



Barrhaven United Church

called to worship sent to serve

Welcome!

Participating in worship this morning ~

<i>Worship Leader:</i>	<i>Rev. Carla Van Delen</i>	<i>Organist:</i>	<i>Sara Surjadinata</i>
<i>Scripture Reader:</i>	<i>Bruce McCalla</i>	<i>Senior Choir Director:</i>	<i>Barb Ackison</i>
<i>Junior Choir:</i>	<i>Mary Walker-Smith</i>	<i>Senior Choir:</i>	<i>Thanks!</i>
<i>Welcome Desk:</i>	<i>Carolyn Legari</i>	<i>Ushers:</i>	<i>Brad Jesty & Penny Setterfield</i>
<i>Greeters:</i>	<i>Thanks!</i>	<i>Counters:</i>	<i>Thanks!</i>
<i>Sound:</i>	<i>Earl Hartwig</i>	<i>Refreshments:</i>	<i>George & Melanie MacDonald</i>
<i>Sunday School:</i>	<i>Tammie Hill</i>		

And you! The congregation at BUC!

Thank you to Erma Perry & Barb Webb for folding the bulletins!

How to Reach Us at BUC

Check the website www.barrhavenunited.org & follow the links.
Call the church at 613-825-1707

Office Administrator: Natalie Narezny
Office hours: Monday to Friday, 8:30am -12:30pm
bucadmin@gmail.com

Minister: Rev. Carla Van Delen
Available Mon. – Thurs, 10:00am – 1:00pm (office hours)
For Pastoral emergencies call: (613) 915-0081
bucminister@gmail.com

Christian Educational Congregational Minister: Margie Ann MacDonald
margie_ann_macDonald@hotmail.com or 613-440-1561

Chair of Council: Kelly Harvey
buccouncil.chair@gmail.com or 613-790-1665.

BUC Pastoral Care Team: Melanie MacDonald
bucpastoral.chair@gmail.com or 613-692-4569

Happening This Week

Sunday	14	10:00 a.m.	Worship Service
Tuesday	16	9:30 a.m.	Book Club
		7:00 p.m.	Budget Meeting
Thursday	18	10:00a.m.	Prayer Group
		7:30p.m.	Sr. Choir Practice

Coming Up in January

Sunday	21	10:00 a.m.	Worship Service
Thursday	25	10:00a.m.	Prayer Group
		7:30p.m.	Sr. Choir Practice
Friday	26	12:00p.m.	Friendship Lunch
Sunday	28	10:00 a.m.	Worship Service
Monday	29	9:30 a.m.	UCW Meeting
Tuesday	30	7:00 p.m.	Council Meeting

Keep in your prayers.....

In addition to those you hold in your own heart, please keep in your prayers those from our congregation.



*Sandra Fry & family
Linda Mitchell
Margery Munro*

*Those of our congregation struggling with seen and unseen illness,
our indigenous brothers and sisters,
those who have been mistreated due to their gender, sexual orientation or background.*

God of many names and many faces, God who looks like me and like you, God whose voice and presence fills this world, help us to see you in every person we meet, and to recognize that each place we stand, each encounter we have, is Holy Ground...today and every day. Amen

Please call the office, the minister or pastoral care team when family and friends need comfort and prayer. The care ministry wants to extend the congregation's support. Call the office to let us know of celebrations- births, adoptions, engagements, weddings and anniversaries.



➤ **January 21st Lectionary:**

Jonah 3: 1-5, 10; Psalm 62: 5-12; 1 Corinthians 7: 29-31; Mark 1: 14-20.

➤ **Stewardship Seconds:**

Our bodies are temples of the Holy Spirit; good stewardship is practicing good self-care.

➤ **Upcoming Baptisms**

Felix Matthew Eric Perry son of Samantha Klaus and Gates Perry on Sunday January 28th 2018.

Michaela Hickman daughter of Keith and Breeanna Hickman on Sunday January 21st 2018.



CARING AND FELLOWSHIP

➤ **Messy Church Is Almost Here!**

Come out to enjoy BUC's first ever Messy Church on Sunday February 11th from 4:00PM till 6:30PM. Parents, grandparents and extend families bring the young people in your life for a time of worship, activities based on the theme for that day, and a meal. Our first Messy Church will center on the theme of "God's love for us." A list of activities and menu will be posted as the date draws nearer. There is no cost but a free will offering would be appreciated.

➤ **Messy Church planning night:**

If you would like to be part of our February Messy Church planning team please plan on attending the planning session on Tuesday January 16th at 7:00PM in the choir room. We will meet for about 1.5 hours. If you would like to help out in some way at Messy Church in February please speak to Margie Anne or Rev. Carla.

➤ **"Sunwich" Lunch – Sunday, January 28th**

A monthly opportunity to chat over coffee with some food! We welcome everyone, especially newcomers, and encourage all regulars to wear their name tags and watch for new faces. Food requests are a donation of a plate of sandwiches (leave on the crusts, cut the sandwiches up and bring them to the kitchen already on a serving plate before the service). Please sign up on the sheet on the information table outside the Sanctuary if you are able to contribute food. You are welcome with or without a contribution of sandwiches!

➤ **Friendship Lunch**

Join us on Friday January 26th at 12:00 pm at Barrhaven United Church. This year's luncheon theme is Robbie Burns and the menu consists of Beef or Vegetable stew, Haggis and for dessert, trifle. Signup sheet is in the narthex or you can RSVP by calling the office at 613-825-1707. All are Welcome!

➤ **Friendly Visitors for Margery**

Many people in our congregation know Margery Munro, who has worshipped at BUC for many years. She is now living at Starwood Extencicare, at 114 Starwood Road in Cityview area, near Algonquin College. She is eager for visitors. Saturdays and Sundays are particular times she is desiring a friendly visitor.

Would you consider visiting once a month, on a day that works for you? Please contact Mavis Mason 613-825-3387 or mavis.mason@sympatico.ca for further information re setting up a visiting schedule, reflecting the visitors availability. Thank you from Margery!!

➤ **Healing Pathway**

Healing Pathway sessions for the month of January are Thursday January 18 from 6:30pm to 9:00pm and Friday January 26th from 9:00am to 12:00 pm.

Your Healing Pathway Practitioners are: Doug Collins, Linda Hearty, Melanie Macdonald and Cathy Murphy. To book a Healing Pathway session, please contact Cathy Murphy at **613-867-8267**.

➤ **Refreshment News!**

Decaffeinated beverages will be available along with regular beverages after the church service in the Hall. Just ask the volunteers for herbal tea or decaf coffee as you wish.



LEARNING

➤ **Encountering the Biblical Story During Lent: offered by Rev. Carla**

Beginning on Ash Wednesday February 14th, and running each Wednesday till Wednesday March 21st from 9:30-11:00AM, come and engage with the Lenten story in a way that will open your heart to where the story touches your life today. Bring a Bible if you have one, but more importantly bring yourself. This will be an invitational session where each person will be invited to share, when and if they feel comfortable. We will learn more about the story, each other, and about ourselves. Let us journey together!

➤ **BUC Book Club**

The next meeting of the Book Club will on Tuesday, January 16th at 9:30am in the Music Room. We will be discussing the book "The Little Paris Bookshop" by Nina George. All are welcome!

➤ **Activity Bags**

Activity bags are available in the Sunshine corner, at the back of the church, for children to take to their seats. Please return the bags and activities at the end of worship for others to use another time.



RESOURCE STEWARDSHIP

➤ **Interested in Transferring Your United Church Membership to Barrhaven United?**

Please see Rev Carla or Melanie Macdonald after the service or call the office if you are interested in becoming a member of Barrhaven United Church. This can occur by transfer of active membership directly from another United Church of Canada; by affirmation of faith for those already confirmed into the United Church but with records that have become inactive, interrupted or missing; or, for new members, by a process of study and confirmation through a series of 6 or 7 confirmation lessons lead by Rev Carla.

Please note: As obtaining records from home churches can take while, we ask that you let us know your intentions SOON, as we are planning a springtime service to welcome new members to BUC and we would be delighted to welcome YOU into the family, too!

➤ **The Boundaries Commission Report YouTube Live Broadcast January 15, 2018 @1:00 pm Eastern Time**

Join us on January 15 for a live broadcast on YouTube with Andrew Richardson, Chair of the Boundaries Commission. As we prepare to move from four courts of the church to three councils, people across the church have been wondering where the regional boundaries will be, and which Regional Council they'll be in. General Council Executive appointed a Commission to make those decisions. The Commission's preliminary report will be issued on January 10, 2018.

We'll introduce an interactive web-based map, so that you can see exactly where the boundaries fall in your part of the country.

We'll also take time for questions, using the "chat" feature on YouTube.

Church members are invited to review the report and send in responses and concerns before the end of January through their church boards, Presbytery or Conference Executives.

➤ **Standing Tall in the Senior Years. How to Improve Balance and Enhance Quality of Life**
By Eryn Kirkwood

We often hear the word “balance” and think of the lofty goal of finally achieving that smooth transition between hobbies, family, fitness, healthy eating, and so on. But equally important is the simple ability to stand still on our own two feet. Many of my senior yoga students have told me that the greatest benefit they’ve received from the consistent practice of yoga is the CONFIDENCE that comes with feeling steady. They’ve taken up skating on the canal with their grandchildren and other activities that they’d either stopped or not even considered.

Albeit a natural process of aging, there are things we can do to stop the momentum and even reverse the loss already incurred. Naturally, yoga is at the top of this list.

Try This:

Stand on One Leg

You can do this brushing your teeth, washing dishes, watching TV, or even standing in line at the bank!

Have a Seat

Get into and out of your chair (or even more challenging, get off the couch!)—without using your hands.

Close Your Eyes

With feet together, big toes and heels touching, close your eyes and stand still for 20 seconds.

Doing yoga improves balance, coordination, and self-confidence because:

- Standing poses build strength in the legs, helping to support your torso.
- Increased flexibility allows for longer strides, which means greater mobility and range of motion.
- Transitioning between poses and a full sequence of postures improves proprioception and coordination.

While you aspire to achieve a balanced dose of work, pleasure, and play, why not build strength, stamina and balance along the way!

Eryn teaches yoga here at Barrhaven United Church, specializing in classes for students aged 55 years and over. Her schedule can be found at ErynsYoga.com.