

Welcome to Nith Valley Mennonite Church

Pastors: Matthew & Hendrike Isert Bender

Church: 519-662-3520, Home: 519-684-6957

nvmc@sympatico.ca www.nithvalleymennonite.com

“Love God with all our being and love others as ourselves”

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Worship Leader: Tricia Cressman

Pianist: Bonnie Stemmler

Chorister: Jeannette Cressman

Speaker: Matthew Isert Bender

Gather to Worship

Prelude

Welcome

Time of Anticipation

Call to Worship

Invocation

Hymn # 68 (blue)O come, loud anthems let us sing

Hymn # 324 (blue)Seek ye first the kingdom of God

Hearing God's Word

Children's Storyled by Tammy Shantz

Hymn # 90 (blue)For the fruit of all creation

Scripture Reading John 15:1-11

Sermon 'The Balanced Life'

Turn to Jesus

Hymn # 373Thou true Vine, that heals

Offering

Announcements

Sharing Time and Prayer of the Church

Go with the Spirit

Hymn # 570We walk by faith

Benediction

Time of Reflection

Postlude

Sunday School Class

1. Preschool & Kindergarten Class

2. Primary Class

3. Junior Class

4. Young Adult

5. Sermon Discussion Class

6. Adult Bible Study Class

Coffee/Juice Prep: Janet Cressman

Location

Downstairs

Downstairs

Balcony

Sanctuary

Downstairs Hall

Upstairs Library

Clean Up: Judie Bowlby

Next Sunday – March 5

Worship Leader: Lorrie Koch

Speaker: Matthew Isert Bender

Music Leaders: Praise Band Children's Story Leader: Judy Rivers

Coffee/Juice Prep: Jackie Keller

Clean Up: Debbie Wall

Nith Valley Events:

- Wed. Mar. 1. Ash Wednesday Service
- Sat. Mar. 4, 10:00 am. Women's Retreat at Nith Valley. Elaine Cressman will be sharing highlights from her recent book. Please come prepared to share about the roles you perform in your life as well. Dinner will be served at noon, leaving the afternoon open for games, comforter knotting, etc. Please sign up on the bulletin board for attendance and food contributions.
- Sat. Mar. 4, 6:45m. Youth Dinner at Mark & Stacey's. Please RSVP to Stacey if you are able to attend.
- Wed. Mar. 8, 6:30. Women's Bible Study, with the book 'Jesus Calling' by Sarah Young. This first of six weeks will be held at Hendrike's house. Please sign up on bulletin board if you are interested in attending.
- Sat. Mar 25, 9-11 am. Nith Valley Men's Breakfast. Darrell Bender will share of his work at the House of Friendship with men with addictions. Come enjoy food and fellowship. Sign up on bulletin board in the foyer.
- Sun. Apr. 23, 11:00. Annual Meeting.
- Sat. June 3. Nith Valley Blue Jays bus trip to Toronto. Save the date! (Questions? Talk to Dan Cressman.)

From the Church office:

Please note that Stephen and Arlene no longer have a land line. They can be reached at: 226-988-5767 (Arlene) and 226-988-5780 (Stephen) Please update your directories.

Community Events:

- TONIGHT, 7 pm. St. Jacob's MC hosts a concert with Goshen College Women's World Music Choir and the Good Hearted Women's Choir, a First Nations Women's Group. Freewill offering.
- Sat. Mar. 4, 9 am – 12 noon. Lenten Contemplative Retreat at Mannheim MC. Cost is \$20. Register by Feb. 29 by contacting Amy Kuepfer (519-301-9137) mennospiritdir@gmail.com
- Thurs. Mar. 9, 6:30 pm. Interfaith Counselling Centre's Annual General meeting. See poster for details.
- Sat. Apr. 29, 7:30 and Sun. Apr. 30, 3:00 pm. The Pax Christie Chorale presents the Canadian premiere of, 'The Apostles,' at Grace Church on-the-Hill, Toronto. See poster for details.
- Sun. May 7, 3 pm. Inter-Mennonite Children's Choir 50th Anniversary Concert at Benton St. Baptist Church, Kitchener. (Alumni are encouraged to participate by attending the rehearsal, dinner and entertainment on Sat. May 6. Email intermennonitechilrenschoir@gmail.com if you want more info, or to register.)

From Interfaith Counselling Centre:

If you know an individual who could benefit from a rewarding volunteer experience, please have them contact our office. We are currently recruiting volunteers for office support, promotions committee, Silent Auction Committee, Ladies Night Out Committee and for members to join our valuable Board of Directors.

From MC Canada:

Common Word has many Lenten resources – for the congregation and for the home – including curriculum, devotionals, worship and family resources. Check www.commonword.ca/go/481

Pilgrimage for Indigenous Rights: Save the date – April 23 – May 14 – to join all or part of a 600 km pilgrimage from Kitchener-Waterloo to Ottawa, stopping at 21 churches and engaging in teach-ins, all in support of Canada's implementation of UNDRIP (United Nations Declaration on the Rights of Indigenous Peoples). See www.pfir.ca

From Mennonite Conference of Eastern Canada:

Announcing MCEC Regional Meetings to review *A Proposal for Revitalizing MC Canada*. MCEC is inviting you to attend a meeting in your region to better understand this new vision for being the church in our contemporary Canadian society.

The final proposal will be formally acted on at a special assembly of MC Canada being held on October 13 to 15, 2017 in Winnipeg. You can download the documents from the Future Directions: Covenant New website: <http://futuredirectionsmc.ca/>

Local Meetings:

Stratford/Wilmot Clusters - Tues, Febr 28 – 7:00 pm
Tavistock Mennonite Church, 131 Wettlaufer St, Tavistock

K-W Perimeter Cluster Meeting - Wed, March 29 – 7:00 pm
Waterloo North Mennonite, 100 Benjamin Rd, Waterloo

Wellesley West/Woolwich Clusters Meeting - Tues, April 4 – 7:00 pm
Wellesley Mennonite Church, 157 David St, Wellesley

From MCEC:

Please pray for Mennonite Church British Columbia as they gather for their Annual General Meeting this weekend. Mennonite Church BC has been holding special meetings since autumn to process the Being A Faithful Church resolution passed this summer at the Mennonite Church Canada Assembly. This weekend's meetings may culminate in membership decisions. Please pray that God's wisdom and peace would direct them as they meet.

From Silver Lake Mennonite Camp:

2nd Annual Winter Camp for Grownups! Mar 3-5. Do you secretly wish you could still go to camp? This choose your own adventure weekend is perfect for those looking to get out of the city for a few days and reconnect with nature and friends. Skate on the lake, cross-country ski, walk or snowshoe through the forest, race a canoe through the field or join a team for tug-of-war! Sliding scale registration fee. This retreat is intended for young adults ages 20-39...ish! For more information and to register visit www.slmc.ca/retreats or call 519-422-3200

Living a Balanced Life

Play, rest, laughter, song and dance – wholehearted living

Get Deliberate: One of the best things that we've ever done in our family is make the "ingredients of joy and meaning" list. I encourage you to sit down and make a list of the specific conditions that are in place when everything feels good in your life. Then check that list against your to-do list and your to-accomplish list. What do you discover? Are you making space for those things that bring meaning and joy to your life – rest, laughter, dance, song and play?

Get Inspired: I love making "themed playlists"- groups of songs that I want to listen to when I'm feeling a certain way. I have everything from a playlist called "God on the iPod," to a "Run like you mean it" list. My favourite is my "Authentic Me" list—songs that make me feel most like myself.

Get Going: Dare to be goofy. Dance every day for five minutes. Make a list of songs to sing along with in the car. Watch that dumb YouTube video that makes you laugh every time! Or dare to say No. Take something 'productive' off your list and add "take a nap" or "go for a walk with your partner," or "call a friend."

How do you dig deep?