



Alberni Valley  
UNITED CHURCH



COURAGEOUS  
COMMUNITY CENTER

January 29th, 2023 11:30 AM

Sarah Williams

Worship Assistant: Mary Heatherington

Worship Service



*Upcoming Zoom Meetings & Gatherings:*

|                           |  |                 |
|---------------------------|--|-----------------|
| January 31st              | Gentle Yoga 10:00 – 11am/Chair Yoga            | 11:30 – 12:30pm |
| February 3 <sup>rd</sup>  | Pastoral Care Meeting                          | 1:30 – 3:00 pm  |
| February 5 <sup>th</sup>  | Choir Practice Resumes                         | 10:00 am        |
| February 5 <sup>th</sup>  | Lunch and Learn (after worship)                |                 |
| February 7 <sup>th</sup>  | Laughing Yoga (Free)                           | 5:00 – 6:00 pm  |
| February 10 <sup>th</sup> | Road to Reconcili-Action Meeting               | 9:30 - 2:00 pm  |
| February 12 <sup>th</sup> | Valentine Potluck Lunch (after Sunday Service) |                 |
| February 26 <sup>th</sup> | Night Church                                   | 7:00 – 8:00 pm  |
| March 3 <sup>rd</sup>     | The Chosen                                     | 10:00 am        |
| March 5 <sup>th</sup>     | Annual General Meeting                         |                 |

Rev. Ed is in Port Alberni on Fridays. Please email: [reved@telus.net](mailto:reved@telus.net) to make an appointment.

The office is now open Thursdays and Fridays from 9am to 2pm.

**Reverend:** Ed Lewis **Church Accompanist:** Ellen Vander Putten

**Tech Team Leader:** Dewayne Parfitt **Choir Director:** Mike Villette

Email: [avunitedchurch@shaw.ca](mailto:avunitedchurch@shaw.ca) Website: [www.albernivalleyuc.com](http://www.albernivalleyuc.com)

Facebook: [www.facebook.com/albernivalleyuc](http://www.facebook.com/albernivalleyuc)



**Alberni Valley United Church  
January 29th, 2023  
Gathering**

**Prelude:**

**Welcome:** (Mary)

**Acknowledgement of Territory:** (Mary)

**Announcements:** (Mary)

**Birthday/Anniversary in the week ahead:** (Mary)

**Lighting the Christ Candle:** (Mary/Sarah)

**Opening Prayer:** Together (Mary)

**Hymn:** Spirit of Gentleness VU 375

**Hymn:** Like A Rock MV 92 x2

**Responsive Reading:** Psalm 23 (Mary)

**Children's Time:** Flowers of the Field

**Prayers of the People:** Taize (Sarah)

**Lord's Prayer First Nations Version:** (Together)

**Scripture Reading:** Mary - Mathew 6:25-34 FNV

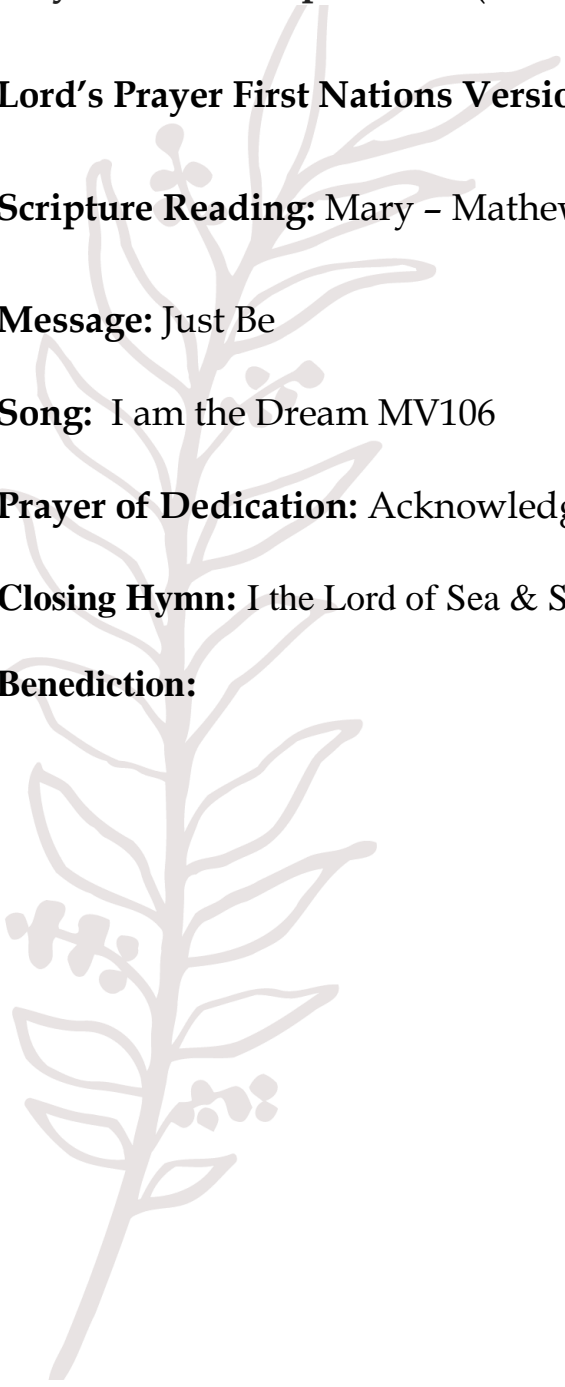
**Message:** Just Be

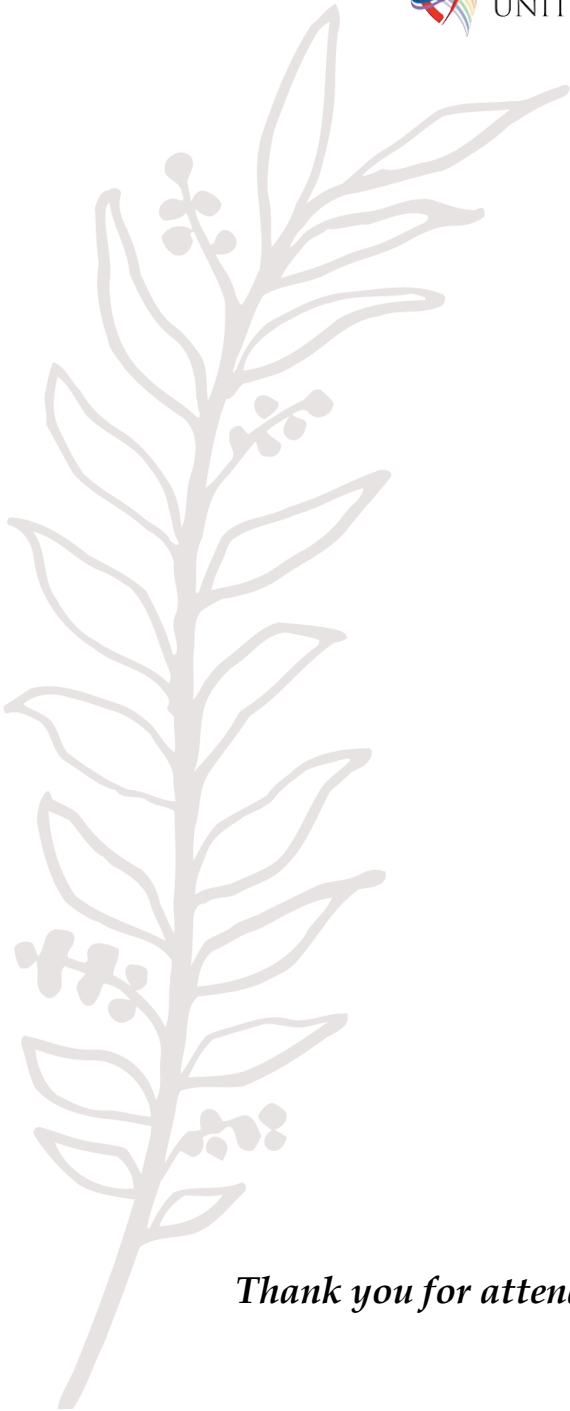
**Song:** I am the Dream MV106

**Prayer of Dedication:** Acknowledgement of Offering

**Closing Hymn:** I the Lord of Sea & Sky VU509

**Benediction:**





*Thank you for attending Sunday Worship*