



**Welcome to Worship at Albemni Valley United,
an Affirming Congregation.
Your presence here makes a difference.
March 11th, 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: Wayne Hughes and the congregation of Cedar United Church

Upcoming Meetings & Gatherings:

Mar. 13	Yoga class	10:30 am
	Tuesday Bible Study	2:30 pm
	Council Meeting	4:30 pm
Mar. 14	Yoga Nidra	7:30 pm
Mar. 15	The Prophets Bible Study	1:00 pm
	Stewardship mtg.	3:00 pm
Mar. 30	Good Friday Service	10:00 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, fridge thermometer, marshmallows, eggs, steel-cut 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. 21st 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.



Coming Out: Refers to voluntarily making public one's sexual orientation and/or gender identity.

Weekly Stewardship Team message:

We would also like to acknowledge and express our Big Thanks! to the Catering Team and Volunteers for their efforts in holding the very successful Ukrainian Dinner and Silent Auction - Raising \$3,721.

These volunteer fundraising efforts by our congregation provide financial support toward the many annual programs held within our building, our city and West Coast communities

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:

- The coming of togetherness and community of support to all near and far.
- Songs – listening to the words and how they connect with the lesson and sermon – understanding the theme.
- The opportunity to hear & share stories and find connection to my daily life. Wrangling with the mystery of intuition, the challenges of building relationship amidst conflict, and help finding my place in the world.
- The world can be so judgmental and when we show all are welcome...I love that.

Alberni Valley United Church is a Scent-Free facility. Please do not wear perfume, cologne or any scented products. Thank You!

Alberni Valley United Church Worship Services are live-streamed on Facebook Live and saved to YouTube.

ROTATIONS

	March 11	March 18	March 25
Greeters/ Ushers	Kathy & Bill Allen	Dawne Mallon & Sandra Simpson	Diane Martin & Dawne Mallon
Worship Asst.	Ann McMillen	Diane Martin	Carol Korven
Coffee	M&P and Affirm	Stewards & Trustees	Choir & Worship
Offering Counters	Des Irwin & Dennis Andow	Anne Gray & Lillian Robinson	Doreen Grant & Des Irwin
Ministry Minute	Property & Maint. (Bill Irwin)	Affirm (Dana Walter)	Worship (Coreen Humphries)

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/albernivalleyuc>

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

Alberni Valley United Church
March 11th, 2018
Listening for what is emerging.

LISTEN

Music for Settling

Acknowledgment of Territories

Call to Gather

Evoking the Mystery

We sing: As the Deer Pants for the Water VU 766

Pause for quiet reflection

Opening Prayer

We rise to sing: Draw the Circle Wide MV 145

Children's Discovery

Prayer

Story: Families, Families, Families, by Suzanne Lang and Max Lang

We Sing: Four Hugs a Day

Prayer of Confession

We sing: Like a Healing Stream MV 144

Seeking the Word: Mark 5: 24-34

Music for an Inward Journey

Mark 5: 24-34

REFLECT

Message

Appointment with God

Sharing our Gifts

Offering Presentation: It's a Song of Praise to the Maker MV 30 vs.1&chorus

Blessing

PREPARE TO LISTEN IN THE WORLD

Connecting: Announcements, Ministry Minute and Celebrations

Hymn/Song for Moving On: Go, Make a Diff'rence (Chorus only) MV 209

Benediction