



**Welcome to Worship at Alberni Valley United,
an Affirming Congregation.**

Your presence here makes a difference.

February 11th, 2018

Making a life giving difference is the heart of community at Alberni Valley United Church. We ask you to bring your culture, your whole self---we want to engage in truly mutual relationships. Accept Connect Emerge.

Prayer Cycle: Rev. Foster Freed and the congregation of Trinity United, Nanaimo

Upcoming Meetings & Gatherings:

Feb. 12	Family Day (office closed)	
Feb. 13	Yoga class	10:30 am
	Bible Study	2:30 pm
	Council Meeting	4:30 pm
Feb. 14	Prayer Booklet making	4:00 pm
	Ash Wednesday Service	5:00 pm
Feb. 15	The Prophets Bible Study	1:00 pm
	Wholeness Connection mtg.	6:00 pm
Feb. 20	Happy Times Tea	1:00 pm
Feb. 21	Yoga Nidra	7:30 pm

Lent Worship theme: “Listen” to the still, quiet voice within.

Lent is a time when people often give up something to create spaciousness for reflection, for prayer and to disrupt their regular patterns in order to pay attention to the Holy in their life. This year the Worship Series will afford us more time for prayer. There will be four prayer centers. Every Sunday during the time of Prayers of the People, you will be invited to move to the centers or stay in your seat to pray. You will be asked to enter the worship space quietly. There will be less space for announcements. Please ensure that you have given Andrea your announcements for inclusion in the Bulletin and the PowerPoint. The announcements will be close to the end of the worship service. Chairs of Teams please communicate this change to your team members. The first Sunday of Lent is Feb. 18, 2018.

Bread of Life needs: packaged gravy and sauces. Thank you!

Lent Prayer Booklets - You are invited to join Minnie on Feb. 14 at 4pm in the Godly Worship Space to make prayer booklets. Join in the fun of preparing for the season of Lent. A season to “Listen” carefully and closely to the Holy.

AEROBICS with Julie – Monday, Tuesday and Thursday at 6:45pm, Come and give it a try! Cost is by donation!

Lent is a time to rest, reflect, reconnect with the Holy and your soul.

Yoga Nidra: A meditative practice for deep relaxation and healing, with Mary and Minnie, begins Feb. 21st @7:30 pm in the AVUC Hall

A challenge today: The demands on our attention are higher than ever before, and we believe rest is the antidote. Try Yoga Nidra and find rest for your mind, body & soul.

The Circle Way Workshop. March 3rd. 9:30-4:00pm. You are invited to bring a travel mug and a water bottle.

Every day most of us encounter needs for healing, for hope, and for helping.

Every day, there is need to learn, communicate, and connect in conversations where diversity is present.

The Circle Way provides a foundation, a tool beneath all tools, for communication, collaboration, and conversation, for thoughtful speaking and attentive listening. It is a way to tap our greatest strengths, individually and together. It is an essential container to nurture relationships, innovation, understanding, and solutions.

This training involves a deliberate dialogue to further our missional direction and to build capacity in communities committed to healing and transformation.

Join us to:

- › Listen, Understand and Learn how to be uncomfortable together.
- › Develop strength to work as teams
- › Gain ability to get beyond “nice” conversations

There is a maximum of 30 participant spots available, please sign up today. The workshop invitation will be extended to the public after Feb. 11. There are sign up sheets in the entry way and hall.

The focus of the workshop is to nurture the capacity to listen. The Circle Way supports our Lent Worship Series theme: Listen to the still, small voice within.

Volunteer Opportunity - It's time to refresh the AVUC Marketing plan. AVUC's Marketing plan was written by Dewayne in 2009. It's time to fully implement that plan. Do you have marketing skills you'd like to share? Do you know someone who loves marketing, branding, and getting the word out about awesome events and venue opportunities? Please talk to Minnie or Dewayne.



Sexual Orientation: An enduring emotional, romantic, or sexual attraction. Sexual orientation is fluid. Asexuality is also considered a sexual orientation.

What is the most meaningful part of AVUC Sunday Worship?

People say that it is:

- Community of the church, the people, helps to connect with the Lord.
- The hymns – singing them with everyone
- Stories that make connections
- The children's story and how they respond and sharing their wise thoughts

ROTATIONS

	February 11	February 18	February 25
Greeters/ Ushers	Liz Parfitt & Ann Tatoosh	Lois & Dennis Andow	Garry & Carol Korven
Worship Asst.	Ann McMillen	Doug Havard	Doreen Grant
Coffee	Property & Maint.	Outreach	Pastoral Care 1
Offering Counters	Holly Judge & Ann Tatoosh	Paul McMillen & Jim Phillips	Carol Korven & Kathy Allen
Ministry Minute	Council (Mike)	Live Stream & Tech (Dewayne Parfitt)	Pastoral Care (Judy Vatamaniuck)

Minister: Rev. Minnie Hornidge

Church Accompanist: Ellen Vander Putten;

Choir director: Brenda West; *HandBells Director:* Mike Villette;

Children's Worship: Dana Walter, Katherine Lloyd, Christel Fong & Linda Porter;

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Facebook: <https://www.facebook.com/albernavalleuc>

Church Office Hours: Monday to Friday, 9 am to 1 pm

Alberni Valley United Church
February 11th, 2018
Transfiguration Sunday

WE GATHER

Acknowledgment of Territories

Welcome to Worship, Ministry Minute and Celebrations

Call to Worship

We rise to sing: Open Your Ears, O Faithful People VU 272

Opening Prayer

We rise to sing: Draw the Circle Wide MV 145

Time with the young and the young at heart

We rise to sing: What Does the Lord Require of You VU 701

Prayer of Confession & Words of Assurance

We remain seated to sing: Act of Praise (2x) VU 807

WE LISTEN FOR THE WORD OF GOD

Scripture:

Psalm 51: 1-6

2 Corinthians 4:1-6

Mark 9:2-10

Sermon: On the precipice

We rise to sing: Spirit God, Be Our Breath MV 150

WE RESPOND

Prayers of the People The Prayer of Jesus VU 959

Sharing our Gifts

Presentation Hymn: We rise: There is Room for All MV 62

Blessing the gifts

WE GO FORTH

We rise to sing: We are the Singers

Blessing