

<u>This Week at MRMC</u>		
Monday	6:00 pm	Pickleball
Tuesday	8:00 am	Seniors Breakfast at Grainfields
	9:30 am	Forever in Motion
	1:30 pm	Pickleball
Wednesday	5-9 pm	JRAM Youth Meeting in Mezzanine room
	7:00 pm	Youth Night at NPMC
	7-8 pm	AA Meeting (Hosts: Bryan)
	7:30 pm	Choir
Thursday	9:30 am	Staying on Your Feet
	10:30 am	Boomers+
	1:30 pm	Pickleball
Friday	9:00 am	Westmount Muffin Baking
Saturday	6-8 am	JRAM using Sanctuary
	10:00 am	Climate Action Group Meeting
	3-7 pm	JRAM in Sanctuary
Sunday	10:00 am	Sunday Worship Service
	10-6:00 pm	Gym Rental
	1-4 pm	JRAM in Sanctuary

Prayers

Meserete Kristos Church, Ethiopia, asks us to pray for peace and stability in Ethiopia. As many areas of the country become too dangerous for travel, regional church leaders are restricting visits to congregations. Pray for these leaders and Witness workers Joanne and Werner De Jong as they support and encourage pastors and seminary students in their message of hope and peace in the midst of violence.

Today's Service

Worship Leader: Len A
 Song Leader: Darrell B
 Pianist: Esther C
 Powerpoint: Kevin C
 Sound: Aaron B
 Video: Wes E

Welcome to Mount Royal Mennonite Church

Learning to live - through relationships with Jesus,
 our neighbours and each other

Worship Service 10:00 am

Vol. 61

February 4, 2024

No. 05

Healthy Church

Prelude
 Land Statement
 Announcements
 Silence

GATHERING

Call to Worship
 Gathering songs

What is this Place

VT #22

Praise with Joy the World's Creator

VT #428

Psalm Reading

Psalm 46 & 133

Joy K

Choir

"Turn Your Eyes Upon Jesus"

Offertory Prayer

HEARING

Story for all Ages

Val R

We Sing

One is the Body

VT #386

Scripture

1 Corinthians 12: 12-27

Choir

"In This Moment of Remembrance"

Sermon

Healthy Church- Community

Don F

SHARING

Communion Hymn

Seed, Scattered and Sown

VT #477

Communion

Peace Lamp

Sharing our joys and concerns

Sharing our prayers

SENDING

Sending Song

Heart with Loving Heart United

VT #813

Blessing

Postlude

Joys & Concerns

- **Present Concerns:** *Ken, Amber and Abigail E, Bill and Sandra S, Niall S, Nola S, Eric and Doris Q, Elsie K. E*
- **Continued Prayer Support:** *Evelyn S, Maureen G, Anne K, Marg W*
- **Families of the week:** *Mel and Grace B, Myrna S, Willard and Kathy W*
- We give thanks for last week's offering of \$3,480, given freely as we learn to live through relationships with Jesus, our neighbours and each other.

MRMC Notes and Events

- a) **Feb 15 at 7pm. MRMC Congregation and Budget Meeting.** Copies of the meeting booklet are available under the TV in the foyer. Please pray to prepare us, and then join us as we explore our values and visions through our work and our budget. A reminder that all are welcome to attend and members and covenant signees are invited to take part in any voting process.
- b) **We are looking for volunteers to help with youth events.** If you care about youth and could spend an evening or two with a group of them at their activity, please contact Evan Bueckert.
- c) **Myrna Schellenberg and Naomi Unger are starting a women's Bible Study via Zoom, similar to what we did during the pandemic.** Our study guide will be *Freely You Have Received, Freely Give: Women and the Stewardship of Gifts*. Meetings will be every first and third Thursday evening, from 6:30 to 8:00 p.m., starting on February 1. We invite you to join us. If you are interested, please give Myrna your e-mail address by Wednesday, January 31, so that she can include you in the Zoom link-up. Naomi will try to get a study guide to you as soon as possible.
- d) **Registration now open! The MC Sask Annual Delegate Sessions will be on March 8 & 9 at North Star Mennonite Church in Drake, SK.** We will be exploring the theme of Rekindling Relationship. Go to <https://mcsask.ca/event/11596> for details and to register! Please let Rita know if you would like to be an MRMC delegate.

- 1) **February 4, today, 3:00 pm Forest Church at Shekinah** Give praise to the one who created these beautiful winter days! All are welcome!
- 2) **MCC Connects:** Are you a young adult, or know a young adult, who is interested in being immersed in a new culture, and growing in ways you never imagined? MCC's SALT program (Serving and Learning Together) is a cross-cultural service experience that runs from August to July every year, providing a wide variety of areas to serve in such as education, agriculture, healthcare, information technology, peace, and more. All assignment-related costs are covered, student loan fees are covered, and there are low fundraising expectations. Deadline to apply is February 15. Learn more at: <https://mcc.org/get-involved/volunteer/salt>.
- 3) **MCC Connects:** MCC is looking for fabric, as well as sewists, to sew essential items for material resources like comforter tops, kit bags, baby gowns, t-shirts, and reusable menstrual pads. If you have a passion for sewing and have some time or fabric to spare, or know someone who does, join us in stitching together for a cause! For more information on how you can contribute to this rewarding initiative, please contact Karla Koehn at 306-665-2555.
- 4) **The Youth Farm Bible Camps 3E Internship Program** has recently returned from Spain and will be leaving soon to serve in Nicaragua. The 3Es of the program stand for Equip, Empower and Extend. **Equip** is all about spiritual formation and the trip to Spain was a journey for the soul. Learn about it from the blogs at <https://www.3einternship.com/blog>

Conference and Community Events