

Alberni Valley United Church  
Nov 22, 2020



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

Upcoming Zoom Meetings & Gatherings:

Nov 22	Inter-Spiritual Meditation	7:00 pm
	Fireside Chat	12:00 pm
Nov 24	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
Nov 25	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](https://www.facebook.com/alberniavalleyuc) or go to our YouTube channel to view:

<https://www.youtube.com/channel/UC12y0skGCzhEGD62iGvVf0A>

**Inter-spiritual Contemplative Meditation 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:** Wednesdays, 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:  
Vision:  
Call to Gather:  
Welcome Prayer:  
Introduction to Bodhi, Carol & Bear

### We Listen for the Word of God

Hymn: There is Room For All MV 62  
Prayer:  
Hymn: Draw the Circle Wide MV 145  
Story: Lily Loves Beards – Carol Thompson  
Hymn: Draw the Circle Wide MV 145

### We Respond

Scripture: Ezekiel 36:26-27  
Psalms for Praying: Psalm 51  
Hymn: When Hands Reach Out MV 136  
Reflection: Bodhi Thompson Gardner  
Hymn: What Does the Lord Require of You VU 701

### We Go Forth

Candle Lighting Remembrance Ritual:  
List of Names from the Human Rights Commission:  
Twilight People Prayer:  
Closing Prayer: We Are A Rainbow  
Blessing:  
Boxes: