



## Sunday Programs for November and December

Services start at 10:30 a.m. at 122 Harris Street, Guelph, Ontario.

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

### November 2 (Pod 5)

#### 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, especially Lowell Yates whose dedication service will be part of the service.

Service Leader Linda Reith

### STORYTELLING WORKSHOP AFTER SERVICE

Have you ever wanted to participate in the Sunday Services but didn't know where to begin? Do you love children's stories but find the thought of actually reading one to a group of children intimidating? Do you want to have fun with stories?

The Sunday Services Committee has planned this workshop for you! Please stay after service for this 15-minute workshop with Dave Hudson who will take us through some key points about reading stories to children, and then we'll have time to practice together in an encouraging environment. We'll then go over how to get involved with the Story for All Ages for upcoming services. Any and everyone is welcome to attend. See you there!

### November 9 (Pod 6)

#### THE 6<sup>TH</sup> PRINCIPLE - WORLD COMMUNITY AND REMEMBERING PEACE,

Presenter: Rev. John Buttars

Service Leader: Burna Wilton

### November 16 (Pod 1)

#### NOURISHING BODY & SOUL

Presenter: Father Jim Profit

Service Leader: Melina Bondy

### November 23 (Pod 2)

#### TOGETHER IN FAMILY WITH THE RAINBOW CHORUS -

In this service, we celebrate families (of choice or birth) who are distinguished by their common features of love and caring. With their voices raised in song, the Guelph-Wellington Rainbow Chorus joins us to celebrate.

Service leader: Helen Prinold

### November 30 (Pod 3)

#### PRACTICING OUR PRINCIPLES

Actions speak louder than words. So how can we act out our Unitarian Principles while living in the real world? Melina Bondy will explore Zen Master Thich Nhat Hanh's

model of following the Buddhist Mindfulness Trainings and apply it to the 7 Unitarian Principles. And it's quite simple - there is no one right way to live! When we learn to reflect upon experiences and their effects, choices become more clear. And they change over time, as they should. The discussion time after the service will allow for participants to put these teachings into effect.

Melina Bondy spent almost 3 months living at Plum Village, the Mindfulness Community of Thich Nhat Hanh and brings a diverse array of spiritual practices to her life and community.

Service Leader & Presenter: Melina Bondy

### December 7 (Pod 4)

#### TRANSFORMING VIOLENCE

December 6, 2008, will mark the 19th anniversary of the Montreal Massacre. And gender-based violence continues to be a pressing issue of our times. Join us as we look beyond the symptom of violence-against-women to explore its root, a culture of violence, and the inspirational movements working to transform this situation from the roots. Service Leader & Presenter TBA

### December 14 (Pod 5)

**LIVING WHILE GRIEVING** – Rev. Barbara McDowall - A service providing a special focus on dealing with holidays for those who have experienced recent loss, and how dealing with –and living with an awareness of death -- can inspire us to live more meaningfully and enjoy the fullness of our lives.

Service Leader: TBA

### December 21 (Pod 6)

#### 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

#### ANNUAL CHRISTMAS EVE SERVICE

Service Leader: Bruce Walton

### December 28 (Pod 1)

#### BETWEEN TIMES

Informal gathering and refreshment.

Thoughts on the New Year.

Service Leader: Harold Chapman

## 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)

### 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 on diskette. E-mail [gordonwanda@hotmail.com](mailto:gordonwanda@hotmail.com) or telephone 519-822-6353 **Items for next newsletter are due by December 14, 2008**

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 Wanda know.

### COMING EVENTS

Soup continues to be available after service.

Discussion group - Wednesdays at 7 pm and Thursdays at 10:30 am.

November 1 – Samhain  
November 2 – Storytelling Workshop after service  
November 5 - Chant Club – 7:45 pm  
November 7 – Youth Group meets  
November 12 – Discussion group  
November 13 – Discussion group  
November 14-16, Regional Fall Gathering,  
right here in Guelph  
November 21 - Chalice Café - 7:30  
November 26 – Discussion group  
November 27 – Discussion group – 10:30 am  
- Board meeting 7 pm  
November 28 – Youth Group meets  
November 30 – Pot Luck lunch after service –  
finger foods – info contact Harold 519-763-2406  
December 3 - Chant Club – 7:45 pm  
December 5 – Friday Fun Night  
December 12 – Youth Group meets  
December 19 - Chalice Café – 7:30  
December 28 - Pot Luck lunch after service -  
finger foods – info contact Harold 519-763-2406  
January 30, 2009 – Dream Auction

### 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
June Gilbertson	519-823-7737
Melina Bondy	519-993-9216

#### The Board for 2008 - 2009

President	June Gilbertson	519- 823-7737
	<a href="mailto:junegilbertson@aol.com">junegilbertson@aol.com</a>	
Past President	Linda Reith	519-837-9471
	<a href="mailto:lreith@on.aibn.com">lreith@on.aibn.com</a>	
Vice President and Secretary	Deirdre Yates	519-766-0523
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	Charles Davidson	519-763-3012
Member at Large	Paul Smith	519-767-1033
Member at Large	Janet Colley	519-824-0207

#### Committee Chairs

##### Social Action

Open

##### Membership

June Gilbertson 519- 823-7737  
[junegilbertson@aol.com](mailto:junegilbertson@aol.com)

#### Program Coordinator for Spiritual Development

Melina Bondy 519-824-9148  
[melinabondy@yahoo.ca](mailto:melinabondy@yahoo.ca)

#### Child & Youth Program Coordinator

Rebekah Jamieson 519-767-5759  
[rebekahjamieson@hotmail.com](mailto:rebekahjamieson@hotmail.com)

#### Caring Committee

Melina Bondy 519-824-9148

#### Sunday Services

Lorna Wojcicki 519-822-1053  
[lwojcick@ovc.uoguelph.ca](mailto:lwojcick@ovc.uoguelph.ca)

#### Chaplaincy Committee

Deirdre Yates 519-766-0523  
[deeyates@gmail.com](mailto:deeyates@gmail.com)

#### Others Who Help

POD Coordinator Janet and Emily Colley 519-824-0207

Interior Co-ordinator & Exterior Co-ordinator,  
Harold Chapman 519-763-2406

Office, Newsletter Editor and Distribution and Building Rental,  
Wanda Gordon 519-822-6353  
[gordonwanda@hotmail.com](mailto:gordonwanda@hotmail.com)

Musician Naomi Matsui 519-821-2830

Puppeteer Stuart Dixon 519-822-5008

## President's Corner

(As June is having some time off, this newsletter's message is from our Vice President)

Dear Friends,

It feels good to be settling back into the church year. We've had some great services, some great discussions and lots of new faces coming in the door. I encourage everyone to take a moment and say hello to someone new!

The board had an excellent retreat at Unicamp in September and we are working on implementing some of the ideas from our AGM. As June recovers from surgery over the next 3 months I will be the acting president of our congregation with lots of support from my fellow board members!

There's lots of exciting things on the horizon, probably the biggest one is our hosting of the Regional Fall Gathering, Nov 14-16, "Being Unitarian in a Hungry World". Not only do we have some wonderful workshops planned but it is an excellent opportunity to meet other UU's from our neighbouring congregations. There's also lots of ways to get involved, many hands make light work!

In faith, -Deirdre

## Being Unitarian in a Hungry World

Regional Fall Gathering  
November 14-16, 2008.

*Hosted by the Unitarian Congregation of Guelph*

Please think about ways you can get involved.

Host an out of town conference attendee?

Offer a workshop that will stimulate action on addressing hunger (spiritual and/or physical)?

Participate in the Sunday morning worship?

For more information, contact

Linda Reith, 519-837-9471, [lreith@on.aibn.com](mailto:lreith@on.aibn.com),

or Melina Bondy, 519-993-9216 or [melinabondy@yahoo.ca](mailto:melinabondy@yahoo.ca)

or Wanda Gordon, 519-822-6353 or [gordonwanda@hotmail.com](mailto:gordonwanda@hotmail.com).

## Dream Auction

We have postponed our annual Dream Auction until January 30, 2009, from its usual date in November as we are busy hosting the Regional Fall Gathering. Look for information on a poster soon to be seen in the building. Please remember it's never too soon to start thinking about what you want to donate

**And something new.** You can now make donations on line at  
<http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=s45066>.

If you have questions, please contact Steve at 519-823-9264 or [schovaz@hy-mark.ca](mailto:schovaz@hy-mark.ca)



*Message from your Spiritual Development Coordinator*

*welcome crispy mornings and fallen leaves.  
welcome woolen mittens and hot chocolate and clear, starry nights.  
welcome the retreat of the soul.  
welcome fall.*

And welcome to the Regional Fall Gathering! From November 14-16, our Unitarian Congregation of Guelph will play host to the Canadian Unitarian Council's Central Regional Fall Gathering. Mark your calendars, this is something not to be missed. Our title is **"Feeding Body and Soul: Being UU in a Time of World Hunger."** There will be workshops, entertainment, great meals and even better company as Unitarians from all over Ontario come to learn and grow and share together. The conference includes programming for all ages, from babies through to our honoured elders. We are also looking for volunteers to help over the weekend. If you would like to register and/or help, please phone 519.836.3443 or email [gordonwanda@hotmail.com](mailto:gordonwanda@hotmail.com) and Wanda will get you sorted out. I look forward to seeing you there!

It been a busy fall for most of us and now our congregational season is back in full swing. An exciting addition to our congregational life is the Adult Spiritual Discussion Group. There are actually 2 - one in the mornings, and one in the evenings. The groups are an excellent opportunity for a deepening and building of community. And they're fun. If you're interested and can't come to one of the scheduled dates, contact me at 519.824.9148 or [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) and once enough people are interested in starting up a new group, we'll add another time. This is a great opportunity for our whole community and I'm glad to be part of it!

Blessed be, Melina Bondy

**Youth!**

Upcoming youth group dates Nov.7, Nov14-16 conference, Nov.28 and Dec.12

Our group will be hosting the youth conference during the Regional Gathering on November 14-16, and we still need parental help that weekend (for overnight supervision and meal preparation mainly). See the flyer at the end of the newsletter for more details.

**Children's Spiritual Exporation**

Our younger children (4-8) continue to leanr about religions of the world.



Rebekah Jamieson

**GUELPH UNITARIAN T-SHIRTS**

At the Annual General Meeting, an abundance of great ideas were generated for projects that the congregation would like to see come to fruition. One of them was to make t-shirts for our congregation so that when we go thing public events like demonstrations, we can have something to unify us and to let others know who we are. Well, we're trying to make this happen! A design will be circulated around the congregation after Sunday Services and by email - please watch for this. We'll be taking orders for sizes.

---

## UPCOMING AND ONGOING EVENTS

---

**The Spiritual Discussion Group continues!** In addition to our Sunday circle, we offer a spiritual discussion group to share our search for truth and meaning. The groups meet during the second and fourth weeks of the month. The **evening group meets Wednesdays at 7pm** here at UCG (October 22, November 12 + 26). The **daytime group meets on Thursdays at 10:30am**. (November 13 + 27).

---

**Yoga classes** run every Tuesday and Thursday at 8:30am, **with a new class added Thursdays at 5:30pm**. Classes are 75 minutes long, open level, drop-in and by donation (\$12 suggested). Please bring a mat if you have one.

---

**Saturday, November 1 - Public Samhain Ritual** at the Unitarian Congregation of Guelph. This will be an evening of sacred pagan practice, community and feasting, celebrating the Pagan New Year. All are welcome, come prepared to dive deep! Please bring a jack'o'lantern, photos of deceased loved ones and a dish to share. There will be no childcare provided. Doors open 6:00, ritual at 6:30.

---

### CHALICE CAFE –

#### **November 21 and December 19 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 every **THIRD FRIDAY** of the month 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. A welcoming event for all ages that begins at 7:30 pm. Admission is "pay what you please". For more information, please visit our website [www.guelph-unitarians.com](http://www.guelph-unitarians.com)

---

---

## FROM THE MEMBERSHIP COMMITTEE

---

1. Orange polka dot mugs are available at coffee time for any visitors or members who would like to share in conversations.
  2. The congregation is seeking members to sign up as Greeters and Pod members. As a greeter, you will hand out the order of service, welcome new members and direct them to the Welcoming Table to sign the Guest Book. Pod Members bring snacks, beverages or milk. They prepare coffee and set out food and clean up after coffee time. A sign up list will be available on either the bulletin board or the Welcome Table. Thank you to all participants past, present and future as this service promotes a warm and welcoming atmosphere in our congregation.
  3. We are seeking to resurrect the Caring Committee. Anyone interested in forming a Caring Committee please contact Sherry Dixon at 519-822-5008 or [stuart.dixon@sympatico.ca](mailto:stuart.dixon@sympatico.ca).
  4. We are in the process of updating the directory. If you have had a change of contact information, please contact either, Cheryl Laird at [cheryll@rogers.com](mailto:cheryll@rogers.com) or phone 519-821-7324.
  5. Volunteers are needed as Greeters and for clean up and set up for the Fall Conference on all days, Nov 14, 15 and 16. Items needed for the Fall Conference include table cloths (60" round and 4'x 3' size), and tin buckets as centre pieces. Contact Janet Colley for more information.
  6. Pod members are an important part of our regular Sunday Services. Pod members make coffee, bring snack items or juice or milk and clean up after coffee time. Coffee time after service is an excellent opportunity to get to know other members. Pod groups allow the UCG to continue this wonderful service and opportunity. Please join a pod and/or check to make sure you are able to make it for your pod day
-

## TO: MEMBERS AND FRIENDS

It is time again to think about social hour and the people that are needed to make it a reality. Six years ago we implemented a system to divide the membership into groups to take responsibility for social hour each Sunday. We called the groups “pods” and assigned people into groups.

Watch the newsletter and a reminder is noted each Sunday in the bulletin for which pod is responsible for the next week. There will also be a listing posted on the bulletin board at UCG and also at the welcome table. So, if each of you could mark your calendars with the dates for your pod it would make the overall organization of the pods easier. There are great conversations to be had and new friends to meet around the kitchen sink.

As a reminder, we are serving *Fair Trade Coffee* as part of our Social Action initiative. This coffee is expensive, with cause, so we ask if you are drinking coffee please add a small donation to defray the extra costs.

I want to say thank you to each of you for your support and for making social hour happen every Sunday.

Please contact Janet at UCG or at [janetcolley@hotmail.com](mailto:janetcolley@hotmail.com) if you have any questions or concerns regarding social hour or to join a pod. We are in need of volunteers at the present time. The time commitment is minimal, just once every six weeks.

Thanks again to each of you for making the pod system such a success.  
Janet Colley

**Travel with UUs and spend a week on the Mediterranean in Kas, on the Turkish Riviera, with a room of your own.** May 4-11, 2009 Our charming 3-star hotel has a swimming pool and small pebble beach. Three days of excursions include a day-cruise on the sea in a gullet visiting Kekova, and visits to Saklikent Gorge, Xanthos, Patara, Myra, and Demre. Kas has many optional activities to offer - e.g. swim in the sea with dolphins. We need a minimum of 10 signups for this to be a go. Please sign up by December 15, 2008. Contact Beverly Carr [bgcarr@rogers.com](mailto:bgcarr@rogers.com) 416-939-4007.

---

## THANKS TO HELEN AND DOT

for their recent contribution for the Fall gardening (especially the purple cabbages) **AND HAROLD AND NANCY** for their ongoing grounds upkeep over the season.

