

The Harcourt Herald

The life and work of Harcourt Memorial United Church, Guelph, Ontario, Canada



**Raising Children in
a Secular World:
An Interview With
Harcourt's
Andy Kwiatkowski**

**Pews or Chairs?
The Consultation
Process Begins**

**And Much
More...**

February, 2019

Harcourt Memorial United Church

An Affirming Congregation of the United Church of Canada

We are a people of God called together and sent forth by Christ to

Seek / Connect / Act

Our Mission:

Inspired by the Spirit, we participate in Christian practices that strengthen us in the building of just, compassionate, and non-violent relationships

Our Vision Statement:

To be an authentic community of spiritual growth and service

Our Core Values:

Risk...Respect...Responsibility...Vulnerability...Trust

Our Purpose:

To welcome and strengthen in community all who wish to serve God and follow the way of Jesus

Harcourt Memorial United Church

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Office Hours:

Monday to Friday, 9am-noon; 1pm-4pm

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Worship, Communication & Technical Support: Shaina Ensing
Custodian: Darko Cikovic

The Harcourt Herald

*Published 10 times each year
by the*

Communications Committee

Your contributions are welcome!

**Deadline: 20th of each month
Sept-June**

Editor: Gillian Joseph
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Printing: Anne Purkis



The Ministers' Quill

by Jim Ball



A winter's sunset in the eastern townships of Quebec. Taken from the rise of land that separates the valley of Magog from the hamlet of North Hatley. The mountain-like rise is covered in maple forest, whose colours each autumn mirror those in this winter's sky. The photo was taken by our son Michael over the Christmas or New Year's holiday.

In 1979, I served as a student minister in this same community. I remember these views imprinting themselves in me. Forty years later Michael happened to be vacationing in the same area and found himself captivated by a similar view. It is beautiful country with beautiful people.

***Praise and thanks for the day that has been,
for the winter rays that have kept us warm,
for the dance of sunlight in frosty breath,
for buttermilk skies in the fading light.
Praise and thanks, Holy One,
for the gift of another day.***

jmb

Worship Schedule

Harcourt offers three distinct regular Sunday morning services:

At 9 a.m. in the Chapel, at 10:30 a.m. in the Sanctuary and MANNA service at 10:30 a.m. in the Friendship Room. Nursery services are available from 10:00 to 12 noon. Visit our website at: www.harcourtuc.ca for more information

Worship Schedule in February

Season of Epiphany (continued)

February 3	Epiphany 4 Luke 4:21-30 (the interpretation and violent response)	Guest - Andrew Hyde
February 10	Epiphany 5 Luke 5:1-11 (abundant fish)	Communion
February 17	Epiphany 6 Luke 6.17-26 (beatitudes)	Baptism
February 24	Epiphany 7 Luke 6.27-38 (love enemies/ do not judge)	Annual General Meeting

Communion at Harcourt

We celebrate communion at Harcourt at least six times a year. We tend to hold these special communal events once a season. The sacrament is shared at all three of our worship services - the 9 a.m. chapel service, the 10:30 a.m. sanctuary service and the 10:30 a.m. MANNA gathering in the Friendship Room.

We include here the proposed communion dates for 2019 for those wishing to know in advance.

Epiphany season.	Sunday February 10
Easter season.	Sunday May 5
After Pentecost season.	Sunday June 16
Creation season.	Sunday October 6
Advent season.	Sunday December 1
Christmas Eve.	Tuesday December 24



17th Century pewter Communion cup and paten. Photo by Jim Ball.

by Lorraine Holding, Chair of Council

Council's meeting on January 16 focused on three main components:

- Sonya Wu-Winter led our discussion about how a proposed Community Engagement Animator (Facilitator) position could further our work in radical or deep change. Her work with us since late August has highlighted that Harcourt's approach to experiment, debrief and learn can help us to consider new ways of being church in our community.

Before the Congregational Annual Meeting, please read the Core Background Document included in this issue. We will discuss the proposed position and potential impact on budget planning.

- Kent Hoeg led our discussion about the best approach to explain the proposed 2019 budget options. Please join him on February 3 after the 10:30am services to hear more details and ask your questions. One option reflects some paid time for a MANNA Support Worker as well as the proposed Community Engagement Animator.
- The Annual Meeting confirms our personal commitments to a wide variety of committees and teams. At this time of year, some positions see other people become involved. Council brainstormed ideas for a recruitment strategy to fill vacancies. Watch and listen for specific information.

Here are a few positions inviting people to contribute time and talents:

- * Council: Vice-Chair or Co-Chair
- * Council: Umbrella Councilor for Congregational Life
- * Council: Western Ontario Waterways Representative (our new region)
- * Pastoral Care Committee Chair
- * Positions focused on Justice & Outreach initiatives
- * Positions focused on Hospitality and Intentional Welcoming
- * Positions focused on Stewardship

Members of Council welcome conversations with you about any of these roles!

Notice of Annual Meeting on February 24 – Please come!

Location: Harcourt Gym

Refreshments: Immediately following the 10:30am services

Meeting: 11:45am to 2:00pm

Child care is planned

Our Harcourt 20/20 journey continues. Guided by the Spirit, our community of faith will continue to challenge ourselves as we shape and strengthen our ministry together.

With faith and hope



Proposed Community Engagement Animator/Facilitator

Harcourt Memorial United Church
Core Background Document

Preamble

The Harcourt 20/20 conversations that took place in 2016 identified three overlapping narratives about Harcourt's future held among church members: the narrative of slow death, the narrative of revitalization, and the narrative of radical or deep change. In late August 2018 Council hired a consultant to explore possibilities and models of community engagement as one means to live into the narrative of radical change. That work has culminated in a proposal for a Community Engagement Animator/Facilitator which the congregation will have an opportunity to consider during the February Congregational Meeting.

The proposed Community Engagement Animator will support the congregation's desire to create space and energy for experimentation and adaptive, reflective learning in response to the question, "What must we do to join God in the world?" Rooted in the church's narrative of radical or deep change, this position will be shaped by both ancient biblical wisdom and emerging understandings of what it means to shift from doing for to being with, from welcoming in to going out, from leading by strength to listening with vulnerability, from maintaining comfort to accepting discomfort, from relationships shaped by a have/have not dynamic to relationships characterized by reciprocity.

Position Focus

With one foot in the church and one foot in the wider community beyond Harcourt, this bridge-building position will help the church explore opportunities for deep listening in the wider community, and discern how Harcourt might join with community partners as Harcourt imagines new ways of being a faith community together and in connection to the world around it. The proposed position is for one year, beginning June 2019, at 20 hours a week.

Responsibilities

1. *Community Bridge-Building Beyond Harcourt – 75% (15 hours per week)*
 - A. Hold listening conversations in the wider community. Include Harcourt members in each conversation.
 - B. Share with the wider community Harcourt's current exploration of community engagement and its willingness to partner.
 - C. Explore community engagement experiments in partnership with wider community.

- D. Communicate Harcourt's identity as a place of deep welcome.
- E. Attend related community forums and events as invited. Make Harcourt aware of relevant events and invitations.
- F. Be attentive to the slow, tentative work of building relationship. Nurture and support congregation members in the gifts and challenges of engaging the community beyond Harcourt's walls.
- G. Facilitate debriefings on community engagement experiments to ask "In what ways have we experienced God at work (and at play!)? What have we learned? What new questions emerge about being church together, and being church in the neighbourhood?"

2. Congregational Communication and Reflection – 15% (3 hours per week)

- A. Collaborate with Ministerial Staff, the Spiritual Life Committee, and other Harcourt groups to develop occasions for ongoing reflection, debriefing and learning related to radical/deep change, community engagement practices, and living radical hospitality.
- B. Partner with Justice and Outreach to map the web of community engagement that exists among individuals at Harcourt. Consider this web in identifying other potential areas of focus and experimentation for this work.

3. Collaboration with local and national United Church entities, and others – 10% (2 hours per week)

- A. Explore community engagement collaboration among the congregations and organizations of Guelph United Ministries.
- B. Connect Harcourt's community engagement work with national United Church efforts such as Affirm United and EDGE, and national forums such as the ReImagine Conference.

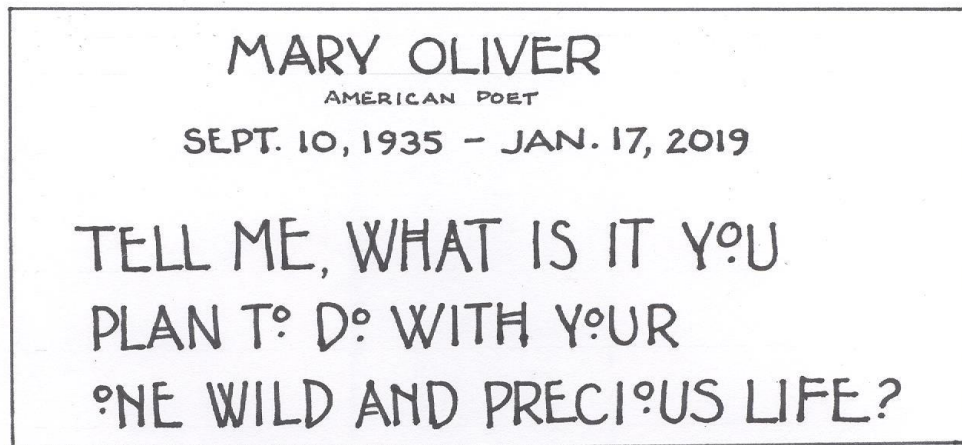
Areas of Focus

It is proposed that the Community Engagement Animator concentrate on 2-3 Areas of Focus for 2019-2020, which will be confirmed. Possibilities include:

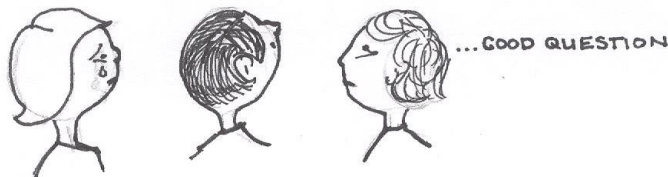
- A. Support Harcourt's journey as an Affirming Congregation with the LGBTQ community. Explore with Harcourt whether and how that journey might grow, in conversation with LGBTQ members of Harcourt and the wider Guelph LGBTQ community.
- B. Explore and deepen Harcourt's connection to the vibrant multifaith and multicultural circles of conversation and engagement in Guelph.
- C. Engage Harcourt's immediate geographical neighbours. Support Harcourt in asking the question "Who is our neighbour?" through experimentation with a variety of community events. The Food Truck initiative of September 2018 is a key example.
- D. Engage the work of reconciliation and right relationship with Indigenous neighbours.
- E. Deepen connection to Chalmers Community Services Centre.

Qualifications and Skills

- Innovative, creative thinking and problem-solving
- Experience and comfort with experimentation and reflective, adaptive learning.
- Excellent communication, interpersonal and team-building skills
- Capacity to build collaborative, effective partnerships with diverse community members and entities beyond Harcourt
- Good listening skills
- Compassion and empathy for people's life experiences
- Group facilitation skills
- Knowledge and understanding of community and social issues in Guelph
- Self-directed



FROM: THE SUMMER DAY p.316 'Devotions' 2017



Cartoon by Roz Stephenson

I See a Church in Your Future!



Welcome to Harcourt!

Church office

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Web Site: www.harcourtuc.ca

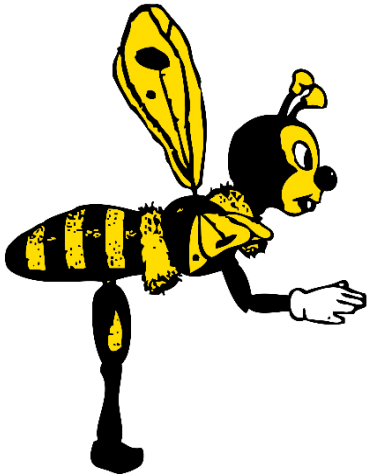
Seek – Connect – Act

The Latest Buzz...

- **Hidden Treasure: Saskatchewan Church Contains Secret Art Gallery**

Hidden at the top of the bell tower in Knox Metropolitan United Church is what may well be Regina's most unusual art gallery.

<https://www.ctvnews.ca/mobile/canada/hidden-treasure-sask-church-contains-secret-art-gallery-1.4251530>



- **'Journeys to Justice' Shows Modern Christians Working on Global Issues**

The nation's churches and church members have been active on social justice issues over many decades, but Joe Gunn outlined how they've been quietly working across denominational lines – though many Canadians know little about their positive impact. <https://lethbridgeherald.com/news/lethbridge-news/2019/01/11/christians-working-on-global-issues-can-be-a-thankless-job/>

- **Renewed Federal Funding Gives Boost to KAIROS Women of Courage Program**

The ecumenical social justice group KAIROS has received \$4.5 million from Global Affairs Canada over five years to support women-focused organizations working to heal the female victims of war, and assist them to become peacemakers. <http://rabble.ca/blogs/bloggers/pulpit-and-politics/2018/12/renewed-federal-funding-gives-boost-kairos-women-courage>

- **Are Your Beliefs Driving You to Lessen the Effects of Suffering?**

When spiritual practice is plucked from its broader story or teachings, obligation and responsibility can easily be left behind.

<https://www.cbc.ca/news/canada/saskatchewan/op-ed-religion-not-hurting-not-good-enough-1.4988229>

Committee & Group News

Saturday Night Supper: There is Still Room for People to Help

by Leslie Pipes

When? Saturday, February 16, 5 p.m.

Where? Royal City Church, 50 Quebec Street

Needed? Pasta Casseroles (the recipe is on the Harcourt Website), Caesar Salads, pickles, cheese, assorted fruit pies, vanilla ice cream, milk, juice, coffee, and people to help on the night.

As I type this, there are still many spots where others can help. Please check out the sign-up sheet on the table in the Greeting Place or look online at Sign-Up Genius. Just go to the Harcourt website, click on 'Connect with Community', then 'Saturday Night Suppers'. Scroll down and click 'Sign Up Online' to pick a slot. Food and volunteers should be at Royal City Church (back door entrance) by 5 p.m. Servers will be needed until about 8 p.m.

Thank you, in advance, for all of the support that has already been received. This event could not happen without the help of many people working together.

Harcourt provides four suppers each year and this is the first for 2019. Other dates will be July 20, September 21 and December 21.

A blue geometric graphic consisting of several overlapping triangles and polygons, creating a modern, abstract design.

Caroline Harcourt Women's Fellowship

Please join us on **February 11th at 11:45am**. Ruth Tatham will lead a bible study on the life of Mary, the Mother of Jesus, as described in the New Testament. All women are welcome so come and join us. Please bring your bag lunch and a friend.

The Amazing Story of Travelling With 'Flat Jesus'. Harcourt Men's Group

by Bill Lord

At the last meeting on January 9th, our speaker was Madison Cruikshank, Clinical Supervisor of Community Services at Stonehenge Therapeutic Community. She has responsibility for supervision of staff related to Supportive Housing, Specialized Outreach Services and Addiction Support Coordination.

Her topic was *"A look at opioid issues and response in Guelph Wellington"* Her presentation was excellent. She talked about the statistics in the area and the safe injection site within Guelph. She took many by surprise, when she offered this comparison: Morphine is represented by a potency of 1, to Fentanyl potency 100 to Carfentanyl that has a power of 10,000 and is known on the street as "the elephant tranquilizer." One can never be sure, when purchasing from a drug dealer, what potent chemical is mixed with the expected product. She stressed the danger of using drugs alone, since there is no one present to administer Naloxone, the overdose antidote, if needed.



She also talked about the over prescription of opioids for pain management, especially in the geriatric population. Her talk on what she has experienced while working first in a hospital and now on the street scene, was a revealing and challenging look at opioid use and abuse. **The next meeting will be held on Wednesday, February 13th.**

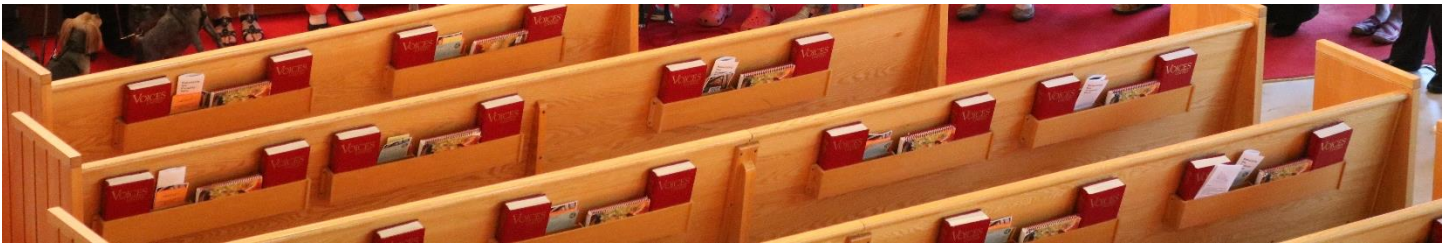
In May 2018, Elizabeth Bone and Jerry Daminato left Guelph for a 5-month trip to the north and west to see more of our amazing Canada. They travelled with "Flat Jesus" who helped record their adventures in the form of pictures which are posted on the Harcourt Facebook page.

The *only* road to the Arctic Ocean was completed less than a year earlier and one of their goals was to reach that remote part of Canada in Tuktoyaktuk NWT. All men and women are welcome to join Jerry and Elizabeth at the next meeting on this cultural adventure as they share their experiences with First Nation communities, other Canadians, beautiful vistas and experiences along the way. Coffee and tea will be ready at 7:45 a.m., the meeting will begin at 8:00 a.m. Dave Mowat will be the leader.

In your date book please record the date of March 13, 2019 for our next meeting. Jim Ball has agreed to speak.

Sanctuary Seating Consultation

by Steve Pierce



Last fall, through a motion of Council, an Ad Hoc Committee was struck to undertake a consultation process to examine and evaluate the idea of replacing the pews in the sanctuary with chairs, and to present a recommendation to Council and the Congregation. This idea is not a new one and has been around for many years. In fact, it was first raised in 2006 during the renovations to the sanctuary. Over the past 12 years, the idea has been raised a number of times but has never been formally addressed.

On Jan.20th, the Committee began the process of consultation with the showing of the video “Places of Worship”. This video is available for further viewing if individuals/ groups/committees wish to see it. Please contact Lynn Hancock to get a copy of the video. Fred Graham, who is a Guelph resident, narrates the video and has been a liaison to the former United Church Standing Committee on Architecture and has consulted with many churches.

As explained during the January 20th presentation, the consultation process will take many forms. There will be consultation sessions involving the congregation which will include focus groups for discussion and conversation. More details about these focus groups will be announced shortly. A survey will be available electronically and in hard copy for those who wish to respond in this manner. Committee members are

available to receive responses. Stan Bunston, who is not a committee member and is a Spiritual Companion at Harcourt, will be available as a resource for people who may wish to have some support during this process.

The consultation process will also include visiting churches which have made the switch to chairs, to get information about their experiences. Current users/renters of the sanctuary will also be contacted to get feedback regarding any impact this change might have on them regarding their use of the space. Contact will be made with the community to ask how they might see themselves using the sanctuary with the pews removed.

The Committee will also address such issues as type of chair, the cost of the chairs, costs related to pew removal and any additional operational costs. Items such as flooring and storage will also be considered. Should the congregation decide to replace the pews with chairs, these issues will be more specifically addressed in an implementation process.

The Committee is hoping to complete its tasks over the next couple of months, at which time a report will be prepared for the Council and Congregation.

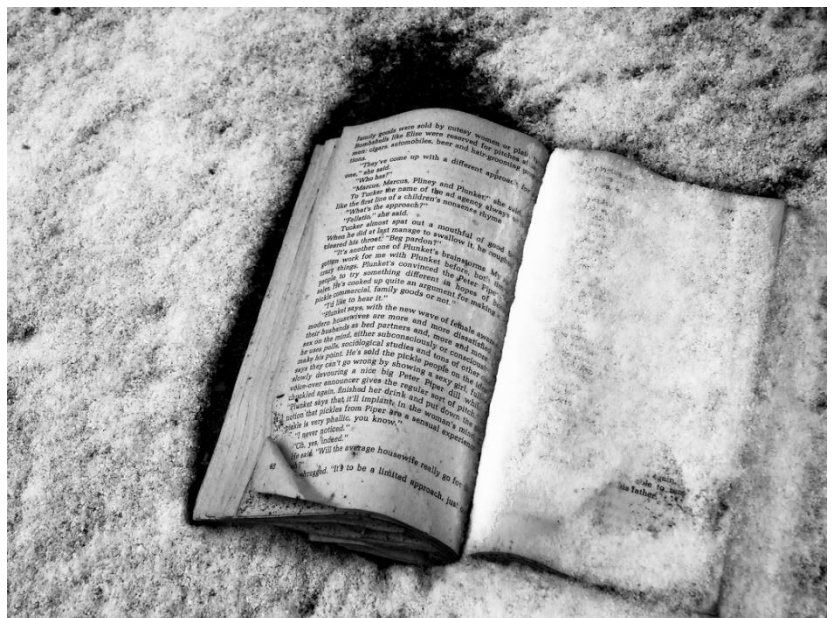
The members of the Committee are Alison MacNeill, Dave Hume, Sandy Middleton, Lynn Hancock, Roz Stevenson, Elizabeth Bone, Carolyn Davidson and Steve Pierce. If you have questions or feedback for the Committee, please contact any member of the Committee.

We look forward to you joining us as we explore this challenging idea.

A List of Books for Snowy Midwinter Days

by Mary-Lou Funston, Library Committee

Happy New Year to all who read this Library column. I hope that the cold and snowy days of midwinter will be filled with good reading. Here are some suggestions for you to consider.



New in the Library

- * MUCH TO SHARE Memoirs of Mary Haig BIO HAI

Some of you will remember Mary Haig, who was a member of Harcourt after she retired as a missionary. She was a delightful person and a good friend. You will enjoy her memoirs.

- * LISTENING TO THE ECHO Tom Sherwood 235 SHE

Young adults talk about religion, spirituality, God, gods and their world

For the Tweens in the congregation:

- * HIS BANNER OVER ME Jean Little J LIT

"Based on the true story of Jean Little's remarkable mother, His Banner Over Me, brings a distant time and place to vivid life."

- * AIRBORN Kenneth Oppel J OPP

A marvellous fantastical adventure tale of flying – not quite in space, but close! A real thriller.

And some light reading for those dark, cold winter days:

- * VINYL CAFE DIARIES Stuart McLean FIC MCL

What can I say? If you loved his radio show, you'll love this.

- * THE MINOR ADJUSTMENT BEAUTY SALON Alexander McCall Smith FIC MCC

The latest from The No. 1 Ladies Detective Agency

- * DANCING WITH DEMONS Peter Tremayne FIC TRE

If you prefer your mysteries to be a little "meatier" and, perhaps, historical, this may be the author for you. In this one, the high king of Ireland is murdered and the intrepid Sister Fidelma must unravel the "intricate web of conspiracy and deception".

Cold Nights and Squealing Boilers

by Dave Hume, Property Committee

Down in the basement there are two boilers that usually alternate with each other to produce hot water for heating. Both boilers have their own water circulating pumps that route water through the natural gas flames. During the weekend of January 10, one of the circulating pumps got noisy and it was obvious a bearing was going. Darko took the squealer to Sutherland-Schultz downtown and got a new bearing in it. The one operating boiler maintained the heat in the church just fine on that mild weekend. Today (January 20) as I sat in church I wondered if the heat would have been maintained at -20°C. The Property Committee really appreciates the fact that Darko has a whole long list of who fixes what for the best prices in town.

The Property Committee has budgeted to complete the conversion of all the lights in the church to LED's in 2019. So far we have received about \$2500 in rebates from Guelph Hydro for the lights that have already been converted. We will also get savings in the future because the LED lights are much more efficient in turning electricity into illumination than the old-style tubes and bulbs.

Back from the Edge of Despair

by Andre Auger, for the Spiritual Life Committee

This is the fourth article on Maxine Lipinski's spiritual journey¹. Having spent six weeks starting in November back in the hospital, she was back in when I visited her for this article in mid-February.

I thought I would be writing another article on Maxine's spirituality of diminishment. Yes, Louis Savary's book, The Seven Stages of Suffering² has continued to inform her spiritual practice. And yes, November and December saw her at her lowest point, physically, emotionally and spiritually. But the Maxine I saw that February morning was making plans to offer workshops on spirituality of diminishment, to attend a retreat, and to resume spiritual direction after proper upgrading of her skills. What happened?

I can only conclude to the resilience of human life, the role of a support group which cares, the miracle of the right medication, and something called "grace." Maxine went from someone who didn't care if she lived anymore to someone who had rediscovered that life was indeed precious: this has been her journey over the past few weeks. "Because they cared, I began to care again," she said of her team of doctors and nurses, and of her constant friends and visitors. That got me to thinking about the additional challenges of people who have to face their diminishing health alone. It's as if there is a nagging backdrop of apprehension, tension, worry, even fear to every single routine daily activity. I have a renewed appreciation

for the role of pastoral care in a congregation!

The discovery of a rare medication which could control the daily nausea without too many side-effects has made her daily life immensely more pleasant – one could almost see the effects on her face, more glowing and healthy than I had seen it in months. This seemed to signal the end of over two years of relentless vomiting and reluctance to eat, lest another episode of retching got triggered.

But there is more. Far deeper. More mysterious too. We can call it “grace.” As the other pieces – the caring community and the medication – were falling into place, it was as if Maxine were once again able to step back and reflect on her life, and to note all the growth that had occurred with every diminishment – growth in awareness, in wisdom, in depth of thought. But there was still more. One reads about it in the lives of mystics and ordinary folk as well: that sudden overwhelming insight into one’s situation, the sense of a radically caring universe, the profound belief that “all manner of things shall be well,” to quote Dame Julian of Norwich, bringing with it energy and peace. Ignatian spiritual leaders would call it “consolation without prior cause” - a pure gift, as it were.

Finally, there’s that dimension called the resilience of life... Maxine called it “the drive to thrive.” Maxine has it in spades. This drive to thrive grasps at every sign of improvement; it hangs on to every shred of hope; it desperately believes in things eventually getting better. And when there is the mere glimmer of a return to health, it begins excitedly to make plans for a return to normalcy.

So here Maxine sits, still in her hospital bed, still wired and strung up with IV, realizing all is gift, and rediscovering the beauty and power of practices of passing on light and love. And she engages in intentional practices of sending love and healing and peace – the Buddhists call this practice “metta” - to all whom she thinks are in need, right from her bed!

Yes, back from the brink of despair. This is perhaps what “resurrection” feels like. As I leave, I caution her to “chill out” a bit, to regain her strength, to take it day at a time... But I am firmly convinced that some day, fairly soon, we might see Maxine leading some Small Group at Harcourt on praying with one’s diminishments...

Footnotes & Reference:

1. For the other three articles, see the April, May, and Dec 2018 issues of the Harcourt Herald.
2. Savary, Louis, M. And Patricia Berne Teilhard de Chardin. Seven Stages of Suffering, 2015, Paulist Press.

Community News

De-Cluttering? Think About the Harcourt Garage Sale

by Janet Webster

Mark your Calendars

Are you experiencing the joy of de-cluttering? Why not set aside your surplus item for the Harcourt Garage Sale?

When: Saturday, April 26

Where: Harcourt Gym

What: Household items, garden supplies, books, décor, toys, small appliances

Why" To raise funds for Harcourt projects, have fun, and gain some joy in newfound space in your home.



WHERE'S THE CHURCH?

The illustration depicts a bustling town square teeming with numerous identical characters, each wearing a red and white striped shirt and a matching hat with a red pom-pom. These characters are engaged in various activities, all seemingly related to a search for a church. In the upper left, a large Christmas tree stands next to a shop labeled 'EGGS', where a character is looking at a display of decorated eggs. To the right, a character is seen talking to a shopkeeper in a building with a sign that reads 'COFFEE'. Further right, a character is holding a map, while another looks on. In the center, a character is playing a trumpet, and another is holding a sign that says 'Anyone lose their keys?'. To the left, a character is playing a drum, and another is holding a sign that says 'BUDGET'. In the foreground, a character is holding a sign that says 'GOSPEL'. To the right, a character is holding a sign that says 'COFFEE'. In the background, a large, tall church spire is visible, but the characters seem to be overlooking it or unsure of its location. The square is also filled with various other buildings and shops, including a 'CLEANERS' shop, a 'Coca-Cola' vending machine, and a shop with a sign that says 'LOTTO 649'. The overall scene is a humorous take on the classic 'Where's Waldo?' game, with the characters' search for the church serving as the central theme.

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Putting the “Fun” in Fundscrip

by Ben Fear



Every week in the eHarcourt news there is a line that says: Fundscrip cards available in the greeting area. What's that all about? Are they "Birthday Cards"? NO-O-O. Are they "Get Well Cards"? NO-O-O. But they are sorta "Keep Well" cards. You know, about the cards that show you care. Fundscrip cards show that you and your family eat. You buy them at Harcourt on Sundays and use them to pay for your groceries at the sponsoring supermarkets.

They work very simply. You take your cart and walk all through the supermarket selecting the items for next week's meals and then you pick up a couple of jars of peanut butter on sale to give to Chalmers. Or perhaps it's toilet paper on sale this week that you can give. It seems they can always use one or the other.

Then if you see something new or different or something you use regularly that is a very special price, you put it in your cart and check out. When the cashier says that's \$48.50 please, you hand her your Fundscrip card, which you bought at Harcourt last Sunday, and she scans it and gives you the tape, the balance on the card is printed on the tape so you can figure out when to buy your next card..

The use of the card speeds up the checkout line immeasurably. In Guelph the cards can be used at Zehrs or No Frills, Food Basics or Metro as well as any of the Loblaw affiliated stores in Ontario such as Walmart and Dominion etc. They make a good choice gift for a student living away from home or a friend or relative with less than a weekly income. If you are a travel miles or point collector simply show your member card and you get your reward.

Also getting a reward is Harcourt Memorial United Church who receive a commission on the sales we make. WE are not trying to encourage you to eat more... but we are suggesting

that you give it a try and you will be surprised at the convenience of paying for your groceries with a Funscrip Card .and the more cards we sell the more it benefits the church. They are available in denominations of \$50-\$100 and \$250.00 at the Lucy Booth between and after the Sunday Services.

Thanks to Frank Webster(Monitor) and his faithful sales staff Julie, Edna, Roz, Jack & Ben.

The Faithful Few: A/V Volunteers

by Jerry Daminato



Gathered here for technical training with Shaina are some of the A/V (Audio/Visual) volunteers that faithfully operate the equipment in the booth on Sundays and special occasions. We have installed the most current version of Easy Worship which is the software that brings you the graphics, songs and words at our services.

Peter's Fragments: Bits and Pieces of Wisdom

by Peter Jackson

John Donne was a poet and clergyman in the early 1600's. As a young man, he wrote passionate love poetry. He wouldn't allow the love poetry to be published until after his death, for concern that scandal would affect his career as a clergyman.

John is also famous for his spiritual writing and preaching while Dean of St Paul's Cathedral in London England. When he was 52 years old, John published "Devotions", twenty-three meditations that he wrote while sick in bed. John thought he was dying of the plague sweeping through the city, and chose to begin his meditations not with sacred scripture or story, but with the immediate events of his daily life. So the daily meditations bear titles such as Day 4: The Physician Is Sent For; Day 5: The Physician Comes; Day 12: They Apply Pigeons To Draw The Vapours From My Head.

The meditation for Day 17 is about church bells that John could hear. It was customary to ring church bells to announce each new death, and rich people like John would send a servant to find out who had died. Here is part of Day 17's meditation, with original spelling and punctuation:

"No man is an *Island*, intire of itselfe; every man is a peece of the *Continent*, a part of the maine. If a *Clod* be washed away by the *Sea*, *Europe* is the lesse, as well as if a *Promontorie* were, as well as if a *Mannor* of thy *friends* or of *thine owne* were; Any Man's *death* diminishes *me*, because I am involved in *Mankinde*; And therefore never send to know for whom the *bell tolls*; it tolls for thee."

These words provide the title of Ernest Hemingway's well-known novel *For Whom The Bell Tolls*. They convey a sense of our connectedness to each other in journeying through life together. They call us to acknowledge the pain we share in the death of loved ones.

The story behind "Devotions" is also instructive. It illustrates the value of meditating not only on scripture but also on day-to-day events of our own lives. We may discern wisdom, just as John Donne did so many years ago.

Source: John Donne: Selected Prose, Penguin Classics 1987

What is an AED?

by Jerry Daminato (Heart Arrest Survivor)



Esther Devolin and Lawrie Jones organized a 2.5 hour **AED** training workshop on January 19th.

Paul Boshart, Commander of Guelph-Wellington Paramedic Service explained and demonstrated **CPR (Cardio Pulmonary Resuscitation)** and the use of Harcourt's **AED (Automated External Defibrillator)**. 24 Harcourtians (and some dummies...see pictures to determine which is which) learned where our AED unit is stored, how to use it and what to do in an emergency.

We learned that "You Make All The Difference" and how important it is to start CPR and utilize the AED. Each passing minute reduces chances of survival by 10% per minute and brain damage can occur after 5 minutes.

There were at least two volunteers in attendance that could attest to this life saving technique and equipment.

Esther & Lawrie were very pleased with the attendance & the strong participation of everyone. Feedback has indicated that an annual review of the AED would be welcomed.



Being Kind: A Book Review

by Ann Estill

THE POWER OF KINDNESS: Why Empathy is Essential to Everyday Life by Brian Goldman, MD. (GPL) 2018

Brian Goldman, editor and narrator of the CBC programme, White Coat, Black Art, has set out on a quest to see if his kindness quotient has been misplaced during the over thirty years of working as physician. Has working day and night with tragedy and crisis as an ER doctor eroded his original calling to help others? For over a year he traveled the world to find the answers.

He begins with test of his own brain and talking frankly with researchers about the "dark triad": psychopaths, narcissists, and Machiavellians. Not surprisingly he spends time with Canadian specialists who are examining the parts of the brain that are affected by various acts. For example, he is shown pictures of people experiencing great pain, or, while he is in the MRI machine and can push buttons to indicate his reaction.

His travels take him to seven different countries, all with different facets of empathy to explore. In Sao Paulo, Brazil he interrogates a woman who has befriended a homeless man with mental illness and inspired others to do the same. In Japan there are many interactions with the inventors of robotics. I was astounded with how far they have come in that field. The bar at Ground Zero in NYC offered another perspective. Validation, a new method of working with patients with dementia, was introduced to him.

Goldman has the gift of keeping you, the reader, alongside him. The science is made understandable; the questions are our own. His curiosity and discoveries are a gift toward our learning more about ourselves.

Communications Hub

by Joan Barham, Chair, Communication

If you have any questions about who to contact for announcements, preparations for a church event, advertising, etc., please consult this chart and contact the appropriate person by the requested deadline. Any questions or concerns can be addressed to the chair of the Communications Committee, Joan Barham at jfhbarham@gmail.com. Thank you.

Type of Communication	Who to Contact	Due Date
Life and Work Announcements	Office Tech - Shaina tech@harcourtuc.ca	Wednesday
Sunday Pre-service Announcements (on screen and verbal)	Office Tech - Shaina tech@harcourtuc.ca (Please contact office, <i>not ministers</i>)	Thursday (exceptions can be made in some situations e.g. birth, death notices)
Website Maintenance	Office Tech - Shaina tech@harcourtuc.ca	ASAP
Social Media	Office Tech - Shaina tech@harcourtuc.ca	ASAP
Special Events: Harcourt or wider community	Office Admin - Anne office@harcourt.ca	2+ months in advance Complete Special Events form (available from the Office) before meeting with a person from the Communication Hub
Harcourt E-Weekly	Office Tech - Shaina office@harcourt.ca	Wednesday
Sign up Genius: sign up people to help with an event. Defines tasks needed to be done	Office Admin - Anne Will help with set up of tasks needing to be done office@harcourt.ca	Well in advance of event, at least one month
Harcourt Herald	Gill Joseph theherald@harcourtuc.ca	20 th of each month Not published July or August.
Harcourt Walkers	Joan Barham jfhbarham@gmail.com	Twice a year before Christmas and Easter
Sharing Council, Committee Minutes/Documents	Office Admin - Anne office@harcourtuc.ca	As soon as the documents are ready

Guelph Wellington Seniors Association Feeling Better Move Well Program



What: A gentle group fitness class

Where: Harcourt United Church, 87 Dean Ave. Guelph
(in the gymnasium)

When: Tuesdays, 10 a.m.

Who: Adults age 55+, any fitness level, join anytime!

A donation of \$2.00 a class is gratefully appreciated

The trained volunteer leader will adapt the class program to accommodate any fitness level,
seated or standing versions.

Classes have aerobic, strength, balance and stretching components.



Minute for Mission

Multi-Faith Spaces for Students

Our gifts for Mission & Service offer students an opportunity to gather for a meal in a multi-faith, safe space at places like the large Halifax campus of Dalhousie University in Nova Scotia. If you visit Dalhousie's Multifaith Centre on Monday night, you will be greeted with a free hot meal provided by United Church chaplain the Rev. Robyn Brown-Hewitt, and so much more!

In the midst of a large university campus, the Monday Night Meal creates an inviting and intimate space in which chaplains greet students from diverse backgrounds by name. Even the food available (including vegetarian, halal, and kosher options) reflects an intentional effort to support respectful, intercultural and multi-faith community bonds. As they share soup and conversation, students build trust with one another and the chaplains. They share stories and opinions, including personal beliefs and spiritual perspectives.

During special seasons on the inter-faith calendar, the Multifaith Centre student assistants occasionally take the lead, contributing food and related traditions that are essential to their faith. At the Monday Night Meal, there's an open table and a warm welcome!

If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.



Update from Chalmers Community Services Centre

by Peter Gill

Guest Visits: Chalmers keeps very exact data on guest visits at its two locations. This is important for a number of reasons, especially when it comes to grant applications and also to help forecast anticipated demand for food and other services. Guests can visit CCSC every two weeks for food and every week for clothing, mending, household items and diapers. If a parent of three children comes to Chalmers for food, that is considered to be four guest visits. We only count guests who come for food in our visit statistics. In 2018 Chalmers received 13,656



guest visits and in 2017 that number was 10,763, an increase of 27%. We had internally predicted the 2018 number to be 13,000. There are various societal factors at work which lead to ever-increasing demand for Chalmers' services but there is no doubt that each year we face more pressure on our resources.

Foundation Grant: The United Church of Canada Foundation has just awarded Chalmers almost

\$6000.00 to recruit professional help to run workshops in a couple of key areas where volunteers are encountering guests with mental health and addiction challenges. These issues represent unfamiliar and possibly scary territory for most of our volunteers and so we hope to be able to offer them strategies to cope with those stressful situations. As the four United churches may potentially deal with some of the same challenges, we are extending invitations to the staffs of the churches to attend the workshops as well – another example of GUM (Guelph United Ministries) in action.

Christmas Bags: A good news story once again! A total of 681 bags were donated this year along with about \$1000 to purchase additional items. This was enough to give a bag to all guests who came in between mid-December and mid-January. We are able to donate some to residents of Wyndham House as well. Thank you to all those who shopped and put together a bag or who donated money to buy extra items.

Park n' Dance

Thursdays: January 10th, 2019- March 14th, 2019
Class 1:30-2:30pm, followed by social time with light
refreshments 2:30-3:00pm.

Harcourt Church
87 Dean Ave.
Guelph, Ontario

This program is designed for people with Parkinson's and their caregivers. It helps overcome isolation by promoting social interaction through dance and social time in a supportive group. The dance classes encourage self-expression and can enhance plasticity of the brain which may help with memory and problem-solving. The movement sequences accompanied by music provide opportunity for improving coordination, flexibility, strength and balance. The program has an accepting atmosphere that builds confidence and a sense of community. For more information visit: <https://parkndance.com/>



Announcements

Passing



Clemes, Norene passed away on Saturday December 15, 2018. Norene was born on November 4, 1926 on a farm outside of Mitchell, Ontario, one of four daughters. During World War II teenager Norene contributed to the home front by working at a factory in Hespeler, Ontario making soldiers' uniforms. Post war, Norene chose nursing and enrolled in Toronto General Hospital's Nursing program, graduating in 1949. After raising a family, Norene returned to the workforce in 1974 as the first female salesperson at CJOY Radio in Guelph. She enjoyed a 39-year career at CJOY/CKLA/Magic (retiring when she was 86!). Donations to Big Brothers Big Sisters of Guelph, Children's Foundation of Guelph and Wellington, or another children's organization would be appreciated by the family.

Other Announcements

PD Day Trinity FUN Friday Camps - Fri Feb 1 & Fri Apr 5, Program from 9-3 pm with before and after care from 8-5 pm. Trinity United Church, 400 Stevenson St N, Guelph. \$25/day. Games, art, music, sports, science experiments & food fun. Preregistration required. info@trinityunitedguelph.ca.

March Break Trinity FUN Camp - March 11-15, Program from 9-3 pm with before and after care from 8-5 pm. Trinity United Church, 400 Stevenson St N, Guelph. \$125/week. Games, art, music, sports, science experiments & food fun. Preregistration required. info@trinityunitedguelph.ca.

If you want to explore the connection between evolution and the Body of Christ, or our Christian faith, then why not feed your soul this coming March Break 2019? Father Bernie Carroll, SJ and I will team up again to offer **two back-to-back retreats at Loyola House**. These retreats will be of particular interest to those who enjoy such thinkers as Richard Rohr, Teilhard de Chardin, Louis Savary, Brian Swimme, Ilia Delio, Ched Myers, Harvey Cox and John Dominic Crossan, theologians and scholars on whom we have based our retreat material. Spaces are limited, and people are already signing up. If you're interested, don't put

registration off too long. If you want more information, just talk to Andre Auger (or click one of the following links: **Teilhard de Chardin Weekend - March 8-10** <https://ignatiusguelph.ca/event/teilhard-de-chardin-weekend-retreat/> ; **Teilhard de Chardin 5-Day Retreat - March 10-15** <https://ignatiusguelph.ca/event/teilhard-de-chardin-5-day-retreat/>)

Ecumenical Week of Guided Prayer, 2019. Don't give up something for Lent: take something on! Try an intentional spiritual practice! And there's no better way to start this than by signing up for the Ecumenical Week of Guided Prayer. This year, the Week runs from Feb 24 to Mar 2. Learn a new form of prayer or meditation – or refresh your practice of a favourite – and try it out for one week, under the guidance of your very own Prayer Guide whom you meet for half an hour each day. Wonderful things happen when you allow yourself an open and direct relationship with God. It changed my life many years ago. I can't see why it couldn't change yours. Read up about it at <https://guidedprayer.webs.com/> . Then sign up! You won't regret it!

Behind the Scenes

Raising Children in a Secular World: An Interview With Andy Kwiatkowski

by Gillian Joseph

If anyone has lived a life of change and adventure, **Harcourt's Andy Kwiatkowski certainly has.** At the age of 8 he, his parents and his older brother moved secretly from communist Poland, eventually coming to Canada. An adventure like this, at such a tender age, is an experience that has stayed with Andy, weaving like a thread through the fabric of his life and shaping his world view as a husband to his wife Melissa, as a father to his two children and as a man.

He has many memories of his life in Poland and has been back there to see for himself the many economic and social changes that have taken place since he left. But Andy begins to paint a picture of his past experience as he talks about remembering the lack of variety in food that was available to Polish people at that time. He describes the lineups of people waiting to purchase “special” things that were rarely available. One memory makes him laugh as he tells me about going to

the store as a six-year old with his mother and sneaking to the front of the line of people by crawling through legs and around feet, as only children can, to buy one single banana – an exotic treat which was eventually shared among the whole family. Yet, despite food shortages, Andy has no memory of hardship. He credits his parents for this, stating that they did a “great job” of making his childhood a happy one despite the challenges of living in Poland. It was only later that his parents told Andy more about the difficult parts of their lives at that time and the reasons why they left when they had a chance.

This story of leaving is incredible. One day his parents told Andy and his brother that the family was “going on vacation”. He was excited at the prospect. When the family crossed the border from Poland into Germany however, his father turned to the children and said “How about we go to America?” Andy remembers the family driving all over East and then West Germany, and finally arriving at a refugee camp with no place else to go. In those days, to immigrate the family needed a sponsor who lived in Canada. As luck would have it, Andy’s father discovered a distant cousin living in Kitchener who was willing to assume the sponsorship role – and that’s how the family ended up in southern Ontario.

I asked Andy how that experience of living in and leaving Poland shaped how he sees his children growing up now in Canada? Andy tells me that he has memories of great freedom to roam as a child and of playing with lots of kids from many different walks of life. He suggests that kids today live lives that are quite different from this - perhaps more structured and protected than children in the past. Now his kids go on playdates, engage in formal activities and are driven to other people’s homes – which would have been unthinkable for his parents when he was young. Andy then talked about his parents and their dream of a future with greater economic security for their family. But it was a struggle at first for the family in Canada. Although they were well educated, language barriers kept his parents working for minimum wage and on night shifts in the beginning. However, as their language skills improved they began to move up the economic ladder. In fact, Andy remembers those transitions occurring quickly - from apartment, to townhouse to house, they moved often. They now had a backyard, a car – many things that people in Canada often take for granted. Later, as a teenager, Andy returned to visit Poland and his eyes were opened wide. He remembers thinking “I was so thankful when I realized how much better my life was now in Canada

compared to what it would have been if we'd stayed. So thankful." His parents had wanted greater opportunity for their sons – but couldn't find it in Poland where you could work very hard, be well educated and smart, but still not find a good job or make ends meet. It was a constant struggle. Poland is different now, he tells me, much more economically secure. But it was a difficult time then and very hard for his parents. Nevertheless, sometimes Andy worries that his kids have missed the lessons that he learned from that experience. He is afraid that they might not know the value of a dollar as he did as a child. Yet at the same time, he realizes that this knowledge may shape life experience for different people in different ways. For example, his parents had struggled with scarcity. Andy suggests that in scarcity you tend to hoard things. But before immigrating, his parents had had a hard and difficult life for so long that when they finally became economically stable in Canada they were eager to spend money a bit more liberally - to buy bigger cars than they needed, or to purchase more expensive things, because they had been living without for so long. "My mom also worked longer rather than moving into retirement, because it was so nice for them to have more money than they needed rather than thinking about the stress of just having enough." But Andy also knows that taking the good life for granted can result in another potentially problematic situation. He knows that his kids didn't grow up with the same struggles that he had and he sometimes worries that they may have missed out on life learning. "But what do you do" he says. "Do you withhold things so they learn a lesson? It's hard to pass that knowledge on" he says. He tries to tell them, "when I was a kid...", but like many other parents find, children can't always relate to a message that is beyond their own experience. Furthermore, Andy suggests that maybe it isn't really important to pass on the lessons of a very hard life to the next generation. "Is there really a need to say 'oh once things were much worse'" says Andy, "or should we just focus on the next thing that they need to know that better relates to their own experience?"

Speculating that some Canadians may be entering a time when they may be in a position to start thinking about their lives on another level, Andy suggests that "like Maslow's hierarchy of needs, once your basic needs are taken care of, then it's time to move up the hierarchy to deal with the next level of issues – like societal problems for example. My kids no longer have to be constantly worrying about basic survival – so now they can focus on helping other people. That's a nice thing. If you have a good start you can help other people or work on other

challenges. I'm hoping that they will have a broader focus on helping others than I did and really *get it* earlier in life" He says.

Andy and Melissa met in high school through basketball groups. Melissa now works for the Guelph Community Health Centre, which is very much connected to their family's concern about helping our most vulnerable populations. Raised in the Catholic church, Andy and Melissa also attended catholic schools. However, when they became a young family they found that they were not going to church very often and needed something else to meet their spiritual needs in different ways. About that time the family moved near to Harcourt church and they decided to give it a try. "We went in the sanctuary and they had tables for kids to play in the back, which was great!" said Andy. "A couple of times our children were cared for in the nursery or went down to Sunday school. Then the Manna program started (an all-ages, interactive, alternative worship experience that involves hands-on activities and sharing). We found it a really good fit because we did not need to be separated from our kids, we could participate together at church as a family."

I asked Andy if he feels that it is challenging for parents to raise children in the Christian faith today? He agreed that it is. All his peers and friends have stopped going to church, even though most went to church when they were young. In fact, although it was taboo if you didn't go to church when Andy was young, now it's almost taboo to admit that you do go to church. "People are very surprised when I say the words 'my church'" he says. And even though Andy and Melissa's kids enjoy Manna more than a traditional sanctuary style service, it can still be a challenge to get them involved each week. These days Andy thinks that parents raise their children to be independent free thinkers and sometimes kids just don't want to be involved. However, Andy finds that they can often encourage their children to attend if they get the children involved in helping with Manna activities, like helping younger kids do crafts, etc. This, he believes, gives his children more responsibility and makes the experience more meaningful for them when helping others.

But I am still curious. Why in this age of secularism is it still important for parents, like Andy and Melissa, to connect their children to the church? Andy thinks carefully for a moment. He tells me that in this secular world it is easy to

lose touch with the spiritual side of life, especially when things are going well. He says that if he and Melissa don't get their children involved in church now, when things are good and when they are young, then later, if they need that sense of God in their lives in difficult times, they will not have it to depend upon. "Some people who don't have that spiritual connection live with a void", says Andy. "When they need to connect to that spiritual side in times of trouble they have to start from scratch again to find their way." He has observed this with some friends who came to Manna or to church only at Christmas. Something is missing in their lives but they don't want to just hear someone talk to them. They have an urge to connect with people and with God. As I listened to Andy say this it reminds me of a quote by Teilhard de Chardin¹: *"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."*

Andy feels that he and Melissa have given their children a good foundation to build upon that will keep them connected to their spiritual side through time. He says, "We tell them that this is one way to think about God and the universe. Manna is not super dogmatic – it is a lot more free thinking and independent. I think it's more likely to resonate with some people than when they are presented with rules that someone made up. You grow up to realize that – hey, someone just made these rules up – and then you want to resist those rules as a result."

I ask Andy how, as a young father, does he see the church's role in the world – what about the bigger picture? What he tells me is a vision of hope. "When we were at the Skylight Festival last summer, one speaker's words really resonated with me. She said that it shouldn't be just this thing you do when you meet on Sunday and only do it amongst yourselves. You have this beautiful space in the neighborhood – someone may need that space – students, local community groups. The Church needs to evolve into a grassroots-based, active organization." Andy says he really enjoys Harcourt because there are so many people involved in many different activities. But he predicts that the Church in general will soon change. "I think it's going to drop in actual numbers of people coming, but become more –what's the word – resistant, rebellious, advocacy oriented - that kind of thing and this will be accomplished through small groups." Andy says that this change will be a challenge for some people to accept because the world is becoming more secular and dehumanizing with increasing technology and with advancing science. But he sees that as society gets more secular, agnostic or

atheist this could cause problems for many people. “People are wired to have a spiritual side” says Andy, “and as more people become detached from that spiritual side, mental health issues will increase and there will be a void in peoples’ lives.” He feels that the church needs to find a way to fill that void without repeating the problems that formal religion created in the past.

In his job as an IT Specialist, Andy also finds that religion is a taboo subject at work. He says that it would create a very awkward situation if he started to talk about church to his colleagues. Yet at the same time he suggests that he can see that the Church is evolving and will continue to do so as it transforms into a place where people can talk about important issues and work together to solve problems. “Manna is a perfect example of evolving”, says Andy, “it changes all the time, tries different things.” The format has resonated with some people, many young families and also people without kids participate too. He finds it really nice just to talk to other adults about certain topics – conversations that you don’t normally have with colleagues or friends. “We even hang out after church to talk,” says Andy, “it’s building community. Younger people don’t tend to know their neighbours the same way that people did in the past.” He feels that the Church provides a great opportunity to make these important connections. Through Manna, and also through his workplace, Andy’s family has recently become more aware of some of the issues and challenges faced by indigenous people. He finds it very eye opening to learn about these issues from speakers at Manna and he believes strongly that awareness contributes to better understanding.

Footnote:

According to Wikiquotes, this source of this quote is disputed, but it has been attributed to Pierre Teilhard de Chardin in *The Joy of Kindness* (1993), by Robert J. Furey, p. 138.

Harcourt Calendar – February 2019

Updated January 18, 2018 – www.harcourtuc.ca for most up-to-date information

Friday February 1

8:00am Les Petites Pommes PA Camp [202]

9:00am Level Up PA Camp [F]

Saturday February 2

10:00am Progressive Christianity [202]

Sunday February 3

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

11:30am Budget Information Session [S]

Monday February 4

Office Closed

1:30pm Prayer Shawl [202]

7:00pm Communications Committee Meeting [L]

7:00pm Scouts [F]

Tuesday February 5

10:00am GWSA Exercise Program [G]

6:30pm Seating Committee Focus Meeting [F]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

Wednesday February 6

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:30pm Meditation Group [C]

6:30pm Guides [F]

6:45pm Beavers [G]

7:30pm Rainbow Rehearsal [S]

Thursday February 7

8:45am MindStretch [C]

1:00pm Park 'n Dance [G,K,F]

7:30pm Choir Practice [M]

Friday February 8

7:00pm Junior Youth Group [G]

Saturday February 9

10:00am Progressive Christianity [202]

Sunday February 10

8:00am MANNA Breakfast [F,G,K]

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

7:00pm High School Youth Group [202]

Monday February 11

Office Closed

11:45am Caroline Harcourt [F]

7:00 Women's Spirituality [C]

7:00pm Scouts [G]

Tuesday February 12

10:00am GWSA Exercise Program [G]

1:00pm Seating Committee Meeting [F]

6:45pm Cubs [G]

7:00pm Finance Committee Meeting [202]

7:00pm Property Committee Meeting [L]

7:00pm Worship Committee Meeting [C]

7:00pm Bell Choir [M]

Wednesday February 13

7:45am Men's Group [F]

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:30pm Meditation Group [C]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm M&P Meeting [L]

7:30pm Rainbow Rehearsal [S]

Thursday February 14

8:45am MindStretch [C]

1:00pm Park 'n Dance [G,K,F]

6:30pm Seating Committee Meeting [F]

7:30pm Choir Practice [M]

Saturday February 16

10:00am Progressive Christianity [202]

Sunday February 17

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
3:00pm Vera Causa Opera [S,F]

Monday February 18

Church Closed

Tuesday February 19

10:00am GWSA Exercise Program [G]
11:00am Stroke Recovery Lunch [F,K]
5:00pm Scouts Banquets [G,K]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday February 20

9:30am Lightshine Singers [M]
1:30pm Tai Chi [F]
5:30pm Meditation Group [C]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Council Meeting [C]
7:30pm Rainbow Rehearsal [S]

Thursday February 21

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
7:00pm Sharing Evening [F]
7:30pm Choir Practice [M]

Saturday February 23

10:00am Progressive Christianity [202]

Sunday February 24

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
11:30am Congregational Meeting [S,K,G]
4:30pm Guelph Bridging Group Potluck [K,G,F]

Monday February 25

Office Closed

9:30am Quilting Group [F]
1:30pm Prayer Shawl [202]
7:00pm Scouts [G]

Tuesday February 26

10:00am GWSA Exercise Program [G]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday February 27

9:30am Lightshine Singers [M]
1:30pm Tai Chi [F]
5:30pm Meditation Group [C]
6:30pm Guides [F]
6:45pm Beavers [G]
7:30pm Rainbow Rehearsal [S]

Thursday February 28

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
7:30pm Choir Practice [M]