



## Sunday Programs for September and October

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

### **September 4 (Pod 1) WELCOMING SERVICE**

Join us for a welcoming service in which UCG-member Bradley Shaw talks to us about the Seven Unitarian Universalist Principles and their common themes of compassion and community.

**Service Leaders: Esta Spalding**

**Speaker: Bradley Shaw**

### **September 11 (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 18 (Pod 3) EQUINOX**

In our present culture, September is the time of year when we return to the business of school and work and our lives seem to get more hectic. However, in the Wheel of the Year the Fall Equinox is considered a time of balance when daylight is equal to darkness or night. It is a time for us to reflect on the harvest of our personal, community and global worlds as we give thanks to the waning sunlight and welcome the impending dark.

Potluck to follow service to celebrate our Solar Panels!

**Service Leaders: Georgina Noel & Lorna Wylsun**

### **September 25 (Pod 4) DECIDING NOT TO SERVE IN THE OCCUPIED TERRITORIES**

Amir Locker-Biletzki is a University of Guelph PhD candidate in history and a former Israeli Defense Forces soldier and war resister. He talks about militarism and Israeli culture, being a war resister, and a progressive perspective on what it means to be Israeli without supporting the conflict. This Sunday's Story for all ages has been translated by Yael Locker-Biletzki.

**Service Leader: Charles Davidson**

**Speaker: Amir Locker-Biletzki**

### **October 2 (Pod 1) Animal Service**

Our service honoring animals is one of literally hundreds happening across many faiths and churches. (October 4 is World

Animal Day) We invite people to bring their animal friends along to the service.... on a leash or in a cage, or to bring a picture. Poet Anatole France said, "Until one has loved an animal, a part of one's soul remains un-awakened." This service will be all about that 'awakened part' of us as we hear stories of why we love our animal friends, and we'll sing lots of animal-centric music.

**Service Leader: Aspen Heisey**

### **October 9 (Pod 2) EXPECTATIONS**

How do they influence outcomes personally and for a spiritual community? What power do our expectations have in our lives? This service will explore our strong hopes and beliefs.

**Service Leader: Lorna Wylsun**

### **October 16 (Pod 3) EARTH BASED SPIRITUALITY – AN OFFICIAL UU SOURCE**

Given that our earth based services are intergenerational, this service will give an opportunity to explore the rationale and power of these traditions in more depth. Most commonly members identify nature as a powerful and reliable source of spiritual connection. This Sunday will be an opportunity for dialogue about how to enhance that reality

**Service Leader: Linda Reith**

### **October 23 (Pod 4) THE PROPOSED HIGHLAND MEGAQUARRY AND THE GUELPH UNITARIAN CONGREGATION: HOW DO WE RESPOND AS A SPIRITUAL AND SOCIAL JUSTICE COMMUNITY?**

Karen Balcom offers an update on the proposed Highland Megaquarry and the gathering opposition. She also asks the question of what it means to understand and respond to the issues from the perspective of our spiritual and social justice community.

**Service Leader: Charles Davidson**

**Speaker: Karen Balcom**

### **October 30 (Pod 1) SAMHAIN/HALLOWE'EN**

This great festival is often described as the witches' New Year. It marks the end of a cycle, with the death of all the annual plants and the beginning of the domination of the night which will culminate at Winter Solstice. Please bring mementos of beings precious to you who have died over the past year or before, as well as those who have come into the world, as birth and death are deeply linked.

**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.

(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](mailto:admin@guelph-unitarians.com) or telephone 519-836-3443. **Items for our next newsletter are due October 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**

Sept. 4 – Mindfulness Community of Guelph	4:30pm
Sept. 7 – Chant Club	7:45pm
Sept. 8 – Stone Soup	12:30pm
Sept. 12 – Community Meditation	8:00pm
Sept. 13 – Coffee, Chat and Community at Planet Bean (Grange Location)	12:30pm
Sept. 16 – Chalice Café	7:30pm
Sept. 18 – Potluck	11:45am
Sept. 18 – Mindfulness Community of Guelph	4:30pm
Sept. 19 – Community Meditation	8:00pm
Sept. 22 – Stone Soup	12:30pm
Sept. 22 – Board Meeting	6:30pm
Sept. 24 – Apple Crisp Fun'raider	
Sept. 26 – Community Meditation	8:00pm
Sept 30 – Parents/Children Poluck Planning Night	6:00pm
Oct. 2 – Mindfulness Community of Guelph	4:30pm
Oct. 2 – Secret Pals Begins!	
Oct. 3 – Community Meditation	8:00pm
Oct. 5 – Chant Club	7:45pm
Oct. 6 – Stone Soup	12:30pm
Oct. 10 – Community Meditation	8:00pm
Oct. 11 – Coffee, Chat and Community at Planet Bean (Grange Location)	12:30pm
Oct. 17. – Community Meditation	8:00pm
Oct. 20 – Stone Soup	12:30pm
Oct. 21 – Chalice Café	7:30pm
Oct. 24. – Community Meditation	8:00pm
Oct. 21– Community Meditation	8:00pm
Oct. 27 – Board Meeting	6:30pm
Oct. 30 – Secret Pal Reveal!	

All events take place at UCG unless otherwise noted

### **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 2011 - 2012**

<b>President</b>	Lorna Wylsun	519 822 1053
	president@guelph-unitarians.com	
<b>Past President</b>	Helen Pringold	519 826 4449
<b>Vice President</b>	Steve Chovaz	519 766 1965
<b>Treasurer</b>	Maria Chovaz	519 766 1965
<b>Member at Large</b>	Shawn Matheis	519 837 2542
<b>Member at Large</b>	Deirdre (Dee) Yates	519 766 0523
<b>Member at Large</b>	Julie Elliotson	519 831 6534
<b>Member at Large</b>	Karen Balcom	519 836 1590
<b>Member at Large</b>	Dave Beaton	519 341 4997

#### **COMMITTEE CHAIRS**

<b>Social Action</b>	Helen Prinold	519 826 4449
<b>Membership</b>	Maria Chovaz	519 766 1965
<b>Support Network</b>	Mel Horvath-Lucid	519 836 3443
<b>Sunday Services</b>	Linda Reith	519 822 4889
<b>Chaplaincy Committee</b>	Deirdre Yates	519 766 0523
	<a href="mailto:deeyates@gmail.com">deeyates@gmail.com</a>	
<b>Children's Program</b>	Karen McKay	

#### **STAFF**

#### **Program Coordinator for Spiritual Development & Youth Program Coordinator**

Mel Horvarth-Lucid 519 836 3443  
coordinator@guelph-unitarians.com

#### **Child Program Coordinator**

Jane McRae 519 836 3443  
admin@guelph-unitarians.com

#### **Office Administrator (Newsletter Editor \* Distribution and Building Rental)**

Jane McRae 519 836 3443  
admin@guelph-unitarians.com

#### **OTHERS WHO HELP**

<b>POD Coordinator</b>	Deirdre Yates	519 766 0523
<b>Environment (building &amp; grounds)</b>	Harold Chapman	519 763 2406
<b>Musicians</b>	Naomi Matsui	519 821 2830
	Paul Smith	519 767 1033
<b>Unitunz</b>	Bruce Walton	519 837 0322



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

For my first newsletter as your returning President I am extremely pleased to introduce this year's board to you. We have an excellent mix of returning and new members which contributes a blend of experience with fresh ideas. The, returning members are Karen Balcom, Dave Beaton, Steve Chovaz, Julie Eliotson, Deidre Yates and we welcome Maria Chovaz and Shawn Matheis. Steve will be Vice President this year and Maria will take over the task of Treasurer. Thank you and welcome all!!

I would also like to identify our staff. Melissa Horvath is continuing as the Spiritual Coordinator and has also taken on the role of Youth Coordinator. This combination works well with her exciting Youth Mentorship Program. Jane McRae has joined us as the Office Administrator and as the Religious Educator for the 4-8 year olds. Jane has already worked with this group as a volunteer and has a lot of experience and knowledge to contribute. She also comes highly recommended by members of the current class. I am very pleased that we continue to have such capable and committed staff.

This year the congregation has expressed an interest in a number of issues. At the AGM the decision was made to pursue the second phase of the Welcoming Congregation and this is a commitment we will be pursuing with the wise help of members of our community. We will also be inviting those who are interested to participate in a process of establishing the criteria that are crucial to us as we explore a larger home. Periodically potential opportunities present themselves, such as churches, schools, etc and we want to be prepared to make an informed and representative decision.

I recognize that most people are very busy and know from my personal experience that I am sometimes reluctant to volunteer because of a concern that more will be asked or expected of me than I have the time or energy to contribute. My philosophy is that no contribution is too small and every effort is valuable. I invite you to participate to whatever extent you feel able. For example, if you are only able to attend one meeting on an issue your ideas and questions may be just the catalyst that is needed to make a significant difference.

I am thrilled and excited to be working with this year's board. They are a group of thoughtful, engaged and engaging individuals. As hard working as we are, we still cannot do all that we would want to do alone to continue building this wonderful community and so we welcome your thoughts and your contributions. The Board minutes will be posted and if you want them sent to you separately please ask. Also the date of Board meetings will be listed on the Board board next to the coffee machine. If you are interested in attending or want a particular item discussed please let Jane McRae or me know.

*Blessings All, Lorna*

## **FROM OUR SPIRITUAL DEVELOPMENT COORDINATOR**

Greetings Friends,

It has been a wonderful summer of wedding, holidays at Unicamp and soul searching through some wonderful yoga classes and workshops! I am so excited to plug back into the energy and excitement at UCG and to share some of the exciting opportunities and new spiritual growth opportunities that will be going on through out the year!!!!

Quoting Anais Nin `` We do not see things as they are, we see things as we are.`` I am looking forward to the many spiritual opportunities to continue to grow in knowledge, understanding and acceptance of who I am. From Stone soup support group ``Uncovering Self``, meditation groups, parenting group, a festive yoga series on gratitude, generosity and compassion during the festive season to speed river clean up with our children, coffee hours, workshops, fun`raisers and more!! It is shaping up to be a wonderfully rich year.



With the talented Jane McRae joining us as our new office administrator and Sunday morning children's program facilitator (Welcome Jane!!!!) and myself and guests facilitating the junior youth program, spiritual growth opportunities and programs and accepting the opportunity to work with our amazing teens, creating a mentorship program and increased opportunities to plug into to our community. Our Sunday morning children's program will have the focus theme of Sacred religions, cultures and symbols! We are looking forward to travelling around the world each week in class, learning more about the world around us, social justice projects and how Unitarian principals impact the way we live and the choices we make.

Much Peace Mel

## A NOTE FROM JANE



Hello UCG,

Let me properly introduce myself! Many of you have seen me around UCG these past few years. You've probably also seen my daughter, Esme, and my son Haven (the "Christmas Baby"! ) I graduated from the U of G in 2005 with a degree in Child Studies and a special interest in children with special needs. Since then I have worked in a variety of settings, including daycares, preschools, summer camps, and as a private respite worker. I am currently blessed to be able to stay at home, homeschool my daughter and spend lots of time with my amazing 8 month old.

I am so excited to be working with the 4 – 8 year old group this year! We have some really exciting programming planned, learning about world religions and cultures. There will be lots of singing, creating, talking, learning and sharing going on. We will also be working on a new social justice project every month, and I can't wait to see what our amazing children come up with.

I will also be wearing the office administrator hat at UCG. I am so excited for all the new opportunities and adventures at UCG and I am truly looking forward to deepening my connection with our wonderful community. Thanks to everyone who has helped me settle in - from cleaning up, to putting together my first newsletter, to rescuing a skunk, to showing me the UCG "ropes", everyone has been so helpful and welcoming.

Thank you!

Jane

## **UPCOMING EVENTS OF INTEREST**

### **Stone Soup Chronic Emotional and Physical Pain Support Group ``Uncovering Me series``**

Thursday Sept 8th and Thursday Sept 22nd 12:30pm at UCG

We began in January with a small group of people seeking to support one another through the challenges and triumphs of Chronic Emotional and Physical Pain. We take time to listen and learn from one another, offer friendship and support and enjoy a bowl of warming stone soup (bring an item to add to the soup if able) and warming community. All are welcome as we begin our series Uncovering Me; an opportunity to learn more about ourselves as a means of opening and uncovering our spiritual beings. For more information on this offering please contact Mel [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### **Nursery, Children and Junior Youth Programs**

Starting Sunday Sept 11th

For the month of Sept a table will be set up under our children's programs bulletin board with information on opportunities, registration forms (we have new ones so even if you are not new, please fill out a form). Mel or Jane will be there to answer your questions, direct you to the required forms and check in...its been too long!!!!!! If you are interested in volunteering in a class or with youth, sharing a skill or talent, helping with children's snacks or learning opportunities please email Mel [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### **Coffee, Chat and Community**

Tuesday Sept 13, 12:30 and Tuesday October 11th at Planet Bean (Grange and Victoria)

Are you 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 [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### Apple Crisp Fun`Raiser

Saturday Sept 24 at UCG

It is time for our annual Apple Crisp Fun`raiser!!!! Take some time to assist in making, purchasing and enjoying these fabulous apple crisps! Just in time for the fall festive season and they freeze great! To order your Apple crisp`(s), or offer your time in support of preparing and making etc please contact Janet Colley: [janetcolley@hotmail.com](mailto:janetcolley@hotmail.com)

### Parents and Children Potluck and Planning Night

Friday Sept 30th 6:00-8:00pm (childcare provided) at UCG

Join us for an informal dinner as we connect our community of parents and children together, ground after the summer and explore opportunities for topics and times of day and frequency and group dynamic possibilities that may work for one or several groups to run during the fall season. Join us for a night of community, inspiration and fun!!! Please RSVP to Mel [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

### Shhhhhhhhhhhhh Secret Pals:

Running the month of October

During the past few years we have taken the time to connect adults within the community to children within our community in our Unitarian secret Pals exchange. Each participant is given the name of a famous or notable Unitarian, and writing a weekly letter to their secret pal each week under the disguise the notable Unitarian, it becomes a fun game of guess who, as hints, poems and facts about your true identity are mixed and intermingled within the weekly letters. Sign up for both children and adults will run from Sept 11th to the 28th. Sign up will be on the children's board or email Mel [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com) to be added to the list. The great reveal will take place Sunday October 30th.

## GREENING UCG

**UCG is walking the walk when it comes to the 7th Principle:** Respect for the interdependent web of all existence of which we are a part.

Check out some of the "green" projects that have been happening around the congregation this summer!

### Solar Panel Update!



The UCG Solar Project is on track to see panels installed in the first week of September, thanks to the efforts of Dave, Harold, and Steve and the financial contributions of many in the congregation.

Over \$45,000 has been raised through debentures and donations- this significant sum covers more than half the cost of the project! Structural work on the roof is complete and the south side of the congregation has been re-shingled. Panels have been ordered, electrical work will soon be done and panel installation should occur in the beginning of September.

We'll be celebrating all of our 'solar connections' at the September 18th Equinox service. Let's hope that September is as sunny as the rest of the summer so we can maximize the clean energy we are putting onto the grid!

For more information about the UCG Solar Project, email [davebeaton132@yahoo.ca](mailto:davebeaton132@yahoo.ca).



Hydro truck getting ready to set up the electrical, and our new hydro meter ready to go!



### **UCG's Royal Flush**

In another 7th Principle green initiative taking place at the congregation, UCG replaced the three aged, leaky, water guzzling toilets in the basement that have been flushing water and money down the drain for many years. Taking advantage of Guelph's Royal Flush campaign, UCG added to the more than 10,000 inefficient toilets that have been replaced in Guelph since 2003. The \$75 per toilet subsidy from the City and a great sale at Home Depot made this a very affordable move for UCG. I strongly encourage everyone to take advantage of this program to replace any inefficient toilets you have in your home or business. Replacing inefficient toilets is by far the easiest and most effective water conservation practice. Check out the website at the City of Guelph. Our new 'Dual Flush' toilet allows us to save water while providing the flexibility to choose between a mere 3.4L flush or a standard 6L flush. This will

help UCG reduce its water use which is especially important in Guelph, as Guelph is one of the largest communities in Canada that is solely reliant on groundwater. Because groundwater is a more limited resource than surface water, water conservation is of particular importance to ensure that we preserve our resource.

In honour of UCG's newest greening project... I've followed a UU practice of adapting wording to create.....

### **'Unitarian Bathroom Humour'**

#### **How many Unitarians does it take to change a toilet?**

A: We choose not to make a statement either in favour for or against the need for a toilet. However, if in your own journey, you have found that toilets work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your toilet. Present it next month at our annual Toilet Sunday Service, in which we will explore a number of toilet traditions, including low flow, dual flush, bidet, and urinal, all of which are equally valid paths to voiding.

Real Answer – Two and a handyman... Many thanks to Harold Chapman for coordinating!

## **FROM THE COMMITTEES OF THE UCG**

### **SUNDAY SERVICES**

Deep gratitude for Georgina who convened the summer Dragon Mother services. Her grace and wisdom were a blessing to the twenty or so who came together in July. Together the people made the service an opportunity for reflection and renewal. That's our goal with each and every service recognizing that we are a wide ranging community, so what inspires one will leave another blasé. The structure of the service itself ensures that no matter the focus of the service there will be reliable elements we can all depend upon.

This year the earth based services will be coordinated by a larger group that has met to articulate the goals and structure of those intergenerational Sundays and we hope that will allow our practice to deepen. The committee has enthusiastically planned most of the Fall and many services for the next year, so we are feeling hopeful of a great 2011-2012. Linda Reith

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### **MEMBERSHIP**

We will soon be updating the UCG Membership Directory! Please look at the Directory and check your information to see if it is correct or if you need to be added. If there are any changes that need to be made, please email them to [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com). It will be reprinted next in the fall of 2011.

The membership committee is flourishing. We are 5 members – each with unique and wonderful ideas. We try to meet at least monthly. We welcome your ideas and input! ~ Maria Chovaz, Committee Chair, 519-766-1965

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### **LAY CHAPLAINCY**

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 who seek out our lay chaplains to celebrate the significant milestones in their lives. Being there for a family with the loss of a loved one, calming a nervous couple before their long-awaited ceremony, experiencing the immense joy of parenthood during a child dedication...all of these moments expand one's own spiritual base and lift one above the ordinary.

We are currently recruiting new chaplains!

For an application or more information please contact Deirdre Yates, Chair, Lay Chaplaincy Committee, [deeyates@gmail.com](mailto:deeyates@gmail.com), 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 etc. If you are curious about how we might help, to offer help or for more information, please call or email Mel Horvath 519-276-2527 or [coordinator@guelph-unitarians.com](mailto:coordinator@guelph-unitarians.com)

Currently the Caring Committee is comprised of Joan Rentoul, Elaine Bradshaw, Mel Horvath, Janet Colley and Amanda Waddington, we welcome new members. We meet 3-6 times a year to discuss all things related to caring at the UCG!

If you'd like to join in on a meeting, please let us know!

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### **JOIN A POD!**

New Year, New Pods! Join a Pod!

But what does a Pod do?

Our Hospitality Pods put on the coffee, boil the water for some 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 with. They wash out 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, 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 please see the Fairy Pod Mother aka Dee Yates.

With Love and Good Wishes,  
The Fairy Pod Mother

## **ACTIVITIES OFFERED BY THE UCG**

### **COFFEE HOUR AT PLANET BEAN (GRANGE LOCATION)**

**Tuesday Sept 13th 12:30pm**

**Tuesday October 11<sup>th</sup> 12:30pm**

Come to learn and share with other UCG members! This is a time for informal conversation, check-in and a great way to get to know the people of our community, build friendships and learn from one another. For more info, contact Mel coordinator@guelph-unitarians.com

### **STONE SOUP FOR CHRONIC PAIN**

**1<sup>st</sup> and 3<sup>rd</sup> Thursday of the Month**

**12:30 pm at UCG**

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. Each gathering will allow sharing, followed by a bowl of soup and conversation. Please bring an ingredient to add to the pot of surprise soup! Bread and crackers are also welcome. No childcare provided.

### **CHALICE CAFÉ**

**September 16<sup>th</sup> and October 21<sup>st</sup> 7:30 at UCG**

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 Bruce Walton at 519-837-0322 or bruce@n8power.ca

### **COMMUNITY MEDITATION**

**Mondays 8:00pm at UCG**

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**

**1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month – 4:30 to 6:30pm at UCG**

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.

### **CHANT CLUB**

**First Wednesday of the Month 7:45 at UCG**

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 Gaumont: dgomo@golden.net

## **UPCOMING EVENTS AROUND THE CONGREGATION**

### **FALL OFFERINGS AT UNICAMP**

Just because summer's days are numbered doesn't mean your days at camp have to be!

Unicamp offers work weekends, a young adult weekend and an open weekend in September, and a Thanksgiving weekend in October. Check out [www.unicampofontario.com](http://www.unicampofontario.com) for more details!

### **YOGA FESTIVE SERIES ON GRATITUDE, COMPASSION AND GENEROSITY**

Sunday Nov 27th, Dec 4th, 11th and 18th 9:00am-10:00am at UCG

During the hussle and buzzing of the festive season we can sometimes lose sight of our spirit, dreams and centre of joy, love and peace. This festive season consider joining Mel for a 4 week journey into self strengthening inner balance and uncovering peace, compassion and generosity beginning with self. There is no cost to this program and it is appropriate for all fitness levels and physical abilities. Registration is required to ensure that resource materials and space can be planned for. For more information or to register, contact Mel coordinator@guelph-unitarians.com



## **FUN'DRAISING UPDATE**

Fall is here and that means its time to gear up for some Fun'draising at UCG. Sign up to help with / purchase our delicious apple crisp will be posted in the sunshine room in September. November means Dream Auction! This years Dream Auction will be held on November 5<sup>th</sup>. Start gearing up for this fun night now! If you have anything to donate to the auction, contact Steve Chovaz at 519-766-1965

## **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.

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## **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. For more information, or to book a rental, please contact Jane at [admin@guelph-unitarians.com](mailto:admin@guelph-unitarians.com)

## **EMAIL LIST**

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.

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## **Update on the Melancthon Mega-Quarry: Opposition Is Growing!**

Most of you will already know the basics of this story. Over the last ten years, The Highland Companies, a large corporation backed by a US-based hedge fund, purchased 7,000 acres of prime agricultural land in northern Dufferin County with the stated intent of developing the largest commercial potato farming operation in Ontario. In mid-March 2011, the company filed an application for permission to operate a 2,316 acre open pit quarry on their land in Melancthon Township which lies directly atop at the headwaters of the Grand and Nottawasaga Rivers and atop the Amabel-Lockport-Guelph Aquifer. This hydrological area is critical to the water security and water safety of much of southwestern Ontario. You can get a very graphic demonstration of the size of this project from maps posted by the North Dufferin Agriculture and Community Taskforce (NDACT) at: [www.ndact.com/NDACT/Quarry\\_map\\_page.html](http://www.ndact.com/NDACT/Quarry_map_page.html)

What should you do NOW:

1. Write a letter to the Minter of the Environment asking that the Melancthon Quarry proposal from The Highland Companies be designated as a private project falling under the terms of the Environmental Assessment Act

Hon. John Wilkinson, Minister of the Environment, 77 Wellesley Street West, 11th Floor, Ferguson Block, Toronto, Ontario, M7A 2T5.

You can find all the info and points you need at:

<http://stopthemelanchthonquarry.ca/2011/06/action-request-an-environmental-assessment/>

2. Pick up a Stop the Mega-quarry lawn sign at Unicamp or under the Big Umbrella at the Guelph Farmers's Market