



Healthy Body & Spirit
Series
Série sur le corps et l'esprit

GATHERING MUSIC

WELCOME, INDIGENOUS RECOGNITION OF NATIVE LANDS

ANNOUNCEMENTS

CHALICE LIGHTING

“A Spark of Hope” by Melanie Davis, with addition of the lighting of a candle of hope for the children of the world

OPENING WORDS

Quotation from Judith Herman, M.D.

OPENING HYMN

Hymn #1028: The Fire of Commitment
<https://www.youtube.com/watch?v=f31U8yualmY>

CANDLE OF JOYS & SORROWS

“Ours is a sharing community...”
From the “Book of Life” and our Zoom Chat

AFFIRMATION

This we promise...

OFFERTORY

From you I receive, De toi je reçois...”
Song: “May I Suggest” by Susan Weaver

READING

Further words from Judith Herman, M.D. by Rev. Heather Fraser-Fawcett

REFLECTION

“Unspeakable” by Rev. Heather Fraser-Fawcett

MEDITATION

Words, Silence, Singing Bowl by Rev. Heather Fraser-Fawcett

CLOSING HYMN

Hymn #168: One More Step
<https://www.youtube.com/watch?v=Y6GtbWve9yE>

CLOSING WORDS

May the longtime sun shine upon you

EXTINGUISHING THE CHALICE

“Hope Continues” by Kevin Jagoe

A MOMENT OF SILENCE

POSTLUDE

Go Now in Peace, Allons en paix...

Join us for coffee & conversation in the reception hall

Service Leader – Sari Kelen Technician – Oddbjorn Taraldsvik
Online Greeter – Gabor Matyas

Greeters – Sara Kreps, Nancy Schmidt Refreshments – Caitlin Berry



Lakeshore Unitarian

January 12, 2025

Enter Rejoice and Come In, Venez entrez dans la joie (2x)

*Enter, rejoice and come in
Enter, rejoice and come in
Today will be a joyful day
Enter, rejoice and come in.*

*Venez entrer dans la joie
Venez entrer dans la joie
Ce sera une journée joyeuse
Venez entrer dans la joie.*

Opening Hymn: #1028 *The Fire of Commitment*

*From the light of days remembered burns a beacon bright and clear
Guiding hands and hearts and spirits into faith set free from fear
When the fire of commitment sets our mind and soul ablaze
When our hunger and our passion meet to call us on our way
When we live with deep assurance of the flame that burns within
Then our promise finds fulfillment and our future can begin.*

*From the stories of our living rings a song both brave and free
Calling pilgrims still to witness to the life of liberty
When the fire of commitment sets our mind and soul ablaze
When our hunger and our passion meet to call us on our way
When we live with deep assurance of the flame that burns within
Then our promise finds fulfillment and our future can begin.*

*From the dreams of youthful vision comes a new, prophetic voice
Which demands a deeper justice built by our courageous choice
When the fire of commitment sets our mind and soul ablaze
When our hunger and our passion meet to call us on our way
When we live with deep assurance of the flame that burns within
Then our promise finds fulfillment and our future can begin.*

Affirmation

*This we promise one to another
We shall seek our truth with love
We shall celebrate our lives together
With all our joys and sorrows
Thus may we enjoy the blessings of love among us*

Offertory

*From you, I receive
To you, I give
Together we share
And by this we live*

*De toi je reçois
À toi je donne
Ensemble on partage
Une offrande de vie*

Hymn #168 One More Step

One more step, we will take one more step, 'til there is peace for us and everyone, we'll take one more step.

One more word, we will say one more word, 'til every word is heard by everyone, we'll say one more word.

One more prayer, we will say one more prayer, 'til every prayer is shared by everyone, we'll say one more prayer.

One more song, we will sing one more song, 'til every song is sung by everyone, we'll sing one more song.

Postlude

Go now in peace

Go now in peace

May the joy of love surround you

Everywhere, everywhere you may go

Allons en paix

Allons en paix

Que nos jours soient remplis de

bonheur

Et de joie, et d'amour, pour toujours

Lakeshore Unitarian Announcements			
1.	NEW! Chess for kids/teens (parents welcome too), January 12, 10:00-noon at LUUC	Free chess lessons from professional instructor and chess coach Steve Rosenstein, who has coached 3 national champions! Students can bring their own chess set or use LUUC's sets.	This will be held every month (on the second Sunday of the month) - a special extra Spiritual Exploration activity, in addition to our regular classes. No signup; just come and have fun!
2.	Our Spiritual Exploration January theme is RESOLUTIONS	All children and youth are welcome at 10:30 am every Sunday for this free program. CLICK HERE for the SE webpage.	Principal 3: We accept each other and learn together.
3.	Paul Sullivan is the Care Person for January/February	Please contact Paul if you are struggling and need some support or are concerned about a LUUCer or friend.	You can reach Paul at 514-457-1793 or plsullivan43@gmail.com
4.	Tackling Hunger; Donate Non-Perishable Food	Sunday mornings at LUUC, you can donate to West Island Mission	What to bring?: cereal, peanut butter, pasta sauce, juices, canned goods, rice, peanut butter, etc. Thank you!