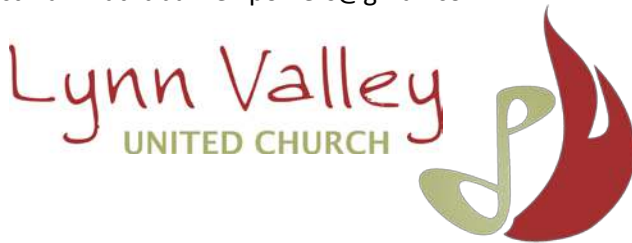
♥ Neuro Developmental Therapy

This non-invasive therapy calms and organizes the nervous system to improve, restore and/or optimize motor development, information processing and emotional balance in all individuals. Dawn specializes in supporting people with neurological challenges, with particular interest in working with infants and children with autism and cerebral palsy. Sessions use MNRI, Total Body Management and Matrix Energetics.

Offered by Dawn Burnell-Powers

Mondays 9:00am-3:00pm (*other times may be arranged by request*)

To book an appointment or for additional information, please contact Dawn at: dburnell.powers@gmail.com



COMMUNITY

♥ Congregational Community Building Events – all are welcome!

BBQ Lunch: Sunday Sep 16, 11:30am

Fall Fair: Saturday Oct 20, 10am-2pm

Pancake Brunch: Sunday Oct 14, 11:30am

Skating: Saturday Dec 15 (time TBA)

Garage Sale April, 2013, details TBA

🔑 Family Camp at Camp Fircom

Located on beautiful Gambier Island, this weekend is open to members of the LVUC congregation, as well as anyone in the community who is looking for a fun and relaxing family weekend in a supportive, loving and accepting community.

Weekend will be in May: details TBA

♥ Sandwich Making

In cooperation with the Canadian Mental Health Association, members of the LVUC congregation gather every third Sunday of the month after worship to make sandwiches for chronically poor and under-housed members of our community.

**Volunteers from high school can use this project towards volunteer time for CAPP.*

♥ **Conversational English**

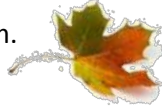
This volunteer-run program invites folks with basic English skills to continue building fluency and ease of speaking English through games, conversation, activities and reading.

Volunteers: Shirley M, Sue R and Kelly J

Mondays, Sep – June (except holidays and school vacations)

In the foyer, 10:00-11:00am

There is no cost for this program.



OTHER

LVUC Women's Groups

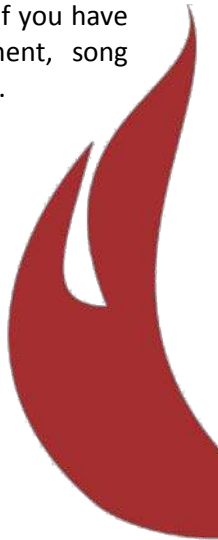
Lynn Valley United Church has a number of women's groups that gather for women to be in community and serve the needs of the church. Please contact the church office for more information about these groups.

Volunteer Opportunities

Volunteers are the backbone of Lynn Valley United Church. With the generous contributions of time and talents from community members, we are able to provide a diverse range of programs and services to the community. If you would like to participate as a volunteer, there are many opportunities available. We are currently accepting members for our Social Justice as well as Pastoral Care teams. In addition, if you have particular expertise with children and youth, AV equipment, song leadership, or computer skills, we would love to hear from you.

Donations

Lynn Valley United is a non-profit, registered charity and runs solely on contributions from generous donors in the congregation and community. Programs and services are subsidized through these donations. The tithes and offerings received each Sunday supports the work and ministry of Lynn Valley United Church. Envelopes are available from the ushers if you would like to receive a tax receipt (for gifts of \$25 or more). Want to support the community programs without attending Sunday Worship? LVUC welcomes contributions at any time; just call the church office to find out how.



Community groups

Various community groups share space with LVUC. Links and contact information for these groups can be found on the church website.

<i>Alcoholics Anonymous</i>	<i>Saturdays in the lower hall 8pm</i>
<i>Adult Children of Alcoholics</i>	<i>Mondays in the Lounge 7pm</i>
<i>La Leche League</i>	<i>2nd Monday of the month 9am- 12noon in the Lounge</i>
<i>Lynn Valley Korean Methodist Church</i>	<i>Daily prayer services 7am Sunday Worship 2pm</i>
<i>Rainbow Corner Daycare Infant, pre-school and school-age childcare programs</i>	<i>Monday-Friday, in the lower hall. Contact Sandra at 604- 988-5299</i>

Ready to register for a program or group?

- ✧ Please contact the church office to register for programs or if you have questions: **604.987.2114** or by email at **lvuc@telus.net**.
- ✧ Office hours are 9:30am-2:30pm Tuesday to Friday
- ✧ All programs are held at Lynn Valley United, unless otherwise specified.
- ✧ Unless stated, registration deadlines are one week before any course begins. Refunds will be offered, where applicable, until that deadline. Late withdrawal from a course may be subject to an administrative fee of \$25 or half the cost of the program, whichever is less.
- ✧ Electronic registration forms and online payment options, where available, can be found on our website.

At Lynn Valley United Church we value making programs accessible to all members of the community. No one will be turned away for lack of funds. Please request information about subsidies or volunteer opportunities if cost is prohibitive.

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Check out the website for more information about LVUC including sermons, blogs, events, staff bios, program details, news, and links.



Blair Odney
Minister

Christina Kinch
Family Minister and
Outreach Counselor

Mary Yan
Minister of Music

Matt Grinke
Musician

Kelly Jenner
Office Manager

Michael Moddle
Community Program Facilitator

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