



The Unitarian Congregation of Guelph

Sunday Services for November and December

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

Nov 3 (Pod 1) COMMUNITY ACTIVISM - TRANSITION GUELPH

Around the world the Transition Network supports community-led responses to climate change and shrinking supplies of cheap energy, building resilience and happiness. Guelph was the second Transition town in Canada and is a group of concerned and active Guelph residents who have come together with the shared vision of building resilience and sustainability into our community.

Speaker: Mary-Kate Gilbertson

NOV 10 (Pod 2) THE TROUBLE WITH RESPECT

As we prepare to honour those lost to war and violence on Remembrance Day, we will explore the difficulty of living our first principle. As Unitarian Universalists we covenant to affirm the inherent worth and dignity of every person; but do we really live this out in our daily lives?

Speaker: Fiona Heath

NOV 17TH (Pod 3) THE RAINBOW CHORUS: LOOKING BACK AND LOOKING AHEAD

The Rainbow Chorus of Waterloo-Wellington is composed of gay, lesbian, bisexual, transgendered and straight singers who join together in music to celebrate diversity and community. The chorus, which is now in its 20th year, is looking forward to once again sharing songs and stories with the congregation

Speaker: Rainbow Chorus

Nov 24th (Pod 4) MENTAL HEALTH AND ADDICTION

Come hear true stories of people's experience with addictions and mental health as they debunk the myths, clarifying the realities and share how others and society can be most helpful.

Speaker: Panel

Dec 1st (Pod 1) ISLAM AND PEACE

God spoke to all prophets before Mohamed and led them to peace. He spoke to Adam and Noah and Joseph and Ibrahim and Ishmael, and then spoke to Moses regarding the Torah, and to Jesus through the Virgin Mary.

This talk will explore these prophets and the rule of Islam, as well as the connections between Christianity, Judaism, and Islam.

Speaker: Mohamed Chaarani

Dec 8th (Pod 2) UNITUNZ

Exploring Unitarian Universalist Principle #4 with the Guelph musical troop, The Unitunz. Bring your singing voices, dancing feet and clapping hands as we take a spiritually-inspired trip along the musical highway on the Free and Responsible Search for Truth and Meaning.

Speaker: Unitunz

Dec 15th (Pod 3) PRINCIPLE SEVEN

Join us as John Buttar, a retired United Church Minister, talks about the 7th and final UU principle: Respect for the interdependent web of all existence of which we are a part.

Speaker: John Buttar

Dec 22nd (Pod 4) YULE / SOLSTICE

The longest night of the year marks the turning point from ever increasing nighttime to ever increasing daytime. Join your voice to the celebration of the return of the light.

Speaker: Earth Based Spirituality

Dec 29th (Pod 5) LESSONS LEARNED ALONG THE WAY

In September and October of this year, Lorna Wyllsun walked the Camino Frances across the north of Spain. She will share with you some of the reflections and insights she experienced as a result of this amazing pilgrimage.

Speaker: Lorna Wyllsun

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 December 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

MOVIE NIGHT

Saturday, November 23rd at UCG
6:00pm - 9:00pm

Join us for the movie 'Searching for Sugar Man'. This movie tells the life of a simple man whose wisdom and music moved many. This movie was suggested by John Buttars after this presentation at UCG on the 6th Principle.

COMMUNITY BULLETIN BOARD

A bulletin board has been placed beside the front door for social justice and community news.

Check it out and feel free to post events.

POTLUCK GAMES NIGHT

Saturday, December 14th
6:00pm - 8:00pm

Do you want to meet new people and share laughs with friends? Join us for an evening of fun, laughter and community at our first Event for Everyone. We will be playing all sorts of games from twister to Clue to Headbands. Feel free to bring your favourite game as well.

Everyone is welcome! Potluck items are much appreciated.
coordinator@guelph-unitarians.com

PARENT MEETING

Parents are invited to join the children and youth staff after service on Sunday, November 3. We will discuss the curriculum for the programs, arrange a snack rotation and brainstorm for this year's pageant. Childcare will be provided for the duration of the meeting.

HOLIDAY PJ PARTY SING-A-LONG

Parents are invited to join the children and youth staff after service on Sunday, November 3. We will discuss the curriculum for the programs, arrange a snack rotation and brainstorm for this year's pageant. Childcare will be provided for the duration of the

HOLIDAY CRAFT AND BAKE SALE

Sunday, December 22nd
11:30am - 1:00pm

Join us for an afternoon of holiday shopping and snacking!

If you would like to donate crafted or baked goods, please contact Stacey at coordinator@guelph-unitarians.com or talk to Nancy Schmidt



UCG'S...

Coming Events

What's On At UCG this

November and December

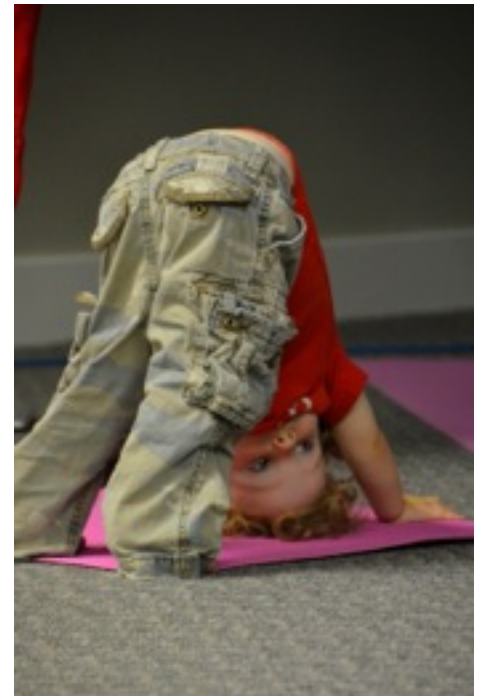
Nov 2 - Dream Auction	7:00pm
Nov 3 - K-1 OWL	9:15am
Nov 3 - BYOT	9:15am
Nov 3 - Sunday Service	10:30am
Nov 3 - Parents Meeting	12:00pm
Nov 3 - Mindfulness Community of Guelph	4:00pm
Nov 6 - Chant Club	7:45pm
Nov 7 - Stone Soup	12:30pm
Nov 9 - BYOT	6:30pm
Nov 10 - BYOT	9:15am
Nov 10 - K-1 OWL	9:15am
Nov 10 - Sunday Service	10:30am
Nov 11 - Yoga For All	6:30pm
Nov 14 - Sunday Service Meeting	7:00pm
Nov 16 - BYOT	6:30pm
Nov 17 - BYOT	9:15am
Nov 17 - K-1 OWL	9:15am
Nov 17 - Sunday Service	10:30am
Nov 17 - Mindfulness Community of Guelph	3:00pm
Nov 21 - Stone Soup	12:30pm
Nov 23 - Movie Night	6:00pm
Nov 24 - BYOT	9:15am
Nov 24 - K-1 OWL	9:15am
Nov 24 - Sunday Service	10:30am
Nov 30 - BYOT	6:30pm
Dec 1 - BYOT	9:15am
Dec 1 - Sunday Service	10:30am
Dec 1 - Mindfulness Community of Guelph	4:00pm
Dec 4 - Chant Club	7:45pm
Dec 5 - Stone Soup	12:30pm
Dec 7 - BYOT	6:30pm
Dec 8 - BYOT	9:15am
Dec 8 - Sunday Service	10:30am
Dec 14 - Games Night	6:00pm
Dec 15 - Sunday Service	10:30am
Dec 15 - Mindfulness Community of Guelph	3:00pm
Dec 19 - Stone Soup	12:30pm
Dec 22 - Sunday Service	10:30am
Dec 22 - Holiday Craft and Bake Sale	
Dec 24 - Holiday PJ Party	6:30pm
Dec 29 - Sunday Service	10:30am

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

SPOTLIGHT ON...

YOGA FOR ALL

This fall we started a new program called Yoga for All. This six week, intergenerational yoga class aimed to build friendships and create community. Each session begins with getting to know you energy and yoga games, followed by a story told with yoga poses and finishing with a yoga salutation and meditation. The program is thriving with over seventeen participants ages two to fifty. As seen in the accompanying pictures, smiles were all around.



UU READING

A PRAYER FOR DESERT TIMES

SOURCE: 1997 UUMA WORSHIP MATERIALS COLLECTION; ALTERED

The journeys of our lives are never fully charted. There come to each of us deserts to cross -- barren stretches -- where the green edge on the horizon may be our destination, or an oasis on our way, or a mirage that beckons only to leave us lost.

When fear grips the heart, or despair bows the head, may we bend as heart and head lead us down to touch the ground beneath our feet. May we scoop some sand into our hands and receive what the sand would teach us:

It holds the warmth of the sun when the sun has left our sight, as it holds the cool of the night when the stars have faded. Hidden among its grains are tiny seeds, at rest and waiting, dormant yet undefeated. Desert flowers. They endure. Moistened by our tears and by the rains which come to end even the longest drought, they send down roots and they bloom.

May we believe in those seeds, and in the seeds within us. May we remember in our dry seasons that we, too, are desert flowers.

A NOTE FROM OUR SPDC

When I first started this job, in April of last year, I often walked into an empty congregation building, filed my way to the back office and plunked down for a session of work. This year, I often walk into the excitement and bustle of committees, programs and volunteers. Everywhere I look people with big smiling faces, enthusiasm, passion and brilliant ideas pop up. Whether its our building manager, Julie, carrying in her new money-saving tricks of the trade, the stone soup crew sharing stories of their weeks, one of committees busily planning great things, or Nancy tending the garden (and sometimes removing a slimy bug from the office for me... thank you!), people are all around. What a warm, wonderful and welcome blessing this has been!

Again looking back, when I first came to the Unitarian Congregation of Guelph (UCG), I saw this passion and excitement in people but we seemed to all be going in different directions; with no one quite sure of where the others were or what they were doing.

My goal for this year, which has been voiced and share by many in the congregation, is to bring us together, as a community. To let the left hand know and celebrate what the right hand is doing and vice versa. I see the increase in volunteers, new visitors and members, participants in programs and the daily bustle of activity around the building, all as great signs that we are on our way there. Go UCG!

Stacey

UU Joke Corner

You May Be A Unitarian Universalist If...

- you think socks are too formal for a Summer service
- you think the Holy Trinity is "reduce, reuse and recycle"
- when you watch Jaws you root for the shark ("Hey, sharks have to eat too!")
- you think "Whatever" is a valid theological point
- you think a Holy day of Obligation is your turn to bring coffee hour treats
- you know at least two people who are upset that trees had to die for your church to be built.

YOU ARE INVITED:

CUC Regional Gathering

November 15th - 17th
Toronto

The Canadian Unitarian Council (CUC) is holding the Fall Regional Gathering the weekend of November 15th-17th in Toronto.

There are events for both adults and youth.

For more information please visit cuc.ca/regional-fall-gatherings/ or talk to Stacey, coordinator@guelph-

Dream Auction

Saturday, November 2nd at
UCG

This year's Dream Auction will be held on Saturday, November 2nd at UCG, doors open at 7:00pm.

You don't want to miss this evening of fun and community. Bring a donation for UCG (your donation helps keep our community running!) and you will be given a package of UniBucks. Everyone begins the evening with the same number of Unibucks. Use your Unibucks to bid on prizes donated by members of the UCG community. Dinners, baked goods, services, crafted items, musical performances and more!
See you there!

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. Some of the events this year include: Karaoke Night, a Spring Fling Dance and Tropical Games Night. See the calendar for dates. You don't want to miss them. They will be tons of fun!



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



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 week of the month from 12:30 to 3:00.

All are welcome.

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.

There are lots of new programs this fall at UCG. Check out our online calendar at www.guelph-unitarians.com to see all of our programs and events!

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

Our social justice chair has created a Facebook page for social justice events in the area. The page will focus on three categories: social justice events, educational events and non-for-profit fundraiser. If you would like to share an event please send the details to Paul at pstephany5@gmail.com

SUNDAY SERVICE COMMITTEE

The Sunday Service Committee would like to thank Naomi Matsui and Nancy Schmidt for facilitating the Sunday Service Leaders' Workshop. We would also like to thank everyone who attended the workshop. Having a talented and varied group of service leaders is integral to being a lay-led congregation. If you were not able to attend the workshop but are interested in leading services, please contact Margie Johnson at margiejjohnson@yahoo.ca. In December, we will be conducting a congregational survey in order to gather feedback to help with the planning of the spring services. Please watch for announcements regarding this survey. However, your input is always welcome, as are suggestions for service topics or guest speakers. Please speak to any member of the committee or contact Margie Johnson.

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 November and December we will continue learning all about the gifts we give the world as we work through the UU program "Wonderful Welcome".



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

Be not afraid of
growing slowly.
Be only afraid of
standing still.

Chinese Proverb



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?