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

Lakeshore Unitarian

Lakeshore Unitarian
LUUC.org

November 1, 2026

GATHERING MUSIC	***Enter Rejoice and Come In, Venez entrez dans la joie (2x)***
WELCOME, ANNOUNCEMENTS, INDIGENOUS RECOGNITION OF NATIVE LANDS	
OPENING WORDS	***Gary Spiller***
CHALICE LIGHTING	
CANDLE OF JOYS & SORROWS	***From the "Book of Life" and our Zoom Chat***
OPENING HYMN	***Hymn #134: Our World Is One World***
AFFIRMATION	***This we promise…***
HYMN	***Hymn #159: This Is My Song***
OFFERTORY	***"From you I receive, De toi je reçois…"***
MUSICAL REFLECTION	
MEDITATION	
PRESENTATION	***"International Men's Shed Network" – Danny Williams***
CLOSING HYMN	***Hymn #1017: Building a New Way***
CLOSING WORDS	
EXTINGUISHING THE CHALICE	
POSTLUDE	***Go Now in Peace, Allons en paix…***

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	***Usha Thorne, Sheila Laursen***
Refreshments	***Sari Kelen, Jane Edwards***

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

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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.159 - This Is My Song
Words & Music by: Lloyd Stone

This is my song, O God of all the nations,
A song of peace for lands afar and mine.
This is my home, the country where my heart is;
Here are my hopes, my dreams, my holy shrine;
But other hearts in other lands are beating
With hopes and dreams as true and high as mine.

My country's skies are bluer than the ocean,
And sunlight beams on clover leaf and pine;
But other lands have sunlight too, and clover,
And skies are everywhere as blue as mine.
O hear my song, thou God of all the nations,
A song of peace for their land and for mine.

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

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Closing 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.

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

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Lakeshore Unitarian Announcements			
1.	**Chess** for kids/teens (parents welcome too),	**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.	**Chess** meets every *third Sunday* of the month. **From 10:00 a.m. to noon at LUUC** It's a wonderful Spiritual Exploration activity — no signup required, just drop in and have fun! For more information, contact Gary Spiller at gary_spiller@yahoo.com
2.	**Bread and Beyond** sandwich-making session is back!	Join with others to make sandwiches for those in need. All ages welcome!	**Bread and Beyond** is held *every third* Sunday of the month around noon. **Our first sandwich making session of the season is this Sunday, September 20th, after the service.** For a chance to take part and give back, please contact Gary Spiller at gary_spiller@yahoo.com
3.	**Tackling Hunger; Donate Non-Perishable Food**	We are continuing our tradition of helping tackle food insecurity. Please donate non-perishable food items on 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!
4.	**Yoga with Usha and Milda**	Yoga will be held on Saturdays at 4 p.m. in the loft at Lakeshore Unitarian.	**$10** per class. Please contact: sanskritsoccermom@gmail.com

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Community Announcements			
1.	**Norwegian Christmas Sale**	Get into the holiday spirit with a little taste of Norway! Discover Norwegian food treats, beautiful knitted goods, pewter treasures, jewellery, unique souvenirs, and a charming vintage table—perfect for Christmas shopping or treating yourself. Come browse, find something special, and bring a little Norwegian Christmas magic home!	**When:** Friday, **November 13 (5 – 9 p.m.)** and **Saturday, November 14 (10 – 3 p.m.)** **Where:** Lakeshore Unitarian Main Hall
2.	**The Big Choir Sing Off – Le Grand Chant**	LUUC has been invited to participate in this second annual choir fundraiser in support of the **Lakeshore General Hospital Foundation.** Choirs and music groups are invited to take part in an evening celebrating music and community. Everyone is also welcome to attend and enjoy the performances!	**Date:** Friday, November 6, 2026 **Time:** 7:00–9:00 p.m. (approximately) **Location:** Paroisse Saint-Joachim de Pointe-Claire **2 Avenue Sainte-Anne, Pointe-Claire, QC H9S 4P5** Tickets at the door **(cash only):** **Ages** 13+: $30 **Ages** 12 and under: $10
3.	**Summerlea 2-Day Book Sale**	Book lovers, stock up! Our neighbours at Summerlea United Church are holding their big two-day book sale. Come browse and find your next great read.	**When:** Friday, November 13 and Saturday, November 14 **(9 a.m. – 2 p.m.)** **Where:** Summerlea United Church, 225 – 50th Ave., Lachine **Please plan to pay with cash.**