



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

**Your presence here makes a difference.**

***February 25<sup>th</sup>, 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. Karen Hollis and the congregation of Christ Church, Gabriola Shared Ministry

Upcoming Meetings & Gatherings:

Feb. 27	Yoga class	10:30 am
	Tuesday Bible Study	2:30 pm
Feb. 28	Yoga Nidra	7:30 pm
Mar. 1	Pastoral Care meeting	10:00 am
	The Prophets Bible Study	1:00 pm
	Affirm meeting	5:00 pm
Mar. 2	World Day of Prayer	1:30 pm
Mar. 3	Circle Workshop	9:30 am

**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.

**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.

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

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.

**March 3rd. 9:30-4:00 PM The Circle Way Workshop.** The Circle Way supports and strengthens communication. We are called to have the hard conversations amid diversity. The Circle Way provides a foundation, a tool for collaboration and conversation. It is a way to tap our greatest strengths, individually and together. The circle way helps us listen for understanding rather than listen to make a reply. Lunch is by donation. Thank-you to the AVUC Catering Team for your support and feeding our physical needs as we tend to our work of learning communication and connection skills.

**Important date and time, 1:30 PM. March 2<sup>nd</sup>, Alberni Valley United is hosting the "World Day of Prayer"**. This years' service has been written by the women of Surinam and is focused on our responsibility of looking after our planet. Surinam is one of the countries who are in real danger of losing a considerable area of their shoreline if the oceans keep rising at the rate they are now. Please set this date aside and plan on joining in to host the Valley churches in this thoughtful service



**Transgender** means 1. Someone whose gender identity or expression does not fit assigned birth sex and gender. 2. A gender outside of the man/woman binary. 3. Having no gender or multiple genders.

### **Stewardship Team message:**

In Keeping with our commitment to timely financial congregational updates: -

The Stewardship Team is initiating Weekly Sunday Posts :-

*This week we would like to inform you that our Givings Total for January is \$2300 dollars less than is necessary to meet our personnel cost commitments. It is imperative that our donations for the continued mission and work of our church meet our monthly staff payroll Questions?:- Please contact any member of our Stewardship Team – Hans Galesloot, Garry Korven, Linda/Ralph Wentzell, John Wilson*

- Also for those wishing to view or receive monthly AVUC financial statements - please forward your email request to John Wilson at [jwilsondmartin@gmail.com](mailto:jwilsondmartin@gmail.com). Paper copies of the monthly financial reports will be posted in a binder in the Narthex.

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

We will once again be hosting our "**Encore Boutique Fashion Sale**" on Thursday, April 26th. Please gather your "gently used fashion treasures" & place them in zippered bags neatly in the back corner of the stage. Thank You!

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

People say that it is:

- Connecting with friends/Church family.
- Spiritual leadership and thoughts through the sermon.
- That we are a forward thinking Church.
- Singing.

### ROTATIONS

	February 25	March 4	March 11
Greeters/ Ushers	Garry & Carol Korven	Brynn Walter-Parker & Donna Walter	Kathy & Bill Allen
Worship Asst.	Doreen Grant	George Geddes	Ann McMillen
Coffee	Pastoral Care 1	Pastoral Care 2	M&P and Affirm
Offering Counters	Carol Korven & Kathy Allen	Bill Irwin & Anne Gray	Audrie Poll & Dennis Andow
Ministry Minute	Pastoral Care (Judy Vatamaniuck)	Stewardship (Hans Galesloot)	Property & Maint. (Bill Irwin)

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 25<sup>th</sup>, 2018  
Finding Your Breath: Listening to our Bodies.

LISTEN

Music for Settling

Acknowledgment of Territories

Evoking the Mystery

We sing: Bathe Me In Your Light MV 82

Pause for quiet reflection

Lord Prepare Me to be a Sanctuary MV 18

Prayer of Examen

We rise to sing: Let Me God Be Open

Children's Discovery: Praying with Clay

Lord Listen to Your Children Praying VU 400

The Psalmist's Prayer: Psalm 33:3-6;20-22 (sung response Like a Rock MV 92)

Seeking the Word: Romans 8: 26-28; 38-39

Music for an Inward Journey: Choir Anthem: In Solitude

REFLECT

Sermon

Appointment with God

Closing Prayers

Breathe on Me Breath of God vs. 1,2 VU 382

Sharing our Gifts

Offering Presentation: Spirit of Life VU 381

Prayer over the gifts

PREPARE TO LISTEN IN THE WORLD

Connecting: Announcements, Ministry Minute and Celebrations

We Sing: Go Gently Go Lightly

Benediction

Sung Benediction: Go Now in Peace VU 964