

Alberni Valley United Church  
Nov 29, 2020



“Only in darkness can you see the stars.”  
- Martin Luther King Jr.

Upcoming Zoom Meetings & Gatherings:

Nov 29	Inter-Spiritual Meditation	7:00 pm
Dec 01	Gentle Yoga	10:00 am
	Chair Yoga	11:30 am
	Prayer Circle	1:00 pm
Dec 03	Bible Conversations	

\*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/albernivalleyuc](http://www.facebook.com/albernivalleyuc) 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 at 1:30 pm, In-person in the lounge and  
online. Zoom ID: 250 735 1649 Passcode: ABBA**

**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).

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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:

Announcement:

Crossing the Threshold:

Prayer:

### We Listen for the Word of God

Opening Hymn: Hope is a star VU 7

The Peace of Christ:

Listening to the Word:

Children's Time to Shine: This Little Light of Mine

Scripture: Isaiah 40:1-11 CEB

Video Anthem: I Believe Even When

## We Respond

Scripture: Mark 1:1-15 CEB

Sermon: Hope

Prayers in the Stillness:

Video Song: Be Here, Be Still by Mellissa Monforti

Prayers of the People:

## We Go Forth

Offering Announcements & Opportunities:

Doxology:

Carol of Resistance:

Benediction:

Postlude: Handbell Video