

**Teaching
Mindfulness in the
Classroom: The
Controversy in Calm**

**All Things Christmas
Means All Things Fun!**

**'Doors Open'
GUM in the Spotlight**

**Harcourt
Remembers**

The Harcourt Herald

The life and work of Harcourt Memorial United Church, Guelph, Ontario, Canada
November, 2017

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

87 Dean Avenue, Guelph, Ontario N1G 1L3

Office Hours:

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

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Custodian: Darko Cikovic

The Harcourt Herald

Published 10 times each year

by the

Communications Committee

Your contributions are welcome!

**Deadline: 20th of each month
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Editor: Gillian Joseph
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Printer: Anne Purkis



WORSHIP SCHEDULE



Season of Remembrance

October 29

Remembrance 1

Remembering First Nations

Sara Stratton

November 5

Remembrance 2

Remembering the Saints

(book of remembrance)

November 12

Remembrance 3

Remembering Peace

November 19

Remembrance 4

Remembering Community

(GUM open doors weekend!)

November 19

Special service

***Covenanting Service for
Miriam, Harcourt & Waterloo Presbytery
3:00 p.m.***

November 26

Remembrance 5

**Remembering the Church Year/
Joining of New Members**

The Ministers' Quill

by Jim Ball



I was reviewing my Greek language books the other day. I went to look something up. The practice always humbles me. It reminds me that I do not “know” the tradition. Its worldview is foreign to me. Its content always exists in a language other than my mother tongue. I must always, therefore, be engaged in the work of *translating*. I must begin with the truth that I don't know. I am first and forever an agnostic - someone who does not know. I am this until, of course, through trial and error, study and learning, I come to know. Or at least come to know better.

My archeological dig through the dry and dusty facts of Greek grammar uncovered several things of note. Among them was this little detail. I was reminded that the most frequently appearing verbs in the New Testament are *I am*, *I become*, *I go*, *I have (hold)*, *I say* and *I do*. Each one occurs more than 500 times.

Interestingly, *being* and *doing* occur in equal measure. *Becoming*, in the sense growing/developing, appears as often as the practice of *having* or *holding*, as in '*already possessing*' or '*staying put*'. *Moving* features frequently. So too does *speaking*. The six comprise a spirituality of sorts. Together they represent key modalities of a diverse and dynamic faith.

We are invited to ask ourselves questions like these: What part of our day and week is given to being? What part to becoming? To moving? To holding? To speaking? To doing? What does the profile of our spiritual practice look like? On which verb or verbs do we place more emphasis? On which ones less? What kind of balance exists among them? How is their individual and collective health? It is an interesting exercise.

Though it appears less than 500 times in the New Testament, the next most frequently appearing verb might be added to the first six. That would create a spirituality built around seven verbs. Which, as biblically important numbers go, is a detail also worth noting. I suspect that you already have guessed what this seventh verb is. It is not *I believe*. It is not *I hope*. It is not even *I love*.

It is *I listen*. Go figure.

by Lorraine Holding, Chair of Council

Council’s October 18th meeting focused on our continuing Harcourt 20/20 journey. We were pleased review the interaction created with the new banner in the Greeting Area. Three questions helped us discern how we use the information we’ve gathered:

- What does the ‘volume of dots’ tell us?
- Which ideas are we prepared to implement? What resources are required?
- How can we build on the personal commitments expressed by participants in the June conversations?

Already, the Justice & Outreach co-chairs (Arlene Davies-Fuhr and Edna Miller) and the Spiritual Life Committee co-chairs (Peter Jackson and Bill Lord) have received the proposals from the June conversations. They will continue to consider the ideas related to their focus. The October 29th Blanket Exercise is already one action that supports the proposal to “stand with Indigenous people ...” We encourage those who are excited by the proposals related to music to pursue the ideas with Alison and others. “Be more intentional about welcoming newcomers.” Council recognizes the importance and need to increase focus on hospitality, as well as opportunities for all to get better acquainted. We plan to invite those personally committed to this proposal topic to pursue the ideas for action. Our discussion led to the need for a broader focus on available space to address various uses within our building, including worship spaces and the Greeting Area. We plan to explore an imagining process. Some of you will remember our charette process from which the window wall evolved. It’s time to try that again. Check out Wikipedia’s description of a charette. It’s a collaborative session(s) to “quickly generate design solutions while integrating the aptitudes and interests of a diverse group of people. It creates an innovative atmosphere in which a diverse group of stakeholders can collaborate to ‘generate visions for the future’.”

Lastly, our agenda focused on how we can continue our learning about ‘community development’ and what it might mean for Harcourt’s future. We plan to invite some guest speakers in early 2018 to help the congregation, and others who might be interested, to better understand our community and what we can ‘offer’ as part of our ministries. Has any of this captured YOUR interest to become more involved in the broader governance of Harcourt and our congregation’s future? If so, please speak to me or any Council member about joining Council. **We have three vacancies right now: Umbrella Councillors for Congregational Life and Outreach; Vice-Chair.** We are a deeply committed and discerning group! We look forward to our celebration and covenanting service with Miriam and Waterloo

Presbytery on Sunday, November 19. Watch for details and plan to come! With faith and hope.

New to Harcourt?



Join us on our journey of faith

Church office

Tel: 519-824-4177

E-mail: office@harcourtuc.ca

Seek – Connect - Act

Did you know?



War Memorial Hall at the University of Guelph was built in June of 1924 from Georgetown limestone. One night students decided to take the matter of locating the new building into their own hands by cutting down a stand of Norway spruce trees on campus and digging the foundation themselves. Inside the building, two bronze tablets face each other in the Memorial Chapel; one with the names of the 109 fallen men who lost their lives in First World War and the other that lists those who died in the Second World War.

Committee & Group News

Accessibility Training for All who Engage in Stewardship at Harcourt

by Joan Barham, Chair, Accessibility Committee

Have you completed your “volunteer”, government-mandated, Customer Service training? The *Accessibility for Ontarions with Disabilities Act 2005* **requires that Harcourt provide mandatory training for all staff and “volunteers” with** respect to regulation, that we find uncomfortably named as, *Customer Service Standards*. You only need to take this training once. Please **access the on-line training at:**

<http://www.harcourtuc.ca/space-resources/accessible-harcourt/>

In response to regulation, Accessibility has placed a **Feedback Box and Feedback Form in the Greeting Area.** You are urged to use this process for any positive or negative comments. Please ensure your contact information is on the form so we can respond to you.

Many thanks for your cooperation. For more information, contact: Joan Barham: jfhbarham@gmail.com or telephone 519 836 0433

Outside of a Dog....

by Mary-Lou Funston, Library Committee

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read."
Groucho Marx

All of the following books have just been added to the Library shelves. We hope you will drop in and browse through them. They will be on the display shelves. Are you a **History** buff?? If so, you may enjoy the two following authors:



* The Cross History, Art, and Controversy Robin M. Jensen 230 JEN

* The Ends of the World Peter Brannen 550 BRA
Volcanic Apocalypses, Lethal Oceans & Our Quest to Understand Earth's Mass Extinctions

Are you interested in **Spirituality**? If so, you may enjoy reading about how science helps:

* Fulfilled Anna Yusim MD 269 YUS
How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life

Would you rather relax with a good **mystery** novel? Then this might be for you:

* The Clerk's Tale Margaret Frazer Fic FRA
A Dame Frevisse Medieval Mystery

Three new books for the children in your life: Two of these are tales out of Africa and the third is from our First Nations culture.

* Papa, Do You Love Me? Barbara M. Joose J JOO
"... a tender story that reassuringly shows that a father's love is everlasting and unconditional."

* A Story A Story Gale E. Haley J HAL
"This story of how we got our own stories to tell is adapted from an African folktale."

* The Sharing Circle Theresa Meuse-Dallien J MEU
Stories About First Nations Culture

There's Good News...and There's Bad News. Update on Accessible Washrooms

by Dave Hume, Chair of the Accessible Washroom Building Committee

The good news is the washrooms are taking shape. The foam insulation has been installed in the walls and ceiling, the steel studs that form the two accessible washrooms and the storage area in the previous cloakroom are all in place and the electrical wiring is in place too.



The bad news is that the sanitary sewer that ran out to the west side of the Greeting Place was broken. The architect and contractor, plus consulting engineers and plumbing company, decided to bypass the old cast-iron sanitary sewer (it was all corroded and this was the third time it has broken) and hook into the sanitary sewer that runs from the newer downstairs washroom to the west of Darko's utility room. Then we discovered that the sanitary line from those washrooms was at a more shallow depth than the older washrooms and there was not sufficient fall for the sanitary sewer to hook into

that newer, PVC sanitary sewer. So we decided to excavate and lower the PVC sewer to get sufficient fall. Then we discovered there was asbestos in the mastic tile in the Pre-School room downstairs, so all that had to be removed by specialists in handling asbestos. The decision was also made to take all the mastic tile out of the Pre-School room and replace it with ceramic tile. Darko and Joan Barham bought the new tile and it will be installed as soon as the piping is reinstalled under the floor in the alcove of the Pre-School room.

The contractor tried to cut through the foundation wall and tunnel out to join into the sanitary sewer that goes to the street but the soil structure was sufficiently dangerous that it will be necessary to excavate an area to the west of the Greeting Place, in order to complete the PVC piping out to meet the line that goes to Dean Avenue. So that's where we are on Oct. 20th, with Even Construction making arrangements with an excavating company to do the digging and shoring up of the excavation. The fire marshall likely will require that a wooden bridge is built over the excavation so there is sufficient width of egress to handle large crowds like the KW symphony coming to Harcourt at the end of the month.

All this means extra costs and delays. The contractor has asked to have an extension to early January before the job is finished. The two episodes of asbestos removal (in the insulation around the hot water pipes in the boiler room and in the tile in the pre-school) were unexpected and expensive delays and so was the alteration of the location of the sanitary sewer to bypass the broken, old cast-iron line under the Greeting Place. The Accessible Washroom Building Committee estimated the total cost at \$175,000. Right now, without any further unforeseen problems, we are about \$50,000 over budget. It's like fixing an old house, though. When you come to some major problem that needs to be fixed, you have to fix it

while you're there. We would have had to pay to fix the broken sewer line under the Greeting Place, even if we weren't installing the new washrooms. I hope I have a happier report next month.

Exciting Volunteer Opportunity: Harcourt Co-ordinator for Saturday Night Suppers by Jill Gill

The Saturday Night Supper program was started in 1998 at the former Chalmers United Church, currently Royal City Church, at 50 Quebec Street. In 2008, Royal City Church requested that the program be maintained by the various churches that actually provided the meals and volunteers to serve the dinners, with the venue remaining at Royal City Church. This is still ongoing, with about 20 churches and groups providing Saturday night meals throughout the year. Harcourt folks host dinner four times per year.

These dinners serve many of the same folks that we see at the Chalmers Community Services Centre food pantry. Saturday Night suppers, for many are their special night of 'dining out' and they express great appreciation for both the delicious food and fellowship that it provides. I have been co-ordinating the dinners that Harcourt hosts for approximately 10 years and am looking for a capable person(s) to shadow me for the next few dinners to learn the drill and eventually take over this responsibility.



Responsibilities include:

- Occasionally communicating with the organizer at Royal City Church;
- Placing a notice in the Harcourt Herald in advance of dinner dates to recruit volunteers and food donations;
- Placing a sign-up sheet in the Greeting Place;
- Requesting that Anne Purkis create a Sign Up Genius posting;
- Placing notice in Harcourt bulletins in advance of dinner dates; occasional announcements in church requesting volunteers and thanking participants;

- Purchasing food that hasn't been donated;
- Preparation of 'Task Lists' for food preparation and serving as well as clean-up after the meal.

The menu is set with a well-loved recipe for Pasta Casserole. This is such a rewarding volunteer activity, especially for anyone interested in Social Justice and food security in our community. There is a solid core of repeat volunteers who regularly prep and serve dinner, so the new folks who wish to participate have plenty of mentors. We meet wonderful folks and hear interesting and heart-warming stories over good food, in a non-threatening environment. I am willing to co-coordinate for a reasonable number of dinner events to allow a new person to gain some confidence and understanding of procedures. Our next date to host will be **December 2, 2017 and for 2018 – Mar.3, June 16, Sept. 22 and Dec. 22.**

If this sounds intriguing and fun, please contact Jill Gill (519)767.1244 or at peter.gill@sympatico.ca for further details.

Be a Big Shot.... We Invite YOU to Share Your Photos With Us!

by Joan Barham, Chair, Communication

"A picture is worth a thousand words". This is the reality when people view our Harcourt website, Facebook, Twitter, Harcourt Herald, Sunday worship material on the sanctuary screens, archives, flyers and bulletin boards.

We need your help in building our collection of photographs for use across these seven different avenues where we tell people about the heart and soul of Harcourt. Thank you if you have shared you photos in the past. We would love you to continue.

Harcourt has now moved its online photo database to Flickr as this site's capacity for free photographic storage, is better suited to Harcourt's needs.

If you decide to share your photos with Harcourt:

We are working on a process that makes this easy for you.

1. Very Important!!

Please remember to:

- **Title your photo with a general description, (e.g., picnic)**
- **Include a date**

In sending us your personal photos you are agreeing that they may be used for the Harcourt website, Facebooks, Twitter, Herald, Sunday worship material on the sanctuary and other screens, archives, flyers and bulletin boards.

We are working on a new policy regarding photographs and permission. In the meantime, please ensure that any image which includes adults has permission from the adults to use their photo in public places. Where children's images are included in an image, permission *in writing*, that their image can be used in public places **MUST** be obtained.

Harcourt reserves the right not to publish a photo where there might be legal concerns.

Caroline Harcourt Women's Fellowship Hears About Strengthening Patient-Physician Relationships

by Ruth Tatham

At the October meeting of the Caroline Harcourt Women's Fellowship members were treated to a talk and PowerPoint presentation by Dr. Cindy Donaldson. Cindy grew up in Guelph, she is the daughter of Marg and Bruce Donaldson and she is also a part of the Harcourt Church 'family'.

Now a physician with the Carlisle, Ontario Medical Clinic, Dr. Donaldson talked about "Listening and Talking", a theme centred on how to improve our health care by strengthening the relationships between us as patients and our physicians. Several guests, including her own mother, attended the meeting. A donation in her honour is being forwarded to Guelph's "Women in Crisis".

The November annual "memorial" meeting of the CHWF will be held on **Monday, November 13 at 11:45 am** in the "Friendship" Room. The program, led by Jan Grottenthaler and Leone Sutor will centre on "The Effect on us All of the 'Music of the war'. All women are very welcome. Bring your own brown bag lunch. Desserts, tea and friendship will be supplied!
Time for Saturday Night Supper!

by Jill Gill

After a long break (due to September cancellation), Harcourt's next opportunity to host Saturday Night Supper at Royal City Church, 50 Quebec Street is **December 2**. There is a sign-up sheet on the table in the Greeting Place for you to indicate where you would like to volunteer for this event. We will need 12 volunteers on the evening to serve dinner as well as many folks to supply food for our menu which consists of: Pasta Casserole (recipe provided – on website or hard copy), Caesar Salad, cheese blocks, milk, juice, assorted fruit pies and vanilla ice cream. Alternately, you can sign up online via Sign Up Genius. To do this, go to the Harcourt website, click on 'Connect with Community', then 'Saturday Night Suppers'. Scroll down and click on 'Sign up Online' to pick a slot. As our bank account is in the black, I won't be asking for cash donations for food purchase. Food and volunteers should be at Royal City Church (entering via back door) at 5 p.m. Volunteers will be needed until 8 p.m. Thank you for your continued generous support for this outreach activity which touches many of the most food-insecure folks in Guelph.

Harcourt Men's Group - First Hand Leadership in Church Small Groups

by Bill Lord

The next meeting of the Harcourt Men's Group will be **Wednesday, November 8, 2017**. John Fessenden, one of our newer members, will be the guest speaker. He will give a talk on "My experiences with Church Small Groups." He will be sharing from his own personal group experiences as a leader. All men are welcome to attend and you are invited to bring a friend or a neighbour who would enjoy this session. Sandy Middleton will have coffee and tea 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 **January 10, 2018** for our first meeting in the new year. The speaker for the January meeting will be Sandy Middleton on the topic "What ifs?" (A life retrospective).



Christmas Flowers

by Ann Middleton, Chancel Committee

If you would like to have flowers in the church at Christmas in memory of a loved one or to commemorate a special event, contact Ann Middleton before **December 12th**.

Community News

Save the Date(s) for All Things Christmas 2017

by Janet Webster

It is coming, and sooner than you think! Plans are well under way for another great event and we would like you to join us.

- What:** All Things Christmas Sale
When: November 23, 24 preparation
November 25 9:30 – 1:30
Where: Harcourt Gym and Friendship Room

This is your invitation to have fun, nurture your creative side, spend time with other Harcourt people and friends, all while raising funds for Harcourt projects.

Harcourt's All Things Christmas Sale is now known as the go-to sale for greenery, unique arrangements, delicious home-made treats and other related holiday items. Each year we analyse all aspects of All Things Christmas to make decisions based on the experience, and the best use of our resources of people, time and space. Based on this, we have agreed that offering a lunch was not the best use of those resources. We will still offer refreshments and a place to visit but the lunch was not as successful as we had hoped.

For the same reason, we regret that we will not be able to take custom orders. Rest assured that we will have a huge variety of greens, and natural materials as well as beautiful prepared arrangements. The public has responded well to this selection and this year we will have cedar rope available as well.

How can you help?



Harvest material from your garden or along your walks. We use rose hips, teasels, milk weed pods, cones, evergreen trimmings, red twig dogwood, curly willow English oak, etc.



Donate large empty plastic pots to use for large arrangements, any leftover potting soil, interesting decorative items,



Set aside containers for smaller indoor arrangements, nearly new serving pieces suitable for the holiday season etc.



Sign up to help cut greenery the week before the sale at the Morris farm.



Send an hour or two, a day or even 2 days cutting greens for the arrangers, bundle stems of material on Thursday and/or Friday for Saturday's do-it -yourself customers.



Welcome and assist customers on the Saturday.



Prepare treats for refreshment sales or the bake table.



Come out on the afternoon of November 12 to build reindeer.

Watch Harcourt announcements for more details closer to the dates. We will use Sign-up Genius to accept volunteers, or contact Janet Webster (fwebst0953@rogers.com) 519 821-0953 Please help us make this fund raiser another success and share the warm glow of wonderful fellowship.

Yum! Taste Testing at the Harcourt Communal Garden

by Jill Gill

As I write this article, we are experiencing warmer than normal fall temperatures, but we know that the cold won't be far behind. Regrettably, the vegetable growing season is coming to a close. This year in the Harcourt Communal Garden we have had the dedicated help of 16 regular volunteer (and some supportive family members, too).

Chalmers Community Services Centre food pantry has received all of our produce, which for 2017 has totaled 209.55 kgs (461 lbs) as of October 19. This was very similar to last year's output of 212 kgs (466 lbs). There will be a few more vegetables and herbs to harvest next week, but not much after that until next spring. Our champion producers this year have been lettuce! at 10.5 kgs (23 lbs); peppers – 12.1 kgs (26.4 lbs); beans – 20 kgs (44 lbs); cucumbers – 52 kgs (114.5 lbs); and tomatoes – 75 kgs (165 lbs). This year we had our earliest harvest EVER – we picked kale on April 23, a full month earlier than in previous years. We have planted winter kale again this fall, but instead of covering with a hoophouse, we plan to heavily mulch the raised bed with straw for insulation. We'll be looking to compare the effectiveness of each method of extending the vegetable growing season.

On September 24, 2017, in the church gym at coffee time, we had a Salsa Tasting event which drew many participants. This was a raw, rather than a cooked salsa and was made by a few of the Communal Garden volunteers on the previous Friday afternoon, using most of the ingredients from our garden at Harcourt. We asked tasters to rate their favorite salsa and the HOT Salsa was the runaway crowd fav. Cash donations were gratefully received and will be used to purchase vegetable seeds for the garden next year.



In order to prepare the raised and on-ground beds for winter, we are planning a year end work “party” on **Saturday, November 4th from 9 a.m. – noon**. We will be removing the spent plants for compost, putting the irrigation system into storage, removing and storing the chicken wire fences, turning over the compost and weeding. Even if you haven’t volunteered in the communal garden this year, you are welcome to take part on November 4th. Dress for the weather (hopefully the temperature will remain mild) and bring your favorite hand tools and gloves. We will have a short break for snacks part way through the morning.

Harcourt Congregational Retreat 2017 Brings Honest Constructive Feedback

by Peter Jackson

Some 25 people gathered at Loyola House at the end of September for a weekend congregational retreat. There was a children’s program as well as an adult program. The theme was ‘Being A Beloved Child Of God.’

These comments from participants give a flavour of what went on:

- *I liked how the flow of the retreat followed the story of Jesus: baptism as God’s Beloved, temptation in the desert, and then proclamation and enactment of an alternative community.*

- *Such a variety of activities, meditation, body prayer, silent prayer, unison prayer, conversation, a singalong, stories.*
- *The interfaith dimension - meditation led by a Jewish rabbi, a Hindu chant, and Taizé chants.*
- *The video in which a rabbi, a minister and an imam described how each faith violated its core value through claiming to be the exclusive path to God, and then sang a hymn of praise to the one God in Arabic, Hebrew and English - and all within ten minutes.*
- *A new understanding of John 14:6: "I AM is the way, the truth and the life."*
- *The intimacy and deep sharing in my small group, and also in informal one-on-one conversations.*
- *Looking into another person's eyes and seeing Christ within.*
- *The presence of the children, sharing their drawings of where they glimpsed God on their hike, showing us treasure they had collected, and dancing in the lounge.*
- *The sheer fun, especially in the optional activities - the singalong, the campfire (with s'mores), the yoga-based exercise, the bubbling.*
- *To my surprise, because I am not an arts-and-crafts person, the high point was creating a collage with my small group expressing what the weekend had meant to us.*
- *Celebrating communion as part of Sunday lunch in the 'alternative understanding' of the Last Supper as a farewell meal between a rabbi and his students.*
- *I left the retreat nourished in body, mind and spirit and knowing that I am God's beloved child.*
- *A peak experience in my life at Harcourt. I wish that more people had chosen to participate.*

The leadership team will be deciding whether and when they might gather the energy and resources to run another congregational retreat. Watch the Herald for news.



*Join Us at Harcourt Church
November 19th
at 3:00 p.m. for the
Covenanting Service for
Rev. Miriam Flynn*





October 3, 2017

Dear Supporters,

The Christmas season will soon be upon us and the **Christmas Gift Bag Campaign** is getting underway.

We hope you will consider supporting this valuable program. Each year we hear from CCSC guests how grateful they are to receive this gift and that, for many, it is the ONLY gift they receive. For this reason we ask that you include new, good quality items in their original packages. Please note that there is no need for the items to be gift wrapped. Christmas Gift Bags can be delivered in new, reusable shopping bags.

One pair of warm gloves

One pair of thick socks

Regular size shampoo (not conditioner)

Toothbrush

Toothpaste and/or dental floss

Shaving cream for men/box of tampons or pads for women

Shower gel, body wash, or soap

Antiperspirant/deodorant

Package of 5-10 disposable razors

Boxed candy or boxed chocolate (not homemade)

Small jar of instant coffee, box of tea bags, or tin/box of hot chocolate

Please contact me if you wish to participate in this year's Christmas Gift Bag Campaign and let me know how many Christmas bags you wish to provide. This year's final delivery date is Friday December 8th. **Please note our new address: 41 Macdonell Street.**

Please feel free to call me with any questions. Thank you for your support.

Sincerely,

Sarah Dermer, Program and Volunteer Coordinator

volunteer@chalmerscentre.ca

519-822-8778

GUM “Doors Open” - Exciting Weekend Event Spotlights United Churches

by Miriam Flynn

On the weekend of November 17th to 19th four local churches, the Chalmers Community Centre and the Ecumenical Campus Ministry are throwing open their doors and inviting the people of Guelph to come and take a closer look at our communities of ministry and care.

Events that are open to the public offer a range of opportunities for spiritual, social and justice-seeking engagement. Come and check us out!



“Doors Open” Event Schedule:

Friday, November 17th at 7 p.m.

Film Screening: *Call of the Forrest: The Forgotten Wisdom of Trees*

Come and see the documentary inspired by the work of environmental visionary Diana Beresford-Kroeger and learn about the movement to save our global forest. Refreshments served following the screening.

Harcourt United Church, 87 Dean Avenue, Guelph

Saturday, November 18th 1- 4 p.m.

Christmas Creche Collection

Come and see this beautiful collection of nativity sets and be inspired by the artistry of these visual renderings of the Christmas story.

Trinity United Church, 400 Stevenson St. N., Guelph

Saturday, November 18th

Advent Encounter

Come, see and participate...take a spiritual time-out to centre yourself for the Advent season by visiting contemplative and interactive stations inside the church and walking the outdoor labyrinth.

Three Willows United Church, 577 Willow Road, Guelph

Saturday, November 18th 6:30 p.m.

Dublin Heritage Auction

Come out for an evening of fellowship and fundraising in which donations of vacations, gourmet dinners, artworks, gift certificates and unique experiences are sold through silent and live auctions in support of the Dublin Heritage Fund.

Dublin Street United Church, 68 Suffolk St. W. Guelph

Sunday, November 19th, 2-4 p.m.

Tour our New Centre

Come and see Chalmers' new downtown space. Volunteers will be available to show the layout of the new Chalmers Community Services Centre where guests are welcomed and food, clothing, mending and hospitality services are offered.

Refreshments will be available.

Chalmers Community Services Centre, 41 Macdonell Street, Guelph (Building entrance on Macdonell)

Sunday, November 19th, 5:00 – 6:30 p.m.

Labyrinth Walk

Drop by campus, meet some students and walk the ECM's prayer labyrinth. Room 442 will be set up for drop in use, right after our Campus Church worship gathering (4:00-4:45 p.m.) All are welcome to join us for worship, to walk the labyrinth or both. Refreshments are provided. Campus parking is free on weekends. For University Centre, Room 442, take the North elevators (beside Starbucks) to the 4th floor. Room 442 is on your left.

Ecumenical Campus Ministries, University Centre, University of Guelph Campus

All Things Christmas Sale

Saturday November 25, 2017

9:30 to 1:30

Harcourt Memorial United Church

87 Dean Avenue, Guelph

Get into the Christmas spirit with seasonal items for all your holiday decorating

Exotic Branches

Centre Pieces

Fresh Greens

Ribbons and Bows

Cedar Rope

Outdoor Arrangements

Wreaths

Homemade Baked Goods

New and Nearly Treasures

Coffee, Tea and Treats

Join us in celebrating this joyful time of year

For more information visit our website at www.harcourtuc.ca

Like us on Facebook at Harcourt Memorial United Church Guelph Ontario

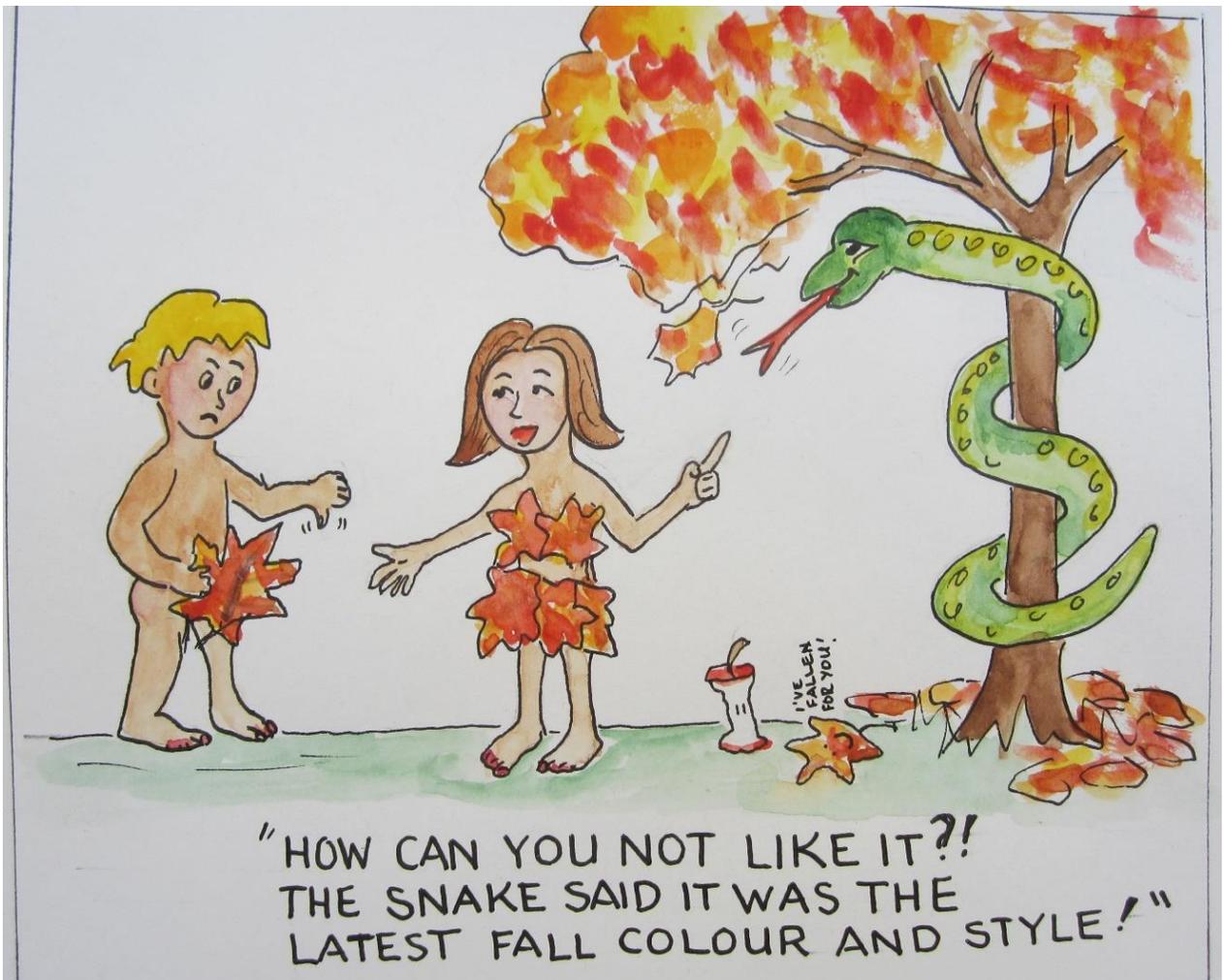
harcourt

seek | connect | act

Attention all Bakers!!!

by Heather Hoeg

As noted above, the All Things Christmas sale will be here before we know it!! And once again, The Bake Table will need your help to make it a success. Start thinking about Christmas shortbread, special cakes, muffins, tarts, jam, cinnamon buns and gluten free goodies! Anything and everything that you enjoy baking and sharing will be a welcome addition to The Bake Table! Items can be dropped off the day before the sale, **Friday November 24th, and before 9 AM on Saturday November 25th**. Any questions, please call Heather Hoeg at 519-265-5956.



Cartoon by Roz Stephenson

Ask the Animals to Teach Us

by Roz Stephenson

Job 12.7-10 *But ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this? In God's hand is the life of every living thing and the breath of every human being.*

September 24th was the "Blessing of the Animals" service at Harcourt. A couple of weeks before, Jim Ball asked Roz Stevenson if she would help with the service. She thought he meant doing fancy calligraphy on certificates of blessing, but he had something else in mind. We agreed it would be "stories", not meditations or reflections or whatever else the talking bits are called. And Roz insisted that she was going to talk about the animals she'd seen on a recent trip to Churchill Manitoba. Here are the stories.

Story #1 Bears This is a story about bears.

When we think of wildlife outside our doors, we think of squirrels and chipmunks and rabbits, birds at the feeder, maybe a raccoon or a skunk.

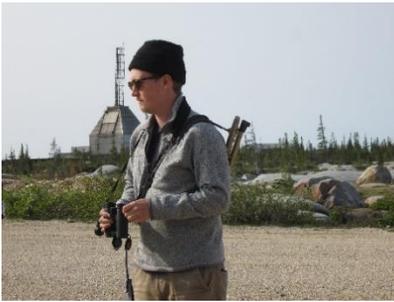
But Churchill, Manitoba is "The Polar Bear Capital of the World". The population is 900 people - and 1000 polar bears, so you need to be cautious when venturing outside. In the fall, polar bears begin to move towards the coast, waiting for sea-ice to form on Hudson's Bay, when they move out onto the ice.

I went with a group from Guelph to visit the Churchill Northern Science Centre in late August, which is located south of the town and right in polar bear territory. We were not allowed to put our noses out the door without at least one Bear Guard, who was equipped with a serious-looking rifle and a radio transmitter. Now, members of the Bear Patrol are NOT out to shoot bears; the rifles are loaded with shells that make a very loud noise to scare a bear. But most of all, Bear Guards are on the look-out for bears that may be around, with the aim of herding tourists and scientists out of the way of bears who are going about their business!

A polar bear hanging around right in town, say at the fire hall, presents a problem. In those cases, the bear is shot - with a tranquilizer - and then given a helicopter ride to the town's "Bear Jail", to cool its heels until taken north of town and released.



So, one thing polar bears can teach us is that when there is something moving that is bigger and more dangerous than you – polar bears or hurricanes – it’s best just to stay out of the way.



Bear Guard



Bear "Jail"



Going to "Jail"

Later in the fall, several thousand tourists will come to see that “**celebrity species**”, the polar bear, which provides a significant and needed boost to the economy of Churchill.

Once out on the sea-ice, polar bears hunt seals, an essential source of food for the bears, who may build up a 10 cm thick layer of fat under the skin as insulation. (Unlike other bears, polar bears don’t eat during the summer but live off their fat reserves.) So, as far as food supply goes, a good year for polar bears is going to be a very bad year for seals!

This may bring to mind Tennyson’s phrase: “*Nature red in tooth and claw*”. But thinking of the hunter and the hunted may also remind of us of the **interconnection and interdependence** of all aspects of the natural world.

Perhaps these are things that bears might teach us.

Story #2 Caribou This is a story about caribou.

Caribou are ruminant animals that feed on the plants and lichens of the barren grounds of northern Manitoba and Nunavut. These animals travel in herds, constantly moving north and south along their migration routes.

The traditional homeland of the Sayisi Dene people lies west and north of Churchill, and they too were constantly on the move, following the caribou. When the caribou began to move south in the fall, hunters would set up camp near a known caribou crossing and kill many animals for winter food. The carcasses were stored in



piles where they would be frozen under the snow for use during the winter.. a natural freezer.

The Sayisi Dene depended on the caribou for food, for clothing, and for tools. They wasted no part of the caribou – drying and smoking the meat, using the fat for cooking and lanterns, making clothes, snow-shoes and teepees from the hide, using sinews as thread.” Tools were made from the antlers and bones.

A man in Churchill said that his mother hated the word “*hunting*”; she said that obtaining food and essentials from the animals was “*harvesting*”. She said that the animal gave itself to meet the needs of the people. The people thank the animals with traditional gifts of tobacco and thank the Creator.

That the caribou were free creatures, able to give themselves to meet the needs of the people, is part of a story told by Sayisi Dene elders. (So, this is a story within a story.)

One year, there were a lot of caribou, the people had lots to eat and lots of hides to keep them warm. A young woman walked up to one of the caribou and tagged it on the ear with a piece of hide dyed with berries. She said, “Next year when the caribou come back, I will know this one is mine.” But the caribou were offended, and decided to go away, so the next year the people were starving.

A medicine man – with help from a loon and a swan – was able to find the caribou. (These stories are always a bit complicated!) He begged them to return, and they agreed, on condition that no-one would ever again be allowed to claim ownership of them. The young woman begged forgiveness, and the caribou roamed free after that, and are there when the people need them.

The caribou can teach us about being free and also about asking for FORGIVENESS.

Our need to ask for forgiveness is compelling when we discover that in 1959, the federal Department of Indian Affairs decided - for various reasons- that the Sayisi Dene should be relocated from their traditional lands to Churchill. Initially they were moved to an old army camp by the cemetery, and then, in 1967, to a poorly built “Dene Village” on muskeg, five kilometres out of town. The results were catastrophic and tragic to the people.

For our lack of understanding and for our actions and inactions, we need to take responsibility and ask for forgiveness.

Perhaps the caribou can teach us.

Story #3 Dogs This is a story about dogs.

Specifically, this is about sled dogs, who LOVE to run!

They have been an important part of life Arctic for nearly a thousand years, providing essential travel for Inuit, and then for traders and trappers, for the Royal Northwest Mounted Police and for delivery of mail and medicine in the north.

Dave Daley is a dog musher who says he trains and races the dogs to preserve expertise in this traditional activity. He founded the Hudson's Bay Quest, an annual race between Churchill and Gillam, for which the teams must be self-sufficient – that is, carry everything they need, including food for the dogs. In 2010, he mushed 1287 km from Churchill to Winnipeg in 20 days – 16 days of running. Last spring, the railway that was the only ground connection to Churchill was washed out and hasn't been repaired; perhaps dog teams are the reliable option?!



During the summer, dog teams train by pulling wheeled carts, and when those carts appear, there are 39 dogs in the yard, leaping, bounding, yelping, howling, jumping onto kennels, and all clearly saying “Me! Me! Pick me! I want to run!”.

Dave explained to us how he constructs his teams based on the individual personalities and strengths of each dog, with careful consideration of the tasks each dog has in pulling the sled.

There the **Lead dog**, and lead dogs declare themselves by their activities when in harness ... Some dogs just *gotta* lead!

Two **Point dogs** harnessed behind the lead dog may be switched into the Lead position, depending on the track and conditions at different points in a race and where they lead best.

Behind are the pairs of **Team dogs**, put together to complement personalities, age, experience, and individual strengths.

Finally, right ahead of the sled, are the two **Wheel dogs**, described as the toughest of dogs, who just keep on pulling, no matter what.

And off goes the dog team... “Pick it up! Easy girl! Go by!”

Let's not spend a lot of time belaboring what lessons the dogs can teach us ...

You've already guessed it might be how we all have our own special strengths and skills, and how together we can pull together as an effective team.

But remember too, taking joy in the running!

This the dogs can teach us!

Story #4 Beluga This is a story about belugas.

Near the Churchill River Estuary in late August and early September, the waters of Hudson Bay are full of **white beluga whales**, with pods swimming together surfacing at frequent intervals. They come to estuaries for food – capelin, various fish, shrimp, and for warmer water to aid growth of the young calves.

Today, these “charismatic megafauna”, who always seem to be smiling, make their contribution to tourism and the economy of Churchill. In earlier years, the Hudson Bay Company hunted beluga hunt to produce whale oil for lamps. Later hunts produced food for mink farming.



Much more significant have been the contributions of belugas as a source food for people – meat and **muktuk** (the skin and blubber, beloved in the north as “country food”) - and as high energy food for sled dogs, the major method of travel.

We can also look beyond these practical contributions and learn something from the belugas by admiring how well these mammals are adapted to their cold and wet environment.



That thick blubber layer and the whale skin suit the animals wonderfully to cold and ice.

They are social animals that travel in groups all the time – 2 to 25 individuals, and more during migrations to areas of open water.

They use a highly sensitive echolocation system to navigate, which depends on some complex anatomical structure of the head and neck.

They are called “sea canaries”, because they have diverse auditory signals for echolocation and communication ...whistles, buzzes, creaks, honks, screeches, squeals and barks! When a tour boat puts down a microphone so you can hear them, you have to wonder what they are saying!

What are they teaching us?

**In all these stories we consider what animals can teach us,
and we see the interconnectedness and interdependence of life on earth.**

There is just **one more creature** that was found in Churchill that might also have something to teach us. (And it’s not a blackfly or a mosquito, though they do have messages.) I’m talking about ***Isotelus rex*** ?! Now, the land forms around Hudson Bay were once a tropical ocean and in 1998, a 445 million-year-old fossil trilobite was found in the tidal flats of Hudson Bay. At 70cm high by 30 cm wide, it is the world’s largest known fossil trilobite. Trilobites were wildly successful marine arthropods, that went extinct 252 million years ago.



Photo: Creative Commons

Today the trilobite – fossilized – might teach us that life-forms are ever in-flux and changeable.

**And so, in this day and this age,
we consider how Creation is revealed to us,
and we marvel at all the works of the hands of the Creator.**

This, the animals can teach us. Amen.

Suggested Reading: My memory of all the things we were told during our visit was greatly aided by Lorraine E. Brandson’s “Churchill, Hudson Bay: A Guide to Natural and Cultural Heritage”, The Churchill Eskimo Museum, Inc. Rev edition 2016. ISBN 978-0-9869371-0-1.

The disturbing story of the relocation of the Sayisi Dene is told in “Night Spirits” by Ila Bussidor and Ústún Bilgen-Reinart, University of Manitoba Press, 1997 ISSN 0826-9416:10

An Enchanting Experience: Invitation to a Taize Retreat

by Lorraine and Henk Dykman

Everyone who loves a retreat with beautiful music is hereby invited to attend the next "Retreat with the Chants of Taize" event from Friday December 1 at 8:00 p m till Sunday December 3 after lunch at Loyola House, just north of Guelph at Highway 6. The cost is only \$160 if you commute or \$260 if you sleep over. The leadership is provided by Rev. Bernie Carroll S J, well known as pastor in one of Guelph's main R C parishes, Tarcia Gerwing, who provides an option for meditation on biblical texts and Rev. Dan Leckman S J. The short, poetic, meditative Taize chants, often repeated, are accompanied by three or four talented musicians, such as Rev. Sue Campbell, United Church minister, who plays her harp. They are easy to learn and such a joy to sing!

To apply for the event one needs to complete an online form at <loyolahouse.com>, or with a completed downloaded form. You are also welcome to arrive early on Friday Dec. 1, after 6:30 p.m. Please contact Lorraine or Henk Dykman with any questions. To hear an example of a Taize chant visit <https://www.youtube.com/watch?v=RuPcxLjVxtg>

Eggs 'n cheese

by Ann Middleton

Harcourt has a close relationship with Chalmers Community Services, helping some of the most vulnerable members of our community. Over the last year we at Harcourt have provided hundreds of pounds of cheese and eggs, peanut butter and other high protein foods some Guelphites who are going through a very rough patch. Eggs and cheese Sunday is normally the fourth Sunday. Although there will be a break in December. **November 26** is your next opportunity to make a difference. Coolers are provided at the back of the sanctuary.



Join Us For



POTLUCK AND GAMES NIGHTS

Saturday 5:30-9:30 pm

In the Friendship Room

**Come on your own, with your family
or with friends**

November 18th

Bring a hot or cold entrée or a dessert

*Cards and board games will be supplied
or bring your favourites*

harcourt
seek | connect | act



The City of Guelph will join the community in honouring veterans on Remembrance Day and pay tribute to the sacrifice of those who lost their lives in the pursuit of freedom. For more information visit <http://guelph.ca/seasona/remembrance/>

Remembrance Events:

The World Remembers. McCrae House, 108 Water Street and Guelph Civic Museum, 52 Norfolk Street

A digital memorial displaying the names of 700,000 people killed in action in 2017, including 20,400 Canadians serving at Vimy Ridge, Passchendaele and Hill 70. Ends November 10th.

Sunday, November 5, 1:30 to 3:30 p.m.

Thank a Veteran. McCrae House, 108 Water Street. Local veterans will be on hand to visit and exchange stories.

Friday, November 10, 6 p.m.

Pre-Remembrance Day Dinner . Royal Canadian Legion Branch 234, 57 Watson Parkway South

Tickets \$20, available at the Legion.

Saturday, November 11, 9 a.m. to 5 p.m.

Remembrance Day at McCrae House

- **McCrae House, 108 Water Street**
Admission by donation
- **9 a.m.:** Remembrance service by Royal Canadian Legion Colonel John McCrae Memorial Branch 234

November 11, 9:30 a.m.

Laying of wreaths at the International Order of Daughters of the Empire (IODE) Cross of Sacrifice at Guelph Central Station

November 11, 10:15 a.m.

Remembrance Day Service and Parade

- **Sleeman Centre**
Doors open at 9 a.m.
Service begins at 10:15 a.m.
- **Remembrance Day Parade** leaves the Sleeman Centre after the service, marches to the Cenotaph and back to Wyndham Street and St. George's Square.

November 11, 10:45 a.m.

Remembrance Day Service

Woodlawn Memorial Park, 762 Woolwich St, Veterans area (under the Canadian Flag)

10:45 a.m. – 11:30 a.m.

Take a Relaxing Break – Try Vocal Meditation for Advent

by Elizabeth Bone

Yes, it's true, Advent will begin on December 3rd this year. We know Advent is meant as a time for hopeful waiting and anticipation; but, we also know that in today's world it's a very hectic time - chock full of Christmas preparations, events, and celebrations.

While these activities may be fun, they are for many of us quite stressful. So, I'm inviting you to take a break each week during Advent and join in vocal meditation. When I take part in a vocal meditation group, I feel both relaxed and energized. I experience an actual physical feeling of peace and energy building in my core.



The group will be led by Jane Lewis, a local musician, singer/songwriter, who has been leading weekly vocal meditations at "Silence". I wanted to bring this practice to Harcourt and suggested to the Spiritual Life Committee that we offer sessions during Advent. The committee and Alison are sponsoring the group and it will be funded through the Music Pillar. We'll ask for a free-will donation to replenish the Music Pillar for future activities.

Come, join Jane and me. Spend an hour tuning up and tuning in. We'll explore various relaxing sounding exercises as well as chants and simple songs. The group is intended to give you a sense of calm and grounding to carry through the week, along with the energetic lift that comes with vocalizing together in a group.

You can join us each week or come on a drop-in basis. The sessions will be held from **10 to 11 a.m. in the Chapel on Wednesdays – November 29th, December 6th, 13th and 20th**. To have four sessions with the themes of Hope, Peace, Joy, and Love, we need to start a wee bit early. If you would like more information or to sign-up, please call me, Elizabeth Bone, at 519-821-0682 or email me at dambonee1@sympatico.ca.

Reflections on Christian Education from the Congregational Retreat

by Andre Auger

At a plenary session at the 2017 Congregational Retreat, an eight-year old girl shared with us how she saw God in a black walnut she had found when the children and their leaders had walked through the woods at Loyola House to find God. She spoke clearly to this rather intimidating circle of 25 adults. She told us that the mystery of this walnut reminded her of the mystery of God.

This got me to thinking about Christian education. How do we ever expect children to

discern God if we have never even suggested to them that there is more to reality than what they see and touch? On my street, there are four families who used to attend Harcourt. All have children entering their teens. Good children from good families. I wonder how many have ever been trained to experience the Divine beyond the daily. And yet, this is exactly what this eight-year old, and the other girls at the Retreat, were learning to do. They walked through the woods, sat down at particular spots and reflected in silence on what they were experiencing. Then they drew what they saw. But they drew what they were looking for beyond what they saw: the Presence of the Divine. This sixth sense must be educated or it becomes atrophied. How do you ever talk to young teens about God when you have never taught them what to pay attention to, what to look for, what to listen for?

Then there is MANNA. Thank God for MANNA. Here are parents intent on ensuring that their children know what to pay attention to, what to look for, what to be attentive to.

The Retreat was a success, as far as the adults were concerned. But I believe it was equally a success from the children's perspective. They had fun, they learned, they performed a community service, and they romped in the midst of a loving community of adults. And they learned that looking for God, being attentive to God's Presence, and being open to God is an integral part of living.

In what ways can you open yourself to the mystery of God's presence? Perhaps a walk in the woods, or a quiet time in a chair, or any other occasion when you can open your child-eyes and see the world as it really is: charged with the grandeur of God, greeting you in every walnut, tree, twig, flower and fruit, in every friend and every stranger. Can you imagine this Universe as an expression of God in space and over time?

To Move or not to Move: That is a Good Question!

by Julie Ashley

Join us for a Harcourt Small Group presentation and discussion on the above topic, Sunday, November 5th noon – 2:30 p.m. in the Friendship Room. Lunch will be served to those that register ahead. Leading the presentation will be congregation member Julie Ashley from Sothebys International Realty, Karen Buchanan, Professional Organizer and Nicole Dupuis from the Chartwell Royal on Gordon in Guelph.

The idea of moving is about as appealing as a root canal, so we often delay making this decision. The number of decisions can feel overwhelming. Where can I go? How much will it cost? What do I do with my stuff? What if I want to stay put and just "age in place"? Come and learn answers to these questions so that you can be ready when it is time to make the decision. This is an introductory workshop to this popular series at Harcourt. Please email jashley@sothebysrealty.ca or call Julie at 519-222-2348 to register.

Gum Sticks Together

by Roz Stevenson & Miriam Flynn (Harcourt Representatives to GUM)

GUM is *Guelph United Ministries*, an association of the four United Church congregations in Guelph, the Ecumenical Campus Ministry at University of Guelph, and Chalmers Social Services. The opportunity to explore collaboration among these groups came from a bold step by the Trustees of the former Norfolk United Church in downtown Guelph, who committed to re-deploy their legacy assets to support local programs and raise the profile of the United Church of Canada in Guelph. Many interactions between congregations came from the collaborations fostered through GUM, such as several city-wide worship services. (This year, a weekend of “open doors” events are planned for November 17-19 and there is information about that elsewhere in this *Herald*.) GUM also provided support from the Norfolk Trust to the North End Harvest Market, to the Ecumenical Campus Ministry at the University of Guelph, and for development of a GUM website. All these things helped strengthen the United Church profile in Guelph and showed that we could indeed all work together.

Now, in 2012, the Norfolk Trust had a five-year mandate to administer funds to further initiatives to foster local United Church congregations working together, so that Trust expires in 2017 ... this year! The ministers and lay representatives and Norfolk Trustees that comprise the GUM Planning and Management Circle have been discussing the “What Next?” question over several months. The feeling was clearly positive that the GUM associations and activities had triggered and encouraged a new collaborative way of doing-church in Guelph and should be continued. To that end, GUM requested the Trustees of Trinity United Church to hold the funds remaining at the wind-up of the Norfolk Trust as a “GUM Pillar”, for continued use by GUM. The GUM Managing Circle will continue much as in the past, but with the end of the Norfolk Trust in 2017, it will no longer be a registered charitable organization, though each of the groups belonging to GUM have that status.

So, GUM sticks together!



Announcements

Passing:



Jones, Frederick Laurence died peacefully on Thursday, October 12. Born in 1935, Fred is survived by his wife Rosemary, son Michael and daughter Susan. Fred was president of the Corvette Club of Ontario and the Canadian Council of Corvette Clubs. He was also a founding member of the Caledon Cruisers. In business he was a successful salesman, manager and Vice President, and loved his diversified career in the graphic arts and printing industry. A celebration of Fred's life will be held at the Village by the Arboretum in Guelph.

Loving thanks to everyone at Hospice Wellington who cared for all of us during this difficult time. As expressions of sympathy, donations to Hospice Wellington would be appreciated by the family. Donation cards are available at the Gilbert MacIntyre & Son Funeral Home, Dublin Chapel, 252 Dublin St., N., Guelph (519-822-4731) or send condolences to www.gilbertmacintyreandson.com.

Other News:



- **It's not about the coffee!!** After church coffee and tea is a great opportunity for fellowship. Right now, the list of volunteers to make coffee is pretty bare. If you can help, let Anne in the office know. Training is available!
- **Hurray!** Starting this Sunday, 22 October, we now have hearing assists available! YEAH!! A few weeks ago we had several stolen (!) We now have replacements. Sorry for the inconvenience.
- Don't Forget the Harcourt Church Film Screening on **November 17th at 7:00 PM**. During the weekend of November 17-19 each of the four United Churches in Guelph will host an "open door" event to which members of all congregations, and the wider community, are cordially invited. Harcourt will host a screening of the fascinating documentary entitled [Call of the Forest: The Forgotten Wisdom of Trees](#). Please plan to join us.



The United Church
of Canada

MINUTE FOR MISSION

Doctor, Missionary: Florence Murray

“Were you a doctor or a missionary?” people asked Florence Murray. “I hope I was both,” she responded.

Born in 1894, Florence Murray began her medical studies at the start of World War One. In 1921 she was appointed a missionary medical doctor to Korea. Placed under house arrest by the occupying Japanese in 1941, she was deported to Canada one year later in a prisoner exchange but returned to Korea in 1947 and remained there until 1969. She became known internationally as an authority on leprosy and respiratory diseases and was one of the founders of the Wonju Severance Christian Hospital and College. With over 5,000 alumni from its schools of nursing, medicine, and dentistry, the hospital is today a centre of medical excellence in Korea.

Dr. Murray is remembered and revered by the Presbyterian Church in the Republic of Korea and by thousands of Koreans as a compassionate doctor who dedicated her life to living and working among poor and marginalized people. With courage, faith, and ingenuity, she confronted disease, poverty, tangled politics, cultural differences, and the violence of war. She committed her life to the well-being of others, and with fellow Korean workers left a proud legacy of hospitals and schools that continue to serve the people of Korea today. We are thankful for the cloud of witness found in our history with our partners like the Presbyterian Church in the Republic of Korea—and for the passion of women like Florence Murray!

Please join me in making Mission & Service giving a regular part of your life of faith.

The *Lightshine Singers*: Shining a Light at Harcourt for over 40 Years

Do you know who the *Lightshine Singers* are? No? Here's our story:

We are a community volunteer choir of 15-20 women who meet and sing at Harcourt Church on Wednesday mornings from September to May. We sing a variety of music – golden oldies, show tunes, seasonal celebrations and gospel. Our current program is all Canadian – songs for each province and songs written by Canadian composers. We sing and entertain regularly at retirement homes. But there is a history to our choir.



Jean and Leslie Pipes started a group at Harcourt in 1975 (including Leone Sutor and Anne Piper) to learn to play the guitar and sing. Gradually other women joined our group who played the banjo, violin and mandolin and their friends also joined in who just wanted to sing. When we started to perform we called ourselves the *Joymakers*. We performed regularly around Guelph including at the Plowing Match, the opening of the Guelph Museum on Waterloo Ave. and at Harcourt Church's 25th anniversary.

In 1982 we became a choir as more and more singers joined us. We changed our name to the *Lightshine Singers* after a song we frequently sang – “This Little Light of Mine, Let It Shine”. Gerry Roffey, the organist at Harcourt, was our Director and Leone Sutor our guitarist. Our current Director is Nancy Wilhelm. Nancy joined our choir to sing, but when Gerry Roffey became ill she volunteered to lead us. Over the years we have sung at many events including World Day of Prayer at Harcourt, the Morrison to Arthur Senior's Centre Xmas Show, for a

retired teachers group, at the Opening Tour at River Run Centre and at retirement homes.

We have had a remarkable 37 years together as the *Lightshine Singers* (plus 7 years as the *Joymakers*). We have shared a lot of fun, and sadness, with our choir friends over the years. About half our members have been with us since 1982 and two have been members since 1975. So many wonderful years of singing with friends and sharing our music with others in our community.

Thank you to our dedicated choir members. A special thank you to Darko Cikovic for all his help, especially moving chairs about. Thanks to Anne Purkins for keeping us informed about the Church and to Harcourt United Church for the use of space over the years. New members are always welcome and we are looking for a new conductor. Please contact the Church office for more information.

Here's a riddle:

It's more powerful than God.

The poor have it.

The rich need it.

If you eat it, you'll die.

What am I?

(answer on page 43)

Behind the Scenes

Lessons in mindfulness are creeping into elementary classrooms, and proponents insist it's making for happier, more focused students. But engaging children in this ancient Buddhist practice in schools is not without controversy.

Mindfulness for Kids: Learning Emotional Regulation in School

by Lisa van de Geyn

From Today's Parent Magazine

Apr 6, 2017 (Used with Permission)

As morning recess ends at Bracebridge Public School, a kindergarten to grade eight school in Ontario's cottage country, the grade fours and fives of room 128 shuffle upstairs to their class, everyone talking in outdoor voices. Most are slow to settle. Back in their homeroom, a boy in a black-and-white hoodie stops at the aptly named Mindfulness Corner set up beside the coat rack.

The spot, outfitted with a table, gives students a place to go if they need a minute to calm down. A poster encourages kids to "Just be in the moment" and a Post-it reads "Breathe and smile." The boy leans over the table and, with his hands on his tummy, takes three deep breaths before quietly completing a finger maze.

Laura Dursley, the school's new vice-principal, has invited me to sit in on her weekly 11:10 a.m. mindfulness lesson with this class. Alongside learning reading comprehension, mastering decimals and studying the medieval period, these students are getting an education in emotions.

Bracebridge public school is one of dozens in the Trillium Lakelands District School Board that are integrating mindfulness in the curriculum as a tool to decrease student anxiety and stress and to increase concentration, attention span, self-regulation, compassion and self-esteem.

Mindfulness is a centuries-old concept rooted in meditation. It was widely introduced in the late-1970s by Jon Kabat-Zinn, an American doctor who developed mindfulness classes for patients dealing with all sorts of physical and mental ailments, and it has become increasingly popular over the past 20 years. It's all about paying attention to your breathing and focusing on what's happening in the moment in a non-judgmental way—which is easier said than done. Doctors prescribe it to patients suffering from everything from cancer and migraines to anxiety, depression and adult ADHD, and major corporations have bought in, too (Google offers regular sessions to employees). It's now creeping into elementary school classrooms in the United States and Canada, particularly in BC and Ontario.

Regulating emotions

Nine- and 10-year-olds often have a tough time settling after transitions, which makes Dursley's post-morning-recess mindfulness lesson perfectly timed to focus and calm them for the rest of the day. Dursley instructs the students to take a seat around her, and then she pulls a singing bowl—a standing bell used in meditation, relaxation and music—out of her prop basket and asks the class what they're to do when they hear the chime.

"We close our eyes and when we don't hear it anymore we open them," says one girl. "We think about our breathing," another replies. When Dursley strikes the bowl, the kids close their eyes almost en masse. She instructs the quiet group to feel the air rush in and out through their nose and to notice the rise and fall of their belly with each inhale and exhale.

When the ringing stops everyone's eyes open. "How was that?" she asks. A student shares that his mind had wandered away from his breathing. "Our minds are busy places, and even busier when we get upset or frustrated," Dursely says, nodding reassuringly.

"Do you know the word 'anchor'? Remember that your breath is like an anchor that keeps you in the moment," she says as she pulls out a two-litre pop bottle filled with glitter in pink water. "The sparkles are what your minds look like when there's lots going on in your head or when you're angry," she says, shaking the bottle. "When you focus on your breathing instead of reacting, you'll see that the sparkles sink and the water becomes calmer and clear. This is what our minds look like when we concentrate on our breathing. When we're calm it helps us make clear, wise decisions."

For the next half-hour, the students practice breathing exercises. They end the session with Dursley asking which mindfulness activity they've most enjoyed. Their answers are pretty telling. "I could feel my breath more and calmed down when I looked at the sparkles in the bottle," says one girl. A boy responds: "When I come back from recess I relax when I hear the singing bowl."

Promising mindfulness research

Many educators believe it's about time mindfulness has made its way into the classroom. If the Toronto District School Board's recent survey on student mental health is any indication, it's long overdue.

According to the board's 2011–12 Student & Parent Census, released in June 2013, almost a third of the grade seven and eight students surveyed said they are concerned about relationship issues such as making friends and fitting in; nearly half worry about family matters all the time or often; the majority have anxiety about schoolwork all the time or often; 59 percent worry about their future; and 11 percent feel unable to overcome difficulties all the time or often.

Introducing mindfulness practice in schools has been the source of some controversy. Some parents and educators have questioned whether it's too close to its Buddhist roots to be appropriate in secular schools, and others question whether it's the best use of classroom time. But the evidence for its emotional and behavioural benefits is mounting.

Early research suggests mindfulness can help alleviate student anxiety and improve learning. A 2009 study published in *Advances in School Mental Health Promotion* found students learning about mindfulness reported being more relaxed and calm following their training.

Another study, out of the University of California, Los Angeles, found that kids in grades two and three who learned mindfulness techniques for an hour a week for eight weeks could better regulate their behaviour and showed improvement in executive functions, such as paying attention, making decisions and focusing without getting distracted.

One of the big players in mindfulness education is MindUP, a program founded by actress Goldie Hawn and developed with a team of neuroscientists, cognitive psychologists and educators. MindUP offers in-school training for educators as well as resource guides for pre-kindergarten to grade eight. University of British Columbia researchers found the program had a positive effect on students' emotional control, academics, empathy, stress regulation and attentiveness.

Seeing real-life benefits

Parents and educators alike are seeing the positive impact of mindfulness lessons. Sandra Northmore, whose daughter, Morgan, is in grade seven at Bracebridge PS, was introduced to mindfulness 10 years ago while dealing her mother's cancer diagnosis. She didn't know her daughter was learning the practice in school until they were renovating their home in 2012. "It was a very stressful time. Morgan sat my husband and I down and asked us to close our eyes and she walked us through a breathing meditation. It was a huge surprise and created calm for the whole family," she remembers.

After a few years practicing mindfulness at school, it's become Morgan's default for healthfully dealing with stress outside school, too. "When she's busy, she centres herself by closing her eyes and taking deep breaths."

What's more, says Northmore, mindfulness education has far-reaching benefits. "This is a life skill that can support their years of education, their home life and their future as an adult. It can create a more thoughtful community at school, reducing unkind behaviours and enhancing a positive learning experience."

For Morgan, who is two years away from the pressures of high school, the lessons have been invaluable. “School can be demanding, and it creates calm and balance to better get through the day,” she says.

Educators at Bracebridge PS are seeing positive results, says Dursley. There’s less **bullying** and conflict in class, and when there is, students are not as quick to lash out in mean-spirited ways. Students are more thoughtful and empathetic and can better articulate and regulate their emotions. Overall, there’s a happier atmosphere in the hallways and on the playground.

The exercises the school has implemented—lessons, classroom mindfulness corners and a mindful moment during morning announcements that involves standing in mountain pose as chimes ring—is one reason for a greater sense of compassion in the school. “The kids are now better able to remember strategies they can use to keep calm when they are anxious, angry or upset,” she says.

Mindfulness from day one

At W.T. Townshend Public School in Kitchener, Ont., kindergarten teacher Jennifer Evans is also using mindfulness tools in her classroom. “We have found that more and more elementary students are coming to school with some form of anxiety, and this seemed like a way we could help them control that worrying,” she says.

As a complement to a school-wide mindful moment each morning, Evans uses a “calm down” beanbag chair, squishy balls, deep breaths and books—such as *Peaceful Piggy Meditation* and *Mindful Monkey, Happy Panda*—with her students. “Some of the children will go to the beanbag chair to calm their bodies and refocus their energies without us even prompting them,” she says.

Health and wellness teacher Karen Snider, who spearheaded the practice at W.T. Townshend, tells her students—from kindergarten to grade six—that mindfulness lets us notice how we’re feeling, which can help us calm down when “big emotions” occur. “It’s an exercise for our brain. Like people lift weights to get stronger, we can strengthen our brain by taking time each day to practice mindfulness,” she says.

Snider uses the MindUP curriculum, and lessons from the Inner Kids and Mindful Schools programs. The response from colleagues has been so positive that she’s running lunch-and-learn sessions for teachers to work on their practice. “They say it starts the day on a calmer note and lets the kids give themselves some quiet grounding breaths to ease into class,” she says. “We’ve also had supportive feedback from parents—many have expressed gratitude for offering this kind of social and emotional learning.”

Mom, Stacey Arnold, has seen big changes in her son, Blake, 7, and daughter, Paige, 4,

who both attend W.T. Townshend. Paige, who's in JK, is already well-versed in the techniques. "She often describes things as green (good) or red (bad) choices and discusses how each affects others. For example, she'll say to her brother, 'Blake, please stop pushing me. That is a red choice and it hurts me. Make a green choice and say you're sorry,'" Arnold says. "Before mindfulness, she would just push him back and it would turn into a fight between them."

Snider's passion for mindfulness has made it a significant part of the health curriculum at the school. "The idea of teaching kids a practice that can help them know themselves better, be more resilient and learn how to recognize their emotions was something the entire staff wanted to bring into the classroom," she says. "And what better place to learn it and turn it into habit than in elementary school? We can give a generation of kids the skill set they need to help them deal with all that life throws at them."

Answer to the riddle: NOTHING!



Cartoon by Roz Stephenson

Wednesday November 1

1:30pm Tai Chi [F]
6:30pm Guides [F]
6:45pm Beavers [G]
7:30pm Rainbow Chorus Rehearsal [S]

Thursday November 2

8:45am Mindstretch [202]
9:00am Stroke Recovery Executive [F]
10:30am Aging as a Spiritual Practice [C]
1:30pm Park'n Dance [G/F]
6:00pm GUM Meeting [C]
7:00pm All Things Christmas Meeting [202/203]
7:30pm Choir Practice [M]

Saturday November 4

10:00am Explorations in Progressive Christianity [202]

Sunday November 5

9:00am Worship [C]
10:30am Worship [S]
10:30am "Manna" Service [G/F]

Monday November 6

Office Closed

1:30pm Prayer Shawl Group [202]
6:50pm Communications Committee [L]
7:00pm Scouts [G]

Tuesday November 7

11:30am Staff & Admin Meetings
1:30pm Pastoral Care Committee Meeting [C]
6:45pm Cubs [G]
7:00pm Learning to Dance the Trinity's Dance of Love [F]
7:00pm Handbell Ringers [M]

Wednesday November 8

7:45am Men's Group [F]
1:30pm Tai Chi [F]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Ministry & Personnel Committee [L]
7:00pm Property Committee [C]
7:30pm Rainbow Chorus Rehearsal [S]

Thursday November 9

8:45am Mindstretch [202]
10:30am Aging as a Spiritual Practice [C]
1:30pm Park'n Dance [G/F]
7:00pm Creative Intentions [F]
7:30pm Choir Practice [M]

Friday November 10

7:00pm Junior Youth Group [G]

Saturday November 11

10:00am Explorations in Progressive Christianity [202]
10:00am Sacred Circle Dance [G]

Sunday November 12

9:00am Worship [C]
10:30am Worship [S]
10:30am "Manna" Service [G/F]
7:00pm High School Youth Group [202/203]

Monday November 13

Office Closed

11:45am Caroline Harcourt Women's Fellowship [F]
7:00pm Women's Spirituality [C]
7:00pm Scouts [G]

Tuesday November 14

11:30am Staff & Admin Meetings
6:45pm Cubs [G]
7:00pm Worship Committee [C]
7:00pm Finance Committee [202]
7:00pm Learning to Dance the Trinity's Dance of Love [F]
7:00pm Handbell Ringers [M]

Wednesday November 15

1:30pm Tai Chi [F]
6:30pm Preschool Toy Wash [K]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Council Meeting [C]
7:30pm Rainbow Chorus Rehearsal [S]

Thursday November 16

8:45am Mindstretch [202]
 10:30am Aging as a Spiritual Practice [C]
 1:30pm Park'n Dance [G/F]
 7:00pm Sharing Evenings [F]
 7:30pm Choir Practice [M]

Friday November 17

7:00pm Film Screening - Call of the Forest: The
 Forgotten Wisdom of Trees [S]

Saturday November 18

10:00am Explorations in Progressive Christianity
 [202]
 5:30pm Potluck and Games Night [F]

Sunday November 19

9:00am Worship [C]
 10:30am Worship Service [S]
 10:30am "Manna" Service [G/F]
 3:00pm Covenanting Service for Rev. Miriam
 Flynn, Harcourt & Waterloo Presbytery [S]

Monday November 20**Office Closed**

1:30pm Prayer Shawl Group [202]
 7:00pm Scouts [G]

Tuesday November 21

11:30am Staff & Admin Meetings
 11:30am Stroke Recovery Lunch [F]
 6:45 Cubs [G]
 6:45pm Preschool General Meeting [F]
 7:00pm Learning to Dance the Trinity's Dance of
 Love [F]
 7:00pm Handbell Ringers [M]

Wednesday November 22

1:30pm Tai Chi [F]
 6:30pm Guides [F]
 6:45pm Beavers [G]
 7:30pm Rainbow Chorus Rehearsal [S]

Thursday November 23

All Things Christmas – set-up [G]
 8:45am Mindstretch [202]
 10:30am Aging as a Spiritual Practice [C]
 7:30pm Choir Practice [M]

Friday November 24

All Things Christmas – set-up [G]
 7:00pm Junior Youth Group [off site]
 8:00pm KW Symphony Concert [S]

Saturday November 25

9:30am-1:30pm All Things Christmas Sale [G]
 10:00am Explorations in Progressive Christianity
 [202]

Sunday November 26

9:00am Worship [C]
 10:30am Worship [S]
 10:30am "Manna" Service [G/F]
 7:00pm High School Youth Group [202]

Monday November 27**Office Closed**

1:30pm Prayer Shawl Group [202]
 7:00pm Scouts [G]

Tuesday November 28

11:30am Staff & Admin Meetings
 6:45 Cubs [G]
 7:00pm Handbell Ringers [M]

Wednesday November 29

9:30am Vocal Meditations [C]
 1:30pm Tai Chi [F]
 6:30pm Guides [F]
 6:45pm Beavers [G]
 7:30pm Rainbow Chorus Rehearsal [S]

Thursday November 30

8:45am Mindstretch [202]
 1:30pm Park'n Dance [G/F]
 7:30pm Choir Practice [M]