

Alberni Valley United Church
Aug 02, 2020



“Hope is an embrace of the unknown.”

- *Rebecca Solnit*

Upcoming Zoom Meetings & Gatherings:

Aug 02	Wildly Courageous Church	4:00 pm
	Inter-spiritual Circle	7:00 pm
Aug 04	Gentle Yoga	10:00 am
Aug 05	The Cup of Our Life	2:30 pm
Aug 06	Chair Yoga	11:05 am

*Please note our social distancing protocol during our Live Sunday Services is 2 meters and 3 meters for our singers (who are from the same households).

Sunday Service: 10:30 am. Please visit our fb page:

www.facebook.com/albernivalleyuc or go to our YouTube channel to view:

<https://www.youtube.com/channel/UC12y0skGCzhEGD62iGvVf0A>

We welcome Joanne La Plante as an official member of AVUC and Courageous Community Center.

Wildly Courageous Church: Sunday, Aug 02, 4 pm

Inter-spiritual Contemplative Practice: Sunday, Aug 02, 7:00 - 8:00 pm

<https://zoom.us/j/960983040> Meeting ID: 960 983 040

Gentle Yoga with Mary: Tuesdays @ 10:00 am. Join Zoom Meeting
<https://us02web.zoom.us/j/88559368151> Meeting ID: 885 5936 8151

Prayer Chapel: CANCELLED AUG 04, Tuesdays @ 1:00 pm.
Join URL: <https://us02web.zoom.us/j/2507351649> Password: AVUC

Wednesday Communion: CANCELLED AUG 05, 12:00 – 12:30 pm, Tune in via Livestream.

Chair Yoga with Mary: Thursdays at 11:05 am. Join Zoom Meeting
<https://us02web.zoom.us/j/86239608615> Meeting ID: 862 3960 8615

The Cup of our Life – A guide to spiritual growth. Wednesdays at 2:30 pm.
Join Zoom Meeting: <https://us02web.zoom.us/j/2507351649> Password: AVUC

Stencil Paint Kits Available: \$20 donation includes paint, carbon paper, wood panel and stencil. An additional \$1 for a paint brush.

Watercolour Kits Available: \$10 donation includes, paint palette, paper, tape, paint brush.

Wednesday Bible Study: Will resume in September

Like and follow us on Facebook; hit **like** under the main header image.
www.facebook.com/courageouscommunitycenter and
www.facebook.com/albernivalleyuc

Bread of Life needs: canned/non-perishable food, toilet paper, brown sugar, coffee, oatmeal, margarine, salt & pepper, ground meat, vanilla, spoons, bleach, cash donations and volunteers.

Plus, calorie dense food such as boost, protein/granola bars, tuna and cracker packages, peanut butter packets.

Minister: Rev. Minnie Hornidge, Choir Director: Linda Cannon
Church Accompanist: Ellen Vander Putten; Tech Team Leader: Dewayne Parfitt

3747 Church Street, Port Alberni, BC, V9Y 1T5, Tel: 723-8332
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Facebook: www.facebook.com/albernivalleyuc

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Gathering Online

Welcome:

Acknowledgement of Territory:

Centering our Hearts as One:

Threshold Moment:

Video: Aeriosa on the Squamish Chief

We Listen for the Word of God

Hymn: Your Love is Amazing Steady & Unchanging

MV 26

Story: Heart Stones

Hymn: Be Kind to One Another

We Respond

Scripture: Psalm 18:1-2

Scripture: Mathew 7:24-27

Sermon: ROCK SOLID

Prayers of the People:

Hymn: Stay with Us

VU 182

We Go Forth

Offerings, Tithes, & Gifts:

Closing Hymn: May the God of Hope, Go with Us

Blessing:

VU 424