



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

Your presence here makes a difference.

March 4th, 2018

Making a life giving difference is the heart of community at Albemarle 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:

Mar. 6	Yoga class	10:30 am
	Tuesday Bible Study	2:30 pm
Mar. 7	Yoga Nidra	7:30 pm
Mar. 8	The Prophets Bible Study	1:00 pm
Mar. 11	Annual General Meeting	11:45 am
Mar. 13	Council Meeting	4:30 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.

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, 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.



Affirming Ministries seek to listen to the experiences of their members, including painful experiences. They strive to be a community of nurture and support for LGBT folk. And they make their stance public. This public statement is especially important. LGBTQ people who are longing for a spiritual home in which to celebrate life, love God, and serve others may have no way to know whether a particular ministry is one where they can be fully who they are or one where they will be shunned or rejected. Because of this, Affirming Ministries put up signs and symbols, they are listed on a national registry of Affirming Ministries, and they state their Affirming stance on their website and in their publications.

Stewardship Team message:

This is the time of year to review your financial commitments to the work of the church. Please consider increasing your annual pledge.

PAR (Pre Authorized Remittance) is an easy and convenient method that the Stewards are encouraging AVUC members to consider using. PAR withdrawals occur once a month throughout the year. Call or email - Brad West (Envelope Steward) at [250.723.3314](tel:250.723.3314) or bradwest4@hotmail.com or John Wilson at [250.723.3752](tel:250.723.3752) or jwilsondmartin@gmail.com to sign up for PAR.

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.
- Prayers of the people – connection with people – blessing at the end to begin the new week
- Singing inspirational hymns and songs that relate our Christian faith & fill me with joy.

- Feeling of support here, community.

ROTATIONS

	March 4	March 11	March 18
Greeters/ Ushers	Brynn Walter-Parker & Donna Walter	Kathy & Bill Allen	
Worship Asst.	George Geddes	Ann McMillen	Diane Martin
Coffee	Pastoral Care 2	M&P and Affirm	Stewards & Trustees
Offering Counters	Bill Irwin & Anne Gray	Des Irwin & Dennis Andow	Anne Gray & Lillian Robinson
Ministry Minute	Stewardship (Hans Galesloot)	Property & Maint. (Bill Irwin)	Affirm (Dana Walter)

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 4th, 2018
Finding Your Breath: Listening to our Bodies.

LISTEN

Music for Settling
Acknowledgment of Territories
Evoking the Mystery
We sing: Come and Seek the Ways of Wisdom MV 10
Pause for quiet reflection
Prayer of Examen
We rise to sing: I Have Called you By Your Name MV 161
Children's Discovery: Prayer Movement
Lord Listen to Your Children Praying VU 400
Video: Be Still and Know that I am God
The Psalmist's Prayer: Video: You Are Mine
Seeking the Word: Proverbs 1: 20-23
Holy Pause

REFLECT

Sermon
Appointment with God & Communion
Closing Prayers
The Lord's Prayer VU 959
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: Guide Me, O Thou Great Jehovah VU 651
Benediction
Sung Benediction: Go Now in Peace VU 964