

Alberni Valley United Church  
June 28, 2020



**“Out of difficulties grow miracles.”**

- *Jean De La Bruyere*

Upcoming Zoom Meetings & Gatherings:

|         |                        |          |
|---------|------------------------|----------|
| June 30 | Gentle Yoga            | 10:00 am |
|         | Prayer Chapel          | 1:00 pm  |
| July 01 | Wednesday Communion    | 12:00 pm |
|         | The Cup of Our Life    | 2:30 pm  |
| July 02 | Chair Yoga             | 11:05 am |
| July 05 | Inter-Spiritual Circle | 7:00 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:** Sunday, July 05, 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

**New!** 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

**\*Café Connect: LAST ONE July 02.** Thursdays at 10:00 am. 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.

**Wednesday Bible Study:** Will resume in September

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[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

Welcome:

Acknowledgement of Territory:

Lighting the Christ Candle:

Hymn: Like a Healing Stream MV 144

Opening Prayer:

### We Listen for the Word of God

Story for All Ages: Cold Water

This Little Light of Mine Video: <https://youtu.be/cKkbIZtqhyQ>

Scripture: Hebrew, Jeremiah 28:5-9 Inclusive

Gospel Scripture Video: Mathew 10:40-42

### We Respond

Sermon: Cultivating Brave Space:

Brave Space Affirmation:

Hymn: We Are One VU 402 vs 1,2,4

Offering:

## We Go Forth

Minute for Mission: Safe Home

Blessing:

Prayers for the People:

The Lord's Prayer: VU 959

Blessing:

Closing Hymn: Be Thou My Vision VU 642 vs 1,3