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Prelude

Chime

Words of Welcome

Land Acknowledgement

Life of the Congregation

Chalice Lighting

As we light our chalice,  
May its flame kindle within us  
The warmth of compassion  
The glow of love  
The fire of commitment  
and the light of truth.

Opening Hymn #1054

Let this be a House of Peace

Call to Worship

Covenant

Love is our doctrine  
The quest for truth is our sacrament  
and service is our prayer  
To dwell together in peace  
to seek knowledge in freedom  
to serve Life,  
To the end that all souls shall grow  
into harmony with the Divine —  
thus do we covenant with each other  
and with All.

Time for All Ages

*Visiting Feelings*

Centring Music #

*Winds be Still*

Meditation Sequence	<i>Emotions are our Teachers</i>
Joys & Sorrows	
Song of Response #123	<i>Spirit of Life</i>
Reading	
Pre-Sermon Hymn #1002	<i>Comfort Me</i>
Sermon	<i>Name that Feeling</i>
Choir Anthem / Music	
A Call to Generosity	
Closing Hymn #1007	<i>There's a River Flowin' in My Soul</i>
Benediction	
Chalice Extinguishing	
Postlude	

### **Discussion Question**

What did you learn about feeling, expressing, and managing emotions as a child? Was this helpful or not? Why?

### **Worship Participants**

Interim Lead Minister	RevJ Kwong
Worship Leader	Terri Marks
Pianist	Gregory Oh
A/V Engineer	Matt Rideout
Testimony	Jill Caskey
Director of Lifespan Religious Education	Angela Klassen
Director of Congregational Music	Dallas Bergen
Director of Administration	Mary Anne Roche
Co-Presidents of the Board of Directors	Tanya Cothran & Chris Lee