



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.

May 3rd (Pod 1) MAY DAY / BELTANE

Join us around the May Pole as we celebrate May Day / Beltane together!

Speaker: Earth Based Spirituality Council

May 10 (Pod 2) OUR UU ROOTS

Join Chris Wulff for a talk on our UU roots as we kick off our theme for May and June - Roots and Shoots.

Speaker: Chris Wulff

May 17 (Pod 3) THE GOOD EARTH PANEL

Speaker: Panel

May 24 (Pod 4) SIKHISM

The essence of Sikh teaching is summed up by Guru Nanak in these words: "Realization of Truth is higher than all else. Higher still is truthful living." Sikh teaching emphasizes the principle of equality of all humans and rejects discrimination on the basis of caste, creed, and gender. Sikh principles encourage living life as a householder. The concept of "God" is different in Sikhism than that of other religions. It is known as "Ik Onkar" or "one constant or the all pervading spirit" (which is taken to mean god). Nanak further states that the understanding of god is beyond human beings, but at the same time not wholly unknowable. Nanak stressed that god must be seen from "the inward eye" or the "heart"

Speaker: Dr. Ravi Rai

May 31 (Pod X) MAKER MOVEMENT

Speaker: John Roberts

June 7 (Pod 1) CHILDREN'S PAGEANT - FUR, FEATHERS, SCALES AND SKIN

This year our pageant's message is one of taking action to protect the planet and all the beautiful animals that inhabit her. Come and learn about endangered species, hear original poetry about the animals, and meet and celebrate the animals with dance and song

Speaker: Children and Youth

June 14 (Pod 2) UNITUNZ - ROOTS AND SHOOTS

Join our merry band of music makers as we celebrate Spring and explore our "Roots & Shoots" through many different genres of music and song

Speaker: Unitunz

June 21 (Pod 3) FLOWER COMMUNION

The Flower Communion is a Unitarian Universalist ritual, where we each bring a blossom to add to a communal bouquet and each choose a bloom to take with us. These flowers represent the diverse beauty found within our congregation and the natural world, and together they are united to create a wonderful bouquet. Please join us at this final service of the 2014/2015 congregational year.

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 August 15, 2015.**

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 2014 - 2015

LAY CHAPLAINS

Janice Canning janice.canning@gmail.com

2014 - 2014 BOARD

President	Linda Reith	519 836 3443
Past President	Steve Chovaz	
Vice President	Bradley Shaw	
Treasurer	Ralph Shapiro	
Secretary	Nancy Schmidt	
Member at Large	Aspen Heisey	
Member at Large	Janet Colley	
Member at Large	Keith Poore	
Member at Large	Naomi Matsui	

COMMITTEE CHAIRS

Social Action

Membership Janet Colley
Amanda Waddingham

Caring Committee Ellen Jamal

Sunday Service Margie Johnson

STAFF

Program Coordinator for Spiritual Development

Drew Verrall 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 Helen Prinold

Musicians Naomi Matsui

I think that one of our most important tasks is to convince others that there's nothing to fear in difference; that difference, in fact, is one of the healthiest and most invigorating of human characteristics without which life would become meaningless. Here lies the power of the liberal way: not in making the whole world Unitarian [Universalist], but in helping ourselves and others to see some of the possibilities inherent in viewpoints other than one's own; in encouraging the free interchange of ideas; in welcoming fresh approaches to the problems of life; in urging the fullest, most vigorous use of critical self-examination.

Adlai Stevenson

Roots

Unitarians and Universalists have always been heretics. We are heretics because we want to choose our faith, not because we desire to be rebellious. "Heresy" in Greek means "choice." During the first three centuries of the Christian church, believers could choose from a variety of tenets about Jesus and the Christian Tradition. The Universalists believed in a God who embraced everyone, and this eventually became central to their belief that lasting truth is found in all religions, and that dignity and worth is innate to all people regardless of sex, colour, race, or class.

Growing out of this inclusive theology was a lasting impetus in both denominations to create a more just society. Both Unitarians and Universalists became active participants in many social justice movements in the nineteenth and twentieth centuries. For the last two centuries, Unitarians and Universalists have been at the forefront of movements working to free people from whatever bonds may oppress them.

Two thousand years ago liberals were persecuted for seeking the freedom to make religious choices, but such freedom has become central to both Unitarianism and Universalism. By the beginning of the twentieth century, humanists within both traditions advocated that people could be religious without believing in God. No one person, no one religion, can embrace all religious truths.

Today we are determined to continue to work for greater racial and cultural diversity. In 1977, a women and religion resolution was passed by the Association, and since then the denomination has responded to the feminist challenge to change sexist structures and language, especially with the publication of an inclusive hymnal. The denomination has affirmed the rights of bisexuals, gays, lesbians, and transgendered persons, including ordaining and settling gay and lesbian clergy in our congregations, and in 1996, affirmed same-sex marriage. Unitarian Universalism welcomes all to an expanding circle of understanding and choice in religious faith. Our history has carried us from liberal Christian views about Jesus and human nature to a rich pluralism that includes theist and atheist, agnostic and humanist, pagan, Christian, Jew, and Buddhist. As our history continues to evolve and unfold, we are invited to add our experiences and beliefs to our living tradition.

Roots and Shoots

The Principles and Sources of our Religious Faith

We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part

Sources

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;

Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;

Wisdom from the world's religions which inspires us in our ethical and spiritual life;

Jewish and Christian teachings which call us to respond to God's love by loving our neighbours as ourselves;

Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;

Spiritual teachings of Earth-centred traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Whether one sees the world as God's creation or as a secular mystery that science is on the way to figuring out, there is no denying the beauty and majesty of everything from mountain ranges, deserts, and rain forests to the exquisite details in the design of an ordinary mosquito. - Robert C. Solomon

TAKING IT HOME

Exploring our Theme in Books, Film and in our Community

Helpful Books and Articles for Adults

A Chosen Faith: An Introduction to Unitarian Universalism by John Buchiens

The Unitarian Life: Voices from Past and Present
Editor--Stephen Lingwood

With Purpose and Principle: Essays about the Seven Principles of Unitarian Universalism Editor--Edward A Frost

Reason and Reverence: Religious Humanism for the 21st Century by William R Murray

Walden by Henry David Thoreau

On every stem, on every leaf . . . and at the root of everything that grew, was a professional specialist in the shape of grub, caterpillar, aphid, or other expert, whose business it was to devour that particular part.

- Oliver Wendell Holmes



Books for Children

Everybody is Important: A Kid's Guide to our Seven Principles by Jennifer Dant

Unitarian Universalist is a Really Long Name by Jennifer Dant

The Garden of Time by Jill Hammer

Books for Youth

A Young Unitarian Universalist's Doodle-ography Journal by Lindy Gifford

The sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love. - John Mui

To connect with the great river we all need a path, but when you get down there there's only one river. - Matthew Fox

FROM THE CENTRE OF THE WEB

Our year is moving towards a dramatic close to an exciting year. In just a month (May 28) we will hold our annual general meeting. That is the meeting where we set the course for the year to come by approving the budget and electing the board .

A LOT has happened this year. We managed to hire a Spiritual Development Coordinator just in the nick of time to begin the season in September. Talk about finding the right person at the right time! Then we got very excited to think that the Upper Grand District School Board hoped to rent our space for their outdoor education program. Excited because it's such a great program and because it would provide consistent rental income. Then we were overwhelmed, because they came in February instead of September and our renovations had to move at the speed of light. And they did! More right people in the right place at the right time.

Now we are working to consolidate the finances we need to strengthen our programming and our connections with each other and with the larger community. We are very keen to make our staff position one that pays enough, so people can afford to work for us. We have had a series of brilliant spiritual development coordinators, which is wonderful and lucky. Imagine what it would be like to retain our staff over time so that relationships and training can deepen. Your financial support will make all the difference in making this dream come true. Please pledge and please come to the AGM.

In perfect love and perfect trust, Linda Reith, President (until May!)

FROM OUR SUNDAY SERVICE COMMITTEE

From Our Sunday Service Committee

"When you practice gratefulness, there is a sense of respect toward others." - Dalai Lam

The next Sunday Service Committee Meeting is Thursday, May 14th at 7 p.m. at Margie Johnson's house. You are welcome to attend or to share your suggestions prior to the meeting.

Important! Save the date: Sunday, June 7th 11:45-12:30

Feedback discussion regarding Sunday Services and Theme Based planning

The Sunday Services Committee wants YOUR feedback to help us plan for the 2015-2016 year. Please join us following the child/youth pageant, as we discuss theme-based planning and ideas for next year. Please note that child care will be provided and that there is no need to stay for the whole time. If you are unable to attend on June 7th, you can share your feedback in other ways (details to follow).

You are also welcome to attend our annual retreat on Saturday, June 13th, 10:00-3:00, where we review the past year and begin planning the coming year. ALL are welcome. For more information, please contact Margie Johnson at margiejjohnson@yahoo.ca or 519-836-7589.

WHAT'S NEW THIS MAY / JUNE

YOUTH GROUP

This group is for youth ages 11-15 and meets alternate Friday evenings from 7pm-9pm.

To get involved or for more information, contact Drew at coordinator@guelph-unitarians.com

GUESS WHO'S COMING TO DINNER

Meet new community members or catch up with old friends by either hosting a dinner or attending one at someone's house - who's house you go to or who attends your dinner is a surprise until the doorbell rings!

May 2nd, 5:00pm around the city!

SOCIAL JUSTICE COMMUNITY DINNER

Saturday June 6th- Community Potluck for All! Hosted by our Social Justice Group. Featuring group activities to explore the issue of Hunger in our community and globally. 5pm-8pm at the UCG

ARTICULATING YOUR UU FAITH

This 5 session course will run Sunday mornings from 9am-10:15am at the UCG beginning May 3rd. (excluding Victoria Day weekend)

Articulating Your UU Faith guides participants through a series of easy and engaging exercises- personal reflection, role play, discussion, and the creation of a Sunday service- that equip them to communicate their liberal religious ideals. Great for newcomers, and a wonderful next step for long-time Unitarians.

SPECIAL YOUTH GROUP EVENT

Saturday May 23rd- Special Youth Group Event- Hooping For Hunger End Chronic Hunger both locally & globally! Hooping for Hunger is a hula hoop fundraiser in support of The Hunger Project Canada and Chalmers Community Services. From 12pm- 5:00pm at Centennial Guelph High School.

SOCIAL JUSTICE GROUP

June 14th- Social Justice Group

Join us on the Lower Level following the Sunday Service. Bring a bag lunch or food to share 12pm-1pm

AGM

Everyone is invited to attend our important annual general meeting.

This year's AGM will take place at UCG on Thursday, May 28th at 7:00pm.

Interested in joining the board or getting more information? Contact Linda Reith at lreith@on.aibn.com

UCG's...

Coming Events

Events Calendar

May 2 - Guess Who's Coming to Dinner	5:00pm
May 3 - Our UU Faith	9:00am
May 3 - Sunday Service	10:30am
May 3 - Mindfulness Community of Guelph	3:00pm
May 3 - Social Justice Group	12:30pm
May 6 - Chant Club	7:45pm
May 8 - Youth Group	7:00pm
May 10 - Our UU Faith	9:00am
May 10 - Sunday Service	10:30am
May 17 - Sunday Service	10:00am
May 17 - Mindfulness Community of Guelph	3:00pm
May 23 - Youth Group	10:00am
May 24 - Our UU Faith	9:00am
May 24 - Sunday Service	10:30am
May 24 -Movie Afternoon	12:00pm
May 28 - AGM	7:00pm
May 31 - Our UU Faith	9:00am
June 5 - Youth Group	7:00pm
June 6 - Community Potluck	5:00pm
June 7 - Sunday Service	10:30am
June 7 - Sunday Service Meeting	11:45am
June 7 - Mindfulness Community of Guelph	3:00pm
June 14 - Sunday Service	10:30am
June 14 - Social Justice	12:00pm
June 19 - Youth Group	7:00pm
June 21 - Sunday Service	10:30am

All events take place at UCG, 122 Harris St, Guelph, unless otherwise stated.

REGULAR ACTIVITIES AT THE 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.

*First and Third Sunday at
3:00pm at 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 Gaumond:

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

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.

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

COMMITTEE NEWS

MEMBERSHIP COMMITTEE

Our Member and Friend Committee serves the Congregation by doing the following:

- Arranging for greeters to meet people at the door with the order of service and a smile
- Training and staffing the Welcome Desk. Offering newcomer orientation; explaining how our lay led congregation works; handing out UU literature and signing up newcomers who would like to receive our emails
- Helping newcomers find ways to connect and find their place within our community
- Updating and publishing the UCG directory every year
- Hosting the new UU course
- Facilitating the New Member Service and Celebration every June

Our meetings are always open and we ENCOURAGE you join us. If you are interested please contact Amanda (519-763-9967 or amandaloo1920@gmail.com) or Janet (519-824-0207 janetcolley@hotmail.com)

SOCIAL ACTION COMMITTEE

This newly formed Committee is a gathering of individuals with a passion for “being the change we want to see in the world.” This group will identify and explore ways our congregation can participate in social justice initiatives in our community and in the world.

For more information on how you can get involved, contact Drew at coordinator@guelph-unitarians.com

PROGRAM COMMITTEE

The Program Committee is a gathering for individuals interested in planning content for our Sunday morning programs for Children & Youth, our mid-week groups for adults, and Intergenerational Community; Family events and activities. For more information about this Committee and how to be involved, contact Drew at coordinator@guelph-unitarians.com

CARING COMMITTEE

The Caring Committee is an important part of our community. There are times we are not aware that someone at UCG is experiencing illness, loneliness, grief, or a special celebration. If you would like someone to acknowledge your, or a friend's joys or concerns on a Sunday morning, please let a member of the committee know and the service leader will place a stone into the water for you. This simple act will allow people to keep you in their thoughts, or contact you if you wish.

SEPTEMBER AND OCTOBER

Kids Korner

Nursery Program

Children ages infant - preschool are invited to join our nursery teacher for our nursery program, where they will explore the concept of roots and shoots through play, songs, crafts and stories.

Primary Children's Program

Children ages JK - Grade 2 will be exploring the theme of Roots and Shoots this month through drama, literature and song! We will be working on our own song, and we will welcome the congregation to enjoy our performance at the end of June.

Elementary Children's Program

Children ages Grade 3 - Grade 6 will be exploring the theme of roots and shoots this fall, with guest speakers from the congregation, projects, discussions and more!

Youth Program

We have many new programs for youth at UCG!

Our Youth Group meets regularly on Friday nights. Email Drew at coordinator@guelph-unitarians.com for more information or to get involved!

We also have Youth programs on Sunday mornings during service. We will be exploring the theme of gratitude this month.

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?