



Sunday Programs for March and April

Services start at 10:30am at 122 Harris Street, Guelph www.guelph-unitarians.com 519-836-3443
We have Spiritual Development programs for children 4 and older, and childcare for younger children.

**March 6 (Pod 1) I'VE GOT A HOME IN GLORY LAND:
A LOST TALE OF THE UNDERGROUND RAILROAD**

Come hear the fascinating story of Thornton and Lucie Blackburn, fugitive slaves from Kentucky whose 1833 escape to Canada made history. The Blackburns reached Canada, only to be tried in the first fugitive slave extradition case between Canada and the United States. More than any other event, it was the Blackburn case that confirmed Canada as the safe haven at the end of the Underground Railroad. Author and archeologist Karolyn Smardz Frost will speak about her 20-year quest for the clues to the life of this couple's historic flight to freedom.

Speaker: Karolyn Smardz Frost

Service Leaders: Dave Hudson

March 13 (Pod 2) GREENING OUR SACRED SPACE

Speaker: Jim Profit

Service Leader: Charles Davidson

**March 20 (Pod 3) WILDERNESS CANOEING:
EXPERIENCING NATURE AS SACRED SPACE**

Sacred spaces can be found within and outside of us, in the everyday as well as through our journeys and travels. These spaces can stimulate transformation and change, mystery and awe, or quiet contemplation. Through pictures, music and stories, several members of UCG will share their perspectives on wilderness canoeing as a means of experiencing nature as sacred space.

Participants: Aspen Heisey, Reinie Jackson, Susan Kelly, Naomi Matsui, Nancy Schmidt & Lorna Wylsun

**March 27 (Pod 4) HARNESSING CREATIVITY
THROUGH DRUMMING**

Sara MacMillan speak to the universality of drumming, how drumming has been used across cultures for centuries for prayer, ritual, healing, community building, and communication. Her talk will be followed by a workshop 1-3pm after the service. Details in newsletter (page 8).

Speaker: Sara MacMillan

Service Leader: Linda Reith

April 3 (Pod 1) UCG AT 50! CELEBRATE WITH US

A spiritual look at the past, present and next 50 years of the Unitarian Congregation of Guelph.

**April 10 (Pod 2) CARING FOR THE DEAD: A
SPIRITUAL UNDERTAKING**

What if you were asked to care for your own dead? Would you? What leads a person to want to care for the dead? Some people are born into the "business" of funeral service, and the others, so they say, are called to it. And sometimes, we are just plain asked (or expected) to do it. How have we lost our way in caring for our dead and why is it important, not only to our spirituality but also to our humanity, that we rediscover this sacred rite of passage? In this talk, we will hear the personal experiences of a girl who was called to caring for the dead and eventually chose the alternative path after having had many years to reflect on a funeral service career & intersecting spiritual journey.

Speaker: Kory McGrath, Funeral Director

Service Leader: Aspen Heisey - with lots of music!

**April 17 (Pod 3) CHILDREN'S ANNUAL PAGEANT -
THE CHILD WHO STOLE THE SUN**

Based on Nancy Pearson's story, this is a thought-provoking and imaginative look at the importance of the natural order of nature and the interconnectedness of all things. Join us for singing, drama and a celebration of UCG's children and junior youth!

**April 24 (Pod 4) EXPLORING THIN PLACES: WHERE
SPIRIT AND MATTER MEET**

Speaker: Goldie Sherman

Service Leader: Maria Chovaz

May 1 (Pod 1) BELTANE: DANCE THE MAY POLE

Once again the community will gather round the May Pole set up outside the congregation to dance our way into summer. This year we add a labyrinth to help us clarify the intentions we want to set in our May Pole binding.

Service Leaders: Linda Reith, Rebekah Jamieson, Elaine Bradshaw

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.

(adopted at the Annual General Meeting, September 29, 2002)

The UCG News

is the newsletter published regularly by the Unitarian Congregation of Guelph
122 Harris Street,
Guelph Ontario N1E 5T1
Phone: 519-836-3443

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 by April 15, 2011**

In an effort to save trees and money, we are e-mailing as many newsletters as possible. If you prefer it by mail, please let us know.

COMING EVENTS

- Mar. 2 – Chant Club 7:30pm
- Mar. 3 – Stone Soup (Chronic Pain) 12:30pm
– UCG Mid-Winter Gathering 6pm
- Mar. 6 – Mindfulness Group 4:30pm
- Mar. 9 – Homeroutes Concert 7pm
- Mar. 10 – Stone Soup 12:30pm
- Mar. 11 – Youth Group meets 6-8:30pm
- Mar. 17 – Stone Soup (Chronic Pain) 12:30pm
– Pagan Group 7:30pm
- Mar. 20 – Mindfulness Group 4:30pm
- Mar. 24 – Board meeting 6pm
- Mar. 26 – CUC Small Congregations Day 9am
- Mar. 27 – Drumming Workshop 1-3pm
– Youth Group meets 6-8:30pm
- April 1 – Special 50th Chalice Café 6:30pm
- April 2 – 50th Celebration Evening 7:30pm
- April 3 – Mindfulness Group 4:30pm
- April 6 – Chant Club 7:45pm
- April 7 – Stone Soup (Chronic Pain) 12:30pm
- April 9 – Sunday Services Retreat 9:30am-3pm
- April 10 – Aspen Heisey workshop 1-3pm
– Child Haven Dinner in Waterloo 6pm
– Youth Group meets 6-8:30pm
- April 14 – Stone Soup 12:30pm
- April 17 – Mindfulness Group 4:30pm
- April 21 – Stone Soup (Chronic Pain) 12:30pm
– Pagan Group 7:30pm
- April 28 – Board meeting 6pm

Meditation: Mondays 8pm

Yoga: Mondays at 6:30pm, Tuesdays 5:30pm

UNITARIAN CONGREGATION OF GUELPH

122 Harris Street, Guelph Ontario N1E 5T1

Phone 519-836-3443

www.guelph-unitarians.com

Lay Chaplains

Aspen Heisey 519-822-8666

THE BOARD FOR 2010 - 2011

President	Helen Prinold	519-826-4449
	president@guelph-unitarians.com	
Past President	Lorna Wyllsun	519-822-1053
Treasurer	Steve Chovaz	519-766-1965
Member at Large	Harold Chapman	519-763-2406
Member at Large	Deirdre (Dee) Yates	519-766-0523
Member at Large	Julie Elliotson	519-831-6534
Member at Large	Karen Balcom	519-836-1590
Member at Large	Emily Gagnon	519-343-1119
Member at Large	Dave Beaton	519-341-4997

COMMITTEE CHAIRS

Social Action	Helen Prinold	519-826-4449
Membership	Maria Chovaz	519-766-1965
Support Network	Sarah McDougall	519-829-1679
	delaney.dawe@gmail.com	
Sunday Services	Linda Reith	519-822-4889
Chaplaincy Committee	Deirdre Yates	519-766-0523
	deeyates@gmail.com	

STAFF

Program Coordinator for Spiritual Development

Melissa (Mel) Horvarth 519-836-3443
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Rebekah Jamieson 519-821-4176
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Office Administrator (Newsletter Editor * Distribution and Building Rental)

Rebekah Jamieson 519-821-4176
admin@guelph-unitarians.com

OTHERS WHO HELP

POD Coordinator	Deirdre Yates	519-766-0523
MorningSong	Seanna Murphy	519-265-4225
Environment (building & grounds)	Harold Chapman	519-763-2406
Musicians	Naomi Matsui	519-821-2830
	Paul Smith	519-767-1033
Unitunz	Bruce Walton	519-837-0322



FROM THE CENTRE OF THE WEB – A Message from Our President

In the warmth of spring, with its evolutionary growth, I can see that as my life is changing, I am constantly reshaping and redefining myself. Sometimes that reshaping seems to end up looking similar to what went before, other times there's a radically different outcome. Somehow, though, the change touches the growth edge of connection to the sacred. As I tap my "inner fuel" and retool, there are delays, uncertainty and confusions, yet all the while the sun climbs higher in the sky. Ahead there's daylight beckoning, there's a call, a longing to get going, get moving... thoughts and desires are stirring.

Indeed for all of us, life is calling us on... and we can choose how to cross the threshold of that future moment and come back to life. As we do, our choices stir emotions that may have been underground for a time...perhaps fear, excitement, grief, deep love, disappointment, distress or a gentle ray of hope and healing. What gifts our emotions bring – each of them – fertilizing the soil under which our change stirs!

Within UCG we also are connected to change and momentum. Whether it's the stumbling first steps of a youngster, plans for the spring garden or the recognition of the changes to UCG over the years, we acknowledge movement. As the planning and planting of our dreams for next year stirs conversation (starting with the March 3rd congregational dinner and discussion), we also beam with pride over the first 50 years of Guelph Unitarian Universalism. This April, we celebrate this milestone together and are now working to forge an amazing event. For now, as our momentum gathers energy, every day is longer, offering ever more sunlight and the promise of greater warmth to come. What better reason for gentle celebration?

With warm wishes, Helen

FROM OUR SPIRITUAL DEVELOPMENT COORDINATOR

What a wonderful month of love!!! From a global dance event, discussions on how we as Unitarians can "stand on the side of love", to chocolate avocado pudding and stress relieving yoga, therapeutic touch and other such life-enhancing treatments, many of us are indeed feeling the love!

Looking ahead, we continue the anticipation of UCG's 50th anniversary celebrations April 1st-3rd with a big Family Chalice Café night and other special events, and we'll take in a warming midwinter gathering March 3rd. April 17th is our children's pageant with planning well under way. This is a great time (if able) to have your children come consistently so that they feel a part of the celebration.



As we bloom into spring, UCG is alive with many colours, events, ideas and offerings.

Much peace, Mel

REBEKAH'S CORNER



YOUTH GROUP The youth group has been tobogganing, doing random acts of snow art, and hosting a benefit filming of the "Laramie Project" as part of the CUC's youth initiative to fight homophobia. This is a great group of young people who enjoy learning about each other and the world. As we head into spring and more adventures together, remember that other youth aged 13-17 are welcome to attend our meetings – please contact Rebekah Jamieson at 519-821-4176 for more details.

Upcoming Events of Interest

UCG Midwinter Gathering/Congregational Meeting ~ Thursday, March 3, 6pm

Mark your calendars and keep this evening open for UCG as we gather for fun, connection and food with a free spaghetti dinner (bring a potluck dessert if you want to be sweet!). This is your annual opportunity to imagine the future we want to create as a congregation. The evening will be fun and informative, and focusing our campaign for financial support and helping set priorities for the Board as they start a new Board year in May. Your participation is vital! Every voice is needed so that we can be truly inclusive and truly your community. See you March 3!

Owning 50 Years Nurturing the Community: A Weekend Celebration of Unitarianism in Guelph ~ April 1-3, 2011

A Celebration Vision...



- Recognize UCG's contribution to the community within
- Recognize UCG's contribution to the greater, outer community
- Recognize the contribution of certain individuals who have "carried the torch" of the UCG over the years
- Have a party!
- Community outreach
- Looking ahead to UCG's future

Everyone is invited to share in the celebrations. Here are the events planned... come to one or all!

Friday, April 1: UCG's Chalice Cafe (6:30pm to whenever the music stops)

- Pizza party to start
- Face-painting
- Followed by a Kid's Cafe of singing and playing music
- Followed by the older folks jammin' and singing as long as they can!

Saturday, April 2: An Evening of Celebration

- Refreshments (wine and other stuff!) and finger foods start at 6:30pm
- 7:30-9'ish a formal presentation including: greetings from CUC; a visual and oral history of UCG; unveiling of the item to commemorate our 50 years, lots of singing, too
- Stay after for more refreshments and mingling

Sunday, April 3: Sunday Service

- A spiritual look at the past, present and next 50 years of UCG

Please stay tuned for more details in the coming weeks!

Sunday Services Retreat ~ April 9, 9:30am – 3pm

Join us as we look ahead to the coming year of Sunday Services to set a theme and imagine ways to make our services even more satisfying than they already are! For more info, please contact Linda Reith, lreith@on.aibn.com.

FROM THE COMMITTEES OF THE UCG

SUNDAY SERVICES

The planning committee is buzzing with new energy now that Maria Chovaz, Ryan Michael and Emily Nootchai have settled into the group with Molly Roberts, Harold Chapman and Nancy Schmidt. Esta Spalding has joined us with Charles Davidson returning as well. It is important to have a range of voices and experience on this committee, so that the services meet the dreams of as many Unitarians as possible. To that end let us extend an invitation to all of you to consider being part of our planning retreat on April 9th 9:30 to 3:00 (potluck lunch) at the congregation. We will open up the big picture and set a theme for next year as well as imagining ways to make our services even more satisfying than they are already.

If you are tied up that day already, but would like to contribute to our planning, please send Mel, our coordinator, coordinator@guelph-unitarians.com your ideas by email or phone and she'll pass them on to the committee. Specifically, let us know

- * which services touched your heart and mind the most, or maybe which ones left you cold.

- * if there are aspects of the format you want to ensure stay the same, or wish could change.

- * if there are any topics or resource people you really think would add something special.

We end our update celebrating the successful service leaders' workshop held in January with the capable facilitation of Cheryl Laird. Our goal was to open the opportunity to lead services to more people, so the community is richer and more diverse and we succeeded! ~ Linda Reith, on behalf of the committee

MEMBERSHIP

The membership committee is flourishing. We are 5 members – each with unique and wonderful ideas. We had our first meeting and are planning to meet at least monthly. One of our initiatives is to have someone at the welcome table after the service and until the circle begins, to just be there for newcomers, provide them with the resource person contact info, show them where the refreshments are, etc. I have volunteered to be the resource person; if you have questions I will either answer them, or direct you to the appropriate person. We also talked about having a 'newcomer buddy' system in place for newcomers. We talked about the difficulty some of us have in making small talk when meeting people for the first time. An idea was born that perhaps a "Networking Workshop for Introverts" might be something we could organize and offer the congregation.

It is an exciting time for the membership committee and I really look forward to working with everyone! ~ Maria Chovaz, Committee Chair, 519-766-1965.

LAY CHAPLAINCY

We are pleased to be near the end of our recruiting phase, and will hopefully be introducing our new chaplain soon!!!

Lay Chaplains are members of our congregation who perform rites of passage for members and the community at large. The role provides wonderful opportunities for creative ritual building and meaningful dialogue with individuals and families while they celebrate the significant milestones in their lives. Contact Dee Yates for more info at 519-766-0523.

SUPPORT NETWORK (CARING COMMITTEE)

The Caring Committee meets throughout the year to discuss the ways in which we can continue to branch out and create supportive linkages in our community. If you're going through a tough time, there are people in our community who are willing to help with a ride, dog-walking, meals, and much more. If you are curious about how we might help, or for more information, please call Sarah McDougall at 519-829-1679.

Currently the Caring Committee is comprised of Joan Rentoul, Elaine Bradshaw, Mel Horvath, and Sarah McDougall. We meet once a month to discuss all things related to caring at the UCG! If you'd like to join in on a meeting, please let us know!

JOIN A POD!

But what does a Pod do?

Every Sunday, our Hospitality Pods put on the coffee, boil the water for tea, and bring a snack to share with the congregation. For clean-up they make sure there is some lovely warm, soapy water in the sink for people to wash up their dishes. They clean the coffee pot and finish up any leftover dishes, and then give the coffee table a quick wipe!

We have 4 pods. Pod 1 does the first Sunday of each month, Pod 2 the second, Pod 3 the third, and Pod 4 does the fourth Sunday. There is also a list of people who want to help but can't commit to a pod! I would like to have 8 people in each pod so that you would only have to do pod duty once every 2 months. Also, if you are not able to be in a pod you can still bring a snack or help clean up whenever you are able!

To sign up for a pod or to be put on the back-up pod list, please see the Fairy Pod Mother (aka. Dee Yates).

ACTIVITIES OFFERED BY THE UCG

STONE SOUP

Thursday, March 10 & April 14 at 12:30pm

Come to learn and share with other UCG members! Each gathering will feature a UCG community member sharing with us about a significant piece of their spiritual journey, followed by a bowl of soup and conversation. Everyone brings an ingredient to add to the pot of surprise soup! Bread and crackers are also welcome. Open to all, childcare will not be provided.

Special note: Stone Soup meetings for those suffering from chronic emotional or physical pain are offered the 1st and 3rd Thursdays of each month. Come support and be supported as we create an open space to be heard and nurtured. **Dates: March 3 & 17, April 7 & 21**

MORNINGSONG

Sundays at 10am

Love to sing and learn new pieces from the Unitarian songbook? Then the MorningSong is for you! We meet from 10-10:25am each Sunday to learn the songs for that day's service. No musical experience or long-term commitment is required - all are welcome to drop in. We will rehearse the children's song at the end, so please bring your children if they like to sing. Instruments are also welcome - hope to see you there! Seanna Murphy has graciously offered to lead this group. If you have any questions or suggestions, please contact her at seanna.murphy@gmail.com or 519-265-4225.

CHALICE CAFÉ – SPECIAL 50TH EDITION

April 1 at 6:30pm

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 all ages. For more information, please contact Bruce Walton at 519-837-0322 or bruce@n8power.ca

COMMUNITY MEDITATION

Mondays at 8pm

This is a time to gather in silent practice, whether in Buddhist meditation, Christian contemplation, self-healing visualizations and everything in-between. We sit for 30 minutes and then end with 10 minutes of a guided loving-kindness practice. Everyone is welcome to drop in. This is not a meditation course so there will

be no formal instructions, but guidance can be offered as needed. Suggested donation: \$2-5.

MINDFULNESS COMMUNITY OF GUELPH

Practicing the teachings of Ven. Thich Nhat Hanh
1st and 3rd Sundays of the month – 4:30 to 6:30pm
(March 6 and 20, April 3 and 17)

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 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.



EARTH-BASED SPIRITUALITY is one of the recognized sources of the Unitarian Universalist tradition. We conduct regular monthly gatherings to deepen our understanding of how ritual is constructed and develops meaning. The group is small and informal, which makes this an ideal way to learn and explore. For more information, to join the email list for this group, or to confirm the next meeting date, contact Linda Reith by email lrreith@on.aibn.com or telephone 519-822-4889.

AROUND THE CONGREGATION

SUNDAY SOUP FOR JUSTICE

Until mid-spring this year, kind volunteers will be bringing a pot of delicious soup to serve after Sunday services – would you like to help? The soup – available at a \$5 (or pay what you can) donation – is one way we fund UCG social justice projects. Last year, we helped send Megan Gilbertson to volunteer with the charity Child Haven (www.childhaven.ca) in India. We also supported Children of Bukati and helped provide uniforms for children to be able to attend school, in this African community. There will be a sign-up sheet by the Soup table between the June Gilbertson Memorial library bookshelves. Your help in taking a Sunday to bring a large pot of soup would be greatly appreciated!

UCG HOME ROUTES CONCERTS

The UCG is proud to support the Winnipeg-based “Home Routes” concert program (www.homeroutes.ca). Home Routes is about world-class musicians, known and



INVEST IN UCG'S SOLAR PROJECT!

We will be installing a photovoltaic (PV) system with a total power capacity of 9.1 kW on the south-facing roof of our building this year.

The electricity produced will be sold at the renewable energy feed-in-tariff (FIT) rate of 80.2 cents per kilowatt hour, guaranteed by the Ontario Power Authority under a 20-year contract. (We will continue to buy power for our own use at the standard rate, currently about 6.5 cents per kWh).

The solar modules will be guaranteed for 25 years, but could last as long as 50. Solar photovoltaic energy systems require little or no maintenance other than an annual inspection and cleaning.

Total installed cost will be about \$90,000.

Each of us can play a part. You can [Invest in Solar Power!](#) Here's how:

You can help to ensure the success of this ground-breaking initiative with your donations and investments.

Part of the cost of the system will be raised through donations and the issuing of debentures to congregation members and supporters. We are issuing debentures for \$1000 each at 5% interest paid annually to cover a portion of the cost of the system. They can be held for up to 20 years, but UCG reserves the right to redeem them at any time prior to maturity by paying the principal back to the holder, together with any interest owing. The remaining cost of the installation will be covered through our existing mortgage with Meridian Credit Union.

If you wish to further support our solar initiative, you may also choose to donate the \$1000 principal to UCG at some time prior to maturity in return for a receipt which will qualify you for an income tax credit. With the interest you will already have received, and the income tax credit you will receive for donating the principal, you can give \$1000 of support to this.

For more information, please contact Dave Beaton at 519-341-4997 or email dbeaton@creditvalleyca.ca.

unknown alike, performing complete concerts in the comfortable intimacy of private homes and other nontraditional spaces. They're fun to attend, fun to present, and fun to play. Just imagine our sanctuary as a concert hall with 25-40 of your closest friends and their closest friends gathered for an evening of great music! Bruce Walton has arranged the UCG to host. This is a great way to make our physical space a real community space. If you'd like more information, please call Bruce Walton or Jennifer Erickson at 519-837-0322.

Wed Mar 9 – Jess Reimer & Jeremy Goertzen-Hamm (www.dougangdjess.com)

Thur Apr 7 – Mike Agranoff (www.mikeagranoff.com)

FUN'DRAISING UPDATE

The UCG is moving steadily to our fun'draising goal of the year! Thank you for your continued support! Don't forget our fair-trade and organic coffee, tea and hot chocolate, vegetarian cookbooks, and now Stu Dixon's amazing watercolour paintings on Silent Auction. For more info, contact Janet Colley at 519-824-0207 or janetcolley@hotmail.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!

CUC Small Congregations Workshop **Saturday, March 26 * 9am-5pm**

The Canadian Unitarian Council (CUC) is presenting a day-long workshop for small congregations, hosted by UCG, on Saturday, March 26th. Everyone is welcome! The keynote speaker for the day is small congregations consultant Jane Dwinell, co-author of *Big Ideas for Small Congregations* and editor of the free monthly newsletter *Small Talk*.

Afternoon sessions include Mission and Vision; Dealing with Conflict; Volunteers in Small Congregations; Welcoming and Integrating; and a Leaders' break-out session. On-line registration begins March 1st; the cost is just \$25, or pay what you can. Visit <http://www.cuc.ca/workshops/> for more details as they become available or email helen@cuc.ca to register.

Drumming Workshop at UCG: March 27 *1-3pm

Please pre-register with Mel Horvath (coordinator@guelph-unitarians.com or 519-836-3443) or Linda Reith (lreith@on.aibn.com or 519-822-4889)

Fee: \$10 or \$20 for a family

This hands-on, interactive, educational and recreational program will harness each person's creativity and individuality in a safe, supportive, and encouraging environment. Participants will be introduced to West African Hand Drums (Djembe), World Percussion Instruments, the origins of West African Drumming, and the integral role that drumming plays in traditional communities around the world and how it applies to group members in a modern day context.

Each workshop incorporates hand drumming technique, cooperative and leadership building rhythm based activities through movement, voice and music. No previous musical experience is necessary to participate, and all instruments are provided by the facilitator. Group Drumming celebrates diversity, is an empowering experience, and is rooted in community, self-expression, and play.

About the Facilitator:

Sara MacMillan is a facilitator and educator, with a Masters degree in Social Work and a Bachelor of Arts in Cultural Studies. Since 2004, Sara has been studying Afro-Cuban, Afro-Brazilian & Congolese drumming, individually and in groups and continues to lead a weekly therapeutic drumming class, which she started in 2008.

Sara has benefited personally from the therapeutic qualities of group drumming and is excited to share this gift as a Lead Facilitator and Associate for Rhythmic by Nature. In addition to completing Rhythmic by Nature's facilitator and associate training programs, Sara has also studied group arts facilitation for one year with Cheryl Zinyk of Sol Express theatre group.

