



**Welcome to Worship at Albemni Valley United,
an Affirming Congregation.
Your presence here makes a difference.
March 18th, 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: The congregation at Port McNeil

Upcoming Meetings & Gatherings:

Mar. 20	Yoga class	10:30 am
	Tuesday Bible Study	2:30 pm
Mar. 21	Yoga Nidra	7:30 pm
Mar. 22	The Prophets Bible Study	1:00 pm
Mar. 30	Good Friday Service	10:00 am
Mar. 30 & Apr. 2	Office closed	

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

March 25th is Palm Sunday please bring a cedar bow to worship.

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.

Community Easter Dinner at Trinity: The Outreach Team is hoping you will support us with helping Trinity Church with their annual Easter dinner, by supplying 60 lbs. of potatoes and 30 lbs. of carrots. These can be donated on Sunday March 25. We will also be looking for a team of people to peel potatoes and carrots on Monday, April 2 at 10am. If you can help, please see Des or Jean. Thanks so much.

Bread of Life needs: forks and spoons, fridge thermometer, marshmallows, eggs, steel-cut oatmeal. Volunteers to serve lunch and sort food. 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.



Affirming Ministries make an ongoing commitment to work for justice, to promote reconciliation and healing, and to create equity for people of all sexual orientations and gender identities within the church and in wider society. They support and participate in events with the LGBT community, they proudly display their congregation's Affirming Ministry banner, they encourage other ministries to become Affirming, and they support the work of Affirm United.

Weekly Stewardship Team message:

January Payroll \$9790

January Offering \$7470

Deficit **\$2320**

February Payroll \$9790

February Offering \$7560

Deficit **\$2230**

Deficit to Date **\$4550** (Offering increase by 10%?)

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 sermon, renewing our faith.
- Prayers of the People and praying for....
- Companionship, togetherness with God.

- Music. I feel the connection with others and past.

International Day for the Elimination of Racial Discrimination Promoting tolerance, inclusion, unity and respect for diversity in the context of combating racial discrimination is March 21st. 2018

Every person is entitled to human rights without discrimination. The rights to equality and non-discrimination are cornerstones of human rights law. Article 1 of the Universal Declaration of Human Rights states that all human beings are born free and equal in dignity and rights. And based on Article 2, everyone is entitled to all the rights and freedoms set forth in the Declaration, without distinction of race or any other kind. Yet racism, xenophobia and intolerance are problems prevalent in all societies, and discriminatory practices are widespread, particularly targeting migrants and refugees as well as people of African descent. Every day, each and every one of us can stand up against racial prejudice and intolerant attitudes.
 #StandUp4HumanRights #FightRacism #JoinTogether #AfricanDescent

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

ROTATIONS

	March 18	March 25	April 1
Greeters/ Ushers	Dawne Mallon & Sandra Simpson	Diane Martin & Dawne Mallon	
Worship Asst.	Diane Martin	Carol Korven	Doug Havard
Coffee	Stewards & Trustees	Choir & Worship	Property & Maint.
Offering Counters	Anne Gray & Lillian Robinson	Doreen Grant & Des Irwin	Dawne Mallon & Sandra Simpson
Ministry Minute	Affirm (Dana Walter)	Worship (Coreen Humphries)	Children's Ministry (Godly Worship)

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/alberniavalleyuc>

Alberni Valley United Church
March 18th, 2018
Finding Your Mystic: Listening Behind the Voices

LISTEN

Music for Settling

Acknowledgment of Territories

Evoking the Mystery

We sing: Gather Us In (3x)

MV 7

Pause for quiet reflection

Examen

We rise to sing: Softly and Tenderly

Children's Discovery

Prayer

We Sing: God of Still Waiting

MV 20

The Psalmist's Prayer: Psalm 107: 23-32

VU pg.832

Seeking the Word: Romans 12: 2-12

Music for an Inward Journey

Romans 12: 2-12

REFLECT

Message: What Word Shimmered

Appointment with God

We Sing: The Lord's Prayer

VU 959

Sharing our Gifts

Offering Presentation: In the Garden

Blessing

PREPARE TO LISTEN IN THE WORLD

Connecting: Announcements, Ministry Minute and Celebrations

Hymn/Song for Moving On: Jesus, you have Come to the Lakeshore VU 563

Benediction

We sing: Ameni

MV 219