



The Unitarian Congregation of Guelph

Sunday Services for September and October

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

September 1st (Pod 1) WELCOME

Welcome (and welcome back) to the Unitarian Congregation of Guelph! Join us in a service that is meant to welcome newcomers and remind those who are already members of the principles of unitarianism and how UCG works.

Service Leaders: Katie Gad & David Beaton

September 8th (Pod 2) WATER SERVICE

In the Water Service, we celebrate the return to community after a summer's pause. Please bring a small amount of water from a place that has lifted your spirit, touched your heart, or fed your soul. This might be from the tap in your home, from a lake or stream, from your garden hose, from nearby or far away. This water will be collected into a common vessel to help us celebrate our sources of connection.

Service Leader: Nancy Schmidt

September 15th (Pod 3) SOCIAL JUSTICE: WHY DO WE SING?

We'll look at how social justice is defined and develop our UCG oppression framework. We'll consider how beliefs that our ecosystems and cultures continue to fall apart and our dreams of an ongoing life-sustaining system, as well as our own upbringing affect our social justice approach. And we'll explore how we might re-approach social justice-making through our own unique choices to act – individually, collectively as UCG, and as global citizens?

Speaker: Helen Prinold

Service Leader: Ralph Shapiro

September 22nd (Pod 4) WHAT IT MEANS TO BE A UNITARIAN UNIVERSALIST

We come from diverse backgrounds, and we're drawn here for varied reasons, but together we form the Unitarian Congregation of Guelph. A panel of speakers from the congregation will share with us what it means to them to be a Unitarian Universalist.

Speakers: A panel of members

Service Leader: Margie Johnson

September 29th (Pod 5) ANIMAL SERVICE

Our annual service honoring animals is one of hundreds happening across many faiths and churches. (October 4 is World Animal Day) We invite you to bring your

animal friends along to the service.... on a leash or in a crate, or bring a picture. It is a time to honor them in our lives, whether living or passed on, touching us profoundly with the unconditional love they offer us.

Speaker: Amanda Waddingham

Service Leader: Harold Chapman

October 6th (Pod 1) SOCIAL JUSTICE: A LOCAL HIGH SCHOOL'S CALL TO ACTION

Yvonne Runstedler, Head of Theology and Family Studies at Our Lady of Lourdes Catholic High School will share with us her school's experience in supporting one of their students who was facing deportation.

Speaker: Yvonne Runstedler

Service Leader: Nancy Schmidt

October 13th (Pod 2) UNITED NATIONS SUNDAY

Following World War II, the United Nations (UN) was founded on October 24, 1945. Celebrating United Nations Sunday is an excellent opportunity for Unitarian Universalist congregations to express their commitment to our Sixth Principle: We covenant to affirm and promote the goal of world community with peace, liberty and justice for all.

Speaker: Paul Stephany

October 20th (Pod 3) THE SIXTH PRINCIPLE

The sixth principle: John Buttars, a retired United Church Minister, is returning to our congregation to continue exploring the UU principles. This talk, taking place on World Food Sunday, will focus on the sixth principle of Unitarian Universalism: "The goal of world community with peace, liberty and justice for all."

Speaker: John Buttars

Service Leader: Harold Chapman

October 27th (Pod 4) Samhain

Death is part of life, essential to our ability to be urgently present in each moment of our lives. This festival, sometimes called Hallowe'en, sometimes called the Days of the Dead, always associated with the fading of light, is an invitation to remember the people/creatures that have moved into the next part of the life/death/life. Join us in this celebration; may we help each other live with seven generations as our guides.

Service Leaders: Earth Based Spirituality Committee

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 October 15, 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

YOGA FOR ALL



Beginning Monday,
September 30th
6:30pm - 7:15pm
A six week
intergenerational yoga
class exploring and
building on our

connections to each other. Through
classical, hatha, partner, community,
circus and laughter yoga as well as
active stories, games and meditation
we will explore and build community.
This class is open to all people of all
ages, abilities and experience levels.
Childcare will be available for
children under the age of 5. Donations
for UCG are greatly appreciated but
not required. Please sign up on our
bulletin board or speak to Stacey
Molengraaf or Jane McRae.

YOUTH MOVIE NIGHT

Saturday, September 14th, 6:00pm

All youth (ages 8-18) are invited to a
potluck movie night to watch...dun
dun dun...STAR WARS! More
specifically the Clone Wars movie.
We will be discussing heroism in the
movie as inspiration for our Youth
Action News project on Sundays. For
more information, contact Stacey at

BUILD YOUR OWN THEOLOGY

Join us for a 10 week exploration of
spirituality and theology to create
your own personal credo in a safe
and accepting space. This adult
education class is based on a
workbook series offered through the
Canadian Unitarian Association.
Please sign up on the bulletin board
or speak to Stacey Molengraaf.
Saturdays 6:30-8:00pm
OR
Sundays 9:30-10:30am
Starts: Sept 28 or 29th

FALL CLEAN UP

Saturday, October 12th

Let's Make it Shine!

Super fun tasks include sweeping
the parking lot, cleaning the
sanctuary blinds, washing floors,
vacuuming, weeding and pruning.
Yay!

KINDERGARTEN - GRADE ONE OWL

The Our Whole Lives program
operates under the idea that well
informed [youth](#) and young adults
make better, healthier decisions
about [sexuality](#) than those without
complete information. OWL strives
to be unbiased and is intended to
help children, youth, and adults to
be emotionally healthy and
responsible in terms of their
sexuality. This fall we will be
teaching the Kindergarten - Grade
One OWL program, geared at
children ages 5 - 8.

Two parent information sessions
will be offered in September to
learn more about the program and
the curriculum.

When: Sundays, beginning Sept
29th.

9:15am-10:15am at UCG

For more information please
contact Jane McRae at

admin@guelph-unitarians.com

This program requires pre-
registration.



UCG's...

Coming Events

What's On At UCG this

September and October

Events Calendar

Sept 1 - Sunday Service	10:30am
Sept 4 - Chant Club	7:45pm
Sept 8 - Sunday Service	10:30am
Sept 8 - Welcome Lunch	12:00pm
Sept 14 - Youth Movie Night	6:00pm
Sept 15 - K-1 OWL Parent Session	9:30am
Sept 15 - Sunday Service	10:30am
Sept 15 - Mindfulness Community of Guelph	3:00pm
Sept 18 - K-1 OWL Parent Session	6:30pm
Sept 22 - Welcoming Congregation	9:45am
Sept 22 - Sunday Service	10:30am
Sept 22 - Youth Adult Council	12:00pm
Sept 29 - K-1 OWL	9:15am
Sept 29 - Sunday Service	10:30am
Sept 30 - Yoga for All	6:30pm
Oct 2 - Chant Club	7:45pm
Oct 6 - K-1 OWL	9:15am
Oct 6 - Sunday Service	10:30am
Oct 6 - Mindfulness Community of Guelph	4:00pm
Oct 7 - Yoga For All	6:30pm
Oct 12 - Fall Clean Up	TBA
Oct 13 - Sunday Service	10:30am
Oct 14 - Yoga For All	6:30pm
Oct 20 - K-1 OWL	9:30am
Oct 20 - Sunday Service	10:30am
Oct 20 - Mindfulness Community of Guelph	3:00pm
Oct 21 - Yoga For All	6:30pm
Oct 27 - K-1 OWL	9:15am
Oct 27 - Sunday Service	10:30am
Oct 28 - Yoga For All	6:30pm

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

www.guelph-unitarians.com.

A NOTE FROM OUR SPDC

And...we're back! Welcome everyone. We have had an amazing summer at the Unitarian Congregation of Guelph (UCG) and I hope you have too. There have been many things happening so let me take a moment to bring you up to date.

We have a new building and maintenance handy-woman, Julie Darling. She has done, and continues to do, amazing work on our building. Also, with the help of several volunteers our building has been cleaned, sorted and organized from top to bottom.

Our committees have been planning amazing events and services for the upcoming year, and our child and youth staff have fantastic nursery, children's and youth programs planned. We will even have family and adult programs this fall, as well as a once a month social event (with children's actives) that everyone can attend.

Many new things are happening, but, as with life, the key to success is balance. We have balanced our new endeavors with the rich knowledge of our past. We've honored our foundation of the Seven Principles, we've found guidance in our past experiences and we've sought wisdom from those who forged our congregation. In this spirit I have planned our first annual Welcome Lunch (please see description in event announcements). My hope is for this lunch to bring old and new members, friends, ideas and philosophies together to be shared and used as guidance for our coming year. So please, come join us for soup, bread, games, laughter and sharing.

Stacey

Unitarian Humour:

Q: How many Unitarians does it take to change a light bulb?

A: We choose not to make a statement either in favour of or against the need for a light bulb. However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence.

YOU ARE INVITED:

LIVING THE WELCOMING CONGREGATION

9:45am - Sept. 22nd at UCG

If you are new to us since 2005, you may not know much about our **WC Certification**. The two-year **WC** curriculum included how people were welcomed on Sundays and issues around gender identity and sexual orientation (for more information look for the pink sign in the Sunshine Room). The second level of education and activism our congregation voted to undertake is called **Living the Welcoming Congregation (LWC)**. Some great work has happened over 2012-13 as the curriculum launched with children's programming and Sunday speakers from the transgender community, with support from Matt Lucid and several other amazing congregation members.

You are invited to come at 9:45 a.m. on Sunday, September 22nd to learn more about our plans for finishing the **LWC** process by **April 30, 2014**. The session will include a discussion of plans for the upcoming year (teaser: likely a couple of workshops, a service or two and a joint effort with the Social Justice Committee). You are very welcome to come for the update and sharing (coffee and refreshments provided of course!). Contact Stacey at coordinator@guelph-unitarians.com for more info

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 Gaumond: 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.

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



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; 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

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 Mel Horvath 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

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.

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

Many people
are alive but
don't touch the
miracle of being
alive.

Thich Nhat Han



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. This fall we will be 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

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?