

Alberni Valley United Church
May 24, 2020



“Hope is a verb with its shirtsleeves rolled up.”

- David Orr

Upcoming Zoom Meetings & Gatherings:

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|--------|---------------------------|----------|
| May 24 | Wildly Courageous Church | 4:00 pm |
| May 26 | Gentle Yoga | 10:00 am |
| | Prayer Chapel | 1:00 pm |
| | The Spirituality of Aging | 7:00 pm |
| May 27 | Wednesday Communion | 12:00 pm |
| May 28 | Café Connect | 10:00 am |
| | Chair Yoga | 10:30 am |
| | Watercolour Meditations | 3:00 pm |

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>

Wildly Courageous Church: May 24 @ 4:00 pm. Meet at the church lawn for a socially distanced walk and paint pour.

Gentle Yoga with Mary: Tuesday, May 26 @ 10:00 am. Join Zoom Meeting

<https://us02web.zoom.us/j/88559368151> Meeting ID: 885 5936 8151

Prayer Chapel: Tuesday, May 26 @ 1:00 pm.

Join URL: <https://zoom.us/j/699206555>

The Spirituality of Aging: Tuesday, May 26 @ 7:00 pm. Join Zoom Meeting
<https://us02web.zoom.us/j/88947664645>

Inter-spiritual Contemplative Practice: Sunday, June 07, 7:00 - 8:00 pm
<https://zoom.us/j/960983040> Meeting ID: 960 983 040

Wednesday Bible Study: 2:30 pm, Join Zoom Meeting
<https://us02web.zoom.us/j/2507351649> Meeting ID: 250 735 1649

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

Chair Yoga with Mary: Thursday, May 28 at 10:30 am. Join Zoom Meeting
<https://us02web.zoom.us/j/86239608615> Meeting ID: 862 3960 8615

Watercolour Meditations: Thursday, May 28, 3:00 pm. Join Zoom Meeting
<https://zoom.us/j/966534356?pwd=WHRBTehEWExOaFU3V1hWMUISMlJoZz09>, Password: let go

Café Connect: Thursday, May 28 10:00 am. Join Zoom Meeting:
<https://us02web.zoom.us/j/2507351649>

Bursary Applications: email avunitedchurch@shaw.ca, due May 31, 2020.

We have launched our **NEW** Facebook page for the Center titled **‘Courageous Community Center’**. Please visit the page and hit **like** under the main header image. www.facebook.com/courageouscommunitycenter
www.facebook.com/albernivalleyuc.

Check out our **NEW** website at www.courageouscommunitycenter.com. Click ‘AVUC’ for past sermons, informational resources and more. Click ‘Services’ to easily join any zoom meeting.

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.

The Moose Hide Campaign is a grass roots movement of Indigenous and non-indigenous men and boys who are standing up against violence towards women and children. Wearing a moose hide signifies your commitment to honour, respect, and protect the women and children in your life.

Exciting News: Minnie has received approval of funding for our church plant “The Centre” for 2020. The grant resources Creative Connections, Creative Church, Wild Church, Hope 2.0 Conversations that Matter, Yoga, Road to Reconciliation and Courageous Community Capacity Building Offerings.

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 Phone 723-8332
Email: avunitedchurch@shaw.ca Website: <http://www.albernivalleyuc.com>
Facebook: <https://www.facebook.com/albernivalleyuc>

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Gathering Online

Welcome:

Call to Gather:

Appreciating the Land & Acknowledgement of Territories: Video

Appreciating the Spirit of Life:

Hymn: River Running in Your and Me

MV 163 vs 1, 3, 4

Hymn: Grateful

MV 182

Appreciating the Christ Light:

Prayer: Appreciating Those Who Love Us

We Listen for the Word of God

Story: Appreciating Diversity, Inclusion, Energy, Youth, and Fun

Video: A Place in the Choir

A Time of Offering:

Appreciating Place & Sharing Our Gifts:

Video: Appreciating Place by Brenda West

Prayer: Appreciating the Giver of All Good Gifts

Appreciating Scripture: Video by Coreen Humphries

We Respond

Sermon: Appreciation - It's more than a perspective shift!

Appreciating Heritage Hymns & The Gift of Prayer:

Hymn: What a Friend We Have in Jesus

VU 664 vs 1, 3

Prayers of the People:

We Go Forth

Appreciating Being Called To Be the Dreamers:

Hymn: Follow the Song Lines

Blessing:

Sung Benediction: When You Walk From Here

VU 298