

## Alberni Valley United Church

Feb. 07, 2021

“Be foolishly in love because love is all there is.”

- Rumi



### Upcoming Zoom Meetings & Gatherings:

Feb. 07	Inter-Spiritual Meditation	7:00 pm
Feb. 09	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
	Zen Doodling	7:00 pm
Feb.10	Wednesday Communion	12:00 pm
Feb. 10	Mindful Self Compassion	7:00 pm
Feb. 11	Bible Conversations	1:30 pm

*\*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/alberniavalleyuc](https://www.facebook.com/alberniavalleyuc) or go to our YouTube channel to view:

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

**Inter-spiritual Contemplative Practice:** Sundays 7:00 - 8:00 pm Zoom Meeting ID: 876 6129 9792 Passcode: 2882

***Monday Nature Walk hosted by Happy Hippie Hikers @ 10:30 am – POSTPONED*** For more information contact Joanne La Plante  
Email: [joanne2laplante@gmail.com](mailto:joanne2laplante@gmail.com)

**Tuesday Prayer Chapel with Elain Julian** Email: [avucrev@shaw.ca](mailto:avucrev@shaw.ca) for zoom link.

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

**Chair Yoga with Mary:** Tuesdays at 11:30 am. Join Zoom Meeting <https://us02web.zoom.us/j/86239608615> Meeting ID: 862 3960 8615

**Prayer Circle:** Tuesdays @ 1:00 pm.  
Join URL: <https://us02web.zoom.us/j/2507351649> Password: 2882

**Wednesday Communion:** Wednesdays @ 12:00 – 12:30 pm, Tune in via Livestream.

**Mindful Self Compassion:** Wednesdays 7:00 pm via Zoom

**Bible Conversation: Thursdays 1:30 pm. Zoom ID: 250 735 1649**  
**Passcode: ABBA**

**Zen Doodling: Tuesdays starting Jan. 26 – Feb 16.** Explore black ink & watercolour. Registration opens Jan. 05, 2021.

***Prayer Requests:*** Do you have a prayer request for Rev. Minnie? Please let your *Pastoral Care Cluster Leader* know or email it to: [prayeravuc@gmail.com](mailto:prayeravuc@gmail.com). Like and follow us on Facebook; hit **like** under the main header image. [www.facebook.com/courageouscommunitycenter](http://www.facebook.com/courageouscommunitycenter) and [www.facebook.com/albernivalleyuc](http://www.facebook.com/albernivalleyuc)

**Got Macrame Skills?** We are looking for someone to help with a special event on May 25. Contact Sarah or Brenda. Email: [avunitedchurch@shaw.ca](mailto:avunitedchurch@shaw.ca).

**Bread of Life needs:** canned/non-perishable food, cash donations and volunteers.

**United Church Quilters & Crafters** \*This group is happening but currently postponed until restrictions are lifted. 9:30 - 4:00 pm second and fourth Mondays of the Month, starting in 2021. Contact Natalie van Viegen @ 250-724-5816 or dutchmanscastle@shaw.ca to register.

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  
Email: avunitedchurch@shaw.ca Website: www.albernivalleyuc.com  
Facebook: www.facebook.com/albernivalleyuc

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### Gathering Online

Welcome:

Invitation:

Hymn: Hush Hush MV 167

Acknowledgment of Territory:

Lighting the Christ Candle:

### We Listen for the Word of God

Hymn: Over My Head MV 88

Scripture: (Inclusive) Hebrew Bible Jonah 1:1-5, 10

Vignettes of Canadian Black History:

Hymn: Swing Low Sweet Chariot

Video Story: Black History Month

### We Respond

Vignettes of Canadian Black History:

The Offering:

Offering Song: I'm Gonna Live So God Can Use Me VU 575 2x

Offering Prayer:

Vignettes of Canadian Black History:

Scripture: Mark 1:29-39 (Inclusive)

We Go Forth

Song: Wade in the Water – (Duet) Linda and Ford

Sermon: Get Home Safely

Hymn: Spirit, Open My Heart MV 79 1, 2

Blessing & Sending Out:

Postlude: