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

Lakeshore Unitarian
LUUC.org

Lakeshore Unitarian

November 22, 2026

GATHERING MUSIC	***Enter Rejoice and Come In, Venez entrez dans la joie (2x)***
WELCOME, ANNOUNCEMENTS, INDIGENOUS RECOGNITION OF NATIVE LANDS	
OPENING WORDS	***"Sharing Our Faith", by the Canadian Unitarian Council***
CHALICE LIGHTING	***"A Reminder of What We Share", by Pat Uribe-Lichty***
CANDLE OF JOYS & SORROWS	***From the "Book of Life" and our Zoom Chat***
OPENING HYMN	***Hymn #128: For All That Is Our Life***
AFFIRMATION	***This we promise…***
HYMN	***Hymn # 347: Gather the Spirit***
OFFERTORY	***"From you I receive, De toi je reçois…"***
MUSICAL REFLECTION	***Kerry-Anne Kutz***
MEDITATION	***"The Six Blind Men and the Elephant" by John Godfrey Saxe (Based upon a Hindu Proverb)***
PRESENTATION	***"Sharing Our Faith: UU Evangelism" – Calogero Cumbo***
CLOSING HYMN	***Hymn #1028: The Fire of Commitment***
CLOSING WORDS	***"To act so that our empathy is evident wherever we go—that's the object." By David Hicks MacPherson***
EXTINGUISHING THE CHALICE	
POSTLUDE	

Join us for coffee & conversation in the reception hall

With Thanks

Service Leader	***Sheila Laursen, Sari Kelen***
Technician	***Oddbjorn Taraldsvik***
Musicians	***Kerry-Anne Kutz & Michael Cartile***
Online Greeter	***Gabor Matyas***
Greeters	***Andrea Duncan, Jane Edwards***
Refreshments	***Mabel Ruscitti, Paul Morin***

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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.128 - For All That Is Our Life

Words & Music: Bruce Findlow

For all that is our life
we sing our thanks and praise;
for all life is a gift
which we are called to use
to build the common good
and make our own days glad.

For needs which others serve
for services we give,
for work and its rewards,
for hours of rest and love;
we come with praise and thanks
for all that is our life.

For sorrow we must bear,
for failures, pain and loss,
for each new thing we learn,
for fearful hours that pass:
we come with praise and thanks
for all that is our life.

For all that is our life,
we sing our thanks and praise,
for all life is a gift
which we are called to use
to build the common good
and make our own days glad.

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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.347 - Gather the Spirit
Words & Music: Jim Scott

Gather the spirit, harvest the power.
Our separate fires will kindle one flame.
Witness the mystery of this hour.
Our trials in this light appear all the same

Gather in peace, gather in thanks.
Gather in sympathy now and then.
Gather in hope, compassion and strength.
Gather to celebrate once again.

Gather the spirit of heart and mind.
Seeds for the sowing are laid in store.
Nurtured in love and conscience refined,
With body and spirit united once more.

Gather in peace, gather in thanks.
Gather in sympathy now and then.
Gather in hope, compassion and strength.
Gather to celebrate once again.

Gather the spirit growing in all,
Drawn by the moon and fed by the sun.
Winter to spring, and summer to fall,
The chorus of life resounding as one.

Gather in peace, gather in thanks.
Gather in sympathy now and then.
Gather in hope, compassion and strength.
Gather to celebrate once again.

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.1028 - The Fire of Commitment

Words & Music: Samuel Anthony Wright

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.

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.	**Lakeshore Unitarian Universalist Congregation** **Notice Of Special Congregational Meeting**	Voting members of the Lakeshore Unitarian Universalist Congregation are called to a special meeting immediately following the Worship Service (on Zoom and in-church)	This will take place on **Sunday November 22, 2026**
2.	**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
3.	**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
4.	**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!
5.	**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