



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

**Your presence here makes a difference.**

***February 18<sup>th</sup>, 2018***

Making a life giving difference is the heart of community at Albemni 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: Administrators in Presbytery, Conference, and our Churches

Upcoming Meetings & Gatherings:

Feb. 19	Worship meeting	4:30 pm
Feb. 20	Yoga class	10:30 am
	Tuesday Bible Study	2:30 pm
Feb. 20	Happy Times Tea	1:00 pm
Feb. 21	Yoga Nidra	7:30 pm
Feb. 22	The Prophets Bible Study	1:00 pm

**AVUC Annual General Meeting is March 11 at 11:30 pm.** Purpose: to approve the annual budget as recommended by council; to receive the Nominating team report; to receive the annual reports from the governing body, committees and other groups in the congregation; and elect the governing body and presbytery representatives.

**Happy Times Tea is February 20 at 1:00 pm and everyone is invited!!**

**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: forks and spoons, cutting boards, fridge thermometer, marshmallows, eggs, oatmeal. Thank you!

Mark your calendar – March 2<sup>nd</sup> at 1:30 pm, **World Day of Prayer** takes place at AVUC in the Sanctuary, and please stay for the tea afterward.

Lent is a time to rest, reflect, reconnect with the Holy and your soul. A weekly Lenten practice offering is **Yoga Nidra**: A meditative practice for deep relaxation and healing, with Mary and Minnie, Wednesdays, Feb. 21<sup>st</sup> to March 28 @7:30 pm in the AVUC Hall. Please bring a yoga mat and blanket.

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 3<sup>rd</sup>. 9:30-4:00pm.** The Circle Way is a powerful dialogue method which helps people to engage in constructive and meaningful conversations. The Circle Way teaches methods which will strengthen communication and listening skills.

**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.

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.



**Gender Expression:** How one expresses oneself, in terms of dress, mannerisms and/or behaviors that society characterizes as "masculine" or "feminine".

**Fabric Alert!** There is fabric pieces in the Lounge, please help yourself for your projects. There is more to come!

**What is the most meaningful part of AVUC Sunday Worship?**

People say that it is:

- Inclusivity is the message, people are looking to belong. It means so much to me that we say everyone belongs.
- The songs and fellowship and feeling of the Holy Spirit
- Scripture. Songs. Togetherness. Seeing people.
- The Sermon, because that's when we learn life lessons that relate Jesus to daily events and feelings.

**ROTATIONS**

	February 18	February 25	March 4
Greeters/ Ushers	Lois & Dennis Andow	Garry & Carol Korven	Brynn Walter-Parker & Donna Walter
Worship Asst.	Doug Havard	Doreen Grant	George Geddes
Coffee	Outreach	Pastoral Care 1	Pastoral Care 2
Offering Counters	Paul McMillen & Jim Phillips	Carol Korven & Kathy Allen	Bill Irwin & Anne Gray
Ministry Minute	Live Stream & Tech (Dewayne Parfitt)	Pastoral Care (Judy Vatamaniuck)	Stewardship (Hans Galesloot)

Minister: Rev. Minnie Hornidge

Church Accompanist: Ellen Vander Putten;

Choir director: Brenda West; Hand Bells Director: Mike Villette;

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

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

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

Alberni Valley United Church  
February 18<sup>th</sup>, 2018  
Hearing That Still, Small Voice and Finding Your Own  
LISTEN

Music for Settling  
Acknowledgment of Territories  
Evoking the Mystery  
Choir Anthem: Let Me Be Open  
We remain seated to sing: Come and Fill Our Hearts (4x) MV 16  
Pause for quiet reflection  
Come and Fill Our Hearts (1x) MV 16  
Prayer of Examen  
We rise to sing: Come and Find the Quiet Center VU 374  
Children's Discovery: Prayer Wall  
Lord Listen to Your Children Praying VU 400  
The Psalmist's Prayer: Psalm 5: 1-5,72  
Seeking the Word: 1 Kings 19: 11-12  
Music for an Inward Journey: Choir Anthem: In Solitude

REFLECT

Sermon  
Appointment with God  
Closing Prayers  
The Lord's Prayer VU 959  
Sharing our Gifts  
Offering Presentation: What can I do MV 191  
Prayer over the gifts

PREPARE TO LISTEN IN THE WORLD

Connecting: Announcements and Celebrations  
We Sing: God Be with You till We Meet Again VU 422  
Benediction  
Sung Benediction: Go Now in Peace VU 964