



*Image credit: Daphne Richard via unsplash.com*

## Every Breath We Take

*Karen Bartlett*

*In-person and live streamed from the Sanctuary – July 21, 2024*



---

# WHAT'S HAPPENING TODAY?

---

**10 am:** Meditation Group (Meditation Room)

**10:45/11 am – 12:15 pm:** Children's Religious Education (Lindsey-Priestley/Fireside)

**11 am:** Sunday Service (Sanctuary)

---

## WANT TO LIGHT A CANDLE?

---

Silent candles can be lit anytime at the front of the Sanctuary. Community Candles are read from the book of Joys & Concerns in the Foyer and from the Live Chat on YouTube during the service. Requests for candles can also be submitted in advance at <https://vanu.ca/candles> (before 9am Sunday). A candle with an orange ribbon is always lit during our worship services in remembrance of the countless indigenous children who died at residential schools, the survivors and their families.

---

## TODAY'S OUTREACH OPPORTUNITIES FUND RECIPIENT

---



The Outreach Opportunities Fund (OOF) recipient for July-October will be the Highs and Lows Choir (<https://highsandlowschoir.ca/>). The Highs and Lows Choir is a peer-managed four-part choral group that seeks to promote mental health and wellness by providing folks with lived experiences of mental health issues with access to low-barrier choral singing, musical activities and instruction.

For more information about the Outreach Opportunities Fund, visit:

<https://vanu.ca/services/outreach-opportunities-fund/>

---

# CELEBRATION OF WORSHIP: 11:00AM, JULY 21, 2024

---

**Prelude**                      *Again*                      Dorcas Cochran & Lionel Newman  
   *Spring is Here*                      Lorenz Hart & Richard Rogers  
   *Try a Little Tenderness*                      Harry Woods, Jimmy Campbell, &  
      Reg Connelly  
      Performed by Lia Wolfe

**Words of Welcome & Land Acknowledgement**                      Tamiko Suzuki

**Greeting Our Neighbours**

**Opening Words**                      Karen Bartlett

**Kindling the Chalice Flame**                      Karen Bartlett

**Opening Hymn**                      **STLT #30: *Up Above My Head***

**Time For All Ages**                      *The Wind and the Trees*                      By Todd Stewart  
      Told by Karen Bartlett

*Let's sing the children out... "Go now in peace..."*

**Offering**                      Tamiko Suzuki

**Offertory**                      *Ebb Tide*                      Carl Sigman & Robert Maxwell  
      Performed by Lia Wolfe

We continue to support the work of this congregation and our outreach opportunities recipient through an online offering. You may use **text-to-give** now (Simply text an amount to 778-771-1707 to get started today, or visit <http://ucv.im/give> for more information!) or **donate online** through our secure Breeze interface.

**Community Candles**

**Meditation/Prayer**                      Karen Bartlett, with Lia Wolfe

*When I breathe in, I breathe in Peace; When I breathe out, I breathe out Love*

**Musical Response**                      *Gymnopedie #1 (1888)*                      Erik Satie  
      Performed by Lia Wolfe

**Homily**                      *Every Breath We Take*                      Karen Bartlett

**Closing Hymn**                      **STLT #123: *Spirit of Life***

**Closing Words & Extinguishing the Chalice Flame**                      Tamiko Suzuki

---

# VANCOUVER UNITARIANS MINISTER & STAFF

---

<b>MINISTER</b>	Rev. Shawn Gauthier
<b>DIRECTOR OF LIFESPAN FAITH DEVELOPMENT</b>	Kiersten Moore
<b>DIRECTOR OF ADMINISTRATION</b>	Casey Wallace
<b>MEMBERSHIP OUTREACH COORDINATOR</b>	Derrick O'Keefe
<b>CHILDREN &amp; YOUTH PROGRAM COORDINATOR</b>	Olivia Hall
<b>OFFICE COORDINATOR</b>	Marcus Hynes
<b>BOOKKEEPER</b>	Gordon Lowe
<b>CHOIR DIRECTOR</b>	David Buchan
<b>MUSIC DIRECTOR</b>	Elliott Dainow
<b>TECH DIRECTOR</b>	Christian Malcolm
<b>HEAD CARETAKER</b>	Paul Nash
<b>CASUAL CARETAKERS</b>	Chelsey Silveira, Vivian Davidson, Edgar Silveira, Abubakar Formuly, Mojave Adin
<b>LAY CHAPLAINS</b>	Cheryl Amundsen, Karen Bartlett, Laureen Stokes
<b>MINISTER EMERITUS</b>	Rev. Dr. Steven Epperson

The flowers this week have been provided by **Diane Donaldson**.

The artwork on display in the Sanctuary has been provided by **Ralph Sears**.



## Vancouver Unitarians

949 West 49 Avenue, Vancouver, BC V5Z 2T1

**Regular Office Hours:** Monday to Thursday, 9:30 am to 2 pm

**Telephone:** 604-261-7204 **Email:** [info@vanu.ca](mailto:info@vanu.ca) | **Web:** [www.vanu.ca](http://www.vanu.ca)

**Facebook:** [facebook.com/vancouverunitarians](https://facebook.com/vancouverunitarians) | **Instagram:** [instagram.com/vancouverunitarian](https://instagram.com/vancouverunitarian)