

GATHERING IN THE SPIRIT

Music for Meditation

Gathering song VU 402 vs. 2

♪♪ We are one as we share,
as we share brokenness and fear,
in the touch of a hand there's a sense that God is here.
We are one as we care, as we heal we are healed
and we share warmth in God's embrace,
As we pray together in this place.

Welcome

Territorial Acknowledgement

We acknowledge that we are occupying unceded land of the Strait Salish, ləkʷəŋən 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.

Call to Worship

Lighting the Christ Candle: Carol Garceau & Howard Clark*
One: and this we know:

All: We are not alone, thanks be to God

Hymn: MV 12 Come Touch our Hearts vs.1-4

Sharing the Peace

Beginning from the heart we invite each of us to greet one another by holding our hands out in front of us and sending loving energy to one another across space.
Then, we turn our palms upwards so that we can receive the loving energy of others and bring it back to the heart.

Opening to the word MV 221

♪♪ We are walking a path of hope x3 Lead us home x2
We are walking a path of love x3 Lead us home x2

SHARING THE GOOD NEWS

Scripture readings: Matthew 9:20-22, John 9:1-3, 6-7
Read by: Sarah Hovey

Reflection: Spirit Stories

Healing Pathway Practitioners speak - Linda Duarte

Healing Pathway Receivers share - Joanne Keelan

RESPONDING WITH OUR WHOLE HEARTS

Singing - Light of Christ

♪♪ Light of Christ shine in and through me.
Light of Love be with me now
Take these hands, healing hands
Light of Christ flow through me now

Meditation - Sharon Moon*

Sharon Moon will lead a meditation and invite all Healing Pathway practitioners, current and past to encircle the congregation and send healing heart energy to the gathered community.

Hymn: MV 144 Like a healing stream

Prayers of the People - Cheryl Macpherson

... and we pray the Prayer Jesus taught us

**Our Father/ Mother in heaven, hallowed be your name,
your kingdom come, your will be done
on earth as in heaven.
Give us today our daily bread.
Forgive us our trespasses
as we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil,
for the kingdom, the power and the glory are yours,
now and forever. Amen**

Offering Ourselves with our Gifts

Response: MV 151

♪♪ Your will be done, be done on earth x 3
Your will be done on earth,
Your will be done on earth.

GOING OUT TO SERVE

Hymn: VU 87 I am the Light of the World

Commissioning and Blessing: Eric Wright

Response: VU 964

♪♪ Go now in peace, Go now in peace
May the love of God surround you
Everywhere, everywhere you may go

VU 402 Words: Doreen Lanksbear-Smith 1988. Music: Jeeva Sam 1987, arr. David Kai 1995. Words © 1988 Doreen Lanksbear-Smith. Music © 1995 Jeeva Sam. Arrangement © 1995 David Kai.
MV 12 Words and music: Gordon Light, 2002; arr. Andrew Donaldson, 2002. Words and music © Common Cup Company. www.commoncup.com. Arrangement © by Andrew Donaldson.
MV 221 Words and Music: © Janet Bauman Tissandier, VU 144 Words and music Bruce Harding, 2003. © 2003 www.evensong.ca.
MV 151 Words and music: traditional song, South African, as taught by George A Mxadana; English trans. George A. Mxadana. English translation © 1996 General Board of Global Ministries,
VU 87 Words and music Jim Strathdee 1967. © 1969 Desert Flower Music.
VU 964 Words and music © 1976, Hinshaw Music, Inc.
Light of Christ. Words and music: Pat Mayberry © 2020.
Arrangement: David Kai © 2020.

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Minister: Greg Powell greg.a.powell@gmail.com
Music: Jennifer Turner music.jamesbayunited@gmail.com
Office Administrator: Vanya Smith jbuchurch@gmail.com
Communication: communication.jbuc@gmail.com
Arts Ministry: Kelby MacNayr arts.jbuc@gmail.com
Office phone: 250-384-5821
Website: www.jamesbayunited.com

James Bay United Church

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

APRIL 14, 2024

"We Are One"



Healing Pathway Ministry

This Week at James Bay United Church

April 15, - April 22, 2024

Monday, April 15 - Community Guitar Class aka Guitar Jam with Aaron Watson www.jamesbayunited.com Classes approx.. \$12/ class payable either by drop-in or term registration.

Tuesday, April 16 Tuesday Night Jazz. 7pm Sanctuary
Everyone Welcome! Admission by donation (\$20 suggested)

Wednesday, April 17 9-10:30 in the lower hall
Tai Chi and Chi Kung with Curtis Nadj - \$45/month
Weekly drop-in Meditation

Wednesday's, 7pm - 8:30pm Community Choir
Each week, join Christine Chepyha as we create a new choral community in our neighbourhood. New members always welcome.

Thursday, April 18 JBUC Thursday Morning Prayer
It's about beginning the day, along with others, in a way that centers and grounds us in Love's presence. We'll begin at 8 am, concluding around 8:20. **Online & zoom**

Thursday, April 18 Centering Prayer 1-2pm
All are welcome, especially those with a centering prayer practice. **Online & zoom** www.jamesbayunitedchurch

Every Thursday Community Lunch lower hall
1 – 2:30pm. Come in and enjoy a free hosted lunch with the warmth of the James Bay community.

Friday, April 19 Tai Chi Class with Curtis Nadj - \$30/ month on Friday mornings in the Lower Hall.
Chen Style from 9-10 am and Yang from 10-11

Friday, April 19 & Saturday April 20:
JBUC Thrift Shop Open 10am – 1pm
Donations Received:
Wed., Thurs., and Sat. 10am - 12noon.

Saturday April 20: Artist Gathering with Sarah Hovey
2:00 – 4:00pm in the lower hall.

This is a time for us to make art together.

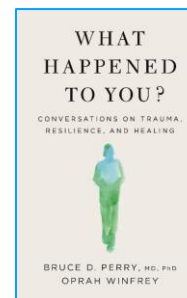
All are welcome, whatever your medium of expression painting, embroidery, drawing, collage, colouring, poetry...

Very important: Please bring all your own art supplies

We will have tables set up in the Lower Hall, which is reached at the back of the church, down the ramp or the stairs. This is a free event.



Reflections are part of worship at JBUC. What is in your heart and on your mind that you would like to share? The Worship Team will be giving leadership in worship regularly for the next while and this is an opportunity for you to learn some skills so that you could share through offering the reflection. The second workshop will now take place after church on **Sunday, April 28th** focusing on putting skills learned from the first session into practice. Charlotte Caron who taught preaching for many years will offer the workshops. Let her know if you are planning to come or if you have questions at charlottedaystar@gmail.com



New in the JBUC library this week, a book in recognition of the work of Healing Pathways

What Happened to You? Conversations on Trauma, Resilience, and Healing
This book is presented as a conversation between the authors, Bruce D. Perry, M.D. Ph.D. and Oprah Winfrey and explores,

among other topics, how childhood experiences shape our lives and relationship. It offers insights and tools to nurture healing, resilience, and self-awareness. The main purpose of the book is to shift conversations away from 'what is wrong with you?' to 'what happened to you?' There is plenty of hope, with an explanation of post-traumatic wisdom and how people can have the capacity to heal from huge trauma.



Healing Pathway

Sacred words for Contemplation

Spiritual Medics. I think you and I have been recruited as spiritual medics. We may not have asked for the job, but under the current circumstances we have been pressed

into service. It is a tough world out there. Socially, economically and politically, people are struggling around us. People are anxious, angry, and afraid. They are divided and uncertain. Conflicts are increasing. Into this reality the spiritual medic is called upon, again and again, to risk being a target in order to bring a healing word, to risk the safety of familiar trenches to stand on open ground for the sake of peace. We won't win any medals, but a lot of people are going to be glad we were there when they needed a little help believing in tomorrow.

- **“Ladder to the Light, An Indigenous Elder’s Meditations on Hope and Courage.”**
by Steven Charleston

Introductions: *

Howard Clark is an active retired person who has been in church community since he was born. He moved from the UK to Ontario in 1971 and Canada has been his home ever since, with children and grandchildren living here. The Healing Pathway Ministry has been a passion and focus for the past 23 years.

Sharon Moon is a retired United Church minister living in Ottawa where she is coordinator of the Healing Pathway Practice at First United. Sharon has been an instructor for over a decade and serves on the Coordinating Circle of the Society. She has authored three books on healing meditation, *Healing Oasis*, *Return to the Healing Oasis*, and *Paysages de Guérison*.



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