

Alberni Valley United Church  
July 26, 2020



**“Hope is an embrace of the unknown.”**

- *Rebecca Solnit*

Upcoming Zoom Meetings & Gatherings:

July 26	Wildly Courageous Church	4:00 pm
July 28	Gentle Yoga	10:00 am
	Prayer Chapel	1:00 pm
July 29	The Cup of Our Life	2:30 pm
July 30	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](https://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 July 26, 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:** Tuesdays @ 1:00 pm.

Join URL: <https://us02web.zoom.us/j/2507351649> Password: AVUC

**Wednesday Communion:** 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

**Coming Soon: Café on the Lawn**

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)

**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

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

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### Gathering Online

Gathering:  
Acknowledgement of Territory:  
Introductions & Announcements:  
Lighting the Christ Candle:

### We Listen for the Word of God

Video Hymn: I, the Lord of the Sea & Sky VU 509  
Opening Prayer:  
Time with all God's Children: Weirder things have happened, I guess!  
Story: Courageous Community Virtual Neighbourhood

### We Respond

Scripture: 1 Corinthians 12:4-11 (Inclusive Version)

Video Story: We are the United Church of Canada

Scripture: Luke 9:1-6 (Tree of Life Version)

Story: We are Invited, Gifted, and Sent

Becoming a member of Courageous Community Center and AVUC

Story: What are you most proud of?

Welcome: Joanne

Blessing:

Presentation: Certificate

### We Go Forth

A Time of Offering:

Pastoral Prayer: Praying Hands Simple Worship

Hymn: The Lord's Prayer

VU 959

Story: Favourite Hymns

Closing Hymn: Will Your Anchor Hold

VU 675

Blessing: