

# The Harc♥urt Herald

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

**February, 2020**



**The Sankofa Bird:  
Celebrating Black  
History Month**

**Can reading a BOOK  
change your life?**

**Harcourt's Communal  
Garden...10 years on**

**...and Much, Much More!**

# 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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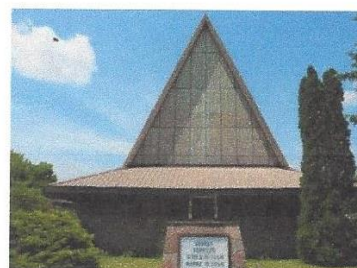
<https://www.harcourtuc.ca/space-resources/harcourt-herald/>

*Your contributions are welcome!*

Deadline: 20<sup>th</sup> of each month, Sept-June

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# The Ministers' Quill

by Jim Ball



In the North country, people and land together experience the plunging temperatures and drifting snows of Winter. The conditions invite rest, recovery and a slower, more reflective pace.

Yet the Christian season of Epiphany that overlaps it is one of beginnings. It is at this time each year that we hear the stories of Jesus' baptism, his call of disciples and the early events of his healing and preaching ministry in the region of Galilee.

Among these stories is one that functions as the archetypal tale of calling, not by way of demand or invitation, but by question. It puts the weight of responsibility and opportunity squarely on us. *"What do you seek?"* Jesus asks John's followers who draw near to him. It is the question that comes to every person in every age. The one about which each of us would do well to answer clearly for ourselves.

In a recent sermon we remembered the handful of Irish monks who, fourteen hundred years ago, founded a monastery on the steep, inhospitable island known today as Skellig Michael. They too faced the same question, and the others that attend it, the answers to which led them out to this rugged, near-inaccessible place.

The questions are several and known to us. They rest at the centre of prayer and spiritual discernment. They abide in the heart of all listening. They include these: *What is the new*



Skellig Michael photo: Unsplash

*beginning I seek? In what ways has it been quietly forming in me, waiting for me to be ready? What have I outgrown that I am still unable to leave? What holds me back? When in my life did my courage kindle and I stepped out onto new ground? What resources helped me do so?*

The season invites us to find a quiet place to ask them of ourselves again. And to live once more into our answers to them, remembering that God's spirit attends us always as we go.

Blessings!



“I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.” – **Kahlil Gibran**



# Three Welcoming Sunday Services

Except for special services, we offer three distinct Sunday morning services: At 9am in the Chapel, at 10:30am in the Sanctuary and MANNA service at 10:30am in the Friendship Room.

**Chapel service 9:00 a.m.** The Chapel service features prayers, readings, singing, and a message. It is quiet and meditative. There is no choir or special children's program. Tea and coffee are served following the service, and some participants gather for additional guided reflection.

**Sanctuary service 10:30 a.m.** The Sanctuary service closely follows the Chapel service, but also includes the Harcourt choir with piano and guitar accompaniment, and occasionally the handbell choir and flutes. **Nursery support is provided in the nursery from 10am until 12 noon.** Tea and coffee are served in the gym after the service.

**MANNA 10:30 a.m. downstairs in the Friendship Room** Is a new, friendly, all-ages, interactive, alternative worship experience that involves hands-on activities and sharing.

Check out the website for more information: [www.harcourtuc.ca](http://www.harcourtuc.ca)



**ARE YOU NEW TO HARCOURT????**

PLEASE CONTACT THE CHURCH OFFICE  
AT [OFFICE@HARCOURTUC.CA](mailto:OFFICE@HARCOURTUC.CA) FOR A  
SPECIAL WELCOME!!





# Council News

by Lorraine Holding, Chair of Council

My monthly articles, written 'the morning after' Council meetings, offer the Congregation a short overview of the focus of Harcourt's governing body. I try to reflect the holistic thinking, discussion and decision-making aspects of our work. What is more

difficult to capture in print – the deep commitment, expertise and visionary contributions of each member of Council. We try to listen for the Spirit while guiding Harcourt into the future.

Our January 22<sup>nd</sup> Council meeting focused again on planning for discussion at our Annual Meeting. We have reached the point where guidance from the Congregation is essential before we can present the 2020 budget. The preliminary 2019 financial results indicate that the deficit is much smaller than the large proposed deficit budget that was approved. However, continued sustainability requires a deeper look at what future we want to create, and what it will take to create that reality. I'm choosing to repeat this excerpt from my update in the January Herald. Council requires your input in order to effectively make good decisions and plans as a Congregation. *We acknowledge that budgeting for 2020 feels different from previous years. We have been in a 'deficit' position before – and the congregation has voted for it, but intentions have not translated into actions. As a community of faith, what kind of vision do we want? How do we plan to support that vision? Can we continue to support that vision? What commitment do we really have for radical change and revitalization? What energy and possibilities grow from making decisions in the context of love and joy (and perhaps personal sacrifice for the greater future) rather than making decisions in the context of fear?*

Our history of active participation through table and circle discussions has served us well. Our intention at the Annual Meeting is to focus on the future that we want to create. We need to build on the collective input gathered from all parts of our community of faith. It is our collective responsibility. Please join us!

## Annual Meeting Details

DATE: Sunday, March 1

TIME: 11:45am to 2:00pm

PLACE: Gymnasium

\* Light refreshments and child care will be provided

\* 2019 Annual Report and Annual Meeting Agenda will be distributed in mid-February

With faith and hope, we continue to explore our journey ahead for 2020 and this new decade.

# COMMITTEE AND GROUP NEWS

## WASSNEW!

by Ben Fear, Property Committee

When you greet someone with the query "*What's New ?*" you are generally going to receive a reply with an inventory of problems, events and future plans, or the alternative response "not much". This "*What's new*" is different. There's an exclamation mark.

As you move about the interior of our church you inevitably are going to encounter stairs which are the accepted method of progressing from one level of a building to another. Travelling up and down them is a form of exercise dutifully recorded on a Fit-Bit. However, there is an alternative route -- the elevator. Invented by Elisha Otis in 1861, the original elevator was literally a room which was transported from one level to another by ropes coiled on a windlass operated by a steam engine. The operation of the elevators was subject to breakdowns caused by frayed or broken ropes or low pressure in the steam boilers or the absence of the operator who attended on the ground floor in full uniform ready to take the passengers aloft. As years passed improvements were made until the machine currently in use here at Harcourt, a hydraulic elevator, became the norm and self operation became the custom. However, there remained one drawback. When the need to use the elevator arose the motor needed to be switched on. This was a simple operation, but in order to prevent "juvenile joy riding", access to the switch was made available only with a key. The question then became: "Who's got the key"? By the time the answer to this question was ascertained and the key procured and instructions read, the alternative (I'll take the stairs) was undertaken.

Up until now, for some, taking the stairs at Harcourt was an adventure much like rock climbing. Those with any vision problems or agility, balance or other barriers to their movements would elect to forego that experience and hit the road. Those who persevered found little assistance from the fine wooden handrails constructed - more to add a solid appearance to the stairway than a safety feature for those going up or down. The railings were smooth and slippery with no place to grasp tightly, to hold or to pull against.

Those who used the stairs did so with silent mutters, which often when overheard turned out to be prayer. BUT NO LONGER. Hence the exclamation mark. After months of study and inspections of various means to remedy this long-standing situation at moderate cost, a solution was found and has been installed on those railings. We invite you to attend

the coffee hour after the Sunday service to extend your appreciation to the gentlemen who, without architectural assistance, have devised and taken remedial action to render safe passage up the down and down the up staircase. This hero is none other than Property Committee Chairman Dave Hume and Mark Sears.

## Time to Stand Up

by Sandy Middleton, Chair Worship Committee

As I come to the end of my term as chair of the Worship Committee, and as I look at the needs of Council and our other committees, I am struck by the number of vacant positions that currently exist. As with any church, Harcourt's viability is heavily dependent on the time and talents of its committed volunteers, many of whom have served us well over the years.

Most specifically, however, my concern is for the future of worship at Harcourt. As times change, so do the needs of a worshipping community. We currently have evidence of this change at Harcourt as we now offer three different worship opportunities (9:00am; 10:30am; and MANNA); few churches can emulate our good fortune in this regard. Such success, nevertheless, remains dependent upon the creative talent and commitment of those who serve quietly in support of our Ministerial Team.

When I leave the committee there will be but four remaining lay members to carry on the behind the scenes work (e.g. communion preparation, ushers, candles for special occasions, lay readers, pulpit supply in the ministers' absence, weekly bulletin supplies, etc.) in support of worship at Harcourt. Our energies will be severely stretched. Further, we constantly search for new and creative approaches to worship that might better serve the needs of our people in changing times. So, if you feel called to contribute your talents to the work of the Worship Committee and would like to learn more about what is involved, I would welcome your call (see contact information below).

In his inaugural address on January 20, 1961, President John F. Kennedy concluded with these famous words --- **ask not what your country** can do for you; **ask what** you can do for your **country**. As Harcourt approaches its annual meeting, I suggest a paraphrase of Kennedy's words would be appropriate for us all to consider--- **ask not what your church** can do for you; **ask what** you can do for your **church**.



## The Travelling Adventures of Flat Jesus: Caroline Harcourt Women

by Jean Hume



The next meeting of the Caroline Harcourt Women's Fellowship will be **February 10<sup>th</sup>**. Elizabeth and Jerry will share their "*Travelling Adventures to the Arctic and Western Canada with Flat Jesus*". All members and friends of the congregation are welcome to attend this presentation. You are invited to join the members in the **Friendship Room** at 11:45am . Grace is **12 noon, sharp**. Please bring your own bag lunch. Tea and sweets are served by a committee. A brief devotional will follow the speakers. The members look forward to welcoming you. Please won't you come and join us for this exciting program.

## Harcourt Men's Group Hears About How Crops are Changing

by Bill Lord

The next meeting of the Harcourt Men's Group is Wednesday, February 12<sup>th</sup>. Our speaker this month will be Dave Hume, an active member and chair of the Property Committee at Harcourt. He spent his academic career as a researcher in Crop Science at the University of Guelph. His presentation will document the changes of crops grown in Ontario, why that happened and what he expects to see in the near future. All men and women, as was the case with our November, December and January meeting, are welcome and encouraged to attend. Coffee and tea will be ready at 7:45 a.m., the meeting will begin at 8:00 a.m. In your date book please record the date of March 11, 2020 for our next meeting. The speaker will be Peter Gill and his topic will be "An update on the food needs in Guelph."

## MANNA Flips for Tuesday Dinner

by Merrill Pierce

Manna is hosting a **Pancake Supper on February 25<sup>th</sup>**, Shrove Tuesday. There are 5:00 and 6:00 sittings. Plan to come and enjoy pancakes ( blueberry, chocolate chip, regular and gluten-free), bacon, tea, coffee, or juice all for \$5.00 a person. Children 12 and under are free and a family can eat for \$10.00. Tickets will be on sale after or before church, or at the office during the hours it is open. Proceeds are going to a local charity to be named. We would appreciate some help setting up, cooking (flipping) pancakes in the kitchen, and/or donation of griddles. If you are able to help, even if only for an hour, please let Merrill Pierce know. Looking forward to seeing you all at the Supper!

# COMMUNITY NEWS

## Fundraising Concert to Support Refugees Coming Up

by Arlene Fuhr

Regarding donations for Majd, the Syrian refugee sponsored by GUM, there is a way to donate online through Dublin's *Canada Helps* link. Of course, you can also donate through Harcourt as long as you indicate the amount is for the GUM refugee fund. Any online donations identified for Syrian refugee support will go to the joint refugee fund as well.

There will also be a fundraising concert. The details are below...

*Summer Fun in February! Mark your calendars for a sizzling concert Feb. 22nd, 7 pm at Dublin Street United Church. The fundraiser, featuring four renowned local acts, is from United Churches in Guelph who are working together to raise \$8,000 for our refugee sponsorship, or for future refugee needs. Or you can donate online here – please specify for the Syrian fund. See the poster in this issue for more information. Thanks so much and see you there!*

## An Ohhhmmmm-azing Opportunity: Meditation

by Ann Middleton

Members of the congregation who have experience in silent mindfulness meditation are invited to join a group that is meeting in the chapel weekly until April. If you have meditated in the past and would like to get back to this practice, please join us. We spend half an hour in silent meditation, focusing on the breath. We meet in the chapel between 5:30 and 6:15 pm each Wednesday. For further information, contact Ann Middleton.



Photo by J.D. Mason: Unsplash



# ADRIAN RASO



## CD RELEASE

**FRIDAY, FEBRUARY 7TH, 2020**

**HARCOURT MEMORIAL UNITED CHURCH**

87 Dean Ave. Guelph, On

Tickets: \$25 advance \$30 door 8 p.m.

Tickets available: [www.adrianraso.net](http://www.adrianraso.net)

& Good Times Hair Styles (83 Surrey St. E.)



## The Church Garden Corner: Winter Residents and Visitors

by Sarah Lowe

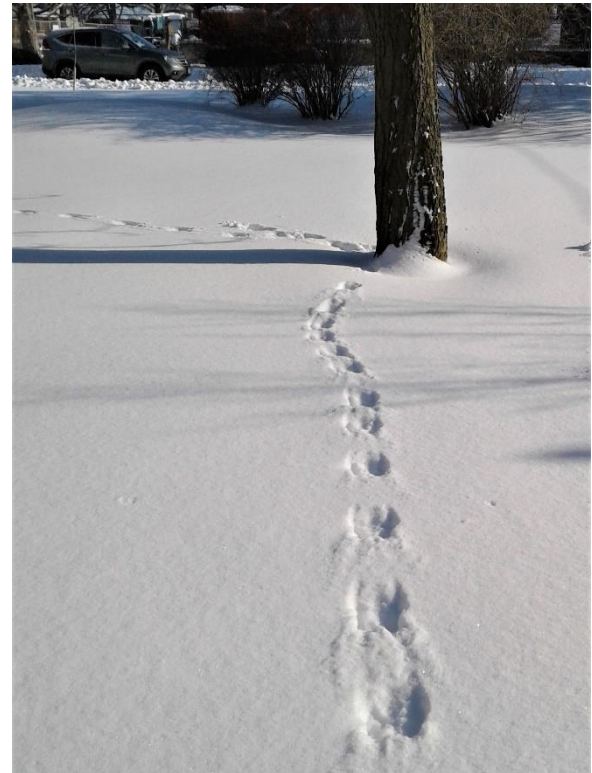


The winter garden is resting peacefully in the snow. Chipmunks are hibernating, secure in their burrows packed with stored food, which they will wake up to eat now and then. However, several animals stay fully awake and active throughout the winter.

The most common are the **Eastern grey squirrels**, a relatively harmless resident of our winter garden. Some are coloured grey, with a white belly, but others are black. They are colour variations of the same species.

If you look up in the basswood tree in the Celebration garden you will see a squirrel's nest of leaves and twigs at the very top, and another just over half way. No doubt they have a warm lining to protect the young which will be born naked later on in the winter. Several of the church garden trees offer a bonanza of nuts and acorns for squirrels in the fall: a big walnut tree behind the pre-school playground, two red oaks and a mature chestnut tree in the lawn. Squirrels are active throughout the winter, retrieving their stored food, checking out nearby bird feeders, and mating. If you see a trail of footprints in the snow ending (or starting) at the base of a tree, they are bound to belong to squirrels.

The **Eastern cottontail rabbit** is very cute but is less welcome. They don't hibernate either, but are harder to see as they stay mostly hidden in their shelters in hedges and bushes. However, they emerge from time to time to nibble on our plants! Fruit trees and serviceberries are particularly vulnerable, as rabbits love the tender bark. You will know who the culprit is because of a calling card: many small, round droppings. A good protection against foraging rabbits is to wrap the tree trunk in a plastic tree guard. If you haven't seen any rabbits this winter, look out for them in April. We always have a few Easter Bunnies!



The most elusive winter visitor is the **Red fox**, which roams the neighbourhood all year round. Two summers ago, a pair raised their kits under a backyard deck on Forest street. A

neighbour on Maple street spotted one this winter, so we know at least one adult is still around. We think they are helping to keep the rabbit population down!

It is good to know the garden is not totally sleeping. Take a look in the snow and see if you can find some tracks or other signs of its winter residents and visitors.

## Hmmmm... Makes Your Think!

by Janet Webster

On Epiphany Sunday we heard a message from Mary Savage about the visiting Wise Men and how we have taken for granted their presence at every creche or Nativity Scene. That day, we heard that the wise men were "different" from the other visitors to the stable and probably stood out as unusual and perhaps even shocking. It made me think of a few images I recently saw on the internet:



1. A dog, probably a stray, curled up asleep in a manger set up in front of a church. <https://aleteia.org/2019/12/11/abandoned-dog-finds-comfort-with-baby-jesus-photos-go-viral/>
2. The Banksy Nativity scene ( <https://www.cnn.com/style/article/banksy-bethlehem-nativity-scene-trnd/index.html> ) where the star over the roof was painted around a bullet hole....and then
3. The Creche at my sister-in law's home this past Christmas. She displays it every year, but this time I noticed there were two plastic figurines on the roof: Soldiers holding weapons! Apparently my grown nephew likes to hide figures in her home whenever he visits and enjoys the idea of her being surprised at where he places them. At first I was shocked. Then, I thought, how fitting... military figures in the Holy Land!

“A sacrifice to be real must cost, must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in his love than in your weakness.”  
Mother Theresa

## How Harcourt Cares: An Interview with Nancy Ryan

### Can a BOOK change your life?



For many years, Nancy Ryan was a professional librarian in a local community library. One of her responsibilities was to assume the role of



running of a small “*Visiting Library Service*” program for the public that was unique to the area. There were many who believed that only a librarian could or should choose books for someone. But Nancy saw it differently. Her own experience with reading and talking to others about favourite books convinced her that anyone who loves books can make great recommendations to others. Thus the *Visiting Library Service* program grew under Nancy’s care, engaging volunteers who were matched with someone in the wider community who wanted to read books but couldn’t get out of their home.

The process was simple. The library provided a card for each client, then volunteers choose library books based on the information that Nancy gained from talking to each card holder. The clients lived independently in the community or in retirement homes. They managed the flow on their own. Then once a month the volunteers came together to talk about which books had been well received by clients. “It was fun,” said Nancy “and it gave us all an opportunity to meet and share book ideas and to overcome any problems”.

However, when Nancy retired, she thought that she would try something new outside of her professional library skillset. She was looking for that “something completely different” when she came across a call for volunteers to help residents at The Village of Riverside Glen to use the Bookmobile service provided by the Guelph Public Library. The Bookmobile was a wonderful resource and there was a great selection of books on the bus, with many new titles. But unfortunately, it was very hard for those with mobility issues to get on and off the Bookmobile. Furthermore, the bus only came to Riverside Glen for one hour every two weeks between three and four pm when many clients were either engaged in other activities or were resting. The success of the *Visiting Library Service* program was in Nancy’s mind. She proposed that it might work well at Riverside Glen – and they listened. Having a group of volunteers to pick up books for those who couldn’t get to the Bookmobile was a great idea!

And so, it began, this labour of love....but that was only the start. On a tour of the building one day, Nancy noticed a badly neglected library on the main floor that needed, least of all, a good tidy up of donated bags and boxes of books that were scattered around the



room. She thought it had potential. Nancy wasn't sure that she could take on another volunteer activity ...but by the time she had finished her tour of the Retirement/Nursing Home the call of the library had hooked her and she volunteered to sort the books and maintain the library as well. Nancy now goes to Riverside Glen at least once per week.

As was the case with the *Visiting Library Service* program, the process at Riverside Glen is equally straight forward. Volunteers keep this free service going. Sometimes a social worker will recommend that a volunteer visit a person who might want more access to books. However, the program volunteers also advertise the service around the retirement/nursing home community as well .

People (and sometimes visiting children) fill out a form and a volunteer follows up. Nancy always makes the initial visit to find out what interests the client. She really enjoys these conversations. "People have wonderful histories," she says. Some haven't always lived in Guelph. Some share personal stories about what they did before and why they came to the city. Nancy goes through a list of authors to find out what the client likes, then also asks: "how do you feel about sex or violence in a book?" just to get the right match. She asks about what topics the client likes and how many books she/he wants to read. She often brings a sample of books on her early visits, some with large print or not, and sometimes she looks for audio books for those who have vision challenges. For the first few weeks, Nancy gets the new client settled into a book routine. Then another volunteer takes over. Nancy says it is a bit like a dance in the beginning. "We may take too many books at first just to get the feedback" she says.

Nancy finds that there are so many interesting people who live at Riverside Glen. Some she has met are even former members of Harcourt Church. For example, Elizabeth MacKinnon is 100 years old and still enjoys her books. She also enjoys the visits of volunteer Ann Middleton, also a member of Harcourt. Elizabeth has read over 300 books since she came to Riverside Glen. Another Harcourtian used to read voraciously but only in a narrow topic area. As her eyesight declined Nancy began to give her audio books, but it was a challenging transition. "OK", Nancy said to her, "Here we go into the unknown. This is an experiment. Trust me." For five years, Nancy guided the woman toward a number of topics, all with a good story; sometimes a mystery and often an adventure. The client not only enjoyed listening to the books, but she also loved talking to Nancy about the books – even noting some controversial aspects that had challenged her and broadened her perspective. "She really had an intellectual relationship with the book" says Nancy. They also laughed a lot. From Nancy's point of view, this was a great example of someone whose life was greatly enriched by having something interesting and thought provoking to listen to and someone to chat about it with.

Nancy's experience with certain other clients also helped to shatter some negative stereotypes about older people. For example, on one visit Nancy saw one of her clients in the cafeteria and asked her what she had done during the weekend. "I went to see the hunger games movie with my granddaughter" she said. Surprised that an older woman would go to and enjoy such a movie, Nancy asked "what did you think of it?" "Not as good as the book!" the older lady replied with a smile. This same older woman also went on to read all three of the racy books associated with the title *Fifty Shades of Grey*, and found them "quite interesting"!

Another person that Nancy admires at Riverside Glen has a severe mobility issue and other physical challenges. She has seemingly little control over her life, but loves to listen to audio books on a tablet or CD player. Staff are not always available to turn on the machine or to change CDs for her, so the client is entirely reliant on others for that assistance. However, this woman's patience and perseverance under such circumstances has really impressed Nancy and has been a great inspiration to her.

Sometimes Nancy sees her librarian role as that of a matchmaker: someone who brings a person who needs it to a good book at the right time. There are 25 clients and 4 library volunteers at Riverside Glen and there are often great conversations that develop between the volunteers and clients about books and their topics – each enjoying the others' company. "If you've had a bad day", says Nancy, "the clients raise your spirits so high you feel you can do anything by the time you leave."

But what does this work really mean to Nancy herself? A silly question because it's not hard for me to hear it in her voice and words. A few years ago, she tells me, the volunteer coordinator at Riverside Glen summed up Nancy's passion for this program as *pastoral care*. "This is your mission", she said to Nancy, "it's more than just delivering books". And Nancy knows that is exactly right. One meets strangers that may not have anything in common with you. Yet you get to know each other, trust and share with each other just like friends do who support one another.

Nancy has been doing this now for about 7 years. She's worked with clients who were with her right from the very beginning, but she's also lost some people who have passed on over the years. Sometimes she feels that the work is, as she puts it, an *inoculation* of sorts - a wake-up call that makes one realize how different people are and how differently they age. "I want to be the old woman reading rude books" she laughs.

Nancy feels that it's a blessing to do this work – it's the very best part of work that she used to do when she was in the workforce. This is how Harcourt cares. Taking time to hear about lives lived well...and perhaps not so well. Helping empower older people to enjoy new

adventures in their imaginations and to set new goals as they continue their journey through life. As the character Jojen in a book by George R.R. Martin says: “A reader lives a thousand lives before he dies. The man who never reads lives only one.” If you are interested in volunteering for this program, please contact The Village of Riverside Glen for more information.

**Reference:** George R.R. Martin, (2011). A Dance with dragons. New York: Bantam.



*Photo by Ben Fear*

Those that go searching for love only make manifest their own lovelessness, and the loveless never find love. Only the loving find love, and they never have to seek for it.” D.H. Lawrence

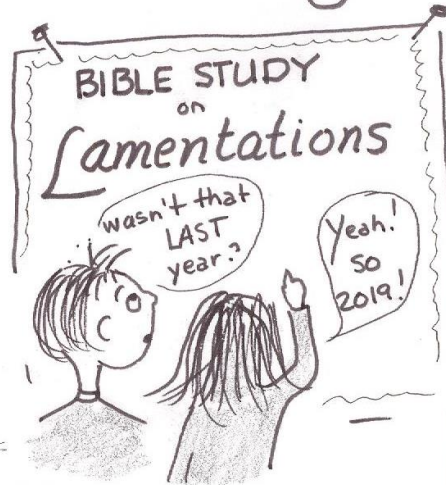
# 2020 Looking and reading the signs

SIC BISCUITUS  
DISINTEGRAT



COMING UP! (maybe)

But!  
should we trust  
a fortune cookie to  
give us good advice?



WHEN I LET GO OF WHAT I AM

I BECOME WHAT I MIGHT BE.



Sure!  
Lao Tzu  
wrote  
them!

WHEN I LET GO OF WHAT I HAVE

I RECEIVE WHAT I NEED



BUDGET  
MEETING

BIBLE STUDY  
The Book of  
Numbers

ROZ STEVENSON



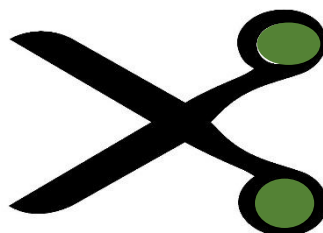
God only  
knows  
what's  
going on  
around  
here!



so it's  
all in  
good  
hands!



# CLIMATE CLIPS



*Last month we published an article by Peter and Jean Jackson on how to shrink your carbon footprint. Unfortunately, the last page of the article, a carbon footprint calculator, was missed. We re-print the missing page below with apologies and bring you some exciting new information about how you can help fight climate change.*

## Jean and Peter's Carbon Footprint Calculator

This calculator estimates some major items you can influence by behaving differently. It does not include any per-capita share of emissions for things such as infrastructure, resource extraction, agriculture or industry.

Description	Calculation	Tonnes of CO2
Electricity (note 1)	Multiply annual kwh (from electricity bills or the calculator at <a href="https://www.energyshop.com/es/toolbox/switch.cfm">https://www.energyshop.com/es/toolbox/switch.cfm</a> ) by 31 grams per kwh.	
Natural gas (note 2)	Multiply annual cubic metres (from gas bills) by 1.89 kg or multiply the gigajoules estimated at <a href="https://www.energyshop.com/es/toolbox/switch.cfm">https://www.energyshop.com/es/toolbox/switch.cfm</a> by 49.75 kg.	
Driving (note 3)	Multiply annual litres by 2.3035 kg (2.6391 for diesel). If you do not know your litres, estimate for your km using averages at <a href="http://fuely.com">fuely.com</a> .	
Flying (note 4)	Use <a href="https://calculator.carbonfootprint.com/calculator.aspx?tab=3">https://calculator.carbonfootprint.com/calculator.aspx?tab=3</a> to calculate the footprint of flights taken. Tick the box for radiative forcing.	
Meat eating (note 5)	Estimate your annual meat consumption. 1 kg of meat production makes roughly: chicken 5kg CO2, turkey 6, pork 6, beef 13, lamb 14.	
Other (note 6)	Estimate the impact of big expenditures. If all else fails, guesstimate 0.4 kg per dollar spent.	
Total		

Note 1: 31 grams per kwh is the average CO2 intensity per kwh for Ontario electricity per <https://taf.ca/publications/a-clearer-view-on-ontarios-emissions-2019/>

Note 2: The figure of 1.89 kg per cubic metre comes from ([https://www.researchgate.net/post/What\\_is\\_the\\_environmental\\_impact\\_of\\_1m3\\_of\\_natural\\_gas\\_used\\_for\\_heating](https://www.researchgate.net/post/What_is_the_environmental_impact_of_1m3_of_natural_gas_used_for_heating)), and has been converted to kg per gigajoule using <https://callmepower.ca/en/faq/gigajoule-cubic-metre-gas>.

Note 3: The kg per litre figures for tailpipe emissions are from (<https://carbonpositivelife.com/co2-per-litre-of-petrol/>).

Note 4: Radiative forcing is the term for recognizing the fact that carbon emissions from planes at high altitudes have an increased effect on global warming. The calculator uses the radiative forcing factor recommended by the UK Department of the Environment, Food and Rural Affairs.

Note 5: these numbers are based on <https://www.ewg.org/meateatersguide/eat-smart/>.

Note 6: Almost anything we do carries some carbon cost. The 0.4 kg per \$ guesstimate is from <https://coolstatsblog.com/2013/09/25/co2-emissions-per-dollar/>. Alternatively you can estimate in detail for food, clothing, hobbies and so on at <https://calculator.carbonfootprint.com/calculator.aspx?tab=7>.

## Speak Up and Get Involved

by Jean and Peter Jackson, on behalf of the Ad Hoc Working Group on Eco-Spirituality

Last month we offered some suggestions on actions you can take to reduce your personal carbon footprint. Personal changes are important, but systemic changes have to be made in order to make our global economy run on renewable sources of electricity instead of fossil fuels. It is easy to feel overwhelmed: “what can I do? I’m too old, not able to get out, I have no energy, what difference can one person make?” This article suggests some ways you can make a difference, without necessarily having to leave the house.

One way is to Speak Up. Politicians and business leaders listen, and when one voice joins another, and then ten more, then a thousand, the collective is heard and attention is paid. Here are a few ways to Speak Up.

Many organizations prepare draft letters and petitions on their websites, and ask you to add your voice to others. It is very easy to sign the petitions and the letters and send them online. Here’s just a handful of the petitions and letters we have sent recently: to protect the rainforests; to create protected marine areas worldwide; to urge world leaders to respect the Paris Climate Accord; to object to laws that make it easier for polluters to poison our environment; to maintain the moratorium in Ontario on new water bottling permits; to ban fracking in Ontario; to introduce a 25 cent charge on every disposable cup. Some of the organizations that prepare these petitions and letters are listed below.

You can also speak up by telephoning your MP or MPP, or a company, to express your opinion, or you can email them yourself. And of course, you can speak to your family, your friends and acquaintances, raising their awareness by expressing your personal concerns and desire for change.



Another way to make a difference is to Get Involved. There are different ways to support organizations and political groups which are working for the changes you want to see, beginning with prayer. Depending on your abilities, time and energy, you could also participate in a march or other protest, a project such as cleaning up a river or woodland, or tree planting. And every group needs money: you can make donations without leaving home.

The news is full of horrific human suffering caused by climate change. We can each play a small part in bringing about big changes.

Council of Canadians ( <a href="http://canadians.org">canadians.org</a> )	For our grandchildren ( <a href="http://forourgrandchildren.org">forourgrandchildren.org</a> )
Green Party of Ontario ( <a href="http://gpo.ca">gpo.ca</a> )	Sum of us ( <a href="http://sumofus.org">sumofus.org</a> )
<a href="http://350.org">350.org</a> ( <a href="http://350.org">350.org</a> )	Avaaz ( <a href="http://secure.avaaz.org">secure.avaaz.org</a> )
Wellington Water Watchers ( <a href="http://wellingtonwaterwatchers.nationbuilder.com">wellingtonwaterwatchers.nationbuilder.com</a> )	



**Did you Know....** Founded in 1998 **Interfaith Power and Light** is now the largest faith-based climate-change organization in the US. It works through 40 state chapters with more than 15,000 congregations across religious traditions to respond to climate change. <https://www.interfaithpowerandlight.org/>

## ***Black History Month: Looking Back to Move Forward***



**Sankofa** is an African word from the Akan tribe in Ghana. The literal translation of the word and the symbol is *"it is not taboo to fetch what is at risk of being left behind."* Feet forward, head turned backward, the Sankofa bird reflects on the past to build a successful future.

Every February, Canadians are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians, past and present.

The 2020 theme for Black History Month is: "Canadians of African Descent: Going forward, guided by the past." This was inspired by the theme of the United Nations'

[International Decade for People of African Descent \(2015-2024\)](#). As noted in the poster (above), the Sankofa bird is the symbol for this year's Black History Month in Canada.

People of African descent have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

The role of Black people in Canada has not always been viewed as a key feature in Canada's historic landscape. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were Blacks, or of the many sacrifices made in wartime by Black Canadian soldiers as far back as the War of 1812. Few Canadians are aware of the fact that African people were once enslaved in the territory that is now Canada, or of how those who fought enslavement helped to lay the foundation of Canada's diverse and inclusive society.

Black History Month is a time to learn more about these Canadian stories and the many other important contributions of Black Canadians to the settlement, growth and development of Canada, and about the diversity of Black communities in Canada and their importance to the history of this country.

One black Canadian of note who has important connections to Guelph is Lincoln Alexander. The Honourable Lincoln M. Alexander was born in 1922 in Toronto. He served with the Royal Canadian Air Force during the Second World War and he was educated at McMaster University where he graduated in Arts, and Toronto's Osgoode Hall School of Law in 1965. Mr. Alexander was appointed a Queen's Counsel and became a partner in a Hamilton law firm from 1963 to 1979. He was the first Black person to become a Member of Parliament in 1968 and served in the House of Commons until 1980. He was also federal Minister of Labour in 1979–1980.

In 1985, Lincoln Alexander was appointed Ontario's 24th Lieutenant Governor, the first member of a visible minority to serve as the Queen's representative in Canada. During his term in office, which ended in 1991, youth and education were hallmarks of his mandate. He then accepted a position as Chancellor of the University of Guelph. In 1996, he was chair of the Canadian Race Relations Foundation and was also made Honorary Commissioner for the International Year of Older Persons Ontario celebrations.

The Honourable Lincoln Alexander was appointed a Companion of the Order of Canada and to the Order of Ontario in 1992, and in June 2006, he was named the "Greatest Hamiltonian of All Time." Mr. Alexander died on October 19, 2012 at age 90. On December 2013, the Province of Ontario proclaimed January 21 (Lincoln Alexander's birthday) as "Lincoln Alexander Day" and the following year, the Day was nationally recognized.

# Harcourt Communal Garden: A Decade of Growing, Gathering and Giving!

by Jill Gill

Considering the huge amount of snow we received last weekend and the resulting pile that the plow has deposited on the raised vegetable beds, you could be forgiven for not being ready to think about vegetable gardening this early in the year. However...

This will be the TENTH season of harvesting edibles from the Harcourt Communal

Garden – located around the edge of the Church parking lot. So far we have harvested 5,521 lbs. of organically-grown vegetables, herbs and fruit entirely for donation to the Chalmers Community Services Centre (CCSC) food pantry. This produce is distributed to CCSC guests and supplements the regular food offerings that they receive. CCSC is a Harcourt-supported charity in downtown Guelph.



The Communal Garden is entirely maintained by volunteers who plant, water, weed and harvest during the spring, summer and fall each year. Families from Manna help with planting the seeds and seedlings when the ground has warmed. Last season we had 15 volunteers who worked in teams of four for 1-3 hours on the weeks they were scheduled. Each team gardened six times, on average, from June until the end of October. We also scheduled a couple of work 'parties' where as many folks as could make it got together for a three-hour session to blitz the work that needed extra time.

We would love to increase our number of volunteers, and since this is our TENTH season, we will plan some special ways to celebrate our successes and the great spirit of generosity that lifts our activity of producing and sharing fresh, locally-grown food with many of Guelph's food-insecure folks.

If helping in the Harcourt Communal Garden is an activity that interests you, please join us for a short planning meeting (approx. 1 hour) **following the 10:30 a.m. service on Sunday, April 5, in the Chapel.** You don't need to be an expert in vegetable growing, just be willing to learn and get your hands dirty! If you are unable to attend the meeting, but would still like to volunteer, or have any questions, please contact Jill Gill at 519.767.1244 or email me at [peter.gill@sympatico.ca](mailto:peter.gill@sympatico.ca)

# ANNOUNCEMENTS

## Passing:



**MacNeill, Elizabeth Grant (nee Taylor).** Mother of Alison MacNeill, Director of Music Ministries at Harcourt Church. In her 93rd year, Liz passed away peacefully at home during the night of January 11th, with her husband Blair by her side. She was a loving mother and grandmother. Born in Hamilton, Ontario, Elizabeth was the youngest daughter of Scottish immigrants, John and Marjory Taylor. She graduated from McMaster University in 1948. While working in the OAC Botany Department at Guelph she met Blair, a young professor who became the love of her life. They married in 1953 and raised their family while renovating an old farmhouse on Stone Road in Guelph. It was a place of welcome for generations of students, friends, and family. Later, as the city grew

outwards, Liz drew up plans and they built their retirement home near Arkell. Liz had an impeccable memory and a sweeping knowledge of history, geography, world events, and horticulture. She loved to listen to the radio and could whistle any tune from the classical repertoire. She loved to travel. She was intelligent, creative and shared her passions for gardening, baking and reading with family and friends. Donations in Liz's memory may be made to Harcourt Memorial United Church or to the Parkinson's Society of Canada.



**Hartmans, Jean (nee Webster).** Suddenly on January 27<sup>th</sup>. Jean is survived by her husband of 59 years, Roeland A. Hartmans. Jean was a beloved mother and grandmother. Her faithful determination guided her through the joys and challenges she faced on life's journey. Prior to retirement, Jean worked as a social worker and volunteer coordinator for Family and Children's Services in Woodstock, Ontario. She was very involved in church life, volunteering at Harcourt United Church in Guelph, Ontario. In her spare time Jean loved to play the piano, read, participate in Tai Chi, and dote on her

grandchildren. Family and friends near and far will fondly remember Jean's joyful laugh, loving care, and steadfast dedication to serving others. Friends will be received at Harcourt United Church, 87 Dean Ave, Guelph, Saturday, **February 1, 2020** from 12-2 pm. Funeral service will be held at the church at 2 pm. Reception to follow. Arrangements entrusted to the WALL-CUSTANCE FUNERAL HOME & CHAPEL 519-822-0051. Memorial contributions to The United Church Mission Service Fund or Doctors Without Borders would be appreciated.

## Other Announcements:

- **Still looking for the perfect activity for March 2020?** Why not feed your spiritual life during this time? Fr Bernie Carroll SJ and Andre Auger are once again offering two back-to-back retreats – a weekend and a five-day – **at Loyola House in early March**. The focus is on helping us all experience the divine in the universe and its processes. We will use Teilhard de Chardin's mystical experiences as a way to help us enter. Why not think of joining us? More information is available at <https://ignatiusguelph.ca/event/teilhard-de-chardin-weekend-retreat-2/> and <https://ignatiusguelph.ca/event/teilhard-de-chardin-5-day-retreat-2/>
- Notice from Trinity United Church: **The World Day of Prayer** Service will be held this year at HOLY ROSARY Roman Catholic Church, 175 Emma Street, Guelph. The service this year was prepared by the women of Zimbabwe. We look forward to hearing our guest speaker, Rev. Naomi Miller who is now the Rector at the Church of the Apostles. Please join us FRIDAY MARCH 6, AT 2:00.

**And now these three remain: faith, hope and love. But the greatest of these is love. 1 Corinthians 13:13**





The United Church  
of Canada

## Minute for Mission

### Celebrating Black History Month

Black History Month is a time to honour and celebrate the contributions of Black people in Canada and to look at the past while giving thanks as we look forward to the future. The history of Black people in Canada is part of the history of the United Church.

In 1907 Union Congregational Church formed in Montreal when Black railway porters and their wives came together to worship with dignity. This was something they were not able to do in other congregations because the church was created during a time of legal segregation: Black people could not worship as equal participants.

Nowadays, the United Church continues to work toward its commitment to be an intercultural church, although many in our congregations still encounter Black isolation and segregation.

Many congregations in diverse parts of Canada do not reflect their community. There is a clear lack of education around what it truly means to be intercultural, and there is a sense among some people of being singled out as different. Many Black people do not feel welcome at church, which should be a sanctuary from racism.

Thanks to your gifts for Mission & Service, a group called The Journeys of Black Peoples in The United Church of Canada was formed. The group strives for integration, offering help to those who come from outside the church to find a home within the church.

We have come a long way from the days of slavery and segregation, but we still have a long way to go. This Black History Month, let's take the time to learn about the saints who have gone before us and their impact that is still felt today.

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.





GUELPH UNITED MINISTRIES PRESENTS  
**SYRIAN REFUGEE FUNDRAISER  
 SUMMERTIME FUN  
 CONCERT**

Join us for some music and fun in the middle of  
February

The Guelph United Ministries is putting on an all-inclusive summertime fun concert to raise funds for the Syrian refugees we support. 100% of the money raised goes to our Syrian refugees.

Donations to the Syrian refugee fund can also be made through the link ( please specify Syrian fund):

<https://www.canadahelps.org/en/charities/dublin-street-united-church/>

**WHEN:** FEBRUARY 22, 2020

7 to 9 pm

Doors at 6:30

**WHERE:** Dublin Street United Church

68 Suffolk St West, Guelph



The Easy Listening  
 Combo



Sya VanGeest  
 storytelling



The Rainbow Chorus



Perfectly Frank

**\$25.00** or pay what  
 you will at the door  
 ( cash / cheque only)

# MEDITATION RETREAT

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April 13-16, 2020



TRUE NORTH INSIGHT

VOIE BORÉALE



Join us for this meditation retreat in Guelph with

DaRa Williams



DaRa Williams has practiced vipassana meditation for 25 years and serves as an IMS guiding teacher. She is also a certified coordinating trainer for Aboriginal Focusing Oriented Complex Trauma Therapy and maintains a private psychotherapy practice in the New York City area. "It is my experience that meditation and the Dharma are ideal for transforming suffering. Awareness, wisdom and a compassionate heart become the vehicle for transformation, connection and freedom."

## WHEN

From Monday, April 13, 2020  
to Thursday, April 16, 2020

## WHERE

Loyola House  
5420 Highway 6 North,  
Guelph, ON

## TO REGISTER

[www.truenorthinsight.org](http://www.truenorthinsight.org)



## Harcourt Calendar – February 2020

Updated January 17, 2020 – [www.harcourtuc.ca](http://www.harcourtuc.ca) for most up-to-date information

### Saturday February 1

10:00am Progressive Christianity [202]

### Sunday February 2

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

7:00pm High School Youth Group [G]

### Monday February 3

#### Office Closed

1:30pm Prayer Shawl [202]

7:00pm Scouts [G]

7:00pm Communications Committee Meeting [L]

### Tuesday February 4

10:00am GWSA Exercise Program [G]

5:00pm U of G Choir Rehearsal [G]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

### Wednesday February 5

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:15pm Meditation [C]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Rainbow Chorus Rehearsal [S]

7:00pm Refugee Sponsorship Meeting [L]

7:00pm MANNA Meeting [C]

### Thursday February 6

8:45am MindStretch [C]

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

7:30pm Choir Practice [M]

### Friday February 7

10:00pm Blues Music Show [S]

### Saturday February 8

10:00am Progressive Christianity [202]

### Sunday February 9

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

### Monday February 10

#### Office Closed

11:00am Caroline Harcourt Women's Group [F]

7:00pm Scouts [G]

7:00pm Women's Spirituality [F]

### Tuesday February 11

10:00am GWSA Exercise Program [G]

5:00pm U of G Choir Rehearsal [G]

6:45pm Cubs [G]

7:00pm Worship Committee Meeting [C]

7:00pm Property Committee Meeting [L]

7:00pm Bell Choir [M]

### Wednesday February 12

7:45am Men's Group [F]

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:00pm Scouts Banquet [G,K]

5:15pm Meditation [C]

6:30pm Guides [F]

7:00pm Finance Committee Meeting [202]

7:00pm Rainbow Chorus Rehearsal [S]

7:00pm M&P Meeting [L]

### Thursday February 13

8:45am MindStretch [C]

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

1:00pm M&P Meeting [L]

6:00pm Town Hall Event [S]

7:30pm Choir Practice [M]

### Saturday February 15

10:00am Progressive Christianity [202]

### Sunday February 16

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

**Monday February 17**

Church Closed

**Tuesday February 18**

10:00am GWSA Exercise Program [G]

11:00am Stroke Recovery Lunch [F,K]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

**Wednesday February 19**

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:15pm Meditation [C]

6:00pm Preschool [K]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Rainbow Chorus Rehearsal [S]

7:00pm Council Meeting [C]

**Thursday February 20**

8:45am MindStretch [C]

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

7:00pm Sharing Evening [F]

7:30pm Choir Practice [M]

**Friday February 21**

7:00pm Junior Youth Group [G]

**Saturday February 22**

10:00am Progressive Christianity [202]

**Sunday February 23**

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

7:00pm High School Youth Group [G]

**Monday February 24**

Office Closed

9:30am Quilting Group [F]

1:30pm Prayer Shawl [202]

7:00pm Scouts [G]

**Tuesday February 25**

10:00am GWSA Exercise Program [G]

5:00pm U of G Choir Rehearsal [G]

5:00pm MANNA Pancake Supper [G,K]

6:45pm Cubs [F]

7:00pm Bell Choir [M]

**Wednesday February 26**

9:30am Lightshine Singers [M]

10:00am Eco-Practice Group [C]

1:30pm Tai Chi [F]

5:15pm Meditation [C]

6:30pm Guides [F]

6:45pm Beavers [G]

**Thursday February 27**

8:45am MindStretch [C]

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

6:00pm Mindfulness [C]

7:30pm Choir Practice [M]

**Saturday February 29**

10:00am Progressive Christianity [202]