

**JANUARY 29<sup>th</sup>, 2012**

**ANNOUNCEMENTS**

- The ***Upper Room*** booklets for **JAN/ FEB** are now available at no charge. (They are on the wall near the piano.) Copies of the **JANUARY Observer** are in the same magazine holder as the *Upper Room* and are also free.
- The Centering Prayer sessions are on Wednesday at 1:30pm.
- **VOLUNTEER OPPORTUNITY** - Do you have a few hours a month to give to Ellesmere? We are looking for volunteers to be a presence in our church on **Tuesdays, 10 am to 2 pm**. We have a loyal team in place, but a few more volunteers would make the rotating schedule much lighter! Help us keep our doors open to the community! Please speak to Joanne if you can assist.
- Please submit all reports for the **Annual report** to Elizabeth by **Feb. 5**. Thank you! Have a great week!

*January 29—Changing Lives*

***Mission and Service supports an award-winning program in Nova Scotia that helps women. Here's a story about its work.***

Lisa has turned to Coverdale several times in her life, first as a young incest survivor and again as the mother of a troubled son.

“At Coverdale, I received emotional and mental support,” says Lisa, “and I made some lifelong friends.”

Lisa has serious issues that make her life an ongoing struggle. She has worked with many of Coverdale's programs, and today she feels she has her life back. She has her own home, and has learned many life and employment skills. “Coverdale has been there for me and still is.”

Coverdale staff and volunteers provide direct services to women of all ages who appear before the courts, as well as counselling for the issues that have brought them to this point in their lives. Crime prevention, risk reduction, and empowerment programs help women and girls make positive changes in their lives.

Coverdale has been nationally and internationally recognized for its long-standing and exceptional service to female offenders through leadership, support, counselling, and advocacy.

Your Mission and Service gifts are life-giving and life-changing. Please give generously.

***First United Church Update.*** First United Church would like to thank congregations for their support. With the recent changes in leadership, we want to assure you that the important

ministry at First United Church is still viable and will continue. As Vancouver's largest shelter, the church remains a place of refuge for the vulnerable people in our community. All of our programs and services are continuing, including 800-1,000 meals served daily; cart & belonging storage; advocacy; healthcare including addiction support, bathing and toiletries, harm reduction services, foot care, mental health programs; education and recreational activities; mail, tax and outreach services; spiritual resources and more.

In December, we had a dramatic drop in donations due to uncertainties expressed through the media about the future of our overnight shelter. Although plans for the overnight shelter past March 31 are still being determined, all other programs and services are expected to carry on.

During this challenging transition, we hope you will continue to support First United Church with your much needed donations, thoughts and prayers to help maintain the vital services to the Downtown Eastside Community of Vancouver.

For more detailed information or to make a donation, please visit, [www.firstunited.ca](http://www.firstunited.ca). For questions please contact Co-Executive Directors, Don Evans (604) 505- 5921 or Stephen Gray (604) 681- 8365 ext. 122.

**Donations for Emergency Food Bags.** First United would greatly appreciate donations for the community: canned fish, tuna, salmon, sardines, canned meats, 9-grain pasta (except lasagne), rice, pasta sauce, stovetop stuffing, instant mashed potatoes, canned fruit, canned vegetables, pork and beans, canned ravioli, dry noodle soups, cake mixes, cooking oil, canned milk, table condiments, mayonnaise, and just-add-water pancake mix. Please call Linda Ostrom (604) 290- 8417, [lostrom@firstunited.ca](mailto:lostrom@firstunited.ca).

**January 2012 "The Solutions Organizing Simple: Kick the Clutter, Your New Years Resolution"**: Ranka Burzan is the owner of Solutions Organizing Simple and the author of "Helpful Hints to Organize and Clean Your Home, Your Junk or Your Life, 10 Tips to Organize Your Child, Praise Helps to Get Children Organized, Replace Nagging with Guidance to Cut Clutter, Liberate Your Garage and her first book "Kick the Clutter, Get Organized, 101 Tips to Organize your Space and her new book SOS Guide to Organize and Clean Your Home." She specializes in helping seniors downsize and relocate. Have a wonderful week!  
604.538.3240  
[info@SolutionsOrganizing.com](mailto:info@SolutionsOrganizing.com)

**JUNK BEE GONE.** "You Call We Haul". 100% Bondable-- Available 7 days a week. For all your moving and junk removal needs, please call Alex **778-918-5865**

**Burnaby Task Force on Homelessness.** The Burnaby Extreme Weather Shelter is in need of donations of food. The shelter is opened between October and April when the weather is deemed to be unsafe for people to be outside. For people in need of a safe, warm, and dry place to sleep, this Extreme Weather Shelter provides a welcoming supportive refuge. If you are interested in donating food please contact Kevan Oxley at (604) 515- 2728 or [kevanoxley@hotmail.com](mailto:kevanoxley@hotmail.com). Thank you for your kindness to our Burnaby neighbours who are in extreme poverty and homelessness.

**Contemplative Outreach of Greater Vancouver: Introduction to Centering Prayer.** Christian monastics and mystics through the ages described and practiced a contemplative relationship

with God that takes place in a silence deeper than words. Today, Centering Prayer offers a method of prayer that opens us to the gift of contemplation. It does not take the place of other prayer and devotions. Rather it may deepen the experience of other forms of worship by offering a way of quieting our faculties and preparing us to be more receptive to God's presence.

Enquiries/Registration:

Susan Burns (604) 738- 4758 or [burns@sfu.ca](mailto:burns@sfu.ca)

Gloria Sutcliffe (604) 224- 6114

### **36 great workshops to choose from at the 2012 ChurchWorks Conference**

Register today to ensure the classes you want are available

**Conference Date:** February 29, 2012

**Location:** Columbia Bible College - 2940 Clearbrook Rd, Abbotsford

**Who is this event for?** Administrators, pastors, board members, search committee members, lay ministers, church volunteers, and not for profit staff

*There is **limited space** available, so please **consider registering early** to get into the workshops that would be most suitable for you!*

For more information on Workshop Titles and Speakers, visit our ChurchWorks website at:

[www.churchworksconference.com](http://www.churchworksconference.com)

Any questions contact Kelly at the BCMB office@bcmb.org

**Remit 6.** The revised date to respond to the remit is due **May 15, 2012**. This will allow you as much time as possible for consideration of the remit. Your votes will be counted regardless of whether you use the original forms or the revised forms as long as they are received by **May 15, 2012**. Thank you for your participation in this important work of the church!