



# *The Unitarian Congregation of Guelph*

## Sunday Services for May and June

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

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### **May 5th (Pod 1) MAY DAY / BELTANE**

Join us round the May Pole as we dance our way into the coming of summer. With all the joy of Spring blooms we celebrate our full creativity and power. This will be an intergenerational service held outdoors if at all possible.

**Service Leader: Earth Based Spirituality**

### **May 12th (Pod 2) CHILDREN'S PAGEANT**

Join us while we celebrate the talents that we all possess with this years children's pageant - a talent / Variety show!

**Speaker: Children, Junior Youth and Youth**

### **May 19th (Pod 3) GROWING YOUR GARDEN**

Life-long gardening enthusiast Georgina Noel describes the garden as her teacher. From learning to garden alongside her grandmother, to helping with our own pollinator garden here at the UCG, Georgina brings a wealth of knowledge and a spiritual connection with the garden. She will share with us her philosophies of gardening and the life lessons it has taught her.

**Speaker: Georgina Noel**

### **May 26th (Pod 4) THE FOUR AGREEMENTS**

In a busy world, how do we maintain balance, perspective and a sense of peace? Author, speaker and health coach Rebecca Anstett will share the philosophy found in the 4 Agreements from Toltec culture – ancient wisdom on how to live a more peaceful and balanced life.

**Speaker: Rev. Rebecca Anstett**

### **June 2nd (Pod 1) HITCHED TO THE UNIVERSE**

Idle No More exploded into Canada's public discourse this When we try to pick out anything by itself, we find it hitched to everything else in the Universe". Today we'll explore how Unitarian Universalism theology reflects John Muir's comment. If you could describe our tradition in one word, what would it be?

**Speaker: Reverend Fiona Heath**

**Service Leader: Helen Prinold**

### **June 9th (Pod 2) DANCE: A PRAYER IN PROGRESS**

Working with 5 rhythms we can discover and experience the joy of original movement. An opportunity to unravel ,unwind, and unbind. A chance to listen to your body and dance the moment alive.

"In the House of Lovers

The Walls are made of Songs

The floor Dances and the Music never stops"

Rumi- 12th Century Persian Mystical Poet.

**Speaker: Goldie Sherman**

**Service Leader: Lisa DuFresne**

### **June 16th (Pod 3) UNITUNZ: A LITTLE FATHERLY ADVICE**

Join the Unitunz Band as they take another audience-participation musical stroll. The path today honours Father's Day and will share some "fatherly advice"... advice our father's shared and advice some of our band's fathers might share.

**Speaker: Unitunz**

### **June 23th (Pod 4) FLOWER COMMUNION**

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## 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 August 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

#### 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**

Stacey Molengraaf 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)

### ANNUAL GENERAL MEETING



Sunday, May 26th  
12:15pm at UCG

Please mark your calendars and plan on joining us at our annual general

meeting.

A copy of proposed by-law changes will be available on our website [www.guelph-unitarians.com](http://www.guelph-unitarians.com) or email or call Stacey at 519 836 3443 or [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) to get a paper copy.

Light refreshments will be served. Childcare will be available.



UCG'S...

## Coming Events

What's On At UCG this

May and June

### Events Calendar

May 1 - Chant Club	7:45pm
May 4 - Dying With Dignity	1:30pm
May 5 - Sunday Service	10:30am
May 5 - Mindfulness Community of Guelph	4:00pm
May 6 - Enlighten Tea	12:30pm
May 12 - Sunday Service	10:30pm
May 14 - CommuniTea	1:00pm
May 19 - Sunday Service	10:30pm
May 19 - Mindfulness Community of Guelph	3:00pm
May 20 - Enlighten Tea	12:30pm
May 26 - Sunday Service	10:30pm
May 26 - Annual General Meeting	12:15pm
June 2 - Sunday Service	10:30am
June 2 - Mindfulness Community of Guelph	4:00pm
June 3 - Enlighten Tea	12:30pm
June 5 - Chant Club	7:45pm
June 9 - Sunday Service	10:30am
June 11 - CommuniTea at Planet Bean (Grange)	1:00pm
June 16 - Sunday Service	10:30am
June 16 - Mindfulness Community of Guelph	3:00pm
June 17 - Enlighten Tea	12:30am
June 23 - 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



### 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 Gaumont: [dgomo@golden.net](mailto:dgomo@golden.net)

First Wednesday of the month, 7:45pm 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."

### 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.

## Mark Your Calendars!

This year's Annual General Meeting will be held on

Sunday, May 26th from 12:15pm - 1:30pm

See you there!

Refreshments and children's program provided.

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

### 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)

### 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!

### 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)

A life without love  
is like a year without  
summer.

Unknown



## 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

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.

May - Principle Six - Build a fair and peaceful world!

June - Principle Seven - We take care of the earth!



### 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. Our 2012 - 2013 theme is Life is an Experiment.



### 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)

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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?**