

Alberni Valley United Church  
Nov 15, 2020



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

Upcoming Zoom Meetings & Gatherings:

Nov 15	Inter-Spiritual Meditation	7:00 pm
Nov 17	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
Nov 18	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](http://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](mailto:joanne2laplante@gmail.com)

**Tuesday Prayer Chapel with Elain Julian Email:** [avucrev@shaw.ca](mailto:avucrev@shaw.ca) for zoom link.

**Gentle Yoga with Mary:** Oct 06 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.

Join URL: <https://us02web.zoom.us/j/2507351649> Password: 2882

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

**Bible Conversation: Thursdays, In-person in the lounge and online.**  
**Zoom ID: 250 735 1649 Passcode: ABBA**

**Me & White Supremacy:** Wednesday Oct 21, 2020, 7:00 PM 5 week circle.

**Nov 23 Wild Church 1:30 pm.** We will gather at the Beaver Pond trail on Burde Street.

**Watercolour Meditations:** Nov 24 \$20 donation includes watercolour kit \$10 donation without.

**Gift Giving Opportunities:** Seasonal Study of Gnomes \$30 donation, Zen Doodling \$40 donation (includes instructional time), Personalized Family Paint Nights (subject to details).

***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](mailto:prayeravuc@gmail.com).

Emu Fundraiser: Nov 20 \$30 Email: [avunitedchurch@shaw.ca](mailto:avunitedchurch@shaw.ca)

Fireside Chat: **Bodhi Thompson Gardner**, Nov 22 12:00 pm Email: [avunitedchurch@shaw.ca](mailto:avunitedchurch@shaw.ca)

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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:

Acknowledgment of Territory:

Hymn: Breath of God, Breath of Peace MV 24

Introductions:

Announcements:

Threshold Moment:

We Listen for the Word of God

Hymn: Spirit, Open my Heart MV 79

Opening Prayer:

Special Music: Ford & Linda Duet *Leaning Towards the Light*

Hymn: Don't Be Afraid MV 90

Pause:

Hymn: Take, O Take Me as I am MV 85

We Respond

Story: I Am Every Good Thing – Derrick Barnes, Gordon C. James

Scripture: Deuteronomy 30:15-20 (Inclusive)

Reflection: Expressive Emma

We Go Forth

Prayers of the People:

The Lord's Prayer: VU 959

A Time of Offering: Invitation to share our gifts

Blessing the gifts:

Sung Blessing: May the Love of the Lord MV 21