



# The Unitarian Congregation of Guelph

## Sunday Services for January and February

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

### January 6 (Pod 1) A CELEBRATION OF THE CONTINUATION OF THE FUTURE

Unitarians don't generally believe that the world was supposed to have ended last year, as predicted by some due to the possible completion of the Mayan calendar. But we have apocalyptic worries of our own. What can we do to ensure that these visions don't become a reality? How can we shape the future that we DO want? In case of apocalypse, the service will be cancelled....

**Speaker: Alisa McClurg**

**Service Leader: Margie Johnson**

### January 13 (Pod 2) GROWING INTIMACY: OWL'S ADULT PROGRAM

Join Mel as she shares some of the jewels found within the OWL adult program and the realization that OWL is not just about the mechanics of sex and truly is about Our whole lives with great information to learn from and apply to our lives at any age.

**Speaker: Mel Horvath-Lucid**

**Service Leader: Avril Smith**

### January 20 (Pod 3) THE THIRD AND FOURTH PRINCIPLES PART TWO

John Buttars is returning for his third visit this year, to continue sharing his perspective on the Unitarian Universalist Principles. His talk will focus on the 3rd and 4th principles, which he began discussing with us in November. John will explore the "encouragement to spiritual growth" from the 3rd principle, and "free and responsible search", from the 4th principle.

**Speaker - John Buttars**

**Service Leader - Harold Chapman**

### January 27 (Pod 4) IMBOLC

The wheel turns again to welcome the quiet stirring within. What awakens now as the light returns? What do we intend to bring forth to create balance?

**Speaker: Earth Based Spirituality**

### February 3 (Pod 1) HOW WE GROW OUR FOOD MATTERS

Media reports about tainted beef and listeria infections have a growing number of people worried about the dangers and drawbacks of large-scale, centralized food production and processing. Climate extremes at home and around the world are also contributing to concerns about food crops that are dependent on fossil fuels and lots of water. More and more Canadians are choosing the produce of small-farmers within their region to feed their families in healthy ways. Those ways

start with farming practices that respect nature. They also start with robust seed. USC Canada's Executive Director, Susie Walsh, will bring good news about the fabulous work local farmers are undertaking within the organization's Seeds of Survival program, now in Canada as well as the global South. There is forceful pushback by those the industrial system best serves. But the movement to build a more food sovereign system across our planet is powerful and very exciting!

**Speaker: Susie Walsh**

**Service Leader: Seanna Murphy and Naomi Matsui**

### February 10 (Pod 2) THE POWER OF SONG

Soulful Singing is a meditative practice that celebrates each unique voice, fosters spontaneity and play and nurtures living in the present moment. Experience freedom, joy, power and peace through communal singing and chanting. Soulful Singing is about presence, not performance. We share songs and chants through the oral tradition. What folks say about Soulful Singing? "If you value community, creativity, fun and spirituality on your own terms, you will love it"; "amazed at the beauty we can create together"; "a safe, nurturing, open space to explore"; "I have found my voice, and have even written a few songs". Anyone can do it, including you!

**Speaker: Wendy Luella Perkins**

### February 17 (Pod 3) WHO IS THE HERO OF YOUR STORY?

Who is the hero of your story? Life calls to us everyday, to venture out of unfamiliar territory and often the adventure will not necessarily take us out to foreign lands but rather to a different state of mind and heart and the destination then is internal rather than external. Join us on a journey as we look at past super hero's and the lessons they teach, that we might to become the hero of our own story.

**Speaker: Mel Horvath-Lucid**

### February 24 (Pod 4) THE SECOND U - UNIVERSALISM

Our denomination derives from the relatively well known Unitarians and also the lesser well known the Universalists. They are sometimes called the Non-Trinitarians and the No-Hellers or the church of the head and the church of the heart. Also known as the city church and the country church. These two liberal christian-based churches merged in 1961 and our faith culture has been changed and continues to be changed by the mixing of these two faiths. As a long time member of an american universalist church that voted against that merger, I would like to share my perspective and slant while examining our history.

**Speaker: Melissa Rockenfield**

**Service leader: Charles Davidson**

## 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](mailto:admin@guelph-unitarians.com) or telephone 519-836-3443. **Items for our next newsletter are due February 15, 2012.**

In an effort to save trees and money, our newsletter is available online at [www.guelph-unitarians.com](http://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](mailto:coordinator@guelph-unitarians.com)

For building or rental inquiries, email  
[admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

### UCG 2012 - 2013

#### LAY CHAPLAINS

Aspen Heisey 519-822-8666  
Janice Canning [janice.canning@gmail.com](mailto:janice.canning@gmail.com)

#### 2012 - 2013 BOARD

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

#### COMMITTEE CHAIRS

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

#### STAFF

#### **Program Coordinator for Spiritual Development and Junior Youth RE Program**

Mel Horvath-Lucid 519 836 3443  
[coordinator@guelph.unitarians.com](mailto:coordinator@guelph.unitarians.com)

#### **Administrator and Children's RE Program**

Jane McRae 519 836 3443  
[admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

#### OTHER PEOPLE WHO HELP

<b>Environment</b>	Harold Chapman	519 763 2406
<b>Musicians</b>	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](mailto: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](mailto:coordinator@guelph-unitarians.com)

### HUMAN NATURE



Social Responsibility Committee:  
Preliminary Meeting on Human Nature  
There is a long history of theories of human nature

stretching back to Greek and early Christian times. The past thirty years have seen enormous strides in our knowledge about human nature and the diversity of ways of how we might view ourselves. These have profound ways of influencing our understanding of our social, economic and political outlooks and of how we can view the human condition. On Friday, January 4, 2013, at 7:00 pm, bring your narratives about human nature to the UCG, and contribute to a discussion of what we might do to inform ourselves.

### SOULFUL SINGING



Mark your calendar for the second weekend in February when we welcome The Rev.

Wendy Luella Perkins to our congregation. In addition to offering a creative and inspiring Sunday service called *The Power of Song*, she will also be leading Soulful Singing (singing as a spiritual practice) on Sunday afternoon (sliding scale \$5-\$20). Wendy Luella is a singer-songwriter and UU community minister based in Kingston, Ontario. You may remember her as the growth coordinator for the CUC. Find out more about Wendy Luella at [www.wendyluellaperkins.com](http://www.wendyluellaperkins.com).

UCG'S...

## Coming Events

What's On At UCG this  
January and February

### Events Calendar

January 2 - Chant Club	7:45pm
January 4 - Human Nature	7:00pm
January 6 - Sunday Service	10:30am
January 7 - Enlighten Tea	12:30pm
January 8 - CommuniTea	1:00pm
at Planet Bean (Grange)	
January 13 - Sunday Service	10:30am
January 18 - Chalice Cafe	7:30pm
January 20 - Sunday Service	10:30am
January 20 - Mindfulness Community of Guelph	3:00pm
January 21 - Enlighten Tea	12:30pm
January 27 - Sunday Service	10:30am
February 3 - Sunday Service	10:30am
February 3 - Mindfulness Community of Guelph	4:00pm
February 4 - Enlighten Tea	12:30pm
February 6 - Chant Club	7:45pm
February 10 - Sunday Service	10:30am
February 10 - Soulful Singing	12:00pm
February 12 - CommuniTea	1:00pm
at Planet Bean (Grange)	
February 15 - Chalice Cafe	7:30pm
February 17 - Sunday Service	10:30am
February 17 - Mindfulness Community of Guelph	3:00pm
February 18 - Enlighten Tea	12:30pm
February 24 - 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](http://www.guelph-unitarians.com).

## REGULAR ACTIVITIES AT THE UCG



### CHALICE CAFE

Everyone is invited!  
Sponsored by the UCG 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 more information, please contact Mel at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

**3rd Friday of the month, 7:30pm 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.

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](mailto: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](mailto: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](http://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.



**inspiring community**  
body | mind | spirit

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

For a full, updated calendar of events and services happening at UCG, please visit

## COMMITTEE NEWS

### CARING COMMITTEE

The Caring Committee recently asked UCG for help furnishing the new apartment of a needy family. They are still looking for bunk beds, but otherwise, are complete. They asked me to tell you how very grateful they are for our generous response.

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](mailto:ruthslavin@sympatico.ca) or 519-822-9637 or Mel Horvath [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) or 519-836-3443.

### 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](mailto:matthewlucid@yahoo.ca). All welcome!

### 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](mailto:katiegad@hotmail.com)

### 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](mailto:margiejjohnson@yahoo.ca)

## 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. Books, games, toys and snacks are provided for your little one.



### 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. This fall we are exploring who we are and where we fit in our world.



### 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. Join us as we explore, seeking truth and understanding about ourselves, the world, and the people and creatures around us.



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

Advice is like snow:  
the softer it falls, the  
longer it dwells  
upon, and the  
deeper it sinks into,  
the mind.

Samuel Taylor  
Coleridge



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## 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](http://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](mailto: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](http://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](mailto: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](mailto:admin@guelph-unitarians.com) to submit an item or for more information

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# 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?**