



## Greetings in Christ's Name! By Rev. Laura Lockhart

*"Pastoral care is the ministry offered by Christians to care for one another's souls."*

There has been a lot going on in the pastoral care of our congregation this past couple of months. In November, 2013, Rev. Ross and I recruited fifteen new pastoral care givers to offer non-emergency pastoral care to men and women in our congregation. We had a great evening learning about what makes a visit pastoral as opposed to friendly/neighbourly. We talked about the definition of pastoral care and our expectations. We also practiced the Rogerian method of listening/pastoral care. Rev. Ross and I then discerned folks in the congregation that could really use

extra pastoral support and we matched them up with our newly minted pastoral care givers. I want to give a special thank you to both our pastoral care givers and receivers for participating in this important ministry within WVUC.

You may be wondering how to enrich your visits with family, friends and neighbours when you visit them during challenging times. As Christians, we attend to our family and friends differently. We aren't afraid to talk about where God is in the midst of our suffering. During the training session, we handed out a chart of what makes a visit pastoral instead of friendly. Of course, we all should be "friendly". If you are not feel-

ing "friendly", maybe you should go back to bed and pray to God for a change in perspective!

I invite you to look at the list below. It outlines how you can make your visits, with family and friends who are in need, time that is more linked to our Christian tradition. Try adopting some of these techniques the next time you are visiting. Pastoral care is the response of every baptized Christian to God's grace and call to help mend this beautiful yet broken world through relationships of love and reconciliation. You can do this work!

If you feel called by God to participate in this ministry at WVUC, please contact me

directly at (604)349-5174 or by email at [llockhart@wvuc.bc.ca](mailto:llockhart@wvuc.bc.ca). Also, if you would like to receive non-emergency pastoral care from one of our trained pastoral care givers, please let me know.

In Christ's service,  
Rev. Laura Lockhart,  
M.Div., B.A.  
Minister of Pastoral Care



## Everyone's Guide for Pastoral Visitation Practices

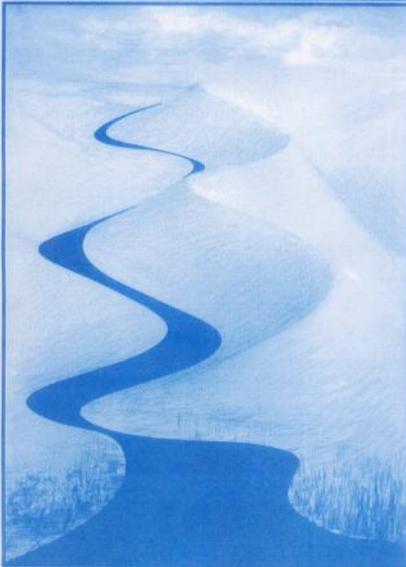
- Your goal is to minister to the person by listening to their hopes, fears and concerns, offering loving support.
- Your purpose is to lovingly support them wherever they are at the moment in their life.
- Silence is OK. Even when you may be uncomfortable in the quiet, it is OK.
- Your conversation invites and engages questions like, "Where is God in the midst of all this?" or maybe "What Bible verse have you found helpful?" or "How is your prayer life these days?"
- Avoid giving advice or quick, simple 'band-aid' solutions to complex problems. Trusting that the Holy Spirit is ministering in God's own way will help you.
- Offer prayer and Bible readings as part of the visit.
- Pastoral visitors represent the whole church family and their love for the individual. You could take Sunday's worship bulletin with you.
- You can briefly inquire into medical details but spending the majority of your time discussing feelings, fears and sources of strength is important.
- It may take several visits to build a level of trust and create a space for sharing.
- You can trust that God has the power to heal and chooses to work through us as instruments of grace.

Celebrate / Venez célébrer

# WORLD DAY OF PRAYER 2014

Journée mondiale de la Prière

Egypt • Streams In the Desert



FRIDAY  
MARCH 7th.  
• 11 AM •

by the women of Egypt -  
"STREAMS in the Desert"

Reception / Lunch  
to follow

Service written by the women of Egypt  
Texte composé par les femmes de l'Égypte



Prepared for use in Canada by the Women's Inter-Church Council of Canada  
Préparé pour le Canada par le Conseil inter-églisielles  
des chrétiennes du Canada

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## S-U-N-D-A-Y C-L-U-B! - an illustrated Biblical narrative Reported by Simon LeSieur

Ten large letters (and an exclamation mark!); you may have noticed them during coffee hour in between conversations. These are the product of a project this past fall designed to help families talk about the Bible together. The result might seem peculiar when out of context, but the letters form the backdrop for the first 10 minutes of Sunday Club when both the older and younger groups get together to share where they saw God at work during the week.

If you missed my kids time at the beginning of December, then you likely missed the fact that these are not just drawings. Each of the 10 families who signed up were assigned specific themes which, when put together, tell God's Story as told in Scripture.

**S**, by the Zhang family.

Based on Genesis 1, the letter S recounts the beautiful poem that opens Scripture about God creating this beautiful, colourful world.

**U**, by the Gouthro-Filbert family.

The letter U illustrates what is traditionally understood as the Fall, the account of Adam and Eve choosing *their* way over God's way as told in Genesis 3:1-24. It's the story of humankind first turning their back on God, beginning the cycles of God calling his people back to him, over, and over, and over, and over.

**N**, by the Zondag family.

The letter N captures Abraham's call. Several generations after Adam and Eve, God calls Abram and his wife Sarai, in Genesis 12, to start a nation that would live once again according to God's way. The promise is that Abraham's descendants would be as numerous as the stars in the sky, and the sand on the seashore.

**D**, by the Watts family.

The book of Exodus later tells the story of Moses, a descendant of Abraham. The letter D depicts some key moments of his life, from the burning bush, to the crossing of the Red Sea towards Mount Sinai where Moses would receive the 10 commandments.

**A**, by the Boddington family.

There's a whole historical arch that happens between Moses and Jesus. There are kings, there are judges, and there are prophets, all of whom attempt to guide God's people to holy living. The Bod-

dington family symbolized all of this in the letter A through the prophets Jonah, symbolized by the whale, and Daniel, symbolized by the lion.

**Y**, by the Lockhart family.

As the narrative unfolds, God's people continue to await someone who would deliver them from those in power over them. Enter...Jesus! His birth, life, and ministry as told in the four Gospels are captured in the letter Y.

**C**, by the Fisk family.

As the story goes, the religious people in power didn't respond well to Jesus' teachings. He is put to death. But, as Christians, we know the story doesn't end there! Helen and her grandkids illustrated Jesus' death and resurrection in the letter C.

**L**, by the Smith-Ridd family.

In Acts 2, the promised Holy Spirit falls on the anxious disciples. Tongues of flame dance in a room that would eventually mark the birth of the church; the enflamed commitment to spreading the good news far and wide. The letter L represents then what we know as Pentecost.

**U**, by the LeSieur family and Nofziger family.

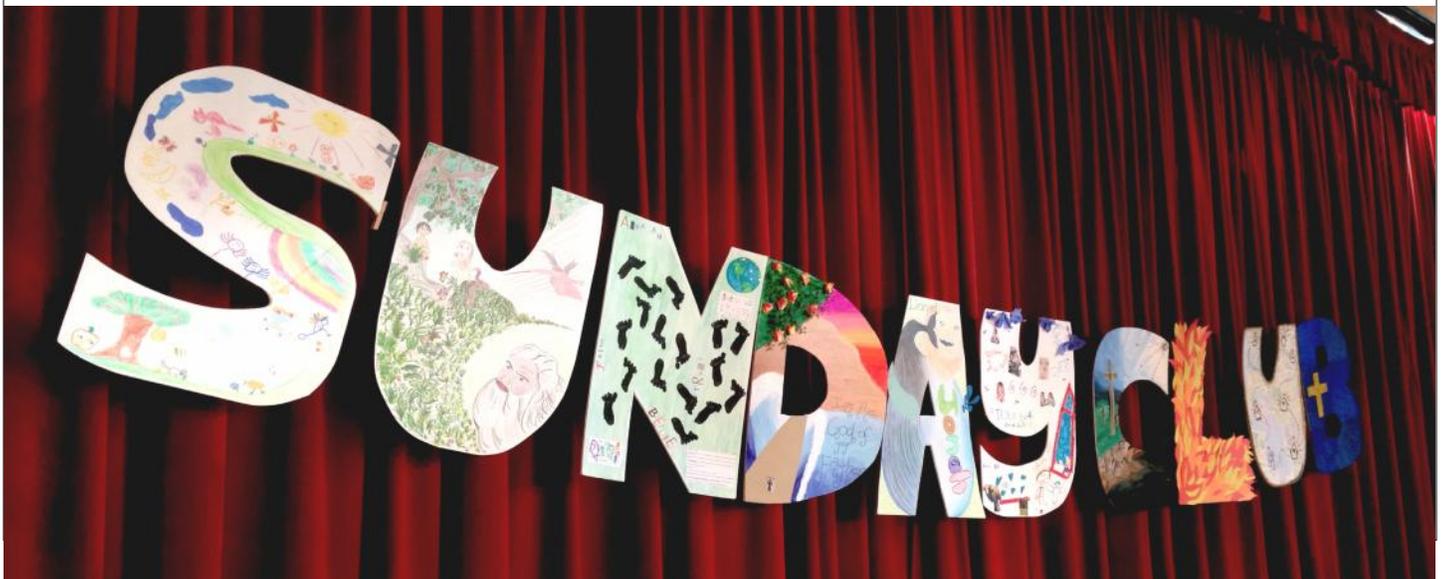
Between Pentecost and Revelation, the rest of the New Testament tells the story of the church spreading through the world. People are converted, churches are planted, problems and questions are addressed.

**B**, by the McKenzie family.

We find ourselves living out the letter U, until the promise of a New Jerusalem, as depicted in the book of Revelation and in the letter B. The book ends with a beautiful vision of a river whose water flows through the city.

**!**, by the Linsley family.

Several weeks after the project was completed, two girls from the congregation approached me, saying they would have loved to participate. They asked if they could make an exclamation mark to be included. Amazing. The circle represents God's smiling face, and every word written on it are words that they would use to describe our congregation.



## Prayer Triplets @ WVUC

“Where two or three gather in my name, there am I with them.” - Matthew 18:20

### INTRODUCTION

There's something that happens when we come together to pray with one another. Followers of Jesus have been doing this for centuries. This season, we extend this invitation to you: would you be willing to meet with two other friends in the church community once a week for 30 minutes to reflect on faith and pray together?

### STEP 1

Contact two friends in the church family or in the community (friends, neighbours, family) and invite them to join you in a Prayer Triplet. These triplets will not be assigned by the church – you get to choose!

### STEP 2

Send an email to Rev. Ross at [rlockhart@wvuc.bc.ca](mailto:rlockhart@wvuc.bc.ca) with the subject line “Prayer Triplets” and let him know who will be joining you in prayer. Ross will contact you at the end of the program to hear what the experience was like for you and your group.

### STEP 3

Agree to a fixed time once a week when you are all available to meet for 30 minutes. For some, this might be early before work; for others, mid-day, or even early evening. The purpose of the Prayer Triplets is not primarily social, so try to keep the meetings brief and not have them

extended over meals, etc.

### STEP 4

Each week follow this pattern:

- 1 Check-in with one another, sharing prayer experiences from the past week. How is your spiritual life at the moment? **5 MIN.**
- 2 Discuss the previous Sunday's worship service. What inspired you? What challenged you? What was the central message of the Sermon? Where did you hear/see/feel God show up? **5 MIN.**
- 3 Read a Psalm of your choice out loud and sit in silence until the Scripture reader says “Amen.” **5 MIN.**
- 4 **PRAYER** Each person takes a turn praying **for the church**: for the ministry team and lay leadership, that newcomers might be welcomed with Christ's, that our worship, work, and witness as a church family might change lives for good, that we might be a church open to the Holy Spirit. **5 MIN.**

- 5 **PRAYER** Each person takes a turn praying **for the world**: for anything you see in the world that is not of God, for those places of brokenness, fear, and violence that break your heart. Pray for signs of justice and hope in this world that Christ died to save. **5 MIN.**

- 6 **PRAYER** Each person takes a turn praying **for those they love and for themselves**: for those you have always wanted to share God's love with, for those who could use God's Good News in their life. Pick 2 or 3 people in your life who are in trouble or lost, and focus on them throughout your time together. What about you, what do you need most right now? Offer up to God those things most personal on your heart. End your time together by saying the Lord's Prayer, and agree to the time and place of your next meeting. **5 MIN.**

Thanks for being so brave and faithful in taking on this prayer challenge. We cannot wait to hear what you experience and discover with God and with your prayer friends in the weeks ahead!!

**TIP:** When praying out loud, starting each prayer with “Dear God...”, and ending with “Thanks be to God” or “Amen” is a helpful way of letting the next person know it is their turn.





## *Date Night* Coming this Spring

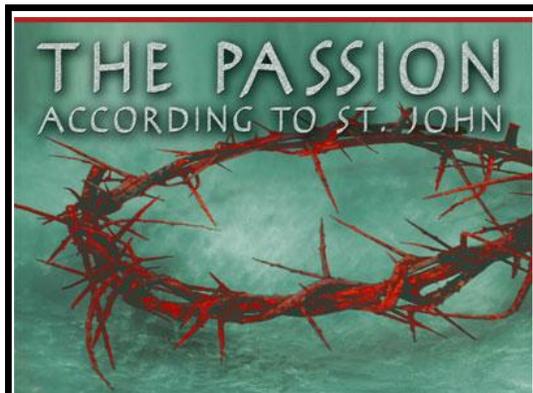
How's your marriage? Not a question we hear that often. Straight and to the point. How would you answer that? Is it simply "good"? Is it dull, distant, or passionless? Or perhaps you resonate with the newlywed and your response would be "perfect!", "on cloud 9!", "couldn't be stronger!" Would you and your spouse agree on the same response?

This Spring we're launching "**Date Night**" (based on the Alpha marriage course). No matter where you are in your marriage, it requires work. That's why "**Date Night**" is open to all couples (from those thinking about getting married to the veterans who are madly in love, as when they first met).

Keep your eyes open for the launch dates, as "**Date Night**" is coming this Spring!

## CONCERT

### J.S. Bach's, St. John Passion



**On Good Friday April 18 at 7:30** the Pacific Spirit Choir and Baroque Orchestra will present one of the masterpieces of the choral and Reformation literature, *The St. John Passion*, composed by the Lutheran choirmaster and genius of the late Baroque, J.S. Bach. The Passion delivers, in the most expressive music, the Holy Week narrative of Christ's trial and crucifixion in both universal and personal terms. The Pacific Spirit Choir is assembling the finest Baroque music soloists and instrumentalists. Tenor John Bacon, from London, England, will sing the part of the Evangelist or narrator; Vancouver Opera's Barb Towell will be alto soloist, and Baritone soloist Andrew Greenwood (who so impressed us in December's *Messiah* performances) will sing the role of Christ. Soprano soloist is our very own Bahareh Poursalami, recent winner of the Western Canada Metropolitan Opera auditions. Baroque instrumentalists from Vancouver, Victoria, and Seattle have been assembled for the orchestra. Our presentation of this work was sold out four years ago: tickets are available from the church office, or choir members, or the website [pacificspiritchoir.com](http://pacificspiritchoir.com) Please join us for this most powerful presentation in music of the Holy Week events.



Christmas 2013



**Saturday  
May 3  
8:30 to 3 :00  
Thanks to Chief  
Flea,  
Sheila Baxter!**

## God Sightings ...some of the Holy events which have happened among us in the last months



A homeless woman came into the church building one day. Through the help of the staff and government services, God led her not only to solutions on where to live and how to get on her feet again, but led her to a renewed sense of dignity and spirituality, including attending a bible study class.

A young man from our congregation was riding home on his bike after work, crossing the Lions' Gate Bridge. He was led to stop and gently approach a man who was on the wrong side of the railing. He talked to the man long enough for authorities to arrive and bring the man to safety, saving his life.

After Camp Fircom's dining hall burned down last summer, kids from our congregation leapt into action, rallying their friends to organize and run a talent show which raised over \$1,000 to help with reconstructions costs for the camp.

Every generation has its soundtrack. After experiencing worship at youth

group one night, a young person from our congregation was inspired to start writing their own worship songs!

A few weeks ago, a man from our congregation prayed, asking God to help him *really* understand "sin". This past week, he "randomly" met someone who works in the Eastside and through their conversation, he suddenly felt a profound understanding of what sin actually is. A light turned on.

For her flight home, she had a hotel wake up call arranged for 4 am to catch a 5:30 am flight. The hotel failed her and did not call but she woke up spontaneously at 3:57!! She is certainly not accustomed to waking up at 4am, so she is sure that has to be an act of God!

Every time she has seen a magnificent sunrise, or sunset since the WVUC Face-Book page photo at Christmas, she recognizes it as a HEAVENLY HOST!!!!

When we give thanks for our meal in the evenings, one of the kids will always add a one liner thanking God for something special that has happened that day! For the snow that has fallen, for health, for a roof over our heads! I love that God is alive in their hearts!!!

Christmas Eve worship attendance at WVUC was over 1500 men, women and children!



### In The Footsteps of St. Paul...

Rev. Ross is hosting a trip for a group from our congregation to Turkey and Greece from May 16—30. We will do our best to follow this special experience on our Facebook page, and will look forward to the photos and reports after their safe return. In the weeks leading up to their trip, and during their time away, we ask for your prayers for God's guiding grace for each and every participant. "I will show you the most excellent way." *I Corinthians 12:31.*

## A jolly good time!

By Simon LeSieur

Every year around Christmas time, we gather the community of young people in the church for a full-on Christmas meal prepared by Katie Nofziger. We're talking turkey with cranberry sauce, ham with pineapple sauce, mashed potatoes, beans and carrots, buns, etc. Last year Dylan even served up some homemade bacon maple ice cream!

Having been working with the youth for close to 4 years now, we realized that there's now a growing segment of university aged kids who have gone through youth group and who call this church home. And so it was that this Christmas, we went all out and rebranded the dinner to be a "Youth & Young Adult Christmas Dinner"! The Youth & Family Com-

mittee pitched in some additional baking and people power, and we had ourselves a feast! As one of the younger members of the youth group said, it felt like a huge family reunion. For the occasion, we created a fake fireplace backdrop with a snowman that melted over the course of 2 hours (if you have extra time on your hands, check out [youtube.com/morethanislands](http://youtube.com/morethanislands) - the video of it is called "Snowman Fireplace").

As you know, the future of the church always rests on the next generation. A huge thank you to all of you who support the work done in this congregation through prayer, your resources, and just making young people feel like they can call this church home.



## The Young Innovator Scholarship reported by Simon LeSieur

The night of the Spring Gala, many of you pooled in money to support the West Van United Scholarship for Young Innovators. Thank you! As I walked the room though, I saw more than one puzzled look - "what is this scholarship?"

Good question! Last year, our church started offering a scholarship to support young people in our community. I worked alongside Rockridge Secondary School vice-principal Chris Sandor and the Youth and Family Committee to help craft the terms of

a scholarship that would be unique while also reflecting what we value as a Christian community. The result was the WVUC Scholarship for Young Innovators, a \$500 scholarship for each of the high schools in the West Vancouver school district. The scholarship is awarded to one student per school who demonstrates innovation and creative thinking, and who shows potential of using his or her gifts in the future to make this world a better place. This sense of innovation should be embodied by the student, in

conjunction with a sense of integrity and love of others.

Why a scholarship? There is something really powerful, as a young person, to know that you are valued by your community - that your gifts are recognized by those around you. But there are plenty of scholarships recognizing academic and athletic excellence, with very few to acknowledge those who colour this world with their progressive ideas and innovative spirit.

Last year, it was Bailey Wood, Norm Ergetowski and Josh Larsen who were awarded our inaugural scholarships. Thanks to your generous support at the Spring Gala, three more students will be graduating from high school knowing that the church values their invaluable contributions.

*(Editor note: The Spring Gala raised roughly \$2,000 for this Scholarship. Praise Be to God!)*



# Stay in Touch

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West Vancouver, BC

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If you would like to receive this newsletter by email or read it on-line, please contact the church office by phone at 604-922-9171 or e-mail: [office@wvuc.bc.ca](mailto:office@wvuc.bc.ca)

**Office hours:**  
Mon-Thurs 8.30-4pm, Fri 8.30-12



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**West Vancouver United Church**

Church Website:

[www.wvuc.bc.ca](http://www.wvuc.bc.ca)

Updated weekly  
Hear Sermons

Follow Ross's Blog "Irreverent Orthodoxy"

See current and past "Stay In Touch"

Our Videos

Events, Concerts, Fellowship Opportunities

Children and Family Life

Youth Group

Caring Ministries

"Gerry's Music Blog"

**YOUTH GROUP WEBSITE**

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

This is a GREAT tool for you to share with your friends and neighbours to let other teens know about what we do! Maybe you know a teen who is unsure about coming, or has questions about what youth group is like. Share the website!

Pass it around!

## Calendar of Events

### Baptism

Once a month on Sunday morning. Please contact the office a month or two in advance.

### Congregational Dates and Events

Sunday Mar 2 -WVUC AGM, after worship, lunch included

Tues Mar 4 -Bible Study, 1:15 every Tuesday

Wed Mar 5 -Community Bible Study starts a 6 week session on The Book of James, 12:30 pm—2:30 pm

Every Thursday -Youth Group for youth in grades 8-12, From 6—8 pm Dinner provided.

Fri Mar 7 -World Day of Prayer, WVUC, 11 am

Sat Mar 8 -Feast, Pray Love, 5 pm

Mon Mar 10 -Oikoumene Unit meeting, 7:30 pm

Sat Mar 15 -Oppenheimer Park Youth Project, 9:30 am

Wed Mar 19 -Naomi Unit meeting, 10 am

Wed Mar 19 -Men's Group, 10 am

Wed Mar 26 -Caring Ministry luncheon, 12 noon

Tues Apr 8 -UCW AGM

Sat Apr 12 -Feast, Pray, Love, 5 pm

April 13-20—HOLY WEEK Schedule on page one

Mon Apr 14 -Oikoumene Unit meeting, 7:30 pm

Wed Apr 16 -Naomi Unit meeting, 10 am

Wed Apr 16 -Men's Group, 10 am

Sat Apr 19 -Oppenheimer Park Youth Project, 9:30 am

Wed Apr 23 -Caring Ministry luncheon, 12 noon

Sat May 3 -Elegant Flea Market, 8:30 am—3 pm

