



The Unitarian Congregation of Guelph

Sunday Services for March and April

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

March 3rd (Pod 1) WOMAN TO WOMAN CHOIR

Join the Woman to Woman choir in a musical celebration of International Women's Day. Woman to Woman is a feminist choir that has been singing together for twenty years. We seek to inspire, challenge and empower you through song and spoken word.

Service Leader: Lorna Wyllsun

March 10th (Pod 2) CREATIVE IMPULSES COMING TO BIRTH

Join Naomi Matsui, Dave Hudson, and Leslie Shapiro as they share their original musical and poetic creations. The creative journey is multi-faceted. From the first spark of inspiration to the completion of the process, our artists will describe how they nourish their creative impulses.

Service Leader: Cheryl Laird

Speaker: Naomi Matsui, Dave Hudson, and Leslie Shapiro

March 17th (Pod 3) TBA

Service leader: Charles Davidson

March 24th (Pod 4) EQUINOX

Spring Equinox mirrors Fall Equinox. Each provides an opportunity to feel the perfect equality of light and dark and allows a conscious movement from the quiet reflection of the winter to the boisterous activity of Spring and Summer. This service will invite each of us to contemplate this transition, so that we can move with grace.

Service Leader: Earth Based Spirituality

March 31st (no pod) IDLE NO MORE

Idle No More exploded into Canada's public discourse this winter. First Nations and other indigenous peoples have captured Canadians' attention like never before. What happened? What do they want? Where did this

come from? Paul Smith will explore the origins, hopes, challenges, and goals of Idle No More and the swift undercurrent of backlash. The inherent worth and dignity of people, justice, equity, compassion and the right of conscience and democratic process all figure prominently in Idle No More.

Speaker: Paul Smith

April 7th (Pod 2) WHEN PRINCIPLES COLLIDE

As a congregation we covenant to affirm and promote 7 principles. We live in community with rules, both explicit and implicit. As an individual I have some practical everyday maxims. Is consistency a virtue? What content do I use to make ethical choices?

Service Leader: Elinor Knight

April 14th (Pod 3) PRINCIPLE SIX

The fifth presentation on the principles of the Unitarian Universalist Association will focus on three words and phrases, 'covenant,' 'right of conscience' and 'democratic process.' Covenant appears in the opening statement to all seven principles and the other two refer to the processes the congregation intends to use and promote not only within its own life but in the larger society in which we live.

Service Leader: Harold Chapman

Speaker: John Butters

April 21st (Pod 4) TREATING OUR LAND AS A FAMILY MEMBER

There was a time when our ancestors intimately knew and respected the land they lived on. This land provided. Canadian farmland really is the partner that can sustain our descendants. The demands on land are significant and climbing and we have many reasons to retain productive capacity on as much farmland as possible.

Service Leader: Ralph Martin

April 28th (Pod 1) MAY DAY

Join us round the May Pole as we dance our way into the coming of summer. With all the joy of Spring blooms we celebrate our full creativity and power. This will be an intergenerational service held outdoors if at all possible. **Service Leader: Earth Based Spirituality**

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 or telephone 519-836-3443. **Items for our next newsletter are due April 15, 2012.**

In an effort to save trees and money, our newsletter is available online at 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

For building or rental inquiries, email
admin@guelph-unitarians.com

UCG 2012 - 2013

LAY CHAPLAINS

Aspen Heisey 519-822-8666
Janice Canning janice.canning@gmail.com

2012 - 2013 BOARD

President	Steve Chovaz	519 766 1965
Past President	Lorna Wyllsun	519 822 1053
Vice President		
Treasurer	Ralph Shapiro	
Secretary	Nancy Schmidt	519 763 2406
Member at Large	Dee Yates	519 766 0523
Member at Large	Maria Chovaz	519 766 1965
Member at Large	Shawn Matheis	519 827 2542

COMMITTEE CHAIRS

Social Action	Helen Prinold	519 826 4449
Membership	Janet Colley	519-824-0207
	Amanda Waddingham	519-763-9967
Support Network	Ruth Slavin	519 822 1673
Sunday Service	Margie Johnson	

STAFF

Program Coordinator for Spiritual Development and Junior Youth RE Program

Mel Horvath-Lucid 519 836 3443
coordinator@guelph.unitarians.com

Administrator and Children's RE Program

Jane McRae 519 836 3443
admin@guelph-unitarians.com

OTHER PEOPLE WHO HELP

Environment	Harold Chapman	519 763 2406
Musicians	Naomi Matsui	519 821 2830

WHAT'S NEW THIS MONTH

ENLIGHTEN TEA



Beginning Monday September 17th and meeting the first and third monday of the month at The Unitarian Congregation of Guelph at 12:30pm, 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. For more information contact Mel Horvath coordinator@guelph-unitarians.com



COMMUNITEA

Thirsty for a little conversation? Desiring community, friendship and an opportunity to get to know the interesting and diverse people of UCG? Consider joining us for an informal time of conversation, debate, discussion and friendship as we commune together.

For more information, contact Mel at coordinator@guelph-unitarians.com

MIDWINTER GATHERING



Tuesday, March 19th
7:00pm - 8:30pm at UCG

Join community members for an evening of fun, community, planning and thanksgiving as we thank those who helped make this year great and make plans for our upcoming year.

Members: We will be voting on changing the financial year end to March 31st, so that we can present a full financial statement at our AGM. Please plan on attending so we can insure quorum is reached.

Light refreshments will be served. Childcare will be available.



UCG'S...

Coming Events

**What's On At UCG this
March and April**

Events Calendar

March 3 - Sunday Service	10:30am
March 3 - Mindfulness Community of Guelph	4:00pm
March 4 - Enlighten Tea	12:30pm
March 6 - Chant Club	7:45pm
March 10 - Sunday Service	10:30am
March 12 - CommuniTea at Planet Bean (Grange)	1:00pm
March 17 - Sunday Service	10:30am
March 17 - Mindfulness Community of Guelph	3:00pm
March 18 - Enlighten Tea	12:30pm
March 19 - MidWinter Gathering	7:00pm
March 24 - Sunday Service	10:30am
March 31 - Sunday Service	10:30am
April 1 - Enlighten Tea	12:30am
April 3 - Chant Club	7:45pm
April 7 - Sunday Service	10:30am
April 7 - Mindfulness Community of Guelph	4:00pm
April 9 - CommuniTea at Planet Bean (Grange)	1:00pm
April 14 - Sunday Service	10:30am
April 15 - Enlighten Tea	12:30pm
April 21 - Sunday Service	10:30am
April 21 - Mindfulness Community of Guelph	3:00pm
April 28 - Sunday Service	10:30am

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

For a full events calendar, please visit our website at www.guelph-unitarians.com.

REGULAR ACTIVITIES AT THE UCG



CHALICE CAFE

Please note that the Chalice Cafe, usually held on the third Friday of the month, has been cancelled.

Watch for special "Chalice Cafe" evenings in the upcoming months!



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.

For more information, please contact Lisa Lindsay at 519-766-0910.



INSIGHT MEDITATION GROUP

Guelph Insight Meditation will be meeting Thursday evenings in the Sanctuary. All are welcome including those who may not be familiar with meditation practice. We begin at 7:30pm with a 45 minute meditation and follow that with a group reading or recorded dharma talk by popular western teachers. The reading or talk will be related to a variety of Buddhist teachings and we follow that with a group discussion. We close with a brief guided Metta or Loving kindness meditation and are usually finished before 9:30pm. For further information you can contact Alex Jackson at (519) 824-6921; email: alex.jackson072@sympatico.ca; or check out the Guelph Insight page on Facebook."



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

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

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.

Mark Your Calendars!

This year's Midwinter Gathering will be held on

Tuesday, March 19th from 7:00 - 8:30pm

See you there!

Refreshments and children's program provided.

COMMITTEE NEWS

CARING COMMITTEE

The Caring Committee continues to expand our network to offer temporary support to people connected to the congregation. If you know someone who needs help, or would like to offer your help, please contact Ruth Slavin ruthslavin@sympatico.ca or 519-822-9637 or Mel Horvath coordinator@guelph-unitarians.com or 519-836-3443.

GREENING UCG

The goal of the UCG Greening Committee is to implement, promote and educate about projects that align our practices with our Seventh Principle. Many members of our congregation have been working hard on these types of projects already!

UCG has done a lot that we can celebrate already! If you would like to help dream and act on the next phase of greening for UCG, or if you have suggestions for promoting existing projects, please join us! Contact Katie Gad at katiegad@hotmail.com

LGBTI COMMITTEE

Last June at the UCG Annual General Meeting, the LGBTI committee put forward a resolution to renew our commitment as a community to the Welcoming Congregations program. This year we will continue working towards that goal. For more information or to join the committee, contact Matt Lucid at matthewlucid@yahoo.ca. All welcome!

SUNDAY SERVICE COMMITTEE

The Sunday Service Committee plan and organize the many services we hold throughout the year.

The committee is always grateful for your comments and support. For more information or to join the committee, please contact Margie Johnson at margiejjohnson@yahoo.ca

You can cut all the flowers but you cannot keep spring from coming

Pablo Neruda



Kids Korner

Nursery Program

We provide a supervised nursery program with paid staff to care for your children 0-4 years old during the entire service, should that be of interest to you. Children are also welcome to stay with you during service.



Children's Program

Join our spiritual educator, Jane, for fun, games, crafts and creative learning as we support the space for growth and discovery in the children attending programs at our community. Children begin upstairs in the Sanctuary and then are invited to join Jane downstairs for snack, craft and learning on various topics.

March - Spring celebrations, including spring, equinox, Passover and Easter!

April - Our roots and shoots: Connections to the earth, water, air and creatures of earth!



Junior Youth

The junior youth program facilitated by Mel Horvath-Lucid and guests offers this age group the space to practice leadership, collaboration and self exploration. Our 2012 - 2013 theme is Life is an Experiment.



Youth

Our Guelph Unitarian community offers many potential opportunities to our teens, including a youth group, leading services, trips and more. Visit www.guelph-unitarians.com

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 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

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 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 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 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?