



## Sunday Programs for November and December

Services start at 10:30am at 122 Harris Street, Guelph [www.guelph-unitarians.com](http://www.guelph-unitarians.com) 519.836.3443  
We have Spiritual Development programs for children 4 and older, and childcare for younger children.

**November 1** (Pod 1)

### **SAMHAIN: A CELEBRATION OF LIFE STAGES AND THE POWER OF COMMUNITY**

This is the new year in the pagan wheel of life and we will honour those who have recently died and those who have newly come. *This is an intergenerational service which means that the children will be part of the whole service. Childcare will still be provided for infants and toddlers.*

**Service Leader: Rebekah Jamieson**

**November 8** (Pod 2)

### **FUELING THE FIRES OF DIFFERENCE**

Exploring the western spiritual tradition that has emphasized the external. How much have we internalized an emphasis on the external?'

**Speaker: Rev. John Buttars**

**Service Leader: Charles Davidson**

**November 15** (Pod 3)

### **CELEBRATING LOVE, HOPE AND COMMUNITY**

The Rainbow Chorus celebrates its 15<sup>th</sup> Anniversary this year. This season they are singing a repertoire of chorister favourites. Come and enjoy a service filled with song and the opportunity to reflect upon love, hope and community.

**Service Leader: Cheryl Laird**

**November 22** (Pod 4)

### **LAST ONE OUT OF THE BOX, TURN OUT THE LIGHT?**

Using a story from Greek mythology, Ric Jones will discuss the value of hope as it is found in a caring community. It's a personal story that has relevance to UU congregations as it pertains to reaching out to those in our spiritual communities. Ric, who has a Master's in Cross-Cultural Training and Development from Oklahoma State University in Stillwater, Oklahoma, is pursuing a Masters of Divinity from Meadville Lombard Theological School in Chicago to enhance his writing and ministry opportunities. This 'Okie' is now a permanent resident of Canada and beginning a new adventure.

**Presenter: Ric Jones**

**Service Leader: TBA**

**November 29** (No Pod – potluck treats)

### **GAZA: REMEMBRANCE, HEALING, JUSTICE**

In January 2009, Sandra Ruch and seven other Jewish women were arrested after occupying the Israeli consulate in Toronto to protest Israel's assault on Gaza. A coordinating member of Independent Jewish Voices and

CODEPINK Toronto, Sandra will speak about her multiple trips to Gaza this year and her commitment, as a Jew, to the concept of *tikkun olam* – healing the world. Please join us as we think through peace, courage, justice, and healing.

**Guest presenter: Sandra Ruch**

**Service Leader: Dave Hudson**

**December 6** (Pod 1)

### **WE'VE COME A LONG WAY, BABY. REALLY?**

Our speaker is the Public Educator for Guelph-Wellington Women in Crisis, an organization that works to end violence against women and children. 20 years after the Montreal Massacre, where do we stand?

**Speaker: Zhaleh Afshar**

**Service Leader: TBA**

**December 13** (Pod 2)

### **WAITING ... IN DARKNESS, FOR THE LIGHT**

An exploration of the waiting times in our lives, the darkness and the light. Amy Cousineau is an Anglican priest. As well as occasionally leading services, she feels called to work with those without a church connection, bringing an element of the sacred into weddings, end of life services, and blessings.

**Speaker: Rev. Amy Cousineau**

**Service Leader: Linda Reith**

**December 20** (Pod 3)

### **YULE**

The winter solstice begins our long journey out of the dark. In this service, we will cherish the gifts of darkness and open to the possibilities of light. *Here comes the sun!*

**Service Leader: Linda Reith**

**December 24, 7:30pm**

### **ANNUAL CHRISTMAS EVE SING-ALONG SERVICE**

(there is no pod, everyone is welcome to bring treats)

**Service Leader: Bruce Walton**

**December 27** (Pod 4)

### **IN BETWEEN TIMES**

Please join in a sharing of stories of remembering and anticipation. This Sunday, separating the highly charged dates of December 25<sup>th</sup> and January 1<sup>st</sup> is that peaceful space of being without expectation. Let us use this opportunity to reflect on the power of expectation to enhance and/or distort our experiences of life.

**Service Leader: Sarah McDougall**

## 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.

(adopted at the Annual General Meeting, September 29, 2002)

### *The UCG News*

is the newsletter published regularly by the Unitarian Congregation of Guelph  
122 Harris Street,  
Guelph Ontario N1E 5T1  
Phone: 519-836-3443

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 next newsletter are due by December 13, 2009**

In an effort to save trees and money, we are e-mailing as many newsletters as possible. If you prefer it by mail, please let us know.

### COMING EVENTS

- Oct. 31 – Celebrating your Life Workshop  
9am – 12 noon
- Nov. 4 – Chant Club 7:45 pm
- Nov. 7 – Dream Auction 7pm
- Nov. 11 – Discussion Group 7pm
- Nov. 13 – Youth Group meets 7-9:30 pm
- Nov 15 – Mindfulness Group 4:30 pm
- Nov. 18 – Fierce Light Part 1 – 7pm
- Nov. 19 – Discussion Group 10:30 am
- Nov. 19 – Pagan group 7:30 pm
- Nov. 20 – Chalice Café 7:30 pm
- Nov 21 – New Unitarian Course 9am
- Nov. 22 – Fierce Light Part 2 – 6pm
- Nov. 25 – Discussion Group 7pm
- Nov. 26 – Board meeting 7pm
- Nov. 27 – Youth Group meets 7-9:30 pm
- Nov. 28 – Coming Back to Life Wksp 9am
- Nov. 29 – Pot Luck lunch after service
- Dec. 2 – Chant Club 7:45 pm
- Dec. 9 – Discussion Group 7pm
- Dec. 11 – Youth Group meets 7pm
- Dec. 17 – Discussion Group 10:30 am  
– Pagan Group 7:30 pm
- Dec. 18 – Chalice Cafe 7:30 pm
- Dec 20 – Mindfulness Community 4:30 pm
- Dec.27 – Pot Luck lunch after service

Meditation: Mondays 8pm & Thursdays 7:30 am  
Back to Basics NA group - Tuesdays 7pm

### UNITARIAN CONGREGATION OF GUELPH

122 Harris Street, Guelph Ontario N1E 5T1  
Phone 519-836-3443

[www.guelph-unitarians.com](http://www.guelph-unitarians.com)

### Lay Chaplains

Aspen Heisey	519-822-8666
Melina Bondy	519-827-9148

### THE BOARD FOR 2009 - 2010

President	Lorna Wylsun	519-822-1053
	<a href="mailto:lwojcick@ovc.uoguelph.ca">lwojcick@ovc.uoguelph.ca</a>	
Past President	Deirdre Yates	519-766-0523
Vice President	Helen Prinold	519-763-4585
Treasurer	Steve Chovaz	519-823-9264
Member at Large	Harold Chapman	519-763-2406
Member at Large	Maria Chovaz	519-823-9264
Member at Large	Janet Colley	519-824-0207
Member at Large	Julie Elliotson	519-831-6534

### COMMITTEE CHAIRS

<b>Social Action</b>	Open	
<b>Membership</b>	Cheryl Laird	519- 821-7324
	<a href="mailto:cheryll@rogers.com">cheryll@rogers.com</a>	
<b>Caring Committee</b>	Melina Bondy	519-824-9148
<b>Sunday Services</b>	Linda Reith	519-837-9471
	<a href="mailto:lreith@on.aibn.com">lreith@on.aibn.com</a>	
<b>Chaplaincy Committee</b>	Deirdre Yates	519-766-0523
	<a href="mailto:deeyates@gmail.com">deeyates@gmail.com</a>	

### STAFF

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

Melina Bondy 519-836-3443  
[melinabondy@yahoo.ca](mailto:melinabondy@yahoo.ca)

#### **Child & Youth Program Coordinator**

Rebekah Jamieson 519-836-3443  
[rebekahjamieson@hotmail.com](mailto:rebekahjamieson@hotmail.com)

**OFFICE ADMINISTRATOR (NEWSLETTER EDITOR \* DISTRIBUTION AND BUILDING RENTAL)** Rebekah Jamieson 519-836-3443  
[rebekahjamieson@hotmail.com](mailto:rebekahjamieson@hotmail.com)

### OTHERS WHO HELP

**POD Coordinator** Deirdre Yates 519-766-0523

#### **Interior Co-ordinator & Exterior Co-ordinator,**

Harold Chapman 519-763-2406

**Musicians** Naomi Matsui 519-821-2830

Pam Dickie 519-823-1891

Paul Smith

**Unitunz** Bruce Walton 519-837-0322

**Puppeteer** Stuart Dixon 519-822-5008

## FROM THE CENTRE OF THE WEB – A Message from Our President



In so many of my interactions within our UCG community, I have had been in awe of the creativity, talents and commitment of the individuals involved. This was once again my experience at the board retreat held at Unicamp the last weekend in September. From Friday evening when Maria led us in an exercise exploring our communication as individuals and as team members until the closing session on Sunday where Helen took us through the intricacies of board governance, the board members and committee chairs became better informed about our roles and responsibilities to the congregation. Melina facilitated the sessions on Saturday starting with a silent walking meditation

to the pond that established a foundation of spirituality and mindfulness upon which the remainder of the work was built. We explored our dreams and developed very specific goals for the upcoming year, which, we hope, will allow us to grow and flourish as a spiritual community. One of the key goals for our year, based on discussions at the AGM is to invest our energy in fun'd-raising so that all of our expenses can be met without having to tap into our savings. This is important because our savings are a very limited resource and the future of this community is related to our ability to raise money from alternate sources in a way that is both meaningful and fun. The board has committed to working with the congregation to raise an additional \$10,000 this year. This is an ambitious undertaking and one that we hope you will join us in achieving.



Blessings all, Lorna

**Back row:** Janet, Steve, Cheryl, Melina, Lowell (honourary board member), Dee. **Front row:** Lorna, Helen, Maria, Julie

---

It's that time of year again...

### Dream Auction - Saturday Evening at 7pm on November 7<sup>th</sup>

Please spread the word! Our Dream Auction expands each year and we need to keep adding items to auction off. Please "donate/create" what you can - you would be surprised what people are interested in! Your talents can be quite a gift for someone. Some of last year's prizes were: Puppet-Making Workshop; Bread-making Workshop; Guided Hike on the Bruce Trail; Canoe Trips; Home-made Pizza & delivery, and hand-made items. Everyone has a talent for something - please think about what you could offer and let me know!

The Dream Auction evening is a great, relaxed way to meet and spend time with friends and family of the UCG. Whatever your budget, you will be able to take home something great, so come on out for a fun evening! (We have some extra-special surprises this year...) Thanks to everyone who donated and took part in last year's auction. It was a huge success and we raised \$2300!

~ Steve Chovaz



*Bruce Trail Hike Fun from last year's Dream Auction*

## A MESSAGE FROM YOUR SPIRITUAL DEVELOPMENT COORDINATOR

dear friends,

the cycle of the seasons turns and once more it is fall. at this time last year we were preparing for the regional fall gathering - what a year we've had since then! i know that i've been challenged, delighted and have grown since then. how about you? the retreat that i took in august with my teacher, the zen master thich nhat hanh, was inspiring and transformational. it motivated me to start sharing meditation practice with a broader community. i am enjoying the weekly meditation sits immensely.

one of the large projects that I'm involved with this year is the abuse prevention policy. this is a key element that i'm excited to get in place to not only protect our most vulnerable members but to also help the whole congregation understand the rights, responsibilities and safety measures that are a necessary part of modern life. you might see some small changes around the congregation and if you have children, you'll see some more noticeable changes by the end of the year. once the policy is adopted, we'll host some information sessions to orient the congregation. thank you in advance for your support and help.

the spiritual development programs offer us all great opportunities to explore what draws us together - expressing our unique perspectives on unitarianism, together. with so many new faces, both young and old, we are offering some "back to the basics" this fall. for the children, we will be looking at what it means to be a unitarian, famous unitarians and the history of our faith. for the adults, we'll be offering the "new uu" course as a 4-hour workshop to explain our congregation within the larger unitarian universalist movement, and offer a chance to make individual connections across our larger congregation. if you're wondering how to find out more about us or want to invite a friend to get to know us - this is the place to be!

if you have any feedback about the programs that we offer, i am always happy to hear your thoughts, ideas and suggestions. they help us all to learn and grow.

in peace, melina



---

### REBEKAH'S CORNER

**YOUTH GROUP** This fall's youth group is a whole new crowd in the younger age range of 12-15 years. We've had an average of 18 kids out to meetings, and lots of positive feedback with youth bringing their friends along. We've been spending time getting to know each other, doing a scavenger hunt, exploring a corn maze, and other fun activities. November and December promise more adventures as the group bonds further. Dates: Nov.13 and 27, Dec.11

**KIDS' CORNER** Our group of 4-9 year olds has been exploring the concept of the Big Bang and our place in the world, as well as the life-death-life cycle. We've spent some time outdoors this fall gathering acorns and maple keys to plant at Unicamp. We'll be assisting in the November 1 intergenerational Samhain service, as well as getting ready to take part in a December service. We'll be talking more about our Unitarian Universalist principles and famous Unitarians/inspirational people over the next few months. Please also note: *keep your old calendars* (art, goddess, astronomy, nature, spirituality) to donate to our kids' collage area!



---

### CELEBRATING YOUR LIFE –

*A Workshop to Create Your Own Memorial Service*

*Saturday, October 31st, 9am-12pm*

Halloween, All Souls Day, The Day of the Dead... 'tis the season of festivities that recognizing our mortality. When thinking about the end of our lives, most of us have gone as far as to prepare a will. But what about the rest? Join us in this workshop where we will look at different ways that people carry out memorial services and explore how you want your life celebrated, mourned and remembered. You will leave the workshop with a document that you can give to your executor and family members to help them honour your life when the time comes for you to go. The material is geared for people of all ages and faiths. The workshop is being presented by the Lay Chaplaincy & Caring Committees of the Unitarian Congregation of Guelph. It is our first run with this particular workshop, so we're looking for participants who will be willing to give us feedback about the workshop itself. Free of charge, donations appreciated to help cover costs. To register: 519-836-3443 or coordinator@guelph-unitarians.com

## FROM THE COMMITTEES OF THE UCG

### THE SUNDAY SERVICE COMMITTEE

#### *INSPIRING COMMUNITY - BODY, MIND AND SPIRIT*

Your Sunday Services committee has decided to reach out to you in regular articles in the newsletter. We thought you would enjoy knowing some of our process in developing the services for Sunday morning. So here we go...

Our committee has changed a lot this year. Helen Prinold and Lorna Wojcicki left us to be part of the board of the entire congregation. Aspen Heisey is focusing more on her chaplaincy. Nancy Schmidt has returned to the committee along with Linda Reith. Dave Hudson is joining for the first time and Harold Chapman continues his stalwart participation. Melina's wonderful contribution is so important we almost take her for granted. We would be very happy if any of you reading this article decide to get involved as diversity on the committee makes for a richer selection of services. Think about it. We meet Sunday afternoons at 1:00 every six weeks or so. You might choose to visit and observe a meeting, just to see what you think.

This year we are working with the theme *Inspiring community: Body, Mind and Spirit*. That will help focus our thinking as we imagine powerful services rising out of our seven principles. We are very excited about the ideas presented by Joanna Macy at a five-day workshop this summer at the Ignatius Centre, because she helped us see that the Unitarian Congregation of Guelph has a special role to play in **The Great Turning**. She explained that the world is in a process of listening to itself and treasuring itself, so that it can turn back from the brink of destruction. Communities like ours that are already aware of our precious position in the web of life are positioned to play an important role. What could be more inspiring than that? We are allies in **The Great Turning** just by being us. The first services of the year have come from this intention. Please join us. We will lift each other up

---

### MEMBERSHIP

The Membership Committee is excited to be underway again. We would like to express our gratitude to last year's members, Janet Colley and Sherry Dixon, who have resigned after serving on the committee for many years. I would like to extend a warm thanks to these individuals. Their input this past year made my job enjoyable and stress-free. Thank you, Sherry, for all your expertise and helpful advice. As a founding member of the UCG, you are a great inspiration to me. Thank you, Janet, for your great organizational abilities.

You make the planning of big events like the food preparation/decorating for the Fall Conference look easy. Thanks also to Melina Bondy for your ever-present support, input and hard work.

We would also like to welcome new members Maria Chovaz, Ruth Ann Martin and Katie Gad. I am very excited to work with these two individuals as they bring a wealth of knowledge and good ideas. With four members in total, the Membership committee is happy to accept more members. Our tasks for the year are simple: to welcome and keep track of the membership. We try to be creative in our endeavors and we are open to any ideas or advice from lay congregants on how we could do our job better. If you would like to attend a meeting (obligation-free) to share your ideas, our next meeting is set for November 2 at 5:15pm at my house.

On Oct 2nd the Membership and Caring Committee (consisting of Melina Bondy, Joan Rentoul, and Sarah McDougall) met for a retreat at Maria's place to brainstorm ideas for the upcoming year and decide how and if it was possible to combine the two committees. From our discussions, it was suggested that the Caring Committee be renamed the Support Network. Henceforth, these committees will meet jointly for the first half of their meeting times. We are also planning to offer the New UU course on November 21. If you know of anyone who might be interested in this course or would like to receive our newsletter, please phone or email me, Cheryl Laird at 519-821-7324, [cheryll@rogers.com](mailto:cheryll@rogers.com).

---

### UCG SUPPORT NETWORK

Did you know that at the UCG we have a Support Network (formerly the Caring Committee) to assist people with rides, meals, light tasks and emergency grocery money? We accept requests from anyone connected to the congregation and will do our best to find someone to help out. The committee itself is where we coordinate who can help with who wants help. There are many ways to get involved. Winter can be a particularly difficult time so if you have resources (a car...) or skills (baking...) that you can share, please let us know. We'll send you a small questionnaire and add you to the roster. If you or someone you know needs support, let us know! Call 519-836-3443.

We'll be presenting our first workshop on October 31, "Celebrating Your Life - Create your own Memorial Service." Please join us! This workshop will look at planning the service itself. If there is enough interest, we are happy to organize a workshop about the legal and bureaucratic paperwork that one can get in order to help out loved ones at the time of your death.

## **ACTIVITIES OFFERED BY THE UCG**

### **THE NEW UNITARIAN COURSE**

**Saturday, November 21 from 9am-1pm**

Do you want to know more about the Unitarian Congregation of Guelph and Unitarian Universalism in general? Then this is the course for you! Everyone is welcome to attend this informative and engaging workshop.

**Topics include:** What does "Unitarian" mean anyway? What does it mean to be a member the Unitarian Congregation of Guelph? What is the history of the Unitarian Universalist religious movement? When was the UCG founded? How does the UCG organize itself? What does being a Unitarian mean to me?

This course is offered free of charge. Childcare can be provided upon request and 5 days notice. Please contact Sarah McDougall at [smcdoug@uoguelph.ca](mailto:smcdoug@uoguelph.ca) or call the office: 519-836-3443 for more info or to register.

---

### **THE CHALICE CAFÉ**

**November 20 and December 18 – 7:30 pm**

Everyone is invited. Sponsored by the Unitarian Congregation of Guelph and hosted by members of the Guelph Unitunz musical group. Join us for a song circle. Bring your voices, your instruments and your songs to join in the jam or just sit back and hum along. Everyone who wants to gets a chance to lead us in a song. Come for a bit or stay for a while. This is a welcoming event for all ages.

---

### **FIERCE LIGHT - Film screening & Conversations that Matter**

**Wednesday, November 18 – 7pm**

**& Sunday, November 22 – 6pm**

This documentary takes us to the flash points of spiritual activism around the world, including Montgomery, Alabama; Robben Island, South Africa; Andrah, India; Ho Chi Minh City, Vietnam; and South Central Los Angeles. En route, the director, Velcrow Ripper, encounters a number of eloquent icons, including American Civil Rights legend Congressman John Lewis, actor turned activist Daryl Hannah, Nobel prize winner Archbishop Desmond Tutu, Pulitzer Prize Winning Author Alice Walker, Buddhist peace activist & monk Thich Nhat Hahn, famed tree sitter Julia Butterfly Hill, and dharma punk, Noah Levine."

This film is sure to engage your heart and mind. We will watch the feature on the 18th and the equally engaging full interview extras on the 22nd. Both screenings will be followed by time to explore the ideas, questions and inspiration that arise from this powerful film. *Please email [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) or phone 519-836-3443 to register for this free event.*

## **COMMUNITY MEDITATION**

**Mondays at 8pm & Thursdays at 7:30am**

This is a time to gather in silent practice, whether it is in Buddhist meditation, Christian contemplation or self-healing visualizations and everything in-between. We sit together in silence for 30 minutes and then end with 10 min. of a guided loving-kindness meditation. By sitting together, we support one another by sharing our time, energy and presence in a simple and special way. Everyone is welcome to this drop-in group. This is not a meditation course so there will be no formal instructions, but some guidance can be offered as needed. A \$2-5 freewill donation is appreciated to support the cost of maintaining the building. For more information, please call 519-836-3443 or email [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com).

---

### **MINDFULNESS COMMUNITY OF GUELPH**

**Practicing the teachings of Ven. Thich Nhat Hanh**

**3<sup>rd</sup> Sunday of the month – 4:30-6:30pm**

**(November 15 and December 20)**

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 will begin with a guided sitting meditation, walking meditation and silent meditation. We will then share a teaching from 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. Thich Nhat Hanh is a Zen Master, poet, peace and human rights activist. He offers a practice of "mindfulness" that is beneficial for people of all faiths, by helping us resist and transform the speed and violence of our modern society. To RSVP or for more information, please contact Melina Bondy at 519-836-3443 or email [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com).

---

### **DIVING DEEPER: UCG DISCUSSION GROUP**

**Wednesday at 7pm (Nov. 11 & 25, Dec. 9)**

**Thursday at 10:30am (Nov. 19, Dec. 17)**

**Please RSVP if you plan to attend**

Our discussion group continues – everyone is welcome to join. This is one of the best ways that we explore our 4th Principle, "a free and responsible search for truth and meaning" in community. We begin by lighting the chalice and doing a "check-in" round. Then we listen to 20-30 minutes of a recorded interview or reading in the wider realm of spirituality, religion and life. We then take time to reflect, question and share on the topic and whatever is on our hearts.

**EARTH-BASED SPIRITUALITY** has long been an important part of the spirituality explored at UCG. This year we have initiated regular monthly gatherings to share ritual and deepen our understanding, as well as committing to marking the eight Hinges of the Pagan Year to the best of our ability. For more information, contact Linda Reith [lr@on.aibn.com](mailto:lr@on.aibn.com) 519-822-4889.  
*Thursdays at 7:30pm – November 19 & December 17*

---

### **AROUND THE CONGREGATION**

#### **THE APPLE CRISP FUN'D RAISER**

The financial results are in and the net profit from the Apple Crisp Fun'd Raiser is \$700! **Congratulations** and thanks to each and every one of you who volunteered your time and hard work to make this a successful event. It was so much fun working together with all the crisp makers and crisp organizers. Thanks also to everyone who bought a crisp – or 4! Enjoy!



*The power of the hairnets!*

#### **UCG GREETING CARDS**

This November we will be creating a set of UCG Chalice greeting cards, perfect for the Winter Holidays or any time of year. Sets of 10 cards will be available for order in November. To order a set, phone the office at 519-836-3443.

---

#### **GIFT IDEAS WITH THE PLANET IN MIND**

This November we are launching a fun'd-raising initiative to sell fair-trade and organic coffee, tea and hot chocolate. These make perfect gifts over the holidays and great drinks anytime. We will also have individual bottles of eco-friendly cleaning products for sale. For more information contact Janet Colley at 519-824-0207 or [janetcolley@hotmail.com](mailto:janetcolley@hotmail.com).

#### **SUNSHINE ROOM**

We're getting ready to re-organize the main floor of our building. In the upcoming weeks and months, you will see some changes in how we use our space, mostly in the Sunshine room and entrance. If you would like to help out on a work- day, please phone the office. Thank you for your participation and patience!

---

#### **HYMNALS**

If you borrowed a hymnal that is still visiting your home, please bring it back. We need them on Sundays. Thank you.

---

#### **DONATIONS CAN NOW BE MADE ON LINE**

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

---

### **COMMUNITY ANNOUNCEMENTS**

#### **GRANDMOTHERS OF THE GRAND**

Invite you to our fall speaker series at the Centre Wellington High School. Attend some or all of the evenings. No cost but a freewill offering for African Grandmothers would be appreciated. Contact Cinda 519-843-1034 for more information about the speaker's series or booking us to come speak to your group.

---

#### **TAKE A STAND**

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build schools in the mountains of Honduras. This is a hands-on opportunity to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip: beginning November 7, 2009, January 16, February 13 or March 13, 2010. Construction and Spanish language skills are not required but would be welcomed. For more information, contact Richard Kirsh at 416-767-5837 or [richardkirsh@sympatico.ca](mailto:richardkirsh@sympatico.ca)

---

#### **URBAN AGRICULTURE SYMPOSIUM**

**Friday, November 29 from 8:30am-5pm at the University of Guelph.** Those in attendance will meet with like-minded people and leaders in the field. They will share ideas and make connections with others involved in urban agriculture. The afternoon's facilitated process will allow for interaction between various sectors of the movement, and form a dialogue to help better understand and develop collaborative solutions. Info: [www.backyardbounty.ca](http://www.backyardbounty.ca) Tel: 519-803-2539

# COMING BACK TO LIFE

**Saturday, November 28 from 9–5pm**

*Looking at the state of the world can sometimes leave us feeling overwhelmed, exhausted and helpless. However, according to systems theory, all of our sorrows and all of our joys are signs that we are alive and part of the unfolding process of the whole universe.*

*Come and take part in the work of **Joanna Macy** and **The Work that Reconnects** - a powerful set of tools that everyone can engage in. We will explore our experience of living in the world right now and learn to embrace it all.*

*Facilitators Linda Reith and Melina Bondy bring their passions for personal growth, spiritual activism and play to this unique workshop.*

**Location: 122 Harris St. (at York St.)**

**Contact: [www.guelph-unitarians.com](http://www.guelph-unitarians.com)**

**519.836.3443, [melinabondy@yahoo.ca](mailto:melinabondy@yahoo.ca)**

**Fee: \$80 (lunch provided)**

***Subsidies and Work Exchanges available***

*The most remarkable feature of this historical moment on Earth is not that we are on the way to destroying the world - we've actually been on the way for quite a while. It is that we are beginning to wake up, as from a millennia-long sleep, to a whole new relationship to our world, to ourselves and each other. ~ Joanna Macy*

