



## Sunday Services for January and February

Services start at 10:30am We have Spiritual Development programs for children 4 and older, and childcare for younger children.

### **January 4th (Pod 1) LINES AND CIRCLES: TWO WAYS OF LOOKING AT INDIANS**

For over 150 years, the Indian Act has determined the ground rules for engagement between Canada's Indians and the non-native majority. Although this old document has no relevance to the average Canadian, it governs every important aspect of life in Indian Country. And every statistic in every piece of research confirms that it doesn't govern well. Brian's talk addresses the breakdown in communication between a land-based culture and the dominant culture of consumerism and proposes strategies for both to reflect on their own cultures and on the relationship between them.

**Speaker: Brian Hawker**

### **January 11th (Pod 2) GRATITUDE FOR FOOD CONNECTING US TO EARTH AND TIME**

Food continually grounds us to Earth. Food is a product of nutrients interacting with soil life, soil organic carbon, water and photosynthesis, in plants. The stardust of which we are made, combines with ancient nutrients and energy, in our bodies, as we consume food to fuel our art, science, culture and reflections on who we are and from where we have come. How can we not be thankful?

**Speaker: Ralph Martin**

### **January 18th (Pod 3) A HEART SO FULL**

The German mystic Meister Eckhart once said, "If the only prayer you said was thank you, that would be enough." But what happens when spiritual practice gets reduced to counting blessings and forgets the wider world? How do we express our gratitude, and what do we choose to be grateful for? Join us as we explore gratitude and giving, our theme for January and February.

**Speaker: Chris Wulff**

### **January 25th (Pod 4) POVERTY IN GUELPH**

Our community is often recognized for its many positive characteristics. Guelph is known as a safe and caring community, full of creative, passionate and giving people. Unfortunately, poverty plays a critical role in the lives of many family and individuals that call our city home. Randalin Ellery, Coordinator of the Guelph & Wellington Task Force for Poverty Elimination, shares more about what poverty looks like in our city and the impact it has. Tina Brophy, a long-time Guelphite, shares her experiences living in poverty, including the struggles she overcame and gratitude she has for those that have supported her along the way.

**Speaker: Randalin Ellery and Tina Brophy**

### **February 1st (Pod 1) IGNATIAN SPIRITUALITY AND THE EXAMEN**

The Examen is about asking ourselves two questions: For what am I most grateful? For what am I least grateful? These questions help us identify moments of consolation and desolation. For centuries prayerful people have found direction for their days and for their lives by identifying these moments. Since even young children can do this, the Examen is a spiritual practice that families, friends and communities can share and that is easily accessible to anyone.

**Speaker: Drew Verrall**

### **February 8th (Pod 2) THE BIG SORT: LEARNING FROM THE OTHER**

Life is full of so many challenges - personally, within our families and communities, within our global family. So often we freeze and contract in the face of stress and pain, unable to respond in a meaningful or satisfactory way. The Buddha taught a radical way to transform our relationship to stress and struggle, to happiness, to life itself in each moment.

**Speaker: Brian Carwana**

### **February 15th (Pod 3) Gratitude and Giving in our Lives**

In the business of our daily lives, it is often a challenge to set time aside for reflection and deeper meaning. Join us as we give thanks and reflect upon the ways in which we can practice gratitude. How can we use our gratitude to propel us into sharing our gifts with the world?

**Speaker: Margie Johnson and Lorna Wyllsun**

### **February 22nd (Pod 4) IT TAKES A WHOLE VILLAGE: GRATITUDE FOR COMMUNITY**

"Community is essential to our lives as human beings. Without human contact, the soul withers and dies."

Theresa Novak, UU minister

Whether it be a choir, a team, a group of friends, or a religious community, our lives are enriched through community. Join the Rainbow Chorus, the Waterloo Wellington Chorus of Gays, Lesbians, Bisexuals and Friends, as they explore the value of community through stories and songs.

**Speaker: The Rainbow Chorus these principles bring us hope and help us to live our daily lives?**

## MISSION STATEMENT OF THE UNITARIAN CONGREGATION OF GUELPH

The Unitarian Congregation of Guelph is a spiritual community that is deeply rooted in Unitarian Universalist principles which provide a spiritual basis for ethical living. We celebrate diversity and affirm each individual. We support social and environmental justice through a democratic process. We welcome all seekers of truth and meaning in to our religious community.

### THE UCG NEWS

The UCG News is the newsletter published regularly by the Unitarian Congregation of Guelph

Typed, handwritten or phoned-in submissions are always welcome, as are contributions by e-mail to [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com) or telephone 519-836-3443. **Items for our next newsletter are due February 15, 2014.**

In an effort to save trees and money, our newsletter is available online at [www.guelph-unitarians.com](http://www.guelph-unitarians.com). If you prefer it by mail, please let us know.



THE UNITARIAN CONGREGATION  
OF GUELPH

122 Harris St  
Guelph, Ontario  
519 836 3443

For inquiries regarding programming or services, email [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

For building or rental inquiries, email [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

### UCG 2012 - 2013

#### LAY CHAPLAINS

Janice Canning    [janice.canning@gmail.com](mailto:janice.canning@gmail.com)

#### 2014 - 2014 BOARD

<b>President</b>	Linda Reith	519 836 3443
<b>Past President</b>	Steve Chovaz	
<b>Vice President</b>	Bradley Shaw	
<b>Treasurer</b>	Ralph Shapiro	
<b>Secretary</b>	Nancy Schmidt	
<b>Member at Large</b>	Aspen Heisey	
<b>Member at Large</b>	Janet Colley	
<b>Member at Large</b>	Keith Poore	
<b>Member at Large</b>	Naomi Matsui	

#### COMMITTEE CHAIRS

##### **Social Action**

**Membership**    Janet Colley  
Amanda Waddingham

**Caring Committee**    Ellen Jamal

**Sunday Service**    Margie Johnson

#### STAFF

##### **Program Coordinator for Spiritual Development**

Drew Verrall    519 836 3443  
[coordinator@guelph.unitarians.com](mailto:coordinator@guelph.unitarians.com)

##### **Administrator and Children's RE Program**

Jane McRae    519 836 3443  
[admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

#### OTHER PEOPLE WHO HELP

**Environment**    Helen Prinold

**Musicians**    Naomi Matsui

“Thank you” is often the very first phrase we are taught that does not have to do with what we want or need! Those two words affirm an awareness of the fact that there is an “other”: a relationship through which we benefit. They signal an appreciation of our interdependence and strengthen the bonds that unite us – especially when offered freely and sincerely. Learning how to receive someone’s thanks can be challenging but just as moving an experience. It can draw attention to the big and small ways that we impact one another. The learned ritual of gratitude expressed and received points to fundamental truths of which we all need to be reminded. As such, “thank you” could be considered a sacred act of communion. Along those lines, thirteenth century Christian mystic, Meister Eckhardt, wrote that if the only prayer you ever said in your whole life was “thank you”, that would suffice. The religious belief that thanks should be prayed to God is a common one. But it’s also one that can be troubling for those who question or deny the existence of a Creator. So how might one connect with and express gratitude for life’s goodness (when it can’t be attributed to a particular person we can thank) in a way that doesn’t comprise religious integrity? Clearly our joy can be beautifully expressed through spoken word, written words or those that are sung. Some of the world’s most poignant songs and poetry was inspired by gratitude. Connecting with gratitude daily at meal-times can be a powerful reminder of all the unseen forces by which we are nurtured and sustained. Gratitude can also be expressed through generous acts of kindness and compassion; by serving as an ally to those (human and non-human) who might otherwise feel very alone. As we move into our next theme of Gratitude & Giving, through focus on the ways we are enriched by our community, may we to consider the different ways we can demonstrate appreciation for the fundamental truth of interdependence that shapes our life together.

# Gratitude and Giving



**Gratitude Circle: Thursday, Jan. 15th 7:30-9pm. This is an opportunity for individuals to come together to explore the spiritual practice of gratitude in sacred circle space.**

# TAKING IT HOME

*Exploring our Theme in Books, Film and in our Community*

## Helpful Books and Articles for Adults

The Generosity Path by Mark Ewart

Serving with Grace by Erik Walker Wikstrom

A Grateful Heart: Daily Blessings for the Evening Meal from Buddha to the Beatles Edited by MJ Ryan

Simple Abundance: A Daybook of Comfort and Joy by Sarah Ban Breathnach

Thanks! How Practicing Gratitude can make you happier by Robert Emmons

[www.gratefulness.org](http://www.gratefulness.org)

## Books for Children

Three Hens and a Peacock by Lester Laminack

“Nurturing a Grateful Heart – What Parents Can Do For Their Children,” by Kathy Hendricks

“The Secret of Saying Thanks” by Douglas Wood



## Films That Inspire and Teach

**The Revolutionary Optimists**  
This is an incredibly inspiring movie about a group of children living in a Calcutta slum who band together to change their community. Funded by the Gates Foundation, this is a really well put together film. This is on Netflix.

**Pay It Forward**  
A young boy aspires to make the world a better place after his teacher gives him that chance.

**Mr Holland’s Opus**  
A frustrated composer finds fulfillment as a highschool music teacher. The lesson of gratitude and sacrifice comes when he sacrifices his own career to help the kids.

**The Pursuit of Happyness**  
A struggling salesman takes custody of his son as he’s poised to begin a life-changing professional endeavour. Despite many obstacles including homelessness, greatness can be achieved. This is on Netflix.

Piglet noticed that although he had a Very Small Heart, it could hold a rather large amount of Gratitude.

- A.A. Milne

Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace to today and creates a vision for tomorrow — Melody Beattie

## FROM OUR SUNDAY SERVICE COMMITTEE

---

*“When you practice gratefulness, there is a sense of respect toward others.” - Dalai Lama*

According to a study conducted by Robert Emmons, Ph.D., exhibiting gratitude can:

- add up to 7 years to your life
- improve your mental and physical health by 10%
- and make you 20% more generous

It is with deep gratitude that we would like to thank Naomi Matsui and Nancy Schmidt for co-leading the Service Leaders' Workshop, as well as the 15 people who participated in our workshops. We're happy to announce that we have a number of new Service Leaders who will be co-leading services in the coming months!

We've received a lot of positive feedback regarding the Theme-Based Model and we'll be continuing with this approach for the remainder of the year. As we explore "Gratitude and Giving" in January and February, we will be reflecting on gratitude in our own lives, through gratitude for food, practices such as the Examen, and gratitude for our community. However, the value is not only found in giving thanks, but also in giving back.

The next Sunday Service Committee Meeting is **Thursday, January 15th at 7 p.m.** at Margie Johnson's house. All are welcome to attend or to share their suggestions prior to the meeting. Please contact Margie if you're able to join us:

[margiejjohnson@yahoo.ca](mailto:margiejjohnson@yahoo.ca).

## NEW WAYS TO GET INVOLVED

---

### **Spiritual Development Committee**

This new Committee works with the Spiritual Development Coordinator to guide the educational ministry of the congregation by supporting the children's Sunday morning program, youth group, adult education, and intergenerational activities. The committee provides support and leadership for educational opportunities that encourage and nurture the life-long process of spiritual development. This Committee meets on the second Wednesday of the month from 7pm-8:30pm at the UCG. Upcoming Meetings: Wed., Jan. 14th, Feb. 11th. New members are welcome.

### **Social Justice Committee:**

The UCG has a strong tradition of involvement in social action. Many members are involved with local, national, and global movements working to achieve a just and sustainable world. Sometimes issues come along that engage the support of the entire congregation. The role of the Social Justice Committee is to foster and coordinate social action for the congregation through opportunities for education, direct service, and advocacy for change. The Social Justice Committee meets on the first Thursday of the month from 7:00 – 9:00 pm. New members are welcome.

## WHAT'S NEW THIS JAN / FEB

### YOUTH GROUP

This group is for youth ages 11-15 and meets alternate Friday evenings from 7pm-9pm. Upcoming meetings: Jan. 9th and 23rd, Feb. 6th and 20th

To get involved or for more information, contact Drew at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### DIPS AND SIPS (YOUNG ADULTS AGES 16+)

Saturday, January 17th, 8pm at UCG  
Are there projects, organizations or events that resonate with you and might provide opportunities for us to connect with each other and our community in meaningful ways? Bring your ideas and an appetizer to share while we discuss paths this group might explore in the coming months.

### COMMUNITY DINNER

Saturday, January 31st 5pm-7:30pm at UCG  
Bring a potluck item to share. Activities for all ages will be offered until 5:45pm with supper to follow.

### BUILD YOUR OWN THEOLOGY 2

This 10 session course continues the credo-development process by focusing on various theological questions to help participants grow in their ability to understand and clearly articulate their own belief systems. Examines key issues in religious inquiry, including truth and authority, theological diversity, spirituality, sin and salvation, justice, suffering, death, immortality, and the concept of the beloved community.  
Sundays at 8:30am at UCG

### YOUTH RETREAT AT FIVE OAKS

Feb 27 - March 1st  
Our groupies are invited to gather with other youth from the area for an amazing weekend of community and fun at the Five Oaks Retreat Centre near Paris, ON. There will be small groups for junior (grades 6 - 8) and senior (high school) participants.  
Contact Drew at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) for more information!

### POTLUCK FOR FAMILIES

Saturday, February 21st, 5 - 8pm at UCG  
Activities will be offered until 5:45, followed by a potluck dinner and a parenting circle. Childcare will be available during the parenting circle.

### MOVIE AFTERNOON - FOODMATTERS WITH TRANSITION GUELPH

Join us at UCG on Sunday January 18th, after the service, for the follow-up to Ralph Martin's discussion about food. Jeff Boulier will be presenting the film FoodMatters in connection with Transition Guelph. This will kick off a monthly showing of films from Transition Guelph's collection or one on a similar theme, on the 3rd or 4th Sunday. Following the film there will be a discussion, and information on how you can get involved, locally, if you so choose! There will be a potluck lunch before the film, so, bring a dish to share, or just come for the food. Childcare will be provided as well.

UCG'S...

# Coming Events

## Events Calendar

Jan 4 - Sunday Service	10:30am
Jan 4 - Mindfulness Community of Guelph	3:00pm
Jan 7 - Stone Soup	2:30pm
Jan 7 - Chant Club	7:30pm
Jan 8 - Social Justice	7:00pm
Jan 9 - Youth Group	7:00pm
Jan 11 - BYOT 2	8:30am
Jan 11 - Sunday Service	10:30am
Jan 17 - Dips and Sips	8:00pm
Jan 18 - BYOT 2	8:30am
Jan 18 - Sunday Service	10:30am
Jan 18 - Movie and Potluck	12:00pm
Jan 18 - Mindfulness Community of Guelph	3:00pm
Jan 21 - Stone Soup	2:30pm
Jan 23 - Youth Group	7:00pm
Jan 25 - BYOT 2	8:30am
Jan 25 - Sunday Service	10:30am
Jan 31 - Community Dinner	5:00pm
Feb 1 - BYOT 2	8:30am
Feb 1 - Sunday Service	10:30am
Feb 1 - Mindfulness Community of Guelph	3:00pm
Feb 4 - Stone Soup	2:30pm
Feb 4 - Chant Club	7:45pm
Feb 5 - Social Justice Group	7:00pm
Feb 6 - Youth Group	7:00pm
Feb 8 - BYOT 2	8:30am
Feb 8 - Sunday Service	10:30am
Feb 15 - BYOT 2	8:30am
Feb 15 - Sunday Service	10:30am
Feb 15 - Mindfulness Community of Guelph	3:00pm
Feb 18 - Stone Soup	2:30pm
Feb 20 - Youth Group	7:00pm
Feb 21 - Potluck for Families	5:00pm
Feb 22 - BYOT 2	8:30am
Feb 22 - Sunday Service	10:30am
Feb 27 - Youth Retreat	

All events take place at UCG, 122 Harris St, Guelph, unless otherwise stated.

## REGULAR ACTIVITIES AT THE UCG

### CHALICE CONVERSATIONS

This month our Chalice Conversations will be held as a gratitude circle. Please join us on January 15th from 7:30 - 9:00pm at UCG to explore the theme of gratitude in sacred circle.



### MINDFULNESS COMMUNITY OF GUELPH

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing.

We begin with a guided sitting meditation, walking meditation and silent meditation. We will then share a teaching from Thich Nhat Hanh and listen deeply to one another as we share what is on our hearts. This is a community practice that strengthens not only our formal meditation practice but also our ability to live in awareness and joy day by day.

***First and Third Sunday at 3:00pm at UCG***



### STONE SOUP

This offering was birthed from the desire to go deeper, both into the study and ideas

of self healing as well as meditation. While the sources will be diverse, the core intention will remain the same. We desire to create space for any that desire to connect, offering a place to share, listen, learn together and enjoy a spot of tea and a warm smile.

***New Time - First and Third Wednesday of the Month, 2:30pm - 4:30pm at UCG***

### CHANT CLUB



The Guelph Unitarians are pleased to provide a home for the Guelph Chant Club. It meets the

first Wednesday of every month at 7:45pm and goes through an eclectic mix of chants from all the worlds spiritual traditions---with a "world beat" groove. For more information, contact Dennis Gaumond:

[dgomo@golden.net](mailto:dgomo@golden.net)

***First Wednesday of the month, 7:45pm at UCG***

### SUNDAY SERVICES

Sunday services happen every Sunday morning from September to June at 122 Harris Street in Guelph.



For a complete list of both future and past services, visit our calendar on our website at [www.guelph-unitarians.com](http://www.guelph-unitarians.com)

We offer nursery care for children up to age 4 / eligible for J/K, Children's programming for children ages 4 - 9, and a Junior Youth program for children ages 9 - 13, during our Sunday service time.

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

## COMMITTEE NEWS

### MEMBERSHIP COMMITTEE

Our Member and Friend Committee serves the Congregation by doing the following:

- Arranging for greeters to meet people at the door with the order of service and a smile
- Training and staffing the Welcome Desk. Offering newcomer orientation; explaining how our lay led congregation works; handing out UU literature and signing up newcomers who would like to receive our emails
- Helping newcomers find ways to connect and find their place within our community
- Updating and publishing the UCG directory every year
- Hosting the new UU course
- Facilitating the New Member Service and Celebration every June

Our meetings are always open and we ENCOURAGE you join us. If you are interested please contact Amanda (519-763-9967 or [amandaloo1920@gmail.com](mailto:amandaloo1920@gmail.com)) or Janet (519-824-0207 [janetcolley@hotmail.com](mailto:janetcolley@hotmail.com))

### SOCIAL ACTION COMMITTEE

This newly formed Committee is a gathering of individuals with a passion for “being the change we want to see in the world.” This group will identify and explore ways our congregation can participate in social justice initiatives in our community and in the world.

For more information on how you can get involved, contact Drew at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### PROGRAM COMMITTEE

The Program Committee is a gathering for individuals interested in planning content for our Sunday morning programs for Children & Youth, our mid-week groups for adults, and Intergenerational Community; Family events and activities. For more information about this Committee and how to be involved, contact Drew at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### CARING COMMITTEE

The Caring Committee is an important part of our community. There are times we are not aware that someone at UCG is experiencing illness, loneliness, grief, or a special celebration. If you would like someone to acknowledge your, or a friend’s joys or concerns on a Sunday morning, please let a member of the committee know and the service leader will place a stone into the water for you. This simple act will allow people to keep you in their thoughts, or contact you if you wish.

SEPTEMBER AND OCTOBER

## Kids Korner

### Nursery Program

Children ages infant - preschool are invited to join our nursery teacher for our nursery program, where they will explore the concept of gratitude through play, songs, crafts and stories.

### Primary Children’s Program

Children ages JK - Grade 2 will be exploring the theme of Gratitude and Giving this month through drama, literature and song! We will be working on our own play about gratitude, and we will welcome the congregation to enjoy our performance at the end of February.

### Elementary Children’s Program

Children ages Grade 3 - Grade 6 will be exploring the theme of gratitude this fall, with guest speakers from the congregation, projects, discussions and more!

### Youth Program

We have many new programs for youth at UCG!

Our Youth Group meets regularly on Friday nights. Email Drew at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) for more information or to get involved!

We also have Youth programs on Sunday mornings during service. We will be exploring the theme of gratitude this month.

---

## COLLECTION ENVELOPES

Thank you for using the collection envelopes – we send tax receipts to everyone who, over the year, makes a contribution to the UCG greater than \$10. There is no need to fill out your complete address if you are already on our list – all we need is a name on the envelope.

## BRING YOUR SUNDAY DONATIONS

The Welcome-in Drop-in Centre on Gordon Street is a haven and a caring community for homeless persons, those suffering from mental illness, isolation and economic marginalization. Please help us give back to our community by bringing a contribution for the Centre. Non-perishable food is easiest and coats and blankets are also appreciated. They will also use your Zehrs tapes and cheques are always welcome. Your old glasses and cell phones also are donated to a good cause.

## DONATE ONLINE...

Just a reminder that your pledged donation can be made online at [www.guelph-unitarians.com](http://www.guelph-unitarians.com) by clicking on the link at the bottom of the homepage. Charitable receipts will be issued for all donations.

## PARKING ON SUNDAYS

Please note that Ferra Flooring is happy to allow us to use their parking lot on Sundays. Perhaps the earlier arrivals or physically able could use the Ferra lot, leaving the church lot for those less able? Thank you!

## BUILDING RENTALS

Interested in renting UCG for your event or as a meeting space? UCG is available for both short and long term rentals in the day and evening. We currently have some openings for regular evening rentals, and openings for event rentals. For more information, or to book a rental, please contact Jane at [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

## EMAIL LIST

Want to know what is going on at UCG? Want to stay in the know about all the great programming, including programming for children, youth, and adults? Want to read about UCG's various committees, social justice projects, solar panel project and more?

Look no further than our website and weekly email!

Our website contains a calendar with all UCGs programming, as well as pages for committees, Children, Junior Youth and Youth programming and information on all our adult programming.

Go to [www.guelph-unitarians.com](http://www.guelph-unitarians.com) for all the info!

We also have a weekly email to keep you up to date on what's happening each week in our community and what's up and coming! To get on our email list to receive weekly emails about what is going on in the UCG community, email a request

to Jane at [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com) or fill out an information form at the welcome table.

## NEWSLETTER ITEMS

Have an item to add to our next newsletter or to a weekly email or order of service announcement page? Email Jane at [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com) to submit an item or for more information

---

# WE ARE THE STEWARDS OF OUR COMMUNITY

## WHAT DOES STEWARDSHIP MEAN?

- We inherited this community from past members.
- We support this community as our commitment to each other in the present.
- We hold this community as a trust for the future.

## WHAT ARE OUR DUTIES AS STEWARDS?

- We support the community with our time, our talents, and our financial resources as we are able
- We draw on this community when we are in need.
- We create the vision for the future, and marshal the resources to reach to that future.

**Our various contributions keep us functioning but more importantly let us imagine and plan even more for ourselves, for our city, and for the wider world we inhabit. What do you dream for us and with us?**

**All of our contributions – of time, talent and money – sustain us. We celebrate our collective resources. What level of contribution – weekly, through fun'draising, through monthly pledges – fits for your family?**