



The Unitarian Congregation of Guelph

Sunday Services for November and December

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

November 2nd (Pod 1) SAMHAIN

This season we have been gifted with a spectacular, multicoloured reminder of the very present cycle of life and death as the fall colours transform our outer landscape from vibrant green to frigid browns and blacks. This service of Samhain (Sowhen) invites us to honour those who have passed from our lives this year and to celebrate the ways that knowing them has transformed our inner landscape. You may choose to bring a photo or memento to acknowledge and honour your beloved dead.

Speaker: Earth Based Spirituality Council

November 9th (Pod 2) THE HUMAN TRAMPOLINE

After tossing and tumbling in turmoil, we often come to see the world anew when we right ourselves. How do we encourage transformation in others, how do we enable it in ourselves, and why are we called to do both? Please join us as seminarian Christopher Wulff returns to launch our theme for November and December: Transformation.

Speaker: Chris Wulff

November 16th (Pod 3) CLIMATE CHANGE AND PERSONAL TRANSFORMATION

Climate change due to our carbon emissions may be the greatest moral challenge facing our times. Switching light bulbs and riding our bikes are worthy efforts, but our carbon based economy continues to grow. Meaningful change is personal, collective, political, and spiritual. Steve's message will weave together insights, experiences, and challenges from his own life that inform his current efforts with Citizens Climate Lobby, fossil fuel divestment, and local energy production.

Speaker: Steve Dyck

November 23rd (Pod 4) TRANSFORMATION OF A CITY

Guelph is a city that is undergoing a most remarkable transformation. It has all of the elements to be the city that will lead North America in our efforts to adapt to the oncoming threats of climate change. Municipally, Guelph has put in place a road map through its Community Energy Initiative that sets its sights on the most energy efficient cities in Europe. Using a collective impact approach a diverse variety of partners are leading the way in co-creating a resilient, flourishing community. Through the Pathways Program eMERGE Guelph connects citizens and organizations to innovative solutions to maximize resource efficiency and community well-being.

Speaker: Mary-Kate Gilbertson

November 30th (Pod ?) INDIVIDUATION AND FORGIVENESS - PATHWAYS TO PERSONAL TRANSFORMATION

Living and its complexities has a way of challenging many people and getting them stuck. One of the ways to meet relational challenge is through the related processes of individuation and forgiveness. So today we'll have a brief look at these.

Speaker: Dr. John Theis

December 7th (Pod 1) BUDDHISM AND TRANSFORMATION

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: Jill Davey

December 14th (Pod 2) A MUSICAL LOOK AT TRANSFORMATION

The only constant in life is change. To thrive we must learn to embrace and honour change despite our fear and uncertainty. Life is about evolving and actively creating change, as well as learning how to go with the flow when inevitable change comes our way. We often forget what a ripple effect our own transformation has on the world around us. To quote Marianne Williamson: "Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one." With this in mind, we hope to inspire you to take that first, or next step, on your road of transformation! Inspiration for transformation will come through words and music shared by the Unitunz musical group.

Speaker: The Unitunz

December 21st (Pod 3) SOLSTICE AND YULE

The longest night of the year marks the turning point from ever increasing nighttime to ever increasing daytime. Join your voice to the celebration of the return of the light

Service Leader: Earth Based Spirituality Council

December 28th (Pod 4) EXPLORING TRANSFORMATION IN OUR LIVES

We can transform our communities, our congregation, and our relationships, but first the transformation must begin within. During this service we will reflect upon transformation, as we examine ways in which we can have a positive impact on our own lives and the world around us.

Speaker: Lorna Wyllsun

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 or telephone 519-836-3443. **Items for our next newsletter are due October 15, 2014.**

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

Janice Canning janice.canning@gmail.com

2014 - 2014 BOARD

President	Linda Reith	519 836 3443
Past President	Steve Chovaz	
Vice President	Bradley Shaw	
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Member at Large	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

Administrator and Children's RE Program

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

OTHER PEOPLE WHO HELP

Environment Helen Prinold

Musicians Naomi Matsui

As the season of Fall transforms the earth, we explore the universal yearning for, and promise of, personal and societal transformation. We honour the religious stories and rituals of the season that transform fear into love, ignorance and arrogance into wisdom, greed into generosity, despair into hope. As the days grow shorter and colder, they are ablaze with the fiery beauty of autumn as chlorophyll disintegrates allowing carotene to shine through as the yellow in maple, birch, and aspen leaves. Anthocyanin, meanwhile, provides the oranges and reds of maples, sumacs and oaks. These annual changes are a reminder of the mysterious complexity and creative resiliency of the natural world. As metaphors these changes urge humanity to trust that beneath the cold, dark seasons of life lie many seeds preparing to transform the landscape of our future. More often than not, those seeds were planted by hands other than our own. And so it is with gratitude that we think of those who came before, seeking to walk tenderly through the garden of their vision and to plant our own seeds. Applying this metaphor to congregational life and to this month's stewardship campaign, you are invited to notice and celebrate the life of this congregation; to relish this ever-transforming garden of liberal religious values. And, to envision its future.

At UCG

Which roots would you wish to see strengthened?
Which shoots do you envision reaching up and out? How might the garden of this congregation invite, serve and transform the larger community?

Your vision will make whatever "seeds" you plant (whether they are financial in nature, seeds of time or of insight) much more likely to grow and thrive, and to be a source of joy and inspiration to all!

Transformation



If you could "transform" an element of yourself or of the world what tools would you need? Write, doodle, or draw your response.

Discussion and Sharing

What story of Transformation inspires you?

What is a story of Transformation from your own life?

Who or what encouraged or= aided that Transformation?

•How has that process enriched or strengthened you?

Interested in sharing your responses and work with others? Join us for Chalice Conversations on November 18th 7pm-9pm at the UGC.

TAKING IT HOME

Exploring our Theme in Books, Film and in our Community

Books for Adults

Sacred Rhythms- Ruth Haley Barton

Parenting as a Spiritual Journey - Deepening Ordinary & Extraordinary Events into Sacred Occasions – Rabbi Nancy Fuchs-Kreimer

She's Not There -A Life in Two Genders - Jennifer Finney Boylan

Coming Back to Life- The Updated Guide to Work that Reconnects - Joanna Macy & Molly Young Brown

Collective Visioning - How Groups Can Work Together for a Just and Sustainable Future - Linda Stout

Metamorphosis- Frank Kafka

Books for Children, Youth & Families

Wild Child - Lynn Plourde

Zen Ghosts - Jon Muth

One Hen - Katie Smith Milway

Prince Cinders- Babette Cole

Films

Alice in Wonderland (2010) (PG)

The King's Speech (R)

Alchemy: The Art of Spiritual Transformation

Seven Years in Tibet (PG-13)

The Curious Case of Benjamin Button (PG-13)

For more titles for children & youth check out:

<https://>

www.common sense media.org



Readings About Hope From *Singing the Living Tradition*

419, 464, 468, 489, 510, 558, 562, 568, 570, 601, 612, 625, 654, 655

I Wonder...

What kind of Transformation do you envision for yourself, your family, this congregation, the wider community, the world?

It's never too late to be who you might have been.

George Eliot

FROM OUR SUNDAY SERVICE COMMITTEE

"Transformation is a big word, and sometimes carries the expectation of catharsis or bolts of lightning. But in fact, each of us is transforming and being transformed in each moment."

~ Stephen Atkinson and Jane Rzepka

As the leaves are falling and the frost is upon, we witness the transformation of the world around us. Throughout November and December we will be exploring personal, ecological, spiritual, and social **Transformation** with topics relating to Buddhism, psychology, climate change, the city of Guelph and more. We are happy to announce that Seminarian Chris Wulff will be joining us again to kick-off our theme, and that he has agreed to return every second month for the remainder of the year.

We will be continuing with a theme-based approach and we invite you to share your input and suggestions with us. Our themes for January and February will be "Gratitude and Giving", so please let us know as soon as possible if you have ideas for speakers or topics related to this theme.

Our committee is looking for someone with knowledge or experience using and/or installing AV equipment (sound system, audio recording, data projectors, etc.). If this is an area of interest or expertise for you, please contact Margie Johnson (see e-mail below).

The next Sunday Service Committee **Meeting is Thursday, November 6th 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.

What is Theme-Based Programming?

It's an engaging way of focusing the life of a congregation on themes, through Sunday Services, small groups, and other activities. Many UU congregations have now adopted this approach to planning.

Why Theme-Based?

- To deepen our spiritual practices
- To connect what is happening during Sunday Services to the child and youth programs, as well as to the adult programming
- Membership and participation are growing in Theme-Based UU Congregations

Themes at UCG:

- We began using themes this fall with Hope in September and October
- We chose to begin with 2 months per theme so we could truly experience each theme, while still having other services that are part of our regular congregational year (i.e. Water Communion)
- Our goal is to offer the same variety of topics and speakers as in the past, while linking the weekly topics to the broader global themes
- We want to include topics such as the environment, social action, world religion and influential UUs into our themes

The Sunday Services Committee is seeking your input. If you have comments or suggestions relating to theme-based programming, please contact a member of our committee or e-mail: margiejjohnson@yahoo.ca. Thank you.

WHAT'S NEW THIS NOV / DEC

YOUTH GROUP



Our Youth Group meets twice per month on Friday evenings and for special events.

To get involved or for more information, contact Drew at coordinator@guelph-unitarians.com

YOUNG FAMILIES POTLUCK AND PARENTING CIRCLE

Nov 29, 5 - 9 pm at UCG

Everyone is welcome to attend this family potluck and parenting circle. More details about the discussion and program will be available on our website - www.guelph-unitarians.com

DREAM AUCTION

1. Bring a donation for UCG. Bring whatever you are able to give - your donation amount will be kept confidential.
2. You will be given an amount of "UniBucks" to bid with. Everyone who comes to the Dream Auction will be given the same amount of UniBucks to bid with!
3. Let the bidding begin! Have fun with friends and bid on some amazing prizes donated by members of our community. To donate, please contact Drew at coordinator@guelph-unitarians.com.

Doors open at 6:45pm on Saturday, November 15th, auction starts promptly at 7:30!
Going once, going twice... sold!

EARTH BASED SPIRITUALITY GROUP

Earth Based Spirituality at UCG is a diverse group, welcoming of all spiritual paths with a focus on raising awareness, consciousness and connection with our sacred earth through celebration, ritual, community and learning drawing from spiritual teaching of earth-centered traditions. In addition to Sunday morning services with an Earth based focus we also have several Sunday evening gatherings to continue facilitating opportunities to deepen our understanding of the interdependent web for which we are a part

CHRISTMAS EVE HOLIDAY PJ PARTY

Every year we host a Holiday PJ Party on December 24th! Previous years have included music, stories, crafts, holiday movies, snacks and more! Plans are in the works for this all-ages event! More details will follow soon.

MOVIE NIGHT WITH ARCH CLINIC

Tuesday, November 25th at 7:30pm - 10:00pm at UCG

Movie Title: The Normal Heart

UCG's...

Coming Events

Events Calendar

Nov 1 - Youth Group	7:00pm
Nov 2 - Sunday Service	10:30am
Nov 2 - Service Leader Training	12:00pm
Nov 2 - Mindfulness Community of Guelph	3:00pm
Nov 5 - Stone Soup	2:30pm
Nov 5 - Chant Club	7:45pm
Nov 6 - Social Justice Group	7:00pm
Nov 9 - Sunday Service	10:30am
Nov 13 - Soc. Justice Group	7:30pm
Nov 14 - Youth Group	7:00pm
Nov 15 - Dream Auction	6:45pm
Nov 16 - Sunday Service	10:30am
Nov 16 - Mindfulness Community of Guelph	3:00pm
Nov 18 - Chalice Conversations	7:00pm
Nov 19 - Stone Soup	2:30pm
Nov 20 - Soc. Justice Group	7:30pm
Nov 23 - Sunday Service	10:30am
Nov 25 - ARCH Movie Night	7:30pm
Nov 28 - Youth Group	7:00pm
Nov 29 - Parenting Potluck	5:00pm
Nov 30 - Sunday Service	10:30am
Nov 30 - Earth Based Spirituality Group	TBA
Dec 3 - Stone Soup	2:30pm
Dec 3 - Chant Club	7:45pm
Dec 4 - Soc. Justice Group	7:30pm
Dec 7 - Sunday Service	10:30am
Dec 7 - Mindfulness Community of Guelph	10:00am
Dec 11 - Soc. Justice Group	7:30pm
Dec 14 - Sunday Service	10:30am
Dec 17 - Stone Soup	2:30pm
Dec 18 - Soc. Justice Group	7:30pm
Dec 21 - Sunday Service	10:30am
Dec 24 - PJ Party	TBA
Dec 28 - Sunday Service	10:30am

Check our online calendar soon for more programs in December!

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

REGULAR ACTIVITIES AT THE UCG

CHALICE CONVERSATIONS

Chalice conversations is an opportunity for individuals to gather to engage in discussion and activities that centre on our theme.

November 18th, 7:00pm at UCG



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

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.

Dream Auction!

Saturday, November 15th, doors open at 6:45pm, auction starts at 7:30pm!

Everyone is welcome for our annual night of fun and fundraising!



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) or Janet (519-824-0207 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

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

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 Transformation through play, songs, crafts and stories.

Primary Children’s Program

Children ages JK - Grade 2 will be exploring the theme of Transformation this month through drama, literature and song! We will be working on our own song about transformation each week, and we will welcome the congregation to enjoy our performance at the end of December.

Elementary Children’s Program

Children ages Grade 3 - Grade 6 will be exploring the theme of transformation 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 for more information or to get involved!

We also have Youth programs on Sunday mornings during service. We will be exploring the theme of Transformation 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 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?