



Sunday Services for January and February

Services start at 10:30am at 122 Harris Street, Guelph www.guelph-unitarians.com 519-836-3443

We have Spiritual Development programs for children 4 and older, and childcare for younger children.

January 3 (Pod 1) CHALICE CAFE

Come play with us, as we kick off January's theme of "Humour and Play" with a Chalice Café singalong. Bring your instruments and singing voices to participate in this interactive and informal singalong service!

January 10 (Pod 2) HUMOUR AND PLAY

bell hooks writes "We cannot have a meaningful revolution without humour. Every time we see the left or any group trying to move forward politically in a radical way, when they're humourless, they fail. Humour is essential to the integrative balance that we need to deal with diversity and difference and the building of community." Join us as we explore humour and play, ready to spark a revolution.

Speaker: Christopher Wulff

January 17 (Pod 3) COME HAVE A LAUGH AND STAND UP FOR MENTAL HEALTH

Please join us in laughter as we learn about mental health stigma and the role humour can play in healing. And... of course listen to some really great jokes! :)

Speaker: Kellen DeVos, Rob deBoyrie and Lisa Lindsay

January 24 (Pod 4) LAUGHTER YOGA

When You Laugh You Change and When You Change the Whole World Changes. Duncan Cook joins us to share a description of Laughter Yoga, benefits of laughter and its significance in terms of enriching the human spirit. The congregation will be invited to participate in some practical exercises to experience laughter in a group dynamic.

Speaker: Duncan Cook

January 31 (Pod 5) IMBOLC

Imbolc is a Gaelic festival marking the beginning of spring. It is a time to celebrate the awakening of the land. Beneath the snow lie the seeds of spring's growth. In this service we will celebrate that which lies hidden and dormant within. What is getting ready to burst out? In the spirit of joy and celebration, get ready to have some fun finding out!

Speaker: Janice Canning

February 7 (Pod 1) TBA

February 14 (Pod 2) WHO ARE THE QUAKERS?

Today's guest speaker comes from the Religious Society of Friends [the Quakers] in Kitchener who will explore with us some of their history (abolition movement, prison reform, and pacifism) and Quaker beliefs and testaments. Expect some stories, some history, some challenges, and some chocolate bars.

Speaker: Tom Edge

February 21 (Pod 3) SIMPLICITY: THE KEY TO A HEALTHY LIFE

Robert will explain how our complex, fast-paced life leads to disease. He will explain the link between our desires and stress, and how they affect our health regardless of our age. During our time together we will explore the three main ways to prevent illness and live a healthy, long life.

Speaker: Robert Helmer

February 28 (Pod 4) SONGS THAT CHANGED MY LIFE

Join us for a spirited, song-filled morning exploring how we can leverage the power of song for personal and community transformation. Willing to share how the simplicity of a song has changed your life? Please submit the song title and artist, plus a paragraph or two (maximum) about how it changed your life. Send responses to Wendy Luella Perkins by Friday February 19, 2016 at info@wendyluellaperkins.com. She'll weave some of your stories/songs into the service.

Speaker: Rev. Wendy Luella Perkins

