



THE ROCK GARDEN

An Alberni Valley United Church Newsletter—September, 2011



Thoughts from the Minister's Desk:

Rev. Minnie Hornidge

Are you,

Fishing for inspiration

Fishing for ways to make a difference

Fishing for strength based living

Fishing for purpose

Fishing for friendships

Fishing for God

Fishing for soul music

Fishing for responses to planetary challenges

Fishing for love

Fishing for creativity

Fishing for encouragement

Fishing for joy

Fishing for social justice

Fishing for Spirituality that says "Love is Stronger"

Come and catch the energy at AVUC on "Cast the Net Sunday" on Sept. 18th at 10:30 am as we spring into action. Worship will be followed by lunch, fun, fish trivia and fish making. "Cast the net" is a metaphor for abundance. Abundance, biblically, means enough for all, using only your share, and ensuring that God's wonderful world is treated with reverence, dignity, respect, and care. AVUC is casting the net to catch more of God's abundant love. This year AVUC is springing into action to care well for God's world and to disturb people with compassion.

Returning to the Source Programs

The Return of God Talk: Sept. 29, Thursday mornings at 10 AM. God Talk is an opportunity to discuss the Sunday Scripture readings and other topics and questions of interest. God Talk is a small group committed to learning, insight, friendship, and encouragement. (LIFE)

Bible 101 Series. Christians are a people of story. New this fall to AVUC is a five week course, "Where is Waldo?" Where is Waldo looks for how, where and when Bible stories pop up in culture, literature and news media. Have you noticed that bible references often pop up out of context, like when a newscasters sum up a story with, "That was a David and Goliath story." **Where is Waldo** is story time for adults, each session will begin with experiencing the story in context, its importance in the Biblical narrative, and its relevance today. **Where is Waldo** starts Tuesday at 7 PM Sept.27th. Contact the FEED Team for more information.

Prayer Series

Centering Prayer is a form of Christian Meditation. A Centering Prayer group will begin in November. Each gathering will have ten minutes of teaching and twenty minutes of centering prayer practice.

If you are interested an Intercessory Prayer group or a Prayer Chain, please contact Minnie.

Quiet Soul Care Days:

Advent Retreat Day: Discover Your Purpose (3 ½ hours Quiet Day: Purpose Discovery)

Lent Retreat Day: (3 ½ hours Quiet Day: Forgiveness is a Core Quality of Being Human)

Pentecost Retreat Day: (3 ½ hours Quiet Day: Spirit of Life Come unto Me)

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<>< Fish Trivia question<>< The Greek word for fish is ΙΧΘΥΣ (pronounced ichthys).

Early Christians made an acrostic from this word; what did it stand for?



A Message from the Treasurer

The beginning of school always starts the beehive activities of the church. People begin to turn their activities and schedules towards “normality” and the church family begins to appear on Sundays.

It has been an interesting summer weather-wise. We hope that the fall weather is good and hot to make up for our spring “coolish” weather.

Our finances continue to follow our budget lines. However we have had to take money from our GICs to secure funds to pay our employees this summer. I will be addressing our financial situation in a more detailed form early in the fall.

I continue to encourage everyone to contribute to the church on a regular basis and consider joining our PAR way of giving. For further details on PAR please contact Carol Korven @ 723-5265. This definitely helps in allowing us to know on a regular monthly basis what revenue will be coming in rather than relying on Sunday offerings. Thanks to all who spend time connecting with our church family and to those who help keep our church a welcoming spiritual haven in “ship shape”.

Pastoral Care/Catering Report

Greetings to each and every one in our Church Family,

Our Spring and summer has been unusually busy. We have visited as often as possible and sent many cards. Our prayers have included each and every one of you.

Thank you to all of you who have worked so hard providing and preparing and cooking food for our many teas and dinners, doing dishes, setting up and taking down tables and cleaning up. Your help is so greatly appreciated.

To carry out our many plans and responsibilities, we could really use some more help. There is much to do and not enough of us to do it. So, if anyone would like to join our team or inquire about us, please call Judy at 250-723-0232. Thank—You! Judy Vatamaniuck

*Notes, etcetera and such*For the Church Grounds:

Dear Friends,

I am on the scrounge! If anyone has any Killex, Weedex, Weed-be-gone, hanging around and you don't know what to do with it, please bring it and put it in the box beside the blue box in the Narthex. If you can suggest any place where they might sell it cheaper than store price, just throw a note in the box. I hate to do this as I know that money is tight, but if you have any change that is wearing a hole in your pocket, you can also throw that in the box. I would sure like to get rid of some of those nasty church weeds wither this fall or better still first thing in the spring. If you don't want to carry it, call me and I'll pick it up. Thanks! Steve Vatamaniuck

For the Sunday Child-minding program

Applications for Child Minders for the 2011/2012 year are currently being accepted. If you are 12 years of age or older, have a valid babysitters certification, and are available to work on a rotation basis for Sunday Childminding, please contact Natalie vanViegen at 250-724-5816 or E-mail at dutchmanscastle@shaw.ca.

<><Catch of the Month>><

Thanks to all the gardeners who keep the church gardens blooming!

Thanks to PMS for all you do and a special thanks to Paul & company for the newly painted walkway !

Thanks to George Geddes for designing a new system for storing our banners!



AVUC Events



Up-coming Pro-D-Day events:
September 26 at Trinity—Theme: *Apple Secrets*
October 21 at Knox—Theme: *There's a Treasure*



Health and Fitness:

Aerobics is going into its 4th year. Men, ladies & teens are welcome to join. Aerobics is held on Monday & Wednesday from 7 - 8 pm, and Step class is Thursday 6:30 - 7:30 pm. cost is \$3./ session. We invite you to join Julie's "musical mega-mixed muscles-in-motion movement and turn your measly musculature into macro magnificence!!"

AVU Choir:

I hope everyone has enjoyed a pleasant summer season. The music ministry at Alberni Valley United is eagerly preparing for the fall 2011 Choir and Hand Bell Season. We have selected inspiring hand bell music and a wonderful Christmas cantata that will excite the choir and congregation. Choir rehearsals are every Thursday night between 7:30 p.m. and 9:00 p.m. Our first choir rehearsal will be on September 15th, 2011 in the Church Sanctuary. Hand Bell rehearsals immediately precede our choir practices and begin at 6:30 p.m. Our first Hand Bell rehearsal of the season will be on October 20th. New members are always welcome!

Michael Villette, Choir and Hand Bell Director

Where words fail, music speaks. [*-Hans Christian Andersen*](#)

Children's Choir:

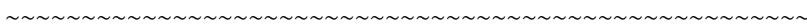
The Children's Choir is set to begin rehearsing for a 3 part presentation entitled "Fish Tales". Sunday practices begin on Sept 18 at 11:30 (before the potluck). We hope you'll let your families know and bring your young ones between the ages of 4 and 16 to come and join us as we learn exciting new songs for our Oct 30th Loaves and Fishes presentation, followed by performances at Christmas, Easter and the end of May.

Yours in Song, Brenda West

Children's Worship

September 18th begins the season of Children's Worship with an Intergenerational Service entitled Cast Your Net. The children will participate in the service as well as have a story to begin our 2011/12 season with Rev. Minnie at Alberni Valley United Church. The fourth Sunday of every Month will bring special guests to Children's Worship and will focus on Mission and Service (local & global). We look forward to learning and growing our spiritual faith together.

Blessings, Brenda West



The FEED team want to share the news that three of our youth attended Camp Pringle this year. We hope in the near future they will be sharing some of their rousing camp songs with us.

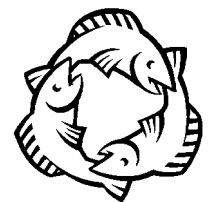
Craft Group:

We are in the first stage of planning a youth and adult craft group that will be coordinated by Jean B. The current idea is to meet the third Sunday of the month at 6:30pm, starting September 18. At that meeting we will do a small paper craft but also plan for the next few sessions. Hopefully our talented crafters will share their experience and left over supplies with us. We will decide on time/day/ projects etc. and may be able to find a project for the Christmas Bazaar. Call Jean B., 724-5450 for info.

Let's look forward to some crafting.



<>< FISH TRIVA ANSWER: JESUS CHRIST GOD'S SON SAVIOUR <>>



Thoughts From the Minister's Desk ...continued

Appreciative Living Strategies Series.

Alberni Valley United Church is growing an appreciative culture. The appreciative way paradigm is a blend of Appreciative Inquiry and Contemplative Spirituality which focuses on what is working; studies the root causes of success; identifies and builds on strengths; discovers how people and communities are make a difference; and inquiries into what people value. Appreciative living encourages people to do what they love as they bless God's creation with generous service. This year there will be three, 3-session series which focus on appreciative strategies. These courses will be offered on Sunday evenings. Dates will be announced later this fall.

Appreciative Living Series #1 (Nov/Dec)

- The importance of Focus
- Discover your strength
- Focusing your strengths

Appreciative Living Strategies Series #2 (Feb/March)

- The Structure of forgiveness
- Growing Compassion
- Satisfying Objections

Appreciative Living Strategies Series #3 (May)

- Resolving Grief
- Reconciliation a way of being
- What do you want more?



Youth Series:

Youth Exploring Faith: Session # 1

Youth Exploring Faith is a seven week program for people ages 11 and up. In session #1, people will explore six core Christian spiritual practices: Prayer, Friendship, Bible Learning, Service, Worship, and Generosity. Each participant will receive a working bible, a strengths/gifts inventory and the group will plan a social justice service project/opportunity for their church. This course may lead to confirmation. Watch for more information about registration.

Youth Exploring Faith: Session #2 "A World of Faith: Introducing Spiritual Traditions to Teens"

(by Carolyn Pogue)

Worship Notes:

Sept. 25th. Don Montgomery will share his story of Social Tourism in Jiquilillo, Nicaragua, a unique way to turn a great vacation into an amazing experience. One of the most beautiful places in the world faces some tough social and environmental challenges, so a little help goes a long way. From simple acts of helpful kindness to critical improvements in sustainable development, there are many opportunities to make a difference in the lives of the people of Jiquilillo.

Oct. 2. Sally Anderson will share about the ministry Neighbor Link's Breakfast Club at Maquinna and Alberni Elementary Schools. Ten more volunteers are needed to provide a healthy breakfast five days a week at both schools.