



# Lakeshore Unitarian

March 22, 2026

<b>GATHERING MUSIC</b>	<i>Enter Rejoice and Come In, Venez entrez dans la joie (2x)</i>
<b>WELCOME, ANNOUNCEMENTS, INDIGENOUS RECOGNITION OF NATIVE LANDS</b>	
<b>OPENING WORDS</b>	<i>Gary Spiller</i>
<b>CHALICE LIGHTING</b>	
<b>CANDLE OF JOYS &amp; SORROWS</b>	<i>From the "Book of Life" and our Zoom Chat</i>
<b>OPENING HYMN</b>	<i>Hymn #134: Our World Is One World</i>
<b>AFFIRMATION</b>	<i>This we promise...</i>
<b>HYMN</b>	<i>Hymn #1017: Building a New Way</i>
<b>OFFERTORY</b>	<i>"From you I receive, De toi je reçois..."</i>
<b>MUSICAL REFLECTION</b>	
<b>MEDITATION</b>	
<b>PRESENTATION</b>	<i>"Nutrition and the Brain" – Professor Robert Levine</i>
<b>CLOSING HYMN</b>	<i>Hymn #108: My Life Flows on in Endless Song</i>
<b>CLOSING WORDS</b>	
<b>EXTINGUISHING THE CHALICE</b>	
<b>POSTLUDE</b>	<i>Go Now in Peace, Allons en paix...</i>

***Join us for coffee & conversation in the reception hall***

***With Thanks***

*Service Leader*

*Gary Spiller*

*Technician*

*Oddbjorn Taraldsvik*

*Musicians*

*Kerry-Anne Kutz & Michael Cartile*

*Online Greeter*

*Dori Abbott*

*Greeters*

*Jane Edwards & Paul Sullivan*

*Refreshments*

*Rob Lutes*

## **Gathering Music**

*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**

### **No.134 Our World Is One World Words & Music: Cecily Taylor**

*Our world is one world  
What touches one affects us all:  
The seas that wash us roundabout  
The clouds that cover us  
The rains that fall.*

*Our world is one world:  
Its ways of wealth affect us all:  
The way we spend, the way we share  
Who are the rich or poor,  
Who stand or fall?*

*Our world is one world  
The thoughts we think affect us all:  
The way we build our attitudes  
With love or hate  
We make a bridge or wall.*

*Our world is one world  
Just like a ship that bears us all,  
Where fear and greed make many holes  
But where our hearts can hear  
A different call.*

## **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*

*Nous nous promettons ceci, les uns aux  
autres:  
Nous chercherons notre vérité avec  
amour.  
Nous célébrerons nos vies ensemble,  
Avec toutes nos joies et nos peines.  
Ainsi, puissions-nous savourer les  
bénédictions de l'amour entre nous.*

## 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

### **No.1017 Building a New Way**

*Words & Music: Martha Sandefer*

*We are building a new way.  
We are building a new way.  
We are building a new way,  
feeling stronger ev'ry day,  
We are building a new way.*

*We are working to be free.  
We are working to be free.  
We are working to be free  
hate and greed and jealousy  
We are working to be free*

*We can feed our every need.  
We can feed our every need.  
We can feed our every need  
Start with love, that is the seed.  
We can feed our every need.*

*Peace and freedom is our cry  
Peace and freedom is our cry  
Peace and freedom is our cry  
without these this world will die.  
Peace and freedom is our cry.*

## Closing Hymn

### **No.108 My Life Flows On In Endless Song**

**Words & Music: Robert Lowry**

*My life flows on in endless song  
Above earth's lamentation  
I hear the real though far off hymn  
That hails a new creation.  
Through all the tumult and the strife  
I hear the music ringing  
It sounds an echo in my soul,  
How can I keep from singing!*

*What though the tempest round me roars  
I know the truth, it liveth  
What though the darkness round me close  
Songs in the night it giveth.  
No storm can shake my inmost calm  
While to that rock I'm clinging  
Since love prevails in heav'n and earth  
How can I keep on singing!*

*When tyrants tremble when they hear  
The bells of freedom ringing,  
When friends rejoice both far and near,  
How can I keep from singing!  
To prison cell and dungeon vile,  
Our thoughts to them are winging,  
When friends by shame are undefiled  
How can I keep from singing!*

## ***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.	<p><b>Special Film Night:</b> <a href="#">In the Shadow of Gold Mountain</a></p> <p>Organized by the <a href="#">Quebec Association of Geography Teachers and Global Educators</a> and LUUC</p>	<p>Directed by Karen Cho, this film follows her journey from Montreal to Vancouver to speak with the last living survivors of the Chinese Head Tax and Exclusion Act. (National Film Board)</p> <p>Enjoy this powerful film and bring your friends!</p>	<p>Time: <b>Saturday, March 21, 7:30 p.m.</b> Place: <b>Lakeshore Unitarian</b>, 5065 Sherbrooke St., Lachine, Quebec Information: Cameron Gray: <a href="mailto:qagts@yahoo.com">qagts@yahoo.com</a> or Gary Spiller: <a href="mailto:gary_spiller@yahoo.com">gary_spiller@yahoo.com</a> <b>Cost;</b> Freewill offering <b>Refreshments provided</b></p>
2.	<p><b>Lakeshore Community Choir</b></p> <p><b>Benefits: proper posture, effective breathing; produce good tone and beautiful harmonies.</b></p>	<p>This wonderful choir sings in a Holiday and a Spring concert, performs at a Remembrance Day ceremony and for a vigil commemorating the women of the Polytechnique tragedy.</p> <p>Members are often invited to sing, after practices, for <b>LUUC 10:30 a.m. services</b>, but <i>participation in services is optional.</i></p>	<p><b>Rehearsal time:</b> 8:45 - 10:25 a.m. in LUUC hall <b>For information:</b> <a href="mailto:lakeshoreluuc@gmail.com">lakeshoreluuc@gmail.com</a></p> <p><b>No previous experience necessary, and members don't need to know how to read music. Tell your friends!</b></p>
3.	<p><b>Chess</b> for kids/teens (parents welcome too),</p>	<p><b>Free chess lessons</b> 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.</p>	<p><b>Chess</b> meets every <i>third Sunday</i> of the month, from <b>10 a.m. to noon at LUUC</b>. It's a wonderful Spiritual Exploration activity — no signup required, just drop in and have fun!</p> <p>For more information, contact Gary Spiller at <a href="mailto:gary_spiller@yahoo.com">gary_spiller@yahoo.com</a></p>
4.	<p><b>Bread and Beyond</b> sandwich-making session is back!</p>	<p>Join with others to make sandwiches for those in need. All ages welcome!</p>	<p><b>Bread and Beyond</b> is held <i>every third Sunday</i> of the month around noon. For a chance to take part and give back, please contact Gary Spiller at <a href="mailto:gary_spiller@yahoo.com">gary_spiller@yahoo.com</a></p>
5.	<p><b>Sheila Laursen is the Care Person</b> for March &amp; April</p>	<p>If you would appreciate a listening ear, support, or connection.</p>	<p>You can reach Sheila at 514-697-4195 <a href="mailto:sheila.laursen@bell.net">sheila.laursen@bell.net</a></p>
6.	<p><b>Tackling Hunger; Donate Non-Perishable Food</b></p>	<p>Sunday mornings at LUUC, <b>you can donate to <u>West Island Mission</u></b></p>	<p>What to bring?: cereal, peanut butter, pasta sauce, juices, canned goods, rice, peanut butter, etc. Thank you!</p>