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

Lakeshore Unitarian
LUUC.org

Lakeshore Unitarian

November 15, 2026

GATHERING MUSIC	***Enter Rejoice and Come In, Venez entrez dans la joie (2x)***
WELCOME, ANNOUNCEMENTS, INDIGENOUS RECOGNITION OF NATIVE LANDS	
OPENING WORDS	
CHALICE LIGHTING	
CANDLE OF JOYS & SORROWS	***From the "Book of Life" and our Zoom Chat***
OPENING HYMN	***Hymn #205 - Amazing Grace***
AFFIRMATION	***This we promise…***
HYMN	***Hymn #169 - We Shall Overcome***
OFFERTORY	***"From you I receive, De toi je reçois…"***
MUSICAL REFLECTION	
MEDITATION	
PRESENTATION	***"Remembering and Honouring" – Dori Abbott & Jose Van Amerongen***
CLOSING HYMN	***Hymn #123 - Spirit Of Life***
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	***Paul Sullivan***
Technician	***Oddbjorn Taraldsvik***
Musicians	***Kerry-Anne Kutz & Michael Cartile***
Online Greeter	***Gabor Matyas***
Greeters	***Sheila Laursen, Chris Bassett***
Refreshments	***Gary Spiller***

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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.205 - Amazing Grace

Words & Music: John Newton

Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost but now am found,
was blind but now I see.

'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!

Through many dangers, toils, and snares,
I have already come;
'tis grace that brought me safe thus far,
and grace will lead me home.

When we've been there ten thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we'd first begun.

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.

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Hymn

No.169 - We Shall Overcome

Words & Music: African American spiritual

We shall overcome,
we shall overcome,
we shall overcome someday!
Oh, deep in my heart I do
believe
we shall overcome someday!

We'll walk hand in hand,
we'll walk hand in hand,
we'll walk hand in hand
someday!
Oh, deep in my heart I do
believe we'll walk hand in
hand someday!

We shall all be free,
we shall all be free,
we shall all be free someday!
Oh, deep in my heart I do believe
we shall all be free someday!

We shall live in peace,
we shall live in peace,
we shall live in peace someday!
Oh, deep in my heart I do believe
we shall live in peace someday!

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

Closing hymn

No.123 - Spirit Of Life / Source De Vie

Words & Music: Carolyn McDade

Spirit of Life,
come unto me.
Sing in my heart
all the stirrings of compassion.

Blow in the wind,
rise in the sea,
move in the hand,
giving life the shape of justice.

Roots hold me close,
wings set me free,
Spirit of Life,
come to me, come to me.

Source de vie,
viens comble moi,
chante dans mon coeur
réveillant mon humanité.

Souffle dans le vent,
vogue sur la mer,
coule dans mes mains,
vie d'espoir et de justice.

Terre nourris moi,
ciel emporte moi,
Source de vie,
viens vers moi, viens vers moi.

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