

Presiding: Colleen Nichol  
Music Minister: Jennifer Turner

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Welcoming Music

### GATHERING IN THE SPIRIT

Gathering Song: ~ Sarah Dan Jones ~

♪ **Breathe in, breathe out.**

♪ **When I breathe in, I breathe in Peace.  
When I breathe out, I breathe out love.**

Welcome

Territorial Acknowledgement

**We gather on land that sustained bodies, hopes, and dreams long before the Kosapsum and Songees encountered others from far away. And so we recommit to a journey toward reconciliation, one that is not easy.**

Lighting the Christ Candle

Opening Prayer

**O God of mystery,**

**You are the essence of all life.**

**Deep within each one of us and within the sacred body of Earth is your divine wisdom.**

**Deep within each one of us is your creativity.**

**Deep within us and within the natural world are your healing energies, calling us back into wholeness and oneness with one another,**

**returning us to true relationship with You, the source of well-being at the heart of all things.**

**Praise be to you, O God!**

**AMEN**

*(inspired by J. Philip Newell)*

Hymn VU 409 Morning Has Broken

### SHARING THE GOOD NEWS

Passing the Peace of Christ

Opening to the Word

~ VU 411 ~

♪ **O God we call, O God we call,  
From deep inside we yearn,  
From deep inside we yearn for you.**

Scripture Reading: 1John 4: 11-12; Colossians 3:11, 12, 14  
Read by: Colleen Nichol

Reflection: *Julian of Norwich – Seeking Wellness and Oneness*  
– Owen McCooley

Hymn MV 44 Shadow and Substance

### RESPONDING WITH OUR WHOLE HEARTS

Prayers of the People

Sung chant:

~ Steven C. Warner ~

♪ **All will be well, and all will be well,  
all manner of things will be well.**

Offering

Offertory Response

~ Bret Hesla ~

♪ **Praise to God,  
who has spun the threads of being,  
And turns the universe before my eyes.  
Who has woven this tangled web of beauty  
That binds me to the earth and sky.**

Announcements: Work of the People

## GOING OUT TO SERVE

Hymn VU 295 The Earth and All Who Breathe (Vs. 1 & 3)

Commissioning and Blessing

Response:

~ Linnea Good ~

♪ **In God we live and move,  
In God we have our being,  
In God we shall remain,  
In God is our abiding.**

## James Bay United Church

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

**July 12, 2026**

## Pride Sunday & Summer Light 1: Seeking Wellness



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