



Sunday Programs for January and February

Services start at 10:30am at 122 Harris Street, Guelph www.guelph-unitarians.com 519-836-3443
We have Spiritual Development programs for children 4 and older, and childcare for younger children.

January 1st (Pod 1) A YEAR IN REVIEW

We will open the book. Its pages are blank. We are going to put words on them ourselves. This book is called living with intention and the first chapter is New Year's Day!!! Join us for an all ages service as we review our personal story/experiences from the year past, both the triumph's and the struggles. Last years words belong to last year's language and next year's words await another voice from within ourselves. This service is a continuation and deepening on thoughts shared by Mel on living intentionally on December 11th.

Service Leader: Avril Smith and Mel Horvath-Lucid

January 8th (Pod 2) WHOSE AM I?

Douglas Steere, a Quaker teacher, says that the ancient question, "Who am I?" inevitably leads to a deeper one, "Whose am I?" – because there is no identity outside of relationship. You can't be a person by yourself. To ask "Whose am I?" is to wonder, Who needs me? Who loves me? Whose life is altered by my choices? With what other lives is mine all bound up, in obvious and invisible ways? This service will explore this question and how we as Unitarians are connected to the world and one another.

Service Leader: Margie Johnson Speaker: Nancy Schmidt

January 15th (Pod 3) THE INHERENT WORTH AND DIGNITY OF EVERY PERSON: FROM SENTENCE TO LIVED REALITY

It rolls off the tongue like sweet wine, "The inherent worth and dignity of every person." How does such an affirmation move into a grounding principle, a passion, an affirmation that gets lived out, almost unthinkingly, in one's daily and most intimate relationships? That question got posed for me early October when two day old Miriam met for the first time her two siblings, two year old Joshua and four year old Rachel. In a split second I saw that sibling rivalry and sibling love are born in an instant.

Service leader: Harold Chapman, Speaker: Rev John Buttars

January 22nd (Pod 4) A RIVER RUNS THROUGH IT

A common metaphor for the spiritual or life journey is the mountain. Jill Davey will be sharing some of her life journey through a different lens - the metaphor of the river. In this very fast, linear, goal oriented (yang) time and culture we are invited to explore a slower, more receptive, flowing (yin) approach. Jill is a Unitarian Lay Chaplain from the Fergus Elora community. She is a yoga teacher, meditation facilitator and owner of RiverSound Retreat in Fergus..

Service Leader: Linda Reith Speaker: Jill Davey

January 29th (Pod 1) NAMASTE: WHERE ARE YOU GOING?

Just back from walking and walking and walking in USC's highest elevation programs, in Humla Nepal, Kate Green will share with the Congregation stories and challenges from her recent trip. The phrase 'Namaste – where are you going' occurred hundreds of times a day as she and her Nepali colleagues encountered others on the trails. Where are these communities going as food systems, weather and society changes? Our congregation has a long history of supporting USC Canada and we look forward to Kate's visit and ways we can continue to support their initiatives.

Service Leader: Joan Rentoul Speaker: Kate Green

February 5th (Pod 2) IMBOLC / GROUNDHOG DAY

Six weeks to Spring. Let's get ready. Let's pay attention to the new life stirring in us. Let's start the spring cleaning. We will open to our creative side to see what we might discover about our heart's delight.

Service Leader: Linda Reith and Maria Chovas

February 12th (Pod 3) UNICAMP

Every summer, Unitarian Universalists and friends from across southern Ontario and beyond gather at a beautiful 50-acre retreat on the Niagara Escarpment, Unicamp. A vital, welcoming multi-generational community has evolved there, with a deep connection to the land and the water. When a corporation announced plans for North America's second largest limestone quarry on Unicamp's doorstep, threatening the Camp, the surrounding community, and the headwaters of several river systems serving a large part of southern Ontario, UUs joined with farmers and environmentalists to build a popular movement to protect the environment.

Service Leader: Elinor Knight Speaker: Neal den Hollander

February 19th (Pod 4) LIVING OUR PASSION

Join the Senior youth as they share an inspiring, energy filled and insightful morning of song and vision as several global minded youth share their passions and heart's for social justice in a variety of outlets. "Never Doubt that a small group of thoughtful, committed people can change the world, indeed, it is the only thing that ever has." Margaret Mead.

Service Leader: Ryan Michael McKay Speaker: Youth Panel

February 26th (Pod 1) VEDIC CHANTING

A look at the spiritual concepts behind the ancient practice of Vedic chanting and a chance to try out a few chants with Chant Master Barb Quinlan.

Service Leader: Esta Spalding

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 or telephone 519-836-3443. **Items for our next newsletter are due December 15, 2011.**

In an effort to save trees and money, we are e-mailing as many newsletters as possible.

COMING EVENTS

Sunday, January 1 st	Sunday Service	10:30am
Wed., January 4 th	Chant Club	7:45pm
Thurs, January 5 th	Stone Soup	12:30pm
Sun, January 8 th	Sunday Service	10:30am
Sun, January 8 th	Emotional Freedom Technique	1:00pm
Tues, January 10 th	Coffee, Chat and Community	12:30pm
(Planet Bean, Grange Location)		
Sun, January 15 th	Sunday Service	10:30am
Sun, January 15 th	Emotional Freedom Technique	1:00pm
Sun, January 15 th	Parent Planning Meeting	12:00pm
Sun, January 15 th	Mindfulness Community	4:00pm
Thurs, January 19 th	Stone Soup	12:30pm
Fri, January 20 th	Chalice Café	7:30pm
Sun, January 22 nd	Sunday Service	10:30am
Sun, January 22 nd	Emotional Freedom Technique	1:00pm
Sun, January 29 th	Sunday Service	10:30am
Sun, January 29 th	Emotional Freedom Technique	1:00pm
Wed, February 1 st	Chant Club	7:45pm
Thurs, February 2 nd	Stone Soup	12:30pm
Sun, February 5 th	Sunday Service	10:30am
Sun, February 5 th	Winterfest	1:00pm
Sun, February 5 th	Mindfulness Community	4:00pm
Thurs, February 9 th	Living the Principles Group	6:30pm
Thurs, February 9 th	Knit Night	7:00pm
Sun, February 12 th	Sunday Service	10:30am
Tues, February 14 th	CommuniTEA	12:30pm
(Planet Bean, Grange Location)		
Thurs, February 16 th	Stone Soup	12:30pm
Thurs, February 16 th	Midwinter Gathering	6:30pm
Fri, February 17 th	Chalice Café	7:30pm
Sun, February 19 th	Sunday Service	10:30am
Sun, February 19 th	Mindfulness Community	4:00pm
Sun, February 26 th	Sunday Service	10:30am

All events take place at UCG unless otherwise noted

UNITARIAN CONGREGATION OF GUELPH

122 Harris Street, Guelph Ontario N1E 5T1

Phone 519-836-3443

www.guelph-unitarians.com

Lay Chaplains

Aspen Heisey 519-822-8666

THE BOARD FOR 2011 - 2012

President	Lorna Wylsun	519 822 1053
	president@guelph-unitarians.com	
Past President	Helen Pringold	519 826 4449
Vice President	Steve Chovaz	519 766 1965
Treasurer	Maria Chovaz	519 766 1965
Member at Large	Shawn Matheis	519 837 2542
Member at Large	Deirdre (Dee) Yates	519 766 0523
Member at Large	Julie Elliotson	519 831 6534
Member at Large	Karen Balcom	519 836 1590
Member at Large	Dave Beaton	519 341 4997

COMMITTEE CHAIRS

Social Action	Helen Prinold	519 826 4449
Membership	Maria Chovaz	519 766 1965
Support Network	Mel Horvath-Lucid	519 836 3443
Sunday Services	Linda Reith	519 822 4889
Chaplaincy Committee	Deirdre Yates	519 766 0523
Children's Program	Karen McKay	
LGBTI Committee	Matt Lucid	

STAFF

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

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Office Administrator (Newsletter Editor * Distribution and Building Rental)

Jane McRae 519 836 3443
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OTHERS WHO HELP

POD Coordinator	Molly Roberts	
Environment (building & grounds)	Harold Chapman	519 763 2406
Musicians	Naomi Matsui	519 821 2830
Unitunz	Paul Smith	519 767 1033



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

Each time I attend a service I am in awe of the number of children and young people that are a part of our community. This lets me know that the decision made by a past board to invest our resources in staff positions that would focus on programming for children is extremely successful! Thank you Mel and Jane! We want to be sure that the programming and resources at UCG are also supportive and challenging for other members of our community and we would appreciate hearing from you.

One of the ways we hope to invite your input, suggestions, questions and concerns is through a suggestion box. Our intention is to post responses on the Board board so that others will also benefit from the information and discussion.

A second way you are invited to share your thoughts will be at the annual Midwinter Gathering, which will be held on Thursday, February 16th. We will share a meal together (which will be catered by the young people of our community as a fundraising opportunity). Following dinner there will be a brief introduction to the work of the staff and committees and then we will have a discussion on two topics which are important for us to explore. There are members of our community who would like to pursue a move to a larger facility. In line with our fifth principle, “The right of conscience and the use of democratic process within our congregations and in society at large”, it is critical to speak and hear others express their views. This conversation will begin at the Midwinter Gathering.

Our third principle encourages us to affirm and promote “acceptance of one another and encouragement of spiritual growth in our congregation”. With this in mind, one of the topics we want to initiate at this meeting is a discussion of the use of the word “God” in our community. It has been noted by some that we implicitly or occasionally explicitly discourage the use of this word and it is important that we explore together what this means for us. This discussion will also be initiated at the Midwinter Gathering. I have included below a reading which was included in a past service to stimulate reflection on this topic.

That Which Holds All

By Nancy Shaffer, a UU minister, poet and writer from Ann Arbor, Michigan

Because she wanted everyone to feel included
In her prayers, she said right at the beginning
Several names for the Holy:
Spirit, she said, Holy One, Mystery, God

But then thinking these weren't enough ways of addressing
That which cannot fully be addressed, she added
Particularities, saying, Spirit of Life, Spirit of Love,
Ancient Holy One, Mystery We Will Not Ever Fully Know,
Gracious God, and also Spirit of this Earth,
God of Sarah, Gaia, Thou

And then, tongue loosened, she fell to naming
Superlatives as well: Most Creative One,
Greatest Source, Closest Hope –
Even though superlatives for the Sacred seemed to her
Probably redundant, but then she couldn't stop:

One who Made the Stars, she said, although she knew
Technically a number of those present didn't believe
The stars had been made by anyone or thing

But just luckily happened.

One Who Is An Entire Ocean of Compassion,
She said, and no one laughed.
That Which Has Been Present Since Before the Beginning,
She said, and the room was silent.

Then, although she hadn't imagined it this way,
Others began to offer names

Peace, said one,
One My Mother Knew, said another
Ancestor, said a third
Wind
Rain
Refuge
That Which Holds All
A child said, Water
Then: Womb
Witness
Great Kindness.
Great Eagle.
Eternal Stillness.

FROM OUR SPIRITUAL DEVELOPMENT COORDINATOR

Dear Friends,

It feels like fall flew by in a brilliant swirl of colours and energy within UCG! Now as we turn the page into a new year, we continue to see the opportunities to connect growing under the surface and with nurture from the folks within our community, they are growing!

From our new LGBTI support and awareness committee, to Greening our Sacred Spaces Committee, workshops to learn soap making as well as clothing swaps, bake sales, festive yoga, family events and group EFT offerings, there are an abundance of opportunities to get involved!

I am very excited to be facilitating the e-principles program for the month of January and a connecting potluck and sharing of experiences in February!!!

Much Peace,
Mel Horvath-Lucid



A NOTE FROM JANE

What a great fall and holiday season we had in the Children and Junior Youth Programs! From learning about different cultures, different religions and different celebrations... it was a great 2011! 2012 is shaping up to be just as great, as we continue to travel around the world through songs, stories, discussion, crafts and games! And don't forget our upcoming pageant! There's a lot going on in the children and junior youth programs in 2012!

UPCOMING EVENTS OF INTEREST

Parenting Planning Meeting and Potluck

Sunday, January 15th, 12:00pm

Join with other parents in our community after the service to discuss Children and Junior Youth programming, as well as future offerings for children, youth and families at UCG. For more information, please contact Mel at coordinator@guelph-unitarians.com

Stone Soup Emotional and Physical Pain Support Group

Thursday, February 2nd and 16th, 12:30pm at UCG

We will begin our study and practice based on the ideas and works of Louise Hay. Join us for supportive conversation, a hearty Stone Soup (bring an item to add if able), and then stay for a time of study and group work based on the works of Louise Hay.

WinterFest

Sunday, February 5th, 1:00 – 4:00 at UCG and Lyon's Park

This year UCG is teaming up with Two Rivers Neighbourhood Group to offer activities, games, face painting, yoga, a colouring contest, nature walks, skating, winter games and more! If you are interested in helping out, please contact Mel at coordinator@guelph-unitarians.com

Living the Principles Appetizers and Discussion Group

Thursday, February 9th, 6:30pm at UCG

This is an opportunity for those who journeyed the 30 day Living the Principles e-program to connect together and discuss our experiences, dig deeper into some of the philosophies presented and to share as a group some of the learning from our journeys. Those who did not take part in the program are welcome to join us for a night of sharing and community. Contact Mel at coordinator@guelph-unitarians.com for more information.

Knit Night

Thursday, February 9th, 7:00pm at UCG

Calling all knitters and those who want to learn! Come out to a community knitting night at the UCG. We'll have tea and treats and experienced knitters on hand to help those interested in learning. Bring your project, your supplies, or just come! Nursing babies are welcome but no childcare will be provided.

UCG's Midwinter Gathering

Thursday, February 16th, 6:30pm at UCG

FROM THE COMMITTEES OF THE UCG

SUNDAY SERVICES

2012 is a long awaited year and the Sunday Service Committee is more than ready! We have already planned services for 6 months for 2011 – 2012 and we have had many services already in place for the final four before summer (I just wanted to get that word into the January newsletter!) The new members to our committee are being a great addition. We are very happy with the outcome of our service leader's workshop, though we were sad Cheryl was unable to facilitate for us (maybe next year?) The Earth Based Spirituality sub-committee has held its second meeting and has offered three services; Fall Equinox, A Rationale for Earth Based Spirituality, and Samhain. We are refining our planning and will now hold an open visioning gathering one month before each of the Hinge Services. The first of these gatherings will be on January 8th at 12:30pm following the Sunday Service. The next Sunday Service Committee meeting is Thursday, January 12, 2012, 7:00pm at UCG. Join us! We are friendly and the work is satisfying.

Linda, Maria, Charles, Margie, Esta, Ryan, Harold and Mel

MEMBERSHIP

Have you received your copy of the UCG Directory? If not, pick one up on Sunday or email Jane at admin@guelph-unitarians.com to have one mailed.

The membership committee is flourishing. We are 5 members – each with unique and wonderful ideas. We try to meet at least monthly. We welcome your ideas and input!

LAY CHAPLAINCY

Lay Chaplains are members of our congregation who perform rites of passage for members and the community at large. The role provides wonderful opportunities for creative ritual building and meaningful dialogue with individuals and families who seek out our lay chaplains to celebrate the significant milestones in their lives. Being there for a family with the loss of a loved one, calming a nervous couple before their long-awaited ceremony, experiencing the immense joy of parenthood during a child dedication...all of these moments expand one's own spiritual base and lift one above the ordinary.

For an application or more information please contact Deirdre Yates, Chair, Lay Chaplaincy Committee, deeyates@gmail.com, 519-766-0523..

SUPPORT NETWORK (CARING COMMITTEE)

The Caring Committee meets throughout the year to discuss the ways in which we can continue to branch out and create supportive linkages in our community. If you're going through a tough time, there are people in our community who are willing to help with a ride, dog-walking, meals etc. If you are curious about how we might help, to offer help or for more information, please call or email Mel Horvath 519-276-2527 or coordinator@guelph-unitarians.com

Currently the Caring Committee is comprised of Joan Rentoul, Elaine Bradshaw, Mel Horvath, Janet Colley and Amanda Waddington, we welcome new members. We meet 3-6 times a year to discuss all things related to caring at the UCG!

If you'd like to join in on a meeting, please let us know!

JOIN A POD!

Our Hospitality Pods put on the coffee, boil the water for some tea, and bring a snack to share with the congregation. For clean-up they make sure there is some lovely warm, soapy water in the sink for people to wash up their dishes with. They wash out the coffee pot and finish up any leftover dishes, and then give the coffee table a quick wipe!

To sign up for a pod or to be put on the back-up pod please see the Fairy Pod Mother aka Dee Yates.

With Love and Good Wishes,
The Fairy Pod Mother

LGBTI SUPPORT COMMITTEE

Would you like to be a part of a continued movement to ensure equality for all in the area of sexual and gender orientation? Create ways to continue to grow community connections and awareness? Be a part of activism to see change happen? Create and support continued opportunities for UCG as a community to be proactive offering support and creating awareness in the area of transgender person(s)? Please join us or email to let us know you would like to be on an "updates" emailing list.

For more information contact: Matt Lucid at matthewlucid@yahoo.ca

ACTIVITIES OFFERED BY THE UCG

COMMUNITEA AT PLANET BEAN (GRANGE LOCATION)

Tuesday January 10th, 12:30pm

Tuesday February 14th, 12:30pm

Come to learn and share with other UCG members! This is a time for informal conversation, check-in and a great way to get to know the people of our community, build friendships and learn from one another. For more info, contact Mel coordinator@guelph-unitarians.com

STONE SOUP FOR CHRONIC PAIN

1st and 3rd Thursday of the Month

12:30 pm at UCG

Stone Soup meetings for those suffering from chronic emotional or physical pain are offered the 1st and 3rd Thursdays of each month. Come support and be supported as we create an open space to be heard and nurtured. Each gathering will allow sharing, followed by a bowl of soup and conversation. Please bring an ingredient to add to the pot of surprise soup! Bread and crackers are also welcome. No childcare provided.

Join Stone Soup in February for a study and practice based on the ideas and works of Louise Hay.

CHALICE CAFÉ

Third Friday of the Month, 7:30pm at UCG

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 Paul Smith at 519-767-1033 or email chalicecafe@nancyandpaul.com

MINDFULNESS COMMUNITY OF GUELPH

1st and 3rd Sundays of the month – 4:00 to 6:00pm at UCG

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.

CHANT CLUB

First Wednesday of the Month 7:45 at UCG

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 Gaumont: dgomo@golden.net

UPCOMING EVENTS AROUND THE CONGREGATION

Don't forget to mark your calendars!

This year's Midwinter Gathering
will be held on Thursday,
February 16th at UCG!

6:30pm at UCG

Join fellow UCG members and friends for
an evening of food, community, discussion
and visioning.

Check out the Presidents Report in this
month's newsletter for a look into this year's
Midwinter Gathering

FUN'DRAISING UPDATE

The fall and winter season has meant fun and fun'raising. From our successful and fun Dream Auction, to our Craft and Bake Sale, to various creative workshops, including soap and wreath making, 2011 ended with a bang! Thank you to everyone in the UCG community for supporting our fundraising efforts, either by helping organize or by attending our fundraising events.

If you have any questions or ideas for fundraising, please contact Steve Chovaz at 519-766-1965

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.

Update on the Melancthon Mega-Quarry: What's Up with the Quarry

What's Up With the Quarry?

The current site of activism is pressure on the federal government to call for a federal or joint provincial-federal environmental assessment. There are two ways to participate.

1. We have copies of a petition created by MP David Tilson asking for a federal Environmental Assessment. Sign the copy in the sunshine room and/or take extra copy from the Sunshine Room and get other signatures. Or, download your own copy from Tilson's website:

<http://www.davidtilson.ca/left-icons/default>

2. We have postcards directed to the Peter Kent, Federal Minister of the Environment, asking for a federal EA. Sign the cards, and leave them for me to mail. Or, take a pile of cards and gather more signatures.

In both cases, the mail is going to a House of Commons office, and so no postage is needed. Thanks in advance for the help.

