

Alberni Valley United Church
Nov 01, 2020



“May your choices reflect your hopes, not your fears.”
- Nelson Mandela

Upcoming Zoom Meetings & Gatherings:

Nov 01	Inter-Spiritual Meditation	7:00 pm
Nov 03	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
Nov 04	Me & White Supremacy	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 or go to our YouTube channel to view:
<https://www.youtube.com/channel/UC12y0skGCzhEGD62iGvVf0A>

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

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
*Meeting in the Sanctuary 10 – 11am and via Zoom

Chair Yoga with Mary: Tuesdays at 11:30 am. Join Zoom Meeting <https://us02web.zoom.us/j/86239608615> Meeting ID: 862 3960 8615
*Meeting in the sanctuary Tuesdays 11:30 – 12:30 starting Oct 06.

Prayer Circle: Tuesdays @ 1:00 pm. **Cancelled Nov 03**
Join URL: <https://us02web.zoom.us/j/2507351649> Password: 2882

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

Bible Conversation: **Cancelled Nov 05.** Thursdays 1:30 pm In-person in the lounge and online. Zoom ID: 250 735 1649 Passcode: ABBA

Me & White Supremacy: Wednesdays 7:00 PM 5 week circle.

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.

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.

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
Email: avunitedchurch@shaw.ca Website: www.albernivalleyuc.com
Facebook: www.facebook.com/albernivalleyuc

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Gathering Online

Call to Gather:

Acknowledgment of Territory:

Video Hymn: Sing a Happy Hallelujah

Threshold Moment:

Story: Belly Laugh

We Listen for the Word of God

Video: A Simple Change of Heart

Scripture: Psalm 34

Scripture: Mathew 5:1-12

Video Song: There's Spirit in the Air

We Respond

Reflection: Mischievous Face of Christ

Thanksgiving For Life:

We Go Forth

A Time of Offering: Invitation to Share Our Gifts

Prayers Over the Gifts:

Video Song: Sending Forth – Dance with Spirit

Blessing: