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欢迎 WELCOME - May 9, 2020

Virtual Picnic next Sabbath May 16, 1pm. We had such fun with our first attempt last weekend, we're doing it again! All you need is a blanket or lawn chair, an outdoor setting if possible, an internet connected device and tasty food to munch on. We'll supply the zoom link conversation starters & fun games! **Need inspiration?** Check out OAC's new [cooking channel](#) or this list of our favorite [recipes](#). Do you have a healthy or budget-friendly recipe to share with us? We'd love to feature your skills. Email us for details on how to contribute.



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



Ever find yourself searching for the end of a drawstring lost in its deep tunnel of fabric? As I instinctively worked the knot of cord toward the light of day so I could cinch up my hoodie, I remembered this is one of the problem solving tasks taught to me by my mother. How many other skills have I acquired from her that I take for granted? Mothering, whether by a biological, foster, adoptive or spiritual mom, is often underappreciated.

Those who accept the role to serve and support, nurture, teach and protect another life sacrificially give their time and energy away. Mothers reflect the image of God and I believe the same could be said of them as Jesus who "did so many other things, if they were all written down, the whole world could not contain the books that would be written" (John 21:25). Countless are the tasks our mother's complete on our behalf. Innumerable are the gifts she provides. Immeasurable are her thoughts driven by love for her "kids". This year due to a health crisis and financial crisis the usual brunch out and bouquet of flowers may not be possible. But it only takes some time to reflect and express your gratitude with a heartfelt letter or call to ladies in your life who have mothered you. Another gift you can offer that won't deplete your bank account: cheerfully take on one of her chores. If you can afford the splurge, support a local restaurant and have a meal delivered. OAC created an easy way to share your love of Mom on social media and will be honouring mothers during our next service. Be prepared to post your tribute of thanks!

AFTER OUR WORSHIP BROADCAST, we offer two break out rooms, one for prayer ([CLICK HERE](#)) and the other a virtual lobby space to chat or debrief the message with Pastor Rhoda. [CONNECT HERE](#)

SUPPORT GROUP whether its coupling in confinement or quarrelling in quarantine, this health and financial crisis has created greater stress and strain on relationships. This session provides an avenue to share real struggles along with strategies and resources to strengthen communication and conflict resolution as we navigate new household routines and experiences together. This afternoon 2-3pm.

WOMEN'S WEDNESDAY BOOK CLUB. We're starting a new book next week: "Hearing Jesus Speak" by Nancy Guthrie which invites readers to lean into the lingering questions we all have about life's struggles. Quotes and discussion questions will be shared so you don't need to have a copy of the book to participate. Newcomers are always welcome. 7:15-8:15pm Wednesdays. [CLICK HERE TO CONNECT](#)

HYGIENE KITS haven't stopped and you can still serve your community during this time. A box with hygiene items has been placed right beside the parking lot's door for you to pick up some items, clean them up at home, sort them and put them into bags, and deliver them to Lookout Society located at 544 Columbia St. New Westminster.

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