



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.

November 4 (Pod 1) TOMBOYS AND OTHER GENDER

HEROES

How we express our gender is personal, diverse, and powerful. It is a beautiful force inside that reveals itself. It is core to identity and how we present ourselves to the world. However, it is also a characteristic that continues to be policed and condemned. Karleen Pendleton Jimenez is a writer and associate professor of education at Trent University. "Tomboys and Other Gender Heroes" is her current research project, based on her gender equity workshops to grade 4-12 students in rural Ontario. Her children's book *Are You a Boy or a Girl?* was a Lambda Literary finalist in 2001, and her award-winning film *Tomboy* has been screened around the world.

Speaker: Karleen Pendleton Jimenez

Service Leader: Helen Prinold

November 11 (Pod 2) OUR THIRD PRINCIPLE

The third and fourth principles of the Unitarian Universalist Association are:

Acceptance of one another and encouragement to spiritual growth in our congregations;

A free and responsible search for truth and meaning.

The Unitarian principles overlap and interrelate and the third visit of John Buttars will be an examination of the phrase 'encouragement to spiritual growth' and 'a free and responsible search.'

Speaker: John Buttars Service Leader: Harold Chapman

November 18 (Pod 3) CELEBRATING OUR LIVES

THROUGH SONG

The Rainbow Chorus of Waterloo-Wellington is excited to be returning once again to the Unitarian Congregation of Guelph. The chorus members are gay, lesbian, bisexual, transgendered and straight, and they come together in song to celebrate their diverse community. Join the chorus as they share a number of songs and stories about their lives and experiences.

Service Leader: Margie Johnson

November 25 (Pod 4) BAHA'I AND UU

Join us as we welcome the Guelph Bahai group to join us sharing on the visit of Abdul-Bahas visit to North America 100 years ago, which included services with the Unitarian Universalist Congregations strengthening among other things the common thread of peace, justice and inclusivity. Sharing through stories, songs and from passages taken from Abdul-Bahas visit to North America 100 years ago.

Speaker: Rachel (Guelph Bahai)

Service Leader: Dee Yates

December 2 (Pod 1) TBA

December 9 (Pod 2) BUILD YOUR OWN THEOLOGY

Unitarian Universalism is a non-creedal denomination. This does not however mean that UU's are void of beliefs and values. BYOT challenges the participant to look inside, question and understand the belief and values that can drive our passions, interactions and perceptions. UU promotes and affirms the right that each of us has to explore and decide on religious values and beliefs for ourselves, understanding that others beliefs may not match our own. This BYOT well-received curriculum from the Unitarian Universalist Association, offers a structure to begin or continue a spiritual journey toward building a rewarding set of beliefs and values. Join us for a prelude to the full BYOT course being offered winter 2013 at UCG.

Speaker: Melissa Horvath

Service Leader: TBD

December 16 (Pod 3) UNITUNZ

It's almost here, that crazy, over-commercialized and pressured season known as "Christmas" to many or "the Holiday Season" to others. Regardless of your religious or spiritual bent it is likely you find it difficult to be mindful of what the season really means to you. And, it is likely that you find it even harder to stay connected to and practice that mindfulness during this time of year. The Unitunz musical group, using songs and words, hopes to help get us grounded in our own holiday headspace... the headspace we each desire.

December 23 (Pod 4) YULE

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. Service led by the Earth Based Spirituality Committee.

December 30 (Pod 1) INTENTIONS

Intention: crossing the divide between inspiration and manifestation. What role does intention play in this transformation? What does it take to realize your dreams?

Speaker: Cheryl Laird

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 15, 2012.**

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 2012 - 2013

LAY CHAPLAINS

Aspen Heisey 519-822-8666
Janice Canning janice.canning@gmail.com

2012 - 2013 BOARD

President	Steve Chovaz	519 766 1965
Past President	Lorna Wylsun	519 822 1053
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	Shawn Matheis	519 827 2542

COMMITTEE CHAIRS

Social Action	Helen Prinold	519 826 4449
Membership	Janet Colley	519-824-0207
	Amanda Waddingham	519-763-9967
Support Network	Ruth Slavin	519 822 1673
Sunday Service	Margie Johnson	

STAFF

Program Coordinator for Spiritual Development and Junior Youth RE Program

Mel Horvath-Lucid 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	Harold Chapman	519 763 2406
Musicians	Naomi Matsui	519 821 2830



- FROM THE CENTRE OF THE WEB -

A MESSAGE FROM THE PRESIDENT

Hello Everyone,

Sitting here, writing this note, I look out the window and it certainly appears that winter is on it's way.

With the changing of the seasons, it brings on many challenges for us, but if we take the time to breath and appreciate the changes, it makes the transition a lot easier and can even be fun!

Here at UCG we have gone through many changes and no doubt many more will follow.

Let's take the time to sit back and appreciate what we have built:

A thriving community that is busting at its seams in many ways.

I took the time to attend an info session that Anke, Janet and Amanda were putting on, and also the Service Leader's Workshop this past weekend.

The numbers of people attending and the energy that was percolating at these events was amazing.

The opportunities available to us through our volunteers are growing and growing. Please take the time to find out what is going on at UCG.

It can be a very rewarding experience.

See you at the Dream Auction, on Saturday, November 3rd!

- *Steve*

FROM OUR SPIRITUAL DEVELOPMENT COORDINATOR

I wanted to write to personally let you know that I have decided to step back from my position of (SDPC) Spiritual Development Program Coordinator as of January 2013 to pursue my passion for becoming a nun!!!.....wait that isn't my journey!! I will be moving to full time work in my passion of educating/teaching as the director of Education and Human Relations at a Waterloo College that I have been teaching at for the last year. The decision came after finding myself in two amazingly fulfilling and demanding part-time positions, and wishing to balance more my home life with our four amazing children.

When I look back over the last 2.5 years I feel such a deep sense of gratitude for the open arms for which I am continually met with, and for welcoming Matt and our four children into the community. What can I say to a community that has provided me with some of the greatest spiritual learning I have experienced in my life? Thank you seems hardly enough.

As we begin the search for the next SDPC and look forward with excitement for who this person will be and what gifts they will bring to the community, I would ask you to consider taking part in an upcoming meeting held by the board to work with the community to revisit the vision and direction to the skills desired as well as the job description based on our community and the needs we have now.

During the most recent board meeting Steve read a poem by Robert Frost, The Road Not Taken, and I found myself emotional realizing what I will let go of to walk forward on my journey and my journey with Matt and the kids. I am reminded that those tough decisions are also a blessing, even if just that I would care so much that the decision was tough. Thank you for teaching me with your wisdom, your friendship, your love, support, acceptance, freedom, guidance, grace, diversity, community, creativity and principles. Matt and I as well as our children are looking forward to continuing on as community members and working along side you as we continue our spiritual journey's and with great love and respect for this community, what it stands for and with some of the greatest minds and hearts I have ever had the pleasure of knowing.

Much love and Peace

Melissa Horvath-Lucid

*"Two roads diverged in a yellow wood,
And sorry I could not travel both"*

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

POTLUCK

Sunday December 23rd following our intergenerational Yule we will celebrate with a community potluck! Bring something to share and join us for a time of music, great food and community!! For more information contact Mel coordinator@guelph-unitarians.com

PAJAMA PARTY SING-ALONG FOR XMAS EVE/ SOLSTICE / CHANUKAH

Join us for some fun at a comfortable pajama party sing-along with your favorite songs, carols and stories. Celebrate the many seasonal traditions of Unitarians, Christmas, Solstice, Chanukah and more. Wear your PJs and slippers! Bring your teddy bears and stuffies! Munch popcorn and sip hot chocolate. Kids, bring your instruments and play your favorite tune. Tell your favorite story or sing your favorite song. Email Jane at admin@guelph-unitarians.com to volunteer to play an instrument, share a story or help out.



BAKE AND CRAFT SALE

Join us for this years bake and craft sale December 16th after service. All money raised goes towards sustaining and building our community. Please donate baked goods and crafts and/or come out and purchase some great baking and crafts! For more information contact Mel coordinator@guelph-unitarians.com

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. Our Grades 4 - 6 program begins in the beginning of November. Stay tuned for more OWL offerings at UCG in the future.

COMMUNITEA

Thirsty for a little conversation? Desiring community, friendship and an opportunity to get to know the interesting and diverse people of UCG? Consider joining us for an informal time of conversation, debate, discussion and friendship as we commune together.

For more information, contact Mel at coordinator@guelph-unitarians.com

UCG'S...

Coming Events

What's On At UCG this November and December

Events Calendar

Nov 3 - Dream Auction	6:00pm
Nov 4 - OWL	9:00am
Nov 4 - Sunday Service	10:30am
Nov 4 - Mindfulness Community of Guelph	4:00pm
Nov 5 - Enlighten Tea	12:30pm
Nov 7 - Chant Club	7:45pm
Nov 11 - OWL	9:00am
Nov 11 - Sunday Service	10:30am
Nov 13 - CommuniTEA at Planet Bean (Grange Location)	1:00pm
Nov 16 - Chalice Cafe	7:30pm
Nov 18 - OWL	9:00am
Nov 18 - Sunday Service	10:30am
Nov 18 - Mindfulness Community of Guelph	3:00pm
Nov 19 - Enlighten Tea	12:30pm
Nov 25 - OWL	9:00am
Nov 25 - Sunday Service	10:30am
Dec 2 - OWL	9:00am
Dec 2 - Sunday Service	10:30am
Dec 2 - Mindfulness Community of Guelph	4:00pm
Dec 3 - Enlighten Tea	12:30pm
Dec 5 - Chant Club	7:45pm
Dec 9 - OWL	9:00am
Dec 9 - Sunday Service	10:30am
Dec 11 - CommuniTEA	1:00pm
Dec 16 - OWL	9:00am
Dec 16 - Sunday Service	10:30am
Dec 16 - Mindfulness Community of Guelph	3:00pm
Dec 17 - Enlighten Tea	12:30pm
Dec 23 - Sunday Service	10:30am
Dec 23 - Potluck	11:30am
Dec 24 - PJ Party	6:30pm
Dec 30 - Sunday Service	10:30am

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

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

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

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; 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.

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.

This year's Dream Auction will be held on Saturday, November 3rd, doors open at 6:00pm, auction starts 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 or 519-822-9637 or Mel Horvath 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. 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

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

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

"You need not think alike to love alike."

- Francis David



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?