GATHERING IN THE SPIRIT

Music for Meditation

Gathering Song

We are standing on holy ground.
We are standing on holy ground.
God has called we are journey bound,
Standing on, standing on holy ground.
-words and music: Marc and Judy Hafso

Welcome

Territorial Acknowledgement

We acknowledge that we are occupying unceded land of the Coast Salish, Lekwungen speaking people who have been sustained in body, mind and spirit through their relationship with this land for thousands of years.
I am grateful to be part of a congregation that is hearing the call to continue learning of our colonial history and the on-going impacts of our privilege, and taking up the challenging and healing work toward reconciliation.

Lighting the Christ Candle

Opening Prayer

Wondrous God, Womb of Life,
how does the creature say *thanks …*
for the stars, the planets, the sun and the moon,
the fertile earth and all the springs from it.
We praise you for the gift of life
and all the gifts that sustain and heal and inspire us …
for friends – human and more than human, for beauty,
for help through hard times,
for all your good gifts.
O Holy One from whom all blessings flow,
as we awaken to your goodness,
may the gratitude of our hearts rise to bless you this day.
Amen

Hymn VU 226 For the Beauty of the Earth

Sharing the Peace of Christ

Harvest reflection – Cori Enns

"Simple Gifts" ~ Shaker Song

SHARING THE GOOD NEWS

Scripture reading: Psalm 104: 1, 10-24
Reflection

Meditation on Breathing – words and music: Sarah Dan Jones

"Thanksgiving Address" (Words that come before all else)

Meditation on Breathing
Breathe in Breathe out

When I breathe in, I breathe in peace
When I breathe out, I breathe out love

When I breathe in, I breathe in peace
When I breathe out, I breathe out love

RESPONDING WITH OUR WHOLE HEARTS

Prayers of the People
response: **For this, we thank you**

Offering our Gifts (*offering plates available at each door)*

All good gifts around us are sent from heaven above;
we thank you God, O holy God, for all your love.
-VU 520 words: Matthias Claudius; music: Johann P Shultz

GOING OUT TO SERVE

Hymn VU 227 For the Fruit of All Creation

Commissioning and Blessing

Response

Like a rock, like a rock, God is under our feet.
Like a starry night sky, God is over our head.
Like the sun on the horizon, God is ever before,
Like a river runs to ocean, our home is in God evermore.

-Mv 92 words: Keri Wehlander, music: Linnea Good

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James Bay United Church

Following in the way of Jesus
on the journey inward
and the journey outward

October 9, 2022
Thanksgiving Sunday

Season of Creation



THIS WEEK AT JAMES BAY UNITED CHURCH:



Tuesday, October 11
Jazz at the Church 7-8:30pm
Visit www.jamesbayunited.com
Events page for more info
Masks required on the main floor, masks optional in balcony.
Admission by donation
($20 suggested donation)

In person with Mayor Lisa Helps
THIS THURSDAY 7pm at James Bay United Church
We have invited Mayor Lisa Helps to come and speak with us about how we can be supportive in furthering the important work toward reconciliation which the Victoria City Family has begun. Our time with Mayor Helps will also give us the opportunity to say thank you for her leadership that has been instrumental in moving our city forward, and many of us personally, in the work of reconciliation with the people of the Songhees and Esquimalt Nations.In preparation for this conversation, please pick up a copy of the City Family calls to action from both exits (yellow sheet) AND share word of this gathering with those who also want to move forward.
Masks are encouraged on the main floor, and optional in the balcony.

Public talk on the Art of Tai Chi with Eric Tuttle
Friday, October 14, 7:30 PM
James Bay United Church, Lower Hall

Friday, Oct. 14 - JBUC Thrift Shop Open 10am – 1pm
Saturday, Oct. 15 - JBUC Thrift Shop Open 10am – 1pm
Donations Received:
Wednesday, Thursday, Friday, Saturday 10am - 12noon.
MASKS REQUIRED

ANNOUNCEMENTS

OUR RESILIENT HEART:
Caring for ourselves in troubling times: 4 - 90 min ZOOM sessions
Sundays - 2:30 - 4 pm - October 2, 16, 23, 30
A combination of Mindfulness and Compassion practices
No meditation experience necessary
Leadership: Kam McKim, Meditation and Mindful Movement teacher, a student of Jack Kornfield & Tara Brach
To register (it's free!) and for more information contact Kam: wbmckim108@gmail.com
An offering of the Life Long Learning Ministry of James Bay United Church

James Bay United Church - Artist Gatherings
3 Saturdays from 2 – 4:30 pm – JBUC Lower Hall
October 15, November 12, December 10
This is a time for us to make art together.
Please bring a mask as you may want to wear one
Please RSVP by signing up on our website events page www.jamesbayunited.com *or leave a message at 250-384-5821 to confirm your attendance.*
This is an offering from the Arts Ministry of James Bay United Church

***Qigong* and *Taijiquan* (Tai Chi) with Curtis Nadj**
An introductory course in the traditional arts of *Qigong* and *Taijiquan*(aka Tai Chi) with teacher Curtis Nadj.
Beginning **Wednesday, October 12 at 9AM and ongoing**, this class will offer participants the opportunity to explore the practices of *Qigong* and *Taijiquan* from the very foundation to cultivate a personal practice of physical and emotional health and well-being and the opportunity to learn from a unique and valuable lineage in unbroken cultural tradition.
Wednesday, October 12, 9AM – 10:30AM
James Bay United Church, Lower Hall
$45 suggested donation/month