



# 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 2 (Pod 1) WELCOMING SERVICE**

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. We will be walking through the elements of a service, discussing the principles and setting intentions for the year, learning frequently sung hymns and outlining the structure of UCG. Make new friends and reconnect with old ones after the summer.

**Service Leaders: Katie Gad and David Beaton**

### **September 9 (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 Leaders: Nancy Schmidt**

### **September 16 (Pod3) OUR SECOND PRINCIPLE**

Our second principle: Justice, equity and compassion in human relations from the perspective of a (retired) United Church Minister.

**Service Leaders: TBA**

**Speaker: John Butters**

### **September 23 (Pod 4) EQUINOX**

Light and dark in perfect balance, a perfect time to reflect on our own balance, on the balance in the shifting reality to climate change, the balance shift of 2012. This is the first of the Earth Based Spirituality services. Every six weeks we will focus our spiritual reflection on our intimate relationship with nature and make room for the universe to help us be all that we can be.

**Service Leader: TBA**

### **September 30 (Pod 1) ANIMAL SERVICE**

Our 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 in a cage, or to bring a picture. It is a time to honour them in

our lives, whether living or passed on, touching us profoundly with the unconditional love they offer us. We'll share stories, we'll sing lots of animal songs, and Rick Boersma is already priming the animal puppets for their annual outing! Don't forget to wear your animal print clothing – feather, fur or fin...

**Service Leader: Aspen Heisey**

### **October 7 (Pod 2) GRATITUDE**

In Canada, Thanksgiving Day is viewed as a chance for people to express their gratitude for a good harvest and other fortunes in the past year. Join us to explore what we are harvesting as individuals and as the UCG Community.

**Service Leader: Lorna Wylsun**

### **October 14 (Pod3) OWL**

What is OWL? Our Whole Lives is a sexuality education program created to support responsible and open education in the area of sexuality and spirituality considering self-worth, sexual health, responsibility, justice and inclusivity. Join us for a candid discussion and video presentation on the values OWL promotes, on understanding sexuality and spirituality, and celebrating the LGBTI community. We will begin to look at how our principles can be applied to the decisions we make.

**Service Leader: Mel Horvath-Lucid**

### **October 21 (Pod 4) UNITARIAN HISTORY**

Join us for a panel discussion on UU history.

**Service Leader: TBA**

**Speaker: Panel**

### **October 28 (Pod 1) SAMHAIN / HALLOWE'EN**

Death is a 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 the light, is an invitation to remember the people and creatures that have moved into the next part of the life/death/life, knowing that they are part of us still, just as the souls coming into life are expanding us to new birth. Join us in this celebration; may we help each other live with seven generations as our guides.

**Service Leader: Linda Reith**

## 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 October 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 Wylsun	519 822 1053
<b>Vice President</b>		
<b>Treasurer</b>	Ralph Shapiro	
<b>Member at Large</b>	Nancy Schmidt	519 763 2406
<b>Member at Large</b>	Dee Yates	519 766 0523
<b>Member at Large</b>	Dave Beaton	519 341 4997
<b>Member at Large</b>	Maria Chovaz	519 766 1965
<b>Member at Large</b>	Shawn Matheis	519 827 2542
<b>Member at Large</b>	Karen Balcom	519 836 1590

#### 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>	Linda Reith	519 822 4889

#### STAFF

##### **Program Coordinator for Spiritual Development and Junior Youth RE Program**

Mel Horvath-Lucid 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



# - FROM THE CENTRE OF THE WEB -

## A MESSAGE FROM THE PRESIDENT

Welcome back everyone!

Maria asked me how I wanted to spend my birthday this year and I said I would like to spend the day at the beach. We stayed late that day as we played, let go of our responsibilities and watched the sun set over the lake.

As I watched the sun set, I sat quietly and contemplated my life to this point. It was beautiful to take the time to recall so many moments and so many lives that have crossed my path.

At the end of my journey with myself, I came to a place called "Contentment". A tear of happiness followed and a feeling that I was in the right place.

The right place.....Being president of the 2012 UCG Board, and excited to be part of this diverse, dynamic and energetic group of individuals who are committed to our community. I look forward to working with all of you. A big thank you to all the returning members and a very warm welcome to the new one.

Lorna Wyllsun returns as past president and mentor to me in my new role.

Thank you to all of you.

Please remember that board meetings are open to anyone and the minutes from the meetings are readily available. If you have a concern or issue, please do not hesitate to contact anyone on the board.

We are very blessed to have our staff continue on from the past year.

Melissa Horvath-Lucid continues as Spiritual Coordinator and Jane McRae continues her work as office administrator and Religious Educator for the 4-8 year olds. We are in the process of hiring for the position of Youth Coordinator and will have that position filled in the next few weeks.

A big Thank You to Roya Matsui for her work during the summer keeping our office open and our building clean and looked after.

As you read through this newsletter, please remember that there are many committees and areas in need of volunteers. Everyone has something vital to give. Please take advantage of all that is offered – it is our gift to one another.

*Steve Chovaz, 2012-2013 Board President*

I would like to leave you with the following words:

**May the rain wash away your worries  
May the breeze blow new strength into your being  
May you walk gently through the world**

**And know its beauty  
All the days of your life**

**-APACHE BLESSING**



*Greetings friends,*

It has a been a wonderfully relaxing summer, filled with spiritual learning retreats, time with family out East and some wonderful time with my mom.

## FROM OUR SPIRITUAL DEVELOPMENT COORDINATOR

This fall we are looking forward to an exciting and rich program for children/junior youth with the theme of life as an experiment! Thank you to the people who responded to my request for people willing to share on this topic with the junior youth, if there are others interested in supporting our programs in this way, please let me know. I am looking forward to the inclusion of two sunday services with the topic of OWL and sexuality/spirituality and also seeing OWL offered Sunday mornings in November and December for grades 4-6, and a teen program in the spring 2013!!!! Beginning this fall, and replacing the original stone soup will be a high tea group meeting twice a month on mondays with various topics centered around meditation, healing drawing from many sources.

I am looking forward to reconnecting and deepening our spirituality together!!

*Peace MeL*

## 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) This offering will be happening at the above time and place on September 17th, October 1st and 15th, November 5th and 19th and December 3rd and 17th.

### THE BEAT IN U



Throughout history, community music making, especially drumming, has the power to bring people together. With all the distractions we have in today's society, drumming can be a place to let go, unite and allow the beat of the drum to open our minds and relax and awaken our spirits. Limited drums and shakers on hand. Please bring a drum if you have one. All are welcome, whether drumming, dancing, meditating or all three!!!

Drum Circles will take place on the following Sunday mornings at UCG, 9:30am-10am

Sunday September 30th, October 14th and 28th, November 25th, December 9th 2012. For more information or to volunteer to lead drumming, please contact Mel Horvath [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)



### APPLE CRISP FUN'RAISER

Every year we gather together to make and sell delicious apple crisps as a fun'raiser to support UCG and all of our amazing programming. This year's apple crisp making will be held on September 29th. Stay tuned for more information on ordering or making apple crisp!

### OWL GRADES 4-6 SEXUALITY PROGRAM



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. A parent/guardian workshop will be held Sunday October 14th after sharing circle, to give an overview of curriculum offered, answer questions and to provide important information about the program. We require a minimum of 4 participants to run this program. The deadline to register is Sunday October 28th 2012. This program will have a variety of OWL certified trainers teaching the program, and will be taught in pairs.

Cost: 50.00 (some financial support available). The program for our When: Sundays, 9:00am-10:15am from Sunday November 4th - December 16th. For more information or to register, please contact Mel Horvath-Lucid at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

UCG'S...

## Coming Events

What's On At UCG this September and October

### Events Calendar

Sept 2 - Sunday Service	10:30am
Sept 5 - Chant Club	7:45pm
Sept 9 - Sunday Service	10:30am
Sept 16 - Sunday Service	10:30am
Sept 16 - Mindfulness Community of Guelph	4:00pm
Sept 17 - Enlighten Tea	12:30am
Sept 21 - Chalice Cafe	7:30pm
Sept 23 - Sunday Service	10:30am
Sept 29 - Apple Crisp	TBA
Sept 30 - The Beat in U	9:30am
Sept 30 - Sunday Service	10:30am
Oct 1 - Sunday Service	10:30am
Oct 3 - Chant Club	7:45pm
Oct 7 - Sunday Service	10:30am
Oct 7 - Mindfulness Community of Guelph	4:00pm
Oct 14 - The Beat in U	9:30am
Oct 14 - Sunday Service	10:30am
Oct 14 - OWL Parent / Guardian Workshop	after service
Oct 15 - Enlighten Tea	12:30pm
Oct 19 - Chalice Cafe	7:30pm
Oct 21 - Sunday Service	10:30am
Oct 21 - Mindfulness Community of Guelph	3:00pm
Oct 28 - The Beat in U	9:30am
Oct 28 - Sunday Service	10:30am
Oct 28 - OWL Registration Deadline	

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



### CHALICE CAFE

Everyone is invited!  
Sponsored by the UCG and hosted

by members of the Guelph Unitunz musical group, join us for a song circle. Bring your voices, your instruments and your songs to join in the jam or just sit back and hum along. Everyone who wants to gets a chance to lead us in a song. Come for a bit or stay for a while. This is a welcoming event. For more information, please contact Mel at [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

**3rd Friday of the month, 7:30pm 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](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!!!

Every year we gather together for a night of community, fun and fun'raising.

Our yearly Dream Auction is not to be missed.

More information will be available on our website at [www.guelph-unitarians.com](http://www.guelph-unitarians.com).

This year's Dream Auction will be held on Saturday, November 3rd, doors open at 7:00pm

See you there!

# DREAM AUCTION



## COMMITTEE NEWS

### CARING COMMITTEE

The Caring Committee recently asked UCG for help furnishing the new apartment of a needy family. They are still looking for bunk beds, but otherwise, are complete. They asked me to tell you how very grateful they are for our generous response.

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.

### 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!

### 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)

### 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)

LOREM & IPSUM

## 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. Books, games, toys and snacks are provided for your little one.



### 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. This fall we are exploring who we are and where we fit in our world.



### Junior Youth

The junior youth program facilitated by Mel Horvath-Lucid and guests offers this age group the space to practice leadership, collaboration and self exploration. Our 2012 - 2013 theme is Life is an Experiment. Join us as we explore, seeking truth and understanding about ourselves, the world, and the people and creatures around us.



### 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)

*“The tapestry of history has no point at which you can cut it and leave the design intelligible.”*

Dorothea Dix  
Unitarian, educator, reformer



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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?**