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欢迎 WELCOME - April 25, 2020

THIS SABBATH: being cooped up together can be tough on a marriage but we are in this together, so join us to share stories of quarrelling in quarantine, get tips from a couple who survived 9 months of tiny home living, and support from relationship counsellors. Invite a friend who needs to know they are not alone. Topic: Couples in Close Quarters. 03:00 PM. ["Zoom link:"](#)



KIDS

Kids Class
Saturday - 10 am
Kids Bible Time

[Join Zoom Meeting](#)

Dial+1 778 907 2071
Meeting ID: 638 455 429



YOUNG ADULTS

YA Bible Study
Saturday - 10 am
Adventist Fundamentals

[Join Zoom Meeting](#)

Dial +1 778 907 2071
Meeting ID: 605 376 382



ADULTS

Adult Quarterly
Saturday - 10 am
Lesson Study

[Join Zoom Meeting](#)

Dial +1 778 907 2071
Meeting ID: 605 388 920

Words Of Hope - Rhoda Klein Miller



"In Japan the cherry blossom represents the fragility and the beauty of life. It's a reminder that life is almost overwhelmingly beautiful but that it is also tragically short. When the cherry blossom trees bloom for a short time each year in brilliant force, they serve as a visual reminder of how precious and how precarious life is." (Ann Voskamp, One Thousand Gifts)

The cherry orchards in the Okanagan yield a more robust bloom. Living in Vancouver taught me to cherish the flush of pink and cream before a strong breeze or rain shower erased it. So the other day I made several detours on my drive, taking side streets where I could slowly navigate roundabouts under a canopy of delicate petals. When the flowers fade and fall I thank

God the breathtaking beauty Of His love is everlasting.

The song Blossoms in Rain, makes use of only the black Piano keys. Our Dark times in this life can be like the black keys on the piano. If we trust God's influencing touch, something beautiful, useful, and needful will follow. Listen to this beautiful song and spend a moment in prayer.

["Watch Video Here"](#)

COMMUNITY LIFE

LOOKING FOR CHEFS: Being cooped up at home can be stressful, and having to cook every day can be a challenge especially when you want to stay healthy and on budget. So let's share our ideas, those delicious, convenient, and easy-to-do recipes that feature incredible flavours and promote wellness. [WATCH DAN QUACH](#) cooking his special Green Curry recipe and be motivated to share your favourite dish with us. Email us at info@oacvancouver.ca

MENTAL HEALTH PAGE: In response to the impacts of this pandemic, we are focussed on post-traumatic recovery and growth through mental health support. We have developed a dedicated webpage to provide relevant information to our community. Take [A LOOK!](#)

SERVING OUR COMMUNITY: As part of our community care strategy, OAC will send 2,000 postcards to our neighbours in order to determine needs and offer help during this health crisis.

WE'D LOVE TO SHARE VIDEOS of you reading your favourite scripture reading or sharing a short testimony. All you need is a smart phone, and your answer to any of these questions: How have you seen God show up amid Covid-19? What difference has it made for you to trust in Jesus at this time? Where has the Spirit led you to be generous in prayer or community care?

GIVING: Your continued giving to local church budget enables us to pay our staff, fund online ministry and serve the community. Give online through our website, the Adventist-Giving app or mail a cheque.

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