



The Unitarian Congregation of Guelph

Sunday Services for March and April

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

March 2nd (Pod 1) THE KIDS AREN'T ALRIGHT

One in five children has some type of mental health problem yet we still talk in whispers about it, if in fact we talk at all. Denise will talk about how we need to push the issue of children's mental health out of the shadows once and for all and eliminate the stigma around mental health.

Speaker: Denise Davy

March 9th (Pod 2) INTERCONNECTEDNESS

Frederick Beuchner wrote: "You can survive on your own; you can grow strong on your own; you can prevail on your own; but you cannot become human on your own." Bishop Desmond Tutu says "I am because we are". Nelson Mandela was quoted saying "A person is a person through other people". Interconnectedness will be an exploration of becoming human in and through our relationships with each other, and with the cosmos, and perhaps in our relationship to the sacred or divine.

Speaker: Marty Molengraaf

March 16th (Pod 3) COMING OUT OF OUR CLOSETS WITH HARD CONVERSATIONS

Are we bigger than our Closets? Join Mel for a video presentation that offers a new perspective on coming out of the closet, suggesting that we all have closets and not just in our homes! Are we willing to have these hard conversations? Is there a price we pay if we don't?

Speaker: Mel Horvath - Lucid, Will and Isabelle Kirby

March 23rd (Pod 4) SPRING EQUINOX

Spring Equinox mirrors Fall Equinox. Each provides an opportunity to feel the perfect equality of light and dark and allows a conscious movement from the quiet reflection of the winter to the boisterous activity of Spring and Summer. This service will invite each of us to contemplate this transition, so that we can move with grace.

Speaker: Earth Based Spirituality

March 30th (Pod 5) JOURNEY AROUND THE MEDICINE WHEEL: CELEBRATING INDIGENOUS WAYS

Join Jan Sherman, Lois MacDonald and the women's drum group Wiji Numgumook Kwe, in celebrating and exploring First Nations' perspectives, knowledge, and ancient wisdom as well as its place in the world. Through traditional teachings, stories and drum songs we will delve into the indigenous world view based on the medicine wheel. Explore your own path around the medicine wheel.

Speaker: Wiji Numgumook Kwe

April 6th (Pod 1) NUTURING THE DANCE OF AUTONOMY AND CONNECTEDNESS

If we try on dance as a metaphor for any relating, then we might ask: What does it mean to us to enter a dance, when we encounter another being, including ourselves? How does our thinking affect our dance, on and off the dance floor? How does our experience of the dance change when we regard it as a means to an end, or, as an infinite courtship?

Contact Improvisation is a way in which we can practice shifting how we think about relationship.

Speaker: Tanya Williams

April 13th (Pod 2) EXPLORING THE WORLD AND BEYOND

Children and youth offer us a fresh and often different perspective on life. Come join them this year, as they share their learnings on values, intangible gifts and the wonder of nature. Through drama and music open your eyes, ears and hearts to the perspectives of this vibrant and wise generation.

Speaker: UCG Children & Youth

April 20th (Pod 3) THE BELOVED COMMUNITY PART 2

In today's fast paced world how do we create times of peace, reflection and growth? How do we create sacred moments of deeper connection with ourselves, each other, nature and our personal understanding of an ultimate reality? In a continued exploration of Tom Owen-Towle's book "Growing a Beloved Community", Stacey shares insight and inspiration into creating sacred space in our Sunday Services and gatherings.

Speaker: Stacey Molengraaf

APRIL 27TH (POD 4) HOW TO SURVIVE 60 YEARS OF MARRIAGE IN SPITE OF EXTREME PROVOCATION

We are pleased to welcome back the Rev. Fred Cappuccino, co-founder of Child Haven International. He will be explaining *How to Survive 60 Years of Marriage in spite of Extreme Provocation*, touching on group therapy, Studs Terkel, the Haymarket Riot, and the song *Annie Laurie*. His wife, Bonnie, will be present to make sure he doesn't stray too far from the truth.

Speaker: Rev. Fred Cappuccino

MISSION STATEMENT OF THE UNITARIAN CONGREGATION OF GUELPH

The Unitarian Congregation of Guelph is a spiritual community that is deeply rooted in Unitarian Universalist principles which provide a spiritual basis for ethical living. We celebrate diversity and affirm each individual. We support social and environmental justice through a democratic process. We welcome all seekers of truth and meaning in to our religious community.

THE UCG NEWS

The UCG News is the newsletter published regularly by the Unitarian Congregation of Guelph

Typed, handwritten or phoned-in submissions are always welcome, as are contributions by e-mail to admin@guelph-unitarians.com or telephone 519-836-3443. **Items for our next newsletter are due April 15th, 2013.**

In an effort to save trees and money, our newsletter is available online at www.guelph-unitarians.com. If you prefer it by mail, please let us know.



THE UNITARIAN CONGREGATION OF GUELPH

122 Harris St
Guelph, Ontario
519 836 3443

For inquiries regarding programming or services, email coordinator@guelph-unitarians.com

For building or rental inquiries, email admin@guelph-unitarians.com

UCG 2013 - 2014

LAY CHAPLAINS

Janice Canning janice.canning@gmail.com

2012 - 2013 BOARD

President	Steve Chovaz	519 766 1965
Past President		
Vice President		
Treasurer	Ralph Shapiro	
Secretary	Nancy Schmidt	519 763 2406
Member at Large	Dee Yates	519 766 0523
Member at Large	Maria Chovaz	519 766 1965
Member at Large	Aspen Heisey	
Member at Large	Janet Colley	
Member at Large	Bradley Shaw	

COMMITTEE CHAIRS

Social Action		
Membership	Janet Colley	519-824-0207
Support Network	Ruth Slavin	519 822 1673
Sunday Service	Margie Johnson	

STAFF

Program Coordinator for Spiritual Development and Junior Youth RE Program
Stacey Molengraaf 519 836 3443
coordinator@guelph.unitarians.com

Administrator and Children's RE Program
Jane McRae 519 836 3443
admin@guelph-unitarians.com

OTHER PEOPLE WHO HELP

Environment	Julie Darling	
Musicians	Naomi Matsui	519 821 2830

WHAT'S NEW THIS MONTH

CONTACT IMPROVISATION

Following the service on “Nurturing the Dance of Autonomy AND Connectedness”, we’ll have a potluck lunch followed by a **Contact Improv Workshop from 12:15-2:15.**

Contact improvisation is a whole-body practice in the art of non-verbal collaboration and co-creation. It involves following what makes sense for you while exploring gravity, momentum, & whatever is happening in the moment, including the physical & energetic contact with your dance partner. It’s up to you!

BUILD YOUR OWN THEOLOGY: PART ONE

A 10 week course exploring our personal beliefs about: God (or an Ultimate Reality), Human Nature, Religious Communities, Ethics, and the Future and Past of Humanity. The goal of the program is to help people discover and develop their values, meanings and convictions for living this life. The course is rooted in the 7 principles of Unitarians and is therefore multi-faith in nature. All ideas and beliefs are welcome.

Please sign up

The dates and times of this program will be decided by the group of people that sign up.

CHALICE CONVERSATIONS

Have you ever wondered what the meaning of life is? Why bad things happen? How you can live in this moment? Each week this peer-led group meets to chat about these types of questions. They share insights, personal stories, fears and concerns in hopes of finding deeper connection with themselves, each other and perhaps something beyond them. The topic for the next week is decided by the previous weeks group.

Friday, March 28th 7:00-8:30pm

BOOKLESS BOOK CLUB

Last year we ranged over topics from human nature to globalization. There is no set book and so there is no guilt about failing to buy, start, finish or understand the tyrannical text. Come for the inaugural meeting for talks about talks and discussions about discussions. Suspend disbelief and see the theme emerge organically by consensus.

ACTIVE LISTENING WORKSHOP

Tuesday, March 18th, 1:30pm
The Caring Committee is hosting this experiential session because Listening is key to Caring. Being a good listener is important in every aspect of our lives, but especially within the supportive community of UCG. Everyone is welcome to attend.

OWL FOR GRADES 10-12 (AGES 16-19)

OWL stands for Our Whole Lives and it is a sexual education program that helps participants make informed and responsible decisions about their sexual health and behaviour. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behaviour, sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

A parent information session we will be held in March. Please sign up for details on the date and time.

Please Sign Up

Times for this group will be decided by the Youth Advisor and Youth that Sign Up.

UCG'S...

Coming Events

March and April

March 1 - Event for Everyone	5:00pm
March 2 - Bring a Can Day	
March 2 - Living the 7 Principles	9:30am
March 2 - Sunday Service	10:30am
March 2 - Mindfulness Community of Guelph	4:00pm
March 3 - Yoga for All	6:30pm
March 5 - Stone Soup	12:30pm
March 5 - Chant Club	6:30pm
March 7 - Living the 7 Principles	7:00pm
March 9 - Musical Moments	10:00am
March 9 - Sunday Service	10:30am
March 10 - Yoga For All	6:30pm
March 14 - Living the 7 Principles	7:00pm
March 16 - Living the 7 Princ.	9:30am
March 16 - Musical Moments	10:00am
March 16 - Sunday Service	10:30am
March 16 - Social Justice Social	12:15pm
March 16 - Mindfulness Community of Guelph	3:00pm
March 17 - Yoga For All	6:30pm
March 18 - Active Listening	1:30pm
March 19 - Stone Soup	12:30pm
March 21 - Living the 7 Princ,	7:00pm
March 22 - Artistic Expression	2:00pm
March 23 - Musical Moments	10:00am
March 23 - Sunday Service	10:30am
March 24 - Yoga for All	6:30pm
March 28 - Chalice Conversation	7:00pm
March 30 - Musical Moments	10:00am
March 30 - Sunday Service	10:30am
April 2 - Stone Soup	12:30pm
April 2 - Chant Club	7:45pm
April 3 - Tools for Self	7:00pm
April 5 - Event for Everyone	5:00pm
April 6 - Bring A Can Day	
April 6 - Musical Moments	10:00am
April 6 - Sunday Service	10:30am
April 6 - Contact Improv	12:15pm
April 6 - Mindfulness Community of Guelph	4:00pm
April 10 - Tools for Self	7:00pm
April 13 - Sunday Service	10:30pm
April 16 - Sone Soup	12:30pm
April 17 - Tools for Self	7:00pm
April 20 - Musical Moments	10:00am
April 20 - Sunday Service	10:30am
April 20 - Social Justice Social	12:30pm
April 20 - Mindfulness Community of Guelph	3:00pm
April 24 - Tools for Self	7:00pm
April 27 - Musical Moments	10:00am
April 27 - Sunday Service	10:30am

SPOTLIGHT ON...

Spring Programs

The Unitarian Congregation of Guelph aims to offer free of charge community programs for personal, spiritual and community growth and development. Our programs are open to all people of all beliefs and faiths, abilities, ethnicity, race, sexual orientation and age.

Notes:

Most of our programs are drop-in, however some do require signing up. All programs that require you to sign up state *Please sign up* at the bottom of their description. To sign up simply e-mail our coordinator, Stacey, at coordinator@guelphunitarians.com, leave a message at 519-836-3443, with your name, contact information and program you would like to attend or write your name on the signup sheets on the bulletin board at UCG.

We can provide child minding for most programs. Please contact our Program Coordinator to arrange this. Please note: a minimum of 72 hours before the start of a program is required to arrange child minding.

Thank You!

A great, big thank you to Unitunz for donating a fully equipped recorder. This recorder will allow us to record our services so they can be shared on our website and with members and friends unable to join us that Sunday.

This is one more big step for our congregation becoming more accessible. Thank you!

UU READING

A PERSON IS A PUZZLE

MARK MOSHER DEWOLFE, 1997 UUMA WORSHIP MATERIALS COLLECTION

A person is a puzzle. Sometimes from the inside, it feels like some pieces are missing. Perhaps one we love is no longer with us. Perhaps one talent we desire eludes us. Perhaps a moment that required grace found us clumsy. Sometimes, from the inside, it feels like some pieces are missing. A person is a puzzle. We are puzzles not only to ourselves but to each other. A puzzle is a mystery we seek to solve—and the mystery is that we are whole even with our missing pieces. Our missing pieces are empty spaces we might long to fill, empty spaces that make us who we are. The mystery is that we are only what we are—and that what we are is enough.

In the gray stillness of this morning, into the accepting peace of a still sky, let us offer our failings, our inadequacies, into the silence. And let us know that we are accepted, by God and by this company, exactly as we are. Accepted—missing pieces, and all.

A NOTE FROM OUR SPDC

This winter has been packed full of ice, snow and excitement at UCG. With over 30 people in attendance this years Congregational Visioning was quite successful. Ideas about renovating the basement to make it a cleaner and healthier place for our children, brainstorming the accessibility of our building, and suggestions for supporting our children and youth program were just a few of the topics of the evening.

Now, as the ice and snow melts, the flowers and the grass will begin to grow again. Together, lets grow the visions you have shared over the last few months and join us at this years AGM to put that vision into motion.

Stacey

UU Joke Corner

Arguing with a Unitarian Universalist is like mud wrestling a pig. Pretty soon you realize the pig likes it.

YOU ARE INVITED:

Tools for Self: How to Build an Even More Resilient and Authentic Life.

If you are a parent, leader, partner or someone who wants to improve their life, this may be the workshop for you. "Tools for Self" is rich and deep because it is based on enduring wisdom coupled with emerging insights into happiness, neuroplasticity and resilience.

Course content will include self awareness, self mastery, deep listening, clear speaking, emotional intelligence, stress management, resiliency building and conflict management. Previous participants have experienced major shifts in their lives. You will have the opportunity to learn communication and interpersonal skills to enhance your personal and professional effectiveness.

Date: Thursday, April 3 to
Thursday, June 5. 7 pm to 9:30
pm

Lorna Wyllsun, Principal Coach and Trainer at Communication Works specializes in effective communication skills. She brings over twenty five years experience presenting in academic, corporate and nonprofit settings. Lorna combines theory with experiential and interactive approaches which appeal to all learning styles. She creates a safe and fun learning atmosphere for exploration.

Your Investment is a donation to the Unitarian Congregation of Guelph. Suggested minimum \$25 for UCG community and \$100 for others.

REGULAR ACTIVITIES AT THE UCG

EVENTS FOR EVERYONE

There was a request from several members and friends to have more family friendly and community building events this year. In response to this we have started monthly Events for Everyone. These events are intergenerational, and provide childcare for little ones, and are open to the community. Join us from 5:00pm - 8:00pm!

March 1st - Tropical Games Night
 April 5th- Board Game Extravaganza
 May 3rd - Sing-Dance-And-Tap-A-Long: A Community Concert

CHANT CLUB

The Guelph Unitarians are pleased to provide a home for the Guelph Chant Club. It meets the first Wednesday of every month at 7:45pm and goes through an eclectic mix of chants from all the worlds spiritual traditions---with a "world beat" groove. For more information, contact Dennis Gaumond: dgomo@golden.net

First Wednesday of the month, 7:45pm at UCG

SOCIAL JUSTICE SOCIALS

Join us over lunch as we share our joys and concerns about the world around us. Following lunch we will focus on a topic and explore it through guest speakers, film, and activities. This is an excellent opportunity to network, share skills and learn new one. Everyone welcome. Child minding is available, please speak to Stacey to arrange it.

March 16th from 12:30-2:00pm
 Topic: The Fair Elections Act

April 20th from 12:30-2:00pm
 Topic: Electric Cars for the Everyday Canadian Consumer

MINDFULNESS COMMUNITY OF GUELPH

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. We begin with a guided sitting meditation, walking meditation and silent meditation. We will then share a teaching from Thich Nhat Hanh and listen deeply to one another as we share what is on our hearts. This is a community practice that strengthens not only our formal meditation practice but also our ability to live in awareness and joy day by day.

First Sunday of the month at 4:00pm and the third Sunday of the month at 3:00pm

ARTISTIC EXPRESSION

This community program aims to build collaboration and peaceful interaction between people through collaborative art. Each gathering, a theme is chosen, each person expresses that theme in any form they like (painting, drawing, writing, dancing, collaging) and then all the projects are moulded into one. The final project is hung in a community space for the month.
 March 22nd 2:00-4:00
 April 26th 2:00-4:00

MUSICAL MOMENTS

Join us at the front of the sanctuary for joyful singing Sunday morning as we learn new songs and belt out old favourites. All ages and musical abilities, welcome.
 Sundays (March-June)
 10:00-10:20am

STONE SOUP

Stone soup is a social group that meets to talk about life, learn new skills for wellbeing and support each other. We meet the first and third Wednesday of the month from 12:30 to 3:00. All are welcome.

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



NURSERY, CHILDREN AND YOUTH SUNDAY PROGRAMS

Each Sunday, September-June, our children and youth explore the world around them together through music, art, story, drama and dance. This spring the children's program (ages 4-8) continues to explore the interconnect web of life, while the youth (ages 8-14) explore values and applying those values. Our nursery program provide opportunity for play for children ages 0-4.

COMMITTEE NEWS

CARING COMMITTEE

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 or 519-822-9637 or Stacey Molengraaf at coordinator@guelph-unitarians.com or 519-836-3443.

SOCIAL JUSTICE COMMITTEE

Join us on the third Sunday of the month from 12:15pm - 2:00pm for our Monthly Social Justice Socials!

March 16th - The Fair Elections Act Candidate for Guelph City Council Ward 6, Keith Poore, will explain the legislation of the propose Fair Elections Act, how it will effect our community and how you can share your voice on the matter.

April 20th - Electric Cars for the Everyday Canadian Consumer Speaker - Stacey Molengraaf, Electric Car Owner And Author of the Blog 365Electric

SUNDAY SERVICE COMMITTEE

The Sunday Service Committee is very excited about the coming service topics. Among our guests are Denise Davey (Children's Mental Health), Fred Cappucino (founder of Child Haven), and Wiii Numgumook Kwe (Jan Sherman's women's drum group). We hope to see you at UCG for these and all the other great services in the coming months.

As we did last year, we'll be holding informal summer services with the option of participating in either a discussion circle or a hands-on activity. We'll be looking for people to co-facilitate these casual gatherings, so please take some time to consider what you might be able to offer (i.e. possible discussion topics and activities such as yoga, meditation, nature walks, etc.).

We cannot afford not to fight for growth and understanding, even when it's painful, as its bound to be.

May Sarton



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.

Children's Program

The children's program, for children ages 4 (Junior Kindergarten eligible) - 8 is facilitated by Jane McRae. In March and April we will be learning about the world around us through the UUA curriculum "World of Wonder"

Junior Youth

The junior youth program facilitated by Stacey Molengraaf and guests offers this age group the space to practice leadership, collaboration and self exploration. This year the youth (ages 8 to 18) will be exploring heroism through popular culture and news events. They will also be producing a radio show discussion their opinions and findings.

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

COLLECTION ENVELOPES

Thank you for using the collection envelopes – we send tax receipts to everyone who, over the year, makes a contribution to the UCG greater than \$10. There is no need to fill out your complete address if you are already on our list – all we need is a name on the envelope.

BRING YOUR SUNDAY DONATIONS

The Welcome-in Drop-in Centre on Gordon Street is a haven and a caring community for homeless persons, those suffering from mental illness, isolation and economic marginalization. Please help us give back to our community by bringing a contribution for the Centre. Non-perishable food is easiest and coats and blankets are also appreciated. They will also use your Zehrs tapes and cheques are always welcome. Your old glasses and cell phones also are donated to a good cause.

DONATE ONLINE...

Just a reminder that your pledged donation can be made online at www.guelph-unitarians.com by clicking on the link at the bottom of the homepage. Charitable receipts will be issued for all donations.

PARKING ON SUNDAYS

Please note that Ferra Flooring is happy to allow us to use their parking lot on Sundays. Perhaps the earlier arrivals or physically able could use the Ferra lot, leaving the church lot for those less able? Thank you!

BUILDING RENTALS

Interested in renting UCG for your event or as a meeting space? UCG is available for both short and long term rentals in the day and evening. We currently have some openings for regular evening rentals, and openings for event rentals. For more information, or to book a rental, please contact Jane at admin@guelph-unitarians.com

EMAIL LIST

Want to know what is going on at UCG? Want to stay in the know about all the great programming, including programming for children, youth, and adults? Want to read about UCG's various committees, social justice projects, solar panel project and more?

Look no further than our website and weekly email!

Our website contains a calendar with all UCGs programming, as well as pages for committees, Children, Junior Youth and Youth programming and information on all our adult programming.

Go to www.guelph-unitarians.com for all the info!

We also have a weekly email to keep you up to date on what's happening each week in our community and what's up and coming! To get on our email list to receive weekly emails about what is going on in the UCG community, email a request

to Jane at admin@guelph-unitarians.com or fill out an information form at the welcome table.

NEWSLETTER ITEMS

Have an item to add to our next newsletter or to a weekly email or order of service announcement page? Email Jane at admin@guelph-unitarians.com to submit an item or for more information

WE ARE THE STEWARDS OF OUR COMMUNITY

WHAT DOES STEWARDSHIP MEAN?

- We inherited this community from past members.
- We support this community as our commitment to each other in the present.
- We hold this community as a trust for the future.

WHAT ARE OUR DUTIES AS STEWARDS?

- We support the community with our time, our talents, and our financial resources as we are able
- We draw on this community when we are in need.
- We create the vision for the future, and marshal the resources to reach to that future.

Our various contributions keep us functioning but more importantly let us imagine and plan even more for ourselves, for our city, and for the wider world we inhabit. What do you dream for us and with us?

All of our contributions – of time, talent and money – sustain us. We celebrate our collective resources. What level of contribution – weekly, through fun'draising, through monthly pledges – fits for your family?