

Alberni Valley United Church
Jan. 10, 2021



“Close your eyes. Fall in Love. Stay there.” - Rumi

Upcoming Zoom Meetings & Gatherings:

Jan. 10	Inter-Spiritual Meditation	7:00 pm
Jan. 12	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
Jan. 13	Wednesday Communion	12:00 pm
Jan. 14	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/albernivalleyuc or go to our YouTube channel to view:

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

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

POSTPONED: Monday Nature Walk hosted by Happy Hippie Hikers

@ 10:30 am For more information contact Joanne La Plante

Email: joanne2laplante@gmail.com

Tuesday Prayer Chapel with Elain Julian Email: 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: Resumes Jan. 12 Tuesdays @ 1:00 pm.
Join URL: <https://us02web.zoom.us/j/2507351649> Password: 2882

Wednesday Communion: Resumes Jan. 13, Wednesdays @ 12:00 – 12:30 pm, Tune in via Livestream.

Bible Conversation: Resumes Jan. 14, Thursdays at 1:30 pm, Zoom ID: 250 735 1649 Passcode: ABBA

Zen Doodling: Tuesdays starting Jan. 19 – Feb 9. Explore black ink & watercolour. Registration opens Jan. 5, 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.

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

Call to Gather:

Acknowledgment of Territory:

Hymn: Come In, Come In and Sit Down VU 395 vs 1, 2, 4

We Listen for the Word of God

Lighting the Christ Candle:

Opening Prayer:

Hymn: I Have Called You By My Name MV 161 vs 1, 4

Time with the Young: Baptism: God Names Jesus Beloved

Hymn: Beloved

Scripture: (Inclusive) Genesis 1:1-5

Reading: Psalm 29 – Psalms for Praying by Nan C. Merrill

Scripture: Gospel (Inclusive) Mark 1:4-11 Jesus in the Jordan

We Respond

Sermon: Self Compassionate Love

Hymn: Spirit of Life VU 381

We Go Forth

Offering, Tithes & Gifts:

Invitation to Share our Gifts:

Blessing: What Can I Do MV 191

Prayers of the People:

Closing Hymn: I Was There to Hear Your Boring Cry VU 644 vs 1, 2, 5, 6, 7

Blessing: