

Lakeshore Unitarian

May 24, 2026

GATHERING MUSIC

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

WELCOME, ANNOUNCEMENTS, INDIGENOUS RECOGNITION OF NATIVE LANDS

OPENING WORDS

“We Seek Steadiness” - by Joan Javier-Duval

*As the world shifts beneath us,
we seek steadiness:
the unwavering support of community,
the principled guidance of wise teachings,
the faithful turning of the seasons.*

*We seek within ourselves and in one another
a devotion to all that is true,
all that is just,
all that is beautiful.*

*We gather here to re-ground ourselves
and to re-orient toward our heart's calling.
Here we hold onto what is good,
what we believe,
and what we must do.**

*With resolute and compassionate hearts,
Let us worship together.*

CHALICE LIGHTING

*We light this chalice for the web of life which sustains us,
For the sacred circle of life in which we have our being,
For the Earth, the Sky, Above and Below, and
For our Mother Earth, and for the Mystery.*

CANDLE OF JOYS & SORROWS

From the “Book of Life” and our Zoom Chat

OPENING HYMN

Hymn #1009 - When I Breathe In

AFFIRMATION

This we promise...

HYMN

Hymn #1031 - Filled with Loving Kindness

OFFERTORY

“From you I receive, De toi je reçois...”

MUSICAL REFLECTION

MEDITATION

For All That Is Our Life

*Spirit of Life,
help us to be present with all that is our life,
both our deepest sorrows and our greatest joys,
so that we can truly live:
engaging fully in our own life and in our community.*

*Spirit of Community,
Help us know how linked we are,
how each one of our cares touches us all.
Help us to ask for support when we are in need,
and offer our support to others when we are able,
so that we may rest in the solace of one another's love.*

*Spirit of Love,
And help us to love our neighbor as we love ourselves,
so that we might fully embody love and resist hatred.*

*Spirit of Resistance,
help us to stick up for what is right,
even when we are tired or afraid.
Help us to dream of the world as it should be
and act to bring that world about.
Help us to find hope each day.*

*Spirit of Hope,
Help us through this day and each day.
Help us to be present for all that is our life.
For all this we pray;
amen and blessed be.*

HYMN

Hymn #1052 - The Oneness of Everything

PRESENTATION

"KIRTAN, Chanting the Holy Names" – Sri Krishna Rose

CLOSING HYMN

Hymn #1014 - Life Calls Us On

CLOSING WORDS

“Be About the Work” - by Andrea Hawkins-Kamper

*May we see all as it is, and may it all be as we see it.
May we be the ones to make it as it should be,
For if not us, who? If not now, when?
This is answering the cry of justice with the work of peace,
This is redeeming the pain of history with the grace of wisdom,
This is the work we are called to do, and this is the call we answer
now:
To be the barrier and the bridge,
To be the living embodiment of our Principles,
To be about the work of building the Beloved Community,
To be a people of intention and a people of conscience.*

EXTINGUISHING THE CHALICE

“Connected Points of Brightness” - by Irene Glasse

*As we extinguish our chalice, may we remember
The flame of life in all things,
The bright center of our planet,
The star that lights our our world,
And the way those points of brightness connect
Within us, and within all things.
May we carry the light;
May we share it freely;
May we find it everywhere.*

POSTLUDE

Go Now in Peace, Allons en paix...

Join us for coffee & conversation in the reception hall

With Thanks

Service Leader

Marlo Turner Ritchie

Technician

Oddbjorn Taraldsvik

Musicians

Kerry-Anne Kutz, Michael Cartile

Online Greeter

Gabor Matyas

Greeters

Sara Maclean Kreps, Usha Thorne

Refreshments

Gary Spiller

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. 1009 When I Breathe In
Words & Music: Sarah Dan Jones

*Breathe in, breathe out
Breathe in, breathe out
When I breathe in, I'll breathe in peace
When I breathe out, I'll breathe out love
Breathe in, breathe out
Breathe in, breathe out*

(Repeat as a round)

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.*

Hymn

No.1031 Filled with Loving Kindness

Words & Music: Bob Patrick

May I be filled with loving kindness.

May I be well.

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be whole.

May you be filled with loving kindness.

May you be well.

May you be filled with loving kindness.

May you be well.

May you be peaceful and at ease.

May you be whole.

May we be filled with loving kindness.

May we be well.

May we be filled with loving kindness.

May we be well.

May we be peaceful and at ease.

May we be whole.

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.1052 The Oneness of Everything

Words & Music by Jim Scott

*Far beyond the grasp of hands,
or light to meet the eye, past the reaches of the mind,
There find the key to nature's harmony
in an architecture so entwined.*

*Like the birds whose patterns grace the sky
and carry all who join in love expanding,
The message of peace will rise in flight
taking the weight of the world upon its wings,
In the oneness of everything.*

*Peace is in the dance of trees,
who stir before the first breath of wind is yet perceived
Trust in the song, becoming one with the dance,
and all mysteries can be believed.
Songs of lives long past that touch our own
are written in the earth ever giving,
And now to maintain the harmony
gives to us all lives worth living.
For the oneness of everything.*

*Still we seek to find a truth
that we might understand and reduce to terms defined
Vast and immeasurable time and space
all so overwhelmingly designed.
Oh, passing years just might I know the faith
that winters in the heart to be reborn in spring.
To hear and to feel the pulse of life
enters my soul as a song to sing
Of the oneness of everything.*

Closing Hymn

No.1014 Life Calls Us On

Words & Music: Jason Shelton

*Here in reverence, now we gather
For the blessings we have known,
With a pledge to one another
That we journey not alone.
Joy and sorrow make us wise,
Kin to all that lives and dies;
Love calls us on.*

*Words and deeds of those before us
Waken here to keep us strong;
Blend our voices in the chorus
Of creation's living song*

*Courage bids us lift our eyes
Upward to the shining skies;
Hope calls us on.*

*Loyal guides in love and duty
Lead us with a trusted light;
Blest are they whose inward beauty,
Shows the path of truth and right.
Honor is their earthly prize,
By their work we realize.
Faith calls us on.*

*We have shared a radiant hour,
When the truth has made us free,
And the spirit's gracious power
Dreamed of good that yet shall be.
Bright the path before us lies
Joyful pilgrims now we rise;
Life calls us on!*

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.	Donations for New Hymnals	<p>LUUC invites you to help cover the \$30 cost of one (or more) of our new teal hymnals.</p> <p>Each sponsored book will include a bookplate inscribed with either “Donated by” or “In Memory of.”</p>	<p>For more information, please contact</p> <p>Sheila Laursen at sheila.laursen@bell.net or 514-697-4195.</p>
2.	<p>Lakeshore Community Choir</p> <p>Benefits: proper posture, effective breathing; produce good tone and beautiful harmonies.</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 LUUC 10:30 a.m. services, but <i>participation in services is optional.</i></p>	<p>Rehearsal time: 8:45 - 10:25 a.m. in LUUC hall</p> <p>For information: lakeshoreluuc@gmail.com</p> <p>No previous experience necessary, and members don't need to know how to read music. Tell your friends!</p>
3.	<p>Chess for kids/teens (parents welcome too),</p>	<p>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.</p>	<p>Chess meets every <i>third Sunday</i> of the month, from 10 a.m. to noon at LUUC. 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 gary_spiller@yahoo.com</p>
5.	<p>Bread and Beyond sandwich-making session is back!</p>	<p>Join with others to make sandwiches for those in need. All ages welcome!</p>	<p>Bread and Beyond sandwich making session. <i>Exceptionally</i> for this month, the next sandwich making session is on May 24th. Join with others to make sandwiches for those in need. All ages welcome! For a chance to take part and give back, please contact Gary Spiller gary_spiller@yahoo.com</p>
5.	<p>Caring Person for May & June Paul Sullivan **from 9th to May 23rd please contact Constance Belanger</p>	<p>If you would appreciate a listening ear, support, or connection.</p>	<p>You can reach Paul at 514-457-1793 plsullivan43@gmail.com</p> <p>You can reach Constance at 438-396-6694 constancebelan@gmail.com</p>
6.	<p>Tackling Hunger; Donate Non-Perishable Food</p>	<p>Sunday mornings at LUUC, you can donate to <u>West Island Mission</u></p>	<p>What to bring?: cereal, peanut butter, pasta sauce, juices, canned goods, rice, peanut butter, etc. Thank you!</p>



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

