

Paula Froyland

Lutheran Church of the Cross of Victoria

November 8, 2025 – 1:00 PM

GATHERING

Prelude Music *All page numbers and hymns found in red book*

Welcome and Acknowledgement of Lands

Thanksgiving for Baptism Page 280

Gathering Song *Lord Jesus You Shall Be...* **No. 808**

Greeting The grace of Jesus Christ, the love of God,
and the communion of the Holy Spirit be
with you all. **And also with you.**

Prayer of the Day

Words of Tribute *Grant Froyland, Cory-Ann Akdag,
Annalise Jones, Kirsten Froyland,
Peter Froyland*

WORD

First Reading Ecclesiastes 3:1-13

Psalm 23 *see other side*

Second Reading 1 Corinthians 13:1-13

Gospel Reading John 13:34-35

Sermon

Hymn of the Day *Lift Every Voice and Sing* **No. 841**

The Apostles' Creed Page 282

Prayers God of mercy, **hear our prayer.**

Great Thanksgiving Page 129

Holy Page 130

The Lord's Prayer Page 134

Lamb of God Page 135

Communion Songs *Amazing Grace* **No. 779**

My Life Flows On... **No. 763**

Solo

SENDING

Commendation

Page 283

Blessing

Sending Song

On Our Way Rejoicing

No. 537

Reception

*Everyone is welcome to join a reception following the Committal in
the Upper Hall, organized by Women in Faith.*

Psalm 23

R: The Lord is my shepherd, I shall not be in want.

¹The LORD ¹ is my shepherd;
I shall not ¹ be in want.

²**The LORD makes me lie down ¹ in green pastures
and leads me be- ¹ side still waters.**

³You restore my ¹ soul, O LORD,
and guide me along right pathways ¹ for your name's sake. **R**

⁴**Though I walk through the valley of the shadow of death, I
shall ¹ fear no evil;**

**for you are with me; your rod and your staff,
they ¹ comfort me.**

⁵You prepare a table before me in the presence ¹ of my enemies;
you anoint my head with oil, and my cup is ¹ running over.

⁶**Surely goodness and mercy shall follow me all the days ¹ of
my life,**

and I will dwell in the house of the ¹ LORD forever. R

Ministers in Worship

Presider

Rev. Lyndon Sayers

Assisting Minister

Boston Laferté

Musicians

Lorna Bjorklund, DJ McGrath

Altar Guild

Marge Adams, Iris Schoffer

Communion Assistants

Emma Ristau, Jacob Ristau

Ushers

Donna Delaney, Murray Nelson

Livestream

Christopher McDonald

Born July 22, 1933, in Edmonton, Alberta. Paula passed away peacefully surrounded by her family on October 23, 2025, at Sidney All Care, Sidney, BC. Paula is survived by her twin sister, Nora Jensen (Ken), daughter Coreen (Jon), son Grant (Gail), four grandchildren and their spouses and seven greatgrandchildren. She was predeceased by her husband Kaare in 1999.

Paula was an athlete. As a teenager, she competed at the Commonwealth Games in track and field and speed skating events. She enjoyed playing basketball, skiing, golf, bowling and was an avid armchair curler, always keeping score.

Paula loved to travel. Starting at a young age, she visited Scandinavia and Europe many times. After marrying Kaare, she made frequent trips to Norway to visit family and explore her roots. She loved her trips to Hawaii, Costa Rica and many other destinations. She was always adventurous, participating in zip lining, playing in the surf and white water rafting down the Yukon River. She and Nora celebrated their 80th birthdays in Oregon by rafting down the Deschutes River with family. She never hesitated to drive long distances by herself to visit Grant and Gail in Saskatchewan or other family members in Alberta.

Paula and Kaare were long time and active members of the Sons of Norway. Paula was very proud to receive her 50-year membership pin.

After Kaare's passing, Paula began volunteering at the BC Cancer Clinic. She was dedicated to serving patients and their families alike. She made lifelong friends with her fellow volunteers.

Paula was a great cook and baker. This led to her volunteering at the Rainbow Kitchen for many years. She fed her family with the best bread, pies, cookies and Norwegian treats. Her baking was enjoyed by friends and family as she loved to share with others.

Paula grew up in the Lutheran Church in Edmonton. After the family moved to Victoria in 1967, she continued as a member of the Lutheran Church of the Cross.

Family meant everything to Paula. She was such an integral part of her children, grandchildren and greatgrandchildren's lives. She will be greatly missed.

Paula Noreen (Olson) Froyland

July 22, 1933 – October 23, 2025

