

The **Harcourt Herald**

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

September, 2018



Welcome Back!

- ✓ **Mom's Two Hats: Exploring Home Schooling**
- ✓ **Our New Moderator: Rev. Richard Bott**
- ✓ **Pitter Patter, Harcourt's Youth Group is Back at 'Er**
- ✓ **A Great Month Coming Up at Harcourt ...**

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

Phone: 519-824-4177

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Email: office@harcourtuc.ca

Web: www.harcourtuc.ca

Ministers: The People with
Reverend Miriam Flynn (ext. 222)
Miriam@harcourtuc.ca
Reverend Jim Ball (ext. 223)
Jim@harcourtuc.ca

Director of Music Ministry:
Alison MacNeil (ext. 225)
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Church Administrator: Anne Purkis
Worship, Communication & Technical Support: Shaina Ensing
Custodian: Darko Cikovic

The Harcourt Herald

Published 10 times each year

by the

Communications Committee

Your contributions are welcome!

Deadline: 20th of each month

Sept-June

Editor: Gillian Joseph
theherald@harcourtuc.ca

Printing: Anne Purkis



The Ministers' Quill

by Jim Ball

Members and guests at worship on August 12 enjoyed a service that featured the musical gifts of John Zadro on piano and the reading gifts of several lay members. I reflected on the famous story in Daniel about the three friends who were unceremoniously tossed into a burning furnace. According to the old story, the three friends, with God's help, survived it.

Unknown to most people present, a little bat lay fast asleep against the baseboard near the sound booth. Bravely, our own "Batman", better known as Dave Hume (chairperson of the Property Committee), came to our collective aid. Just as the service began, he gently gathered the bat up into a handkerchief and safely released it outside.

A huge thanks to Dave for his help, yet again! We are all grateful!



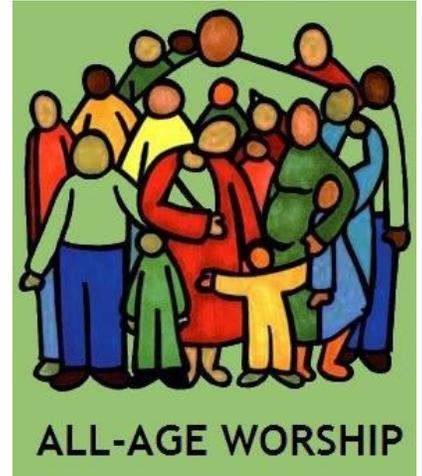
Photo: The original by Latorilla at English Wikipedia.

WORSHIP SCHEDULE



Harcourt offers three distinct regular Sunday morning services:

At 9 a.m. in the Chapel, at 10:30 a.m. in the Sanctuary, and MANNA service at 10:30 a.m. in the Friendship Room. Nursery services are available from 10:00 to 12 noon.



THE SEASON OF CREATION

Return to three services (9 am chapel; 10:30 am sanctuary; 10:30 am MANNA)

- Sept 9 Creation 1 – Planet Earth Sunday
- Sept 16 Creation 2 – Water Sunday – Baptism
- Sept 23 Creation 3 – Blessing of the Animals
- Sept 30 Creation 4 – Sky Sunday (**Congregational Retreat Sunday**)

Visit our website at: www.harcourtuc.ca for more information

SWARTHINGTON COMMUNITY NEWS

by Lorraine Holding

Welcome to another busy Harcourt season! As anticipated in my two June updates, activities slowed a bit but didn't stop over the summer. Here are a few items of progress.



- Food Trucks are coming to Harcourt on Mondays! Thanks to Anne Parson's leadership and support by several others, one of our 'intentional hospitality and welcoming' experiments will take place on September 10, 17, 24 and October 1. We encourage you to: invite family, friends and neighbours; come to enjoy the food (Harcourt receives 10% of sales); mingle with the community in a welcoming and no-pressure way; listen to those you meet; have fun. Watch for more details.

- Our August 13th evening to learn more about approaches to community engagement and development enticed 19 people to converse with Elaine Weir (Wellington, Dufferin & Guelph Public Health) and Karrie Cumming (Guelph Community Health Centre). How might we apply some of those approaches to explore and implement 'radical change'? The discussion reinforced some of Council's learnings from our spring book study. Identify and know who our community is. Focus on **their** concerns and needs, with authentic participation. 'Being with' (not 'doing for') re-shapes our thinking. Patience is important. Build relationships. Try some experiments. Failure is okay when we learn from it.

- Bill Lord shared two links that add to our learning. Check them out.

a) Background essay by Professor John McKnight on identifying assets in a community:

<https://www.faithandleadership.com/john-mcknight-low-income-communities-are-not-needy-they-have-assets>

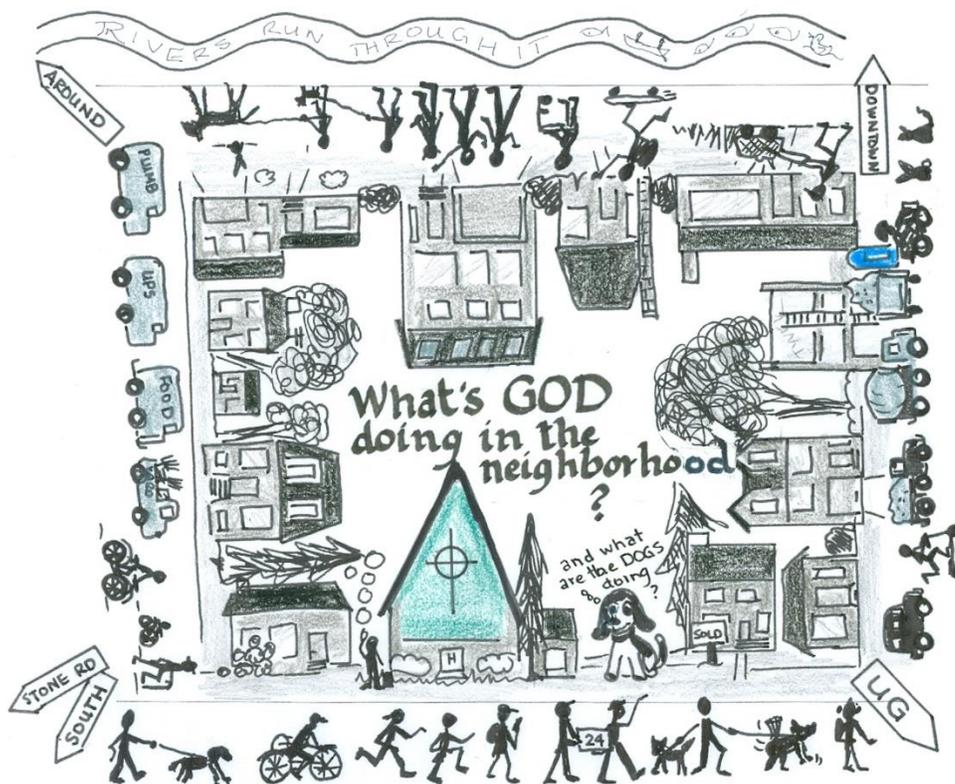
b) The story of how one congregation (Broadway United Methodist Church in Indianapolis IN) implemented it:

<https://www.faithandleadership.com/death-and-resurrection-urban-church>

- Sonya Wu-Winter will have a short contract with us this fall. She will help us by researching our local community and the broader church environment for possibilities and models of community engagement and development. We will continue to explore what radical change might look like, and if/how a community support facilitator would be helpful.
- The MANNA leadership circle continues a visioning discussion related to Christian formation and what supports for young families are needed. Lynn Hancock, Umbrella Councilor for Christian Life, is gleaning input from our Youth Group leaders and the Ecumenical Campus Ministry staff about what supports for young adults are needed. Our Annual Meeting discussion underlies these conversations.
- Harcourt is built on the time and talents of many people. We will host a 'volunteer thank you' event on Wednesday, September 26. Watch for more details.

Much more has progressed during the summer. What is God up to in our community? Keep watching, listening, participating and sharing – internally and externally. With faith and hope.

Cartoon by Roz Stephenson



Finance Update: Ok Harcourt...We Need a **Push!**

by Kent Hoeg, Chair

*It is time for us to stand and cheer for the doer, the achiever,
the one who recognizes the challenge and does something about it. --Vince Lombardi*

Three cheers for those of you who have met the Harcourt pledge (at our annual Congregational meeting) of contributing 10% more this year in order to support our Narratives of Revitalization and Radical Change.

We've also had two **EXTREMELY generous donors** who have contributed an additional \$32,700 to support Harcourt and our work!!

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. --Mark Twain

Although we have had great generosity by some, **overall our givings are down 10%** from last year (opposite of our commitment!). At this pace we will not be able to meet our financial obligations this year.

A journey of a thousand miles must begin with a single step. --Lao Tzu

It's difficult to increase our givings, but the work that Harcourt does is so important. Harcourt needs your help.

As of the end of July our income equals our expenses. This is in part thanks to two large one-time donations totalling \$32,700. Without it we would be at a deficit of over \$32,000! There is no sugar coating this – **it's a serious issue** – one that requires us all to look deep and see if we can increase our givings.

We need a push Harcourt!



What Do You Seek?

Church office

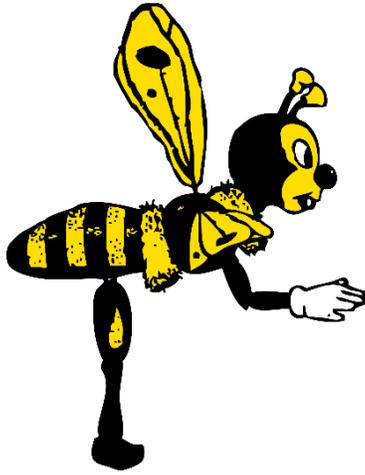
Tel: 519-824-4177

E-mail: office@harcourtuc.ca

Web Site: www.harcourtuc.ca

Seek – Connect - Act

The Latest Buzz...



New Moderator of the United Church of Canada Is Excited About the Future

The Rev. Richard Bott, 49, from Vancouver was elected in July by the United Church of Canada as its 43rd Moderator from 10 nominees. Born in Marathon, Ontario, the Rev. Bott has served churches in Ontario and British Columbia. He is well known for his skills as a leader, writer, and educator. An early adopter of social media, he manages a Facebook group of over 700 United Church ministers.



<https://www.united-church.ca/news/rev-richard-bott-elected-43rd-moderator>

Remit Enactment Means Major Structural Changes for the United Church of Canada

In late July at the 43rd General Council meeting (GC43), participants enacted seven remits that originated at GC42 three years ago. Remit enactment represents one of the biggest structural changes in the history of The United Church of Canada. Before reaching the floor of GC43, a strong majority of pastoral charges and presbyteries voted in favour of the remits.

<https://generalcouncil43.ca/news/remit-enactment-means-major-structural-changes-church>

Emergency Situation: United Church of Canada makes Extreme Hunger Appeal

The United Church of Canada is launching an **Extreme Hunger Appeal** as the humanitarian crisis in Kenya, Nigeria, Somalia, South Sudan, and Yemen reaches grave levels.

<https://www.united-church.ca/hunger-appeal>

Committee & Group News

Whining and Weeding

by Ben Fear, Property Committee

The Property Committee has been put to the test so far this summer and has responded by adding some extra gardening hours to its busy schedules. After the late spring session of "Whine and Weed" and the weeding done, the whining concluded that when the American



poet Ralph Waldo Emerson wrote 'A weed is a plant whose virtue has not yet been discovered', he was assuming that the plant had some virtue. Well...he was correct.

The weeds' mere presence in a garden provides the opportunity for fellowship and service, particularly at times when the temptation to lay back and relax and enjoy the transient cool breeze is almost overwhelming. The left photo below shows Ann & Gary and the right photo is of Jim. The three parsons

are working on a warm August morning. The centre photo is the spot in Harcourt's Gardens that they are resisting. If you'd like to test this theory, please bring a pillow and a good book to the garden and perhaps a tall glass of lemonade like choir have been providing for us on Sunday mornings.

We thank those dedicated gardeners who do spend time communing with nature here in the Memorial Gardens by dropping by and sprucing things up. We also thank the choir for the Sunday refreshments and, of course, their fine vocal offerings.

From Drama, Daring and Deceit to Bacon! Caroline Harcourt Women's Fellowship

by Merrill Pierce

At our June meeting we shared our favourite piece of jewelry and the story behind it. Mary Ann McDonald shared a fantastic story of family escaping Russia with the jewels and

then surprised us by saying that she made it up and they were from the thrift store. We all had a good laugh!

Have you ever wondered what is going on in the Friendship Room each Sunday morning at 10:30 during the MANNA service? Has the smell of bacon tantalized you in the past? Come to the Caroline Harcourt meeting on **September 10th, at 11:45** to find out the answers to these questions. Bring a bagged lunch and tea and treats will be provided. Looking forward to connecting again after the summer.



Daniel's advice to the Lion met with no enthusiasm from Antiochus Epiphanes.

Cartoon by Roz Stephenson

Pitter Patter, Youth Group is Back at 'Er!

by Suzanne Webster

After another successful and busy 2017-2018 season, both the Junior and High School Youth Groups are back for the rest of 2018. Youth Group is a safe space at Harcourt for teens in grades 6 and up who are looking to have fun! Together, we play games, have outings within the community and share many laughs. Our goal is to create a community of young people that is welcoming and inclusive for camaraderie and entertainment. So far, Lisette and Suzanne have been very successful hosts because we currently have two groups of approx. 15

regulars: one for Junior Youth (Grades 6-8) which meets on Friday nights and one for High School Youth (Grades 9+) which meets on Sunday nights. Both groups usually meet at the church (unless it is a special outing)

from **7 – 9 pm** where we play games, hang out, eat snacks and chat. We will be meeting roughly every three weeks until the end of the

year (see dates below). Both groups are quite active and many of our games involve running around the building in the dark! We are always looking for suggestions of good games to play, so if this sounds like a group for you or for someone you know, grab a friend, a loonie and come on out to Youth Group! Here are our meeting dates:



Youth Group Meeting Dates 2018:

Junior (Grades 6-8)

Friday Sept. 21
Friday Oct. 19
Friday Nov. 9
Friday Nov. 30

High School (Grades 9+)

Sunday Sept. 23
Sunday Oct. 21
Sunday Nov. 11
Sunday Dec. 2

Starting University or College in the Fall? Need Help?

The Ecumenical Campus Ministry (ECM) at the University of Guelph is the home of the Anglican, Presbyterian, and United Church on campus. They offer learning and discipleship programs that reflect a mainline Protestant faith that is questioning, diverse, justice-seeking, and engaged in our community. Students who engage with ECM will see their sense of faith widen, deepen, develop, and mature - and find a community of people walking the Way of Jesus, in a wide variety of disciplines and life callings. We have a lot of fun too, and eat good food!

ECM also provides support and pastoral care to students, faculty, and staff - as well as links to Anglican, Presbyterian, and United Church congregations in the Guelph area that includes Harcourt United Church.

Andrew Hyde is the full-time Ecumenical Campus Minister. Andrew is a Designated Lay Minister in the United Church of Canada, with many years of experience ministering with youth and young adults. You can find him in the ECM Office (206 Raithby House), or contact him via email (hydea@uoguelph.ca) or phone (519.824.4120 ext. 52390). Andrew loves meeting people over for coffee, so make sure to pop in sometime.

Everyone is welcome at ECM, regardless of your faith background or understandings. As part of our commitment to the Way of Jesus, ECM acknowledges the Attawandaron territory on which UofG stands, and affirms the full participation and leadership of GLBTQ individuals.

At Conestoga College, the motto of Student Counselling Services is “*We counsel, we educate, we advocate, we care*”. *Students can be put in touch with a local chaplain or churches when requested.* Counselling at Conestoga provides professional assistance to full-time students through individual sessions, group counselling and workshops. Services are free, voluntary and confidential. They support student success by providing proactive and responsive mental health and academic support services to a diverse population of students within the context of a student's educational goals. For more information visit:

<https://www.conestogac.on.ca/counselling/>

Harcourt Men's Group Meeting Wednesday, September 12, 2018. A reminder that this is the first meeting after our summer break. A speaker is being arranged and you will be notified by email once arrangements are complete. All men are welcome to attend. You are invited to bring a friend or a neighbour who would enjoy this session. Coffee and tea ready at 7:45 a.m., the meeting will begin at 8:00 a.m. Bill Lord will be the leader. In your date book please record the date of October 10 for our next meeting.

A Call From Justice and Outreach

by Rosalind Slater and Arlene Fuhr

FROM ROSALIND: The Justice and Outreach Committee is heralding a new era for Harcourt. It is time for us to fit in with our Radical Change mandate. Over the past many years wonderful volunteers have carried the Justice and Outreach committee forward. They are all to be commended on a job well done. But at this point in time all are taking a well earned rest with the exception of Jill Gill who tendered her resignation as co-ordinator of Saturday night suppers a year ago and is due to finish her commitment in December. Jill has been in this position for over ten years. I'm sure that you'll all agree she deserves a change.

I know from personal experience that the Harcourt community is a very supportive generous sharing one and I've decided to serve as Umbrella councillor on the church council to give back for all the personal help I've received from my church over the past ten years or so. We at Harcourt are known in the greater community for our dedication to Outreach. The projects under this umbrella are many and diverse. We are aware that many of our members are working on their own outreach projects in the community without them being named as Harcourt projects per se. We congratulate these people for their dedication. I am leaving it up to each of you to decide if this committee speaks to you personally and I hope that many of you will decide to join me on what I know will become a very active vibrant one. Yours in anticipation of the future.

FROM ARLENE: Just want to add that folks at Harcourt are invited to the GoGo 's 2019 calendar launch (see poster on next page). Come celebrate with us on September 18 and admire impressive photographs by John Phelps, view a picture of Mark Sears' fabulous 1928 Ford and discover images of a number of GoGos who attend our congregation. Hope to see you there!



Photo by Jim Ball



GUELPH

GoGo Grandmothers 4Gs

2019 CALENDAR LAUNCH

Tuesday, September 18 - 7 to 9 pm

UNIFOR HALL - 611 Silvercreek Pkwy., Guelph

Ample Parking Available



Proceeds donated to:

JOIN US AS WE CELEBRATE

with REFRESHMENTS
and ENTERTAINMENT



Mission Uniting – A Healing Initiative

by Ann Estill, Mission & Service

Thank you for your generous giving to the Mission and Service Fund. Your gifts are a response to God's call to us to make a difference in our hurting world.

One of our projects is Mission Uniting in Oshwekan, Ontario. For over five years Mission Uniting has provided a place of community as well as workshops in the surrounding area, on and off the reserve in the Grand River valley. Healing Circles and Grandmothers' Teas offer the opportunity for everyone in the circle to have their chance to talk and to listen respectfully to one another's stories. How grateful we are to be able to be a part of this healing work.

Pull Up a Chair and Browse a Good Book or Video This September

by Mary Lou Funston, Library Committee

Welcome back to all of you who use the Library. My choices for the September issue of The Herald include two DVDs, which I hope you will borrow and enjoy as well as some fiction choices for young and old.

* **DVDs:**

Call of the Forest: The Forgotten Wisdom of Trees with
Diana Beresford-Kroeger DVD Ber Most highly recommended

Many of you will have already seen this either in the movie theatre or at the showing at Harcourt. Personally, I have seen it twice and would like to see it again. There is so much to learn from all the trees in our lives. The narrator, Diana Beresford-Kroeger..."reminds us that when we improve our profound human connection to woodlands we can restore our spirit, our health, and our planet."



Violence Divine: Overcoming the Bible's Betrayal of Its Non-Violent God John D.
Crossan DVD TAPE 33 CRO

This is a DVD that the Saturday morning discussion group has used. It is a lecture in which Dr. Crossan "helps the church...rise above the greatest of Christian treasons: that everlasting peace can only be obtained through the onslaught of divine violence."

* **ADULT FICTION** by one of my favourite authors

Chance Developments Unexpected Love Stories Alexander McCall Smith Fic
McC

The author has taken 5 anonymous photographs and has developed a story about love and friendship around each one. It's a delightful read.

* **CHILDREN'S READING**

Thank You for This Day Action Prayers, Songs, and Blessings for Every Day Debbie T. O'Neal P O'N

A lovely book that encourages children of all ages to start and/or end the day with thanks for blessings.

Tiggers Hate to Lose My Very First Winnie the Pooh Disney

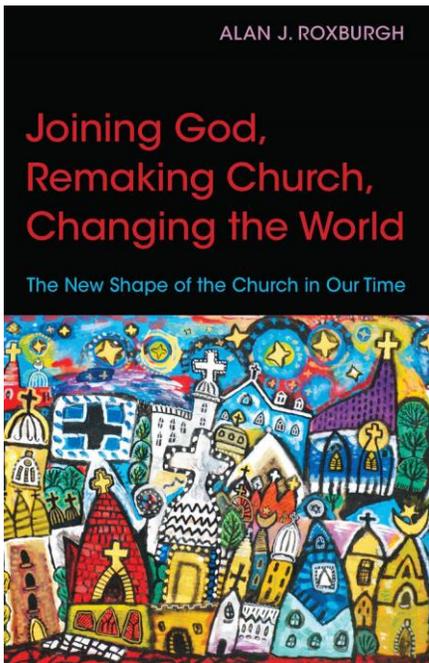
A book in which Tigger and Eeyore deal with the problems arising around winning and losing.

How Does Sleep Come? Jeanne C. Blackmore P BLA

A lovely book in which a mother answers the question with many answers. Beautiful writing, lovely pictures.

Joining God with MindStretch

by Peter Jackson



In September, MindStretch will begin considering the book “Joining God, Remaking Church, Changing The World” by Alan Roxburgh. The essence of his message is that instead of taking God’s mission into the world, the church needs to shift to going into the world to find God already at work, so as to come alongside. Harcourt Council has been considering the book in thinking about Harcourt’s living out the narrative of radical change identified through our 20/20 process over the past few years.

Anyone who would like to join MindStretch in our consideration of this book will be welcome. **We meet at 8:45 until 10 AM in the chapel, and our first meeting is scheduled for September 6.** If you’d like to know more, please contact Peter Jackson through office@harcourtuc.ca

The Property Committee Gets the Job Done!

by Dave Hume

Darko has been on holidays during August. Prior to leaving for holidays, our custodian was on a mission to get a number of tasks finished. Those included getting the lights in the sanctuary changed over to LED's. That has been finished and we received approval for \$2,000 in rebates. The electrician bill was \$4,200 plus about \$1,000 for bulbs and tubes and other hardware, plus \$570 to rent the Skyjack scissor lift.

The leaks in the roof have all been patched now and the ceiling in the main entranceway has had its holes filled in and has had three coats of paint applied.

Other smaller jobs that have also been completed involve the removal of at least some of the black Magic Marker lines that were on the floors in the Greeting Place and in some of the washrooms downstairs. The new plumbing for the Accessible Washrooms appears to be working well. Alan Weeks repaired one of the windows in the gym that would not stay shut, so now we don't have to hold it shut with a hockey stick! Frank Webster and Gary Parsons installed big shelving in the lower level room we used to call the Manna Storeroom. The Property Committee would like to have groups store their supplies in rubber "totes" on the shelves in that room so everything is labelled and has a place. Thanks also to Gary Parsons for keeping the grass cut during August. Thanks, also, to Lawrie and Carol Jones, who donated new cedar trees that are along the east side of the driveway and they seem to have endured the drought.

There was a Weed and Whine Session during the summer and it went very well (see Ben Fear's report above in this month's Herald). I counted 12 people helping out. Thanks to Sarah for hosting the Whine Party!

Community News

Thank You to Harcourt From Our Refugee Family

by Peter Gill

The following letter is from the family from Iraq to which Harcourt has generously agreed to offer financial support. Many of you probably know the story of the family. Their refugee claim and subsequent appeal, were rejected by Canada's Immigration Review Board and the

family is now in the process of filing a Humanitarian and Compassionate claim in order to remain in Canada. The Harcourt council agreed to provide \$1200.00 per month for a minimum of one year - based on the approximate amount the family would typically receive as child benefits for the two young children. Because of their current status, they are not eligible for these benefits.

July 3, 2018

Just want to say thank you.

Dear Members of the Council of the Harcourt Memorial United Church,

We wish to express our heartfelt gratitude for your generous assistance in supporting us.

We would like to offer you some background to help you understand how your generosity helped in our situation. Our family's misfortune was that our Refugee status was denied. Our financial situation hasn't been steady since we arrive Canada. As we have spent 9000 CAD on lawyer. And now another 7000 CAD for make a Humanitarian and Compassionate for permanent residence is required.

Taking care and raise two kids aged 5 and 6 years with a limited income is quite hard. My financial situation prevents me from purchasing their desire. When I turned to you for assistance, you immediately agreed and did your utmost to provide it as quickly as possible. All this was done in order to make things easier for me and point me in the direction of the light at the end of the tunnel. In addition, currently, our children living in such a safe and beautiful town (Guelph) and compare their life with other kids there was imbalance. Your support made this back to balance.

Your generous support was an essential support for us to be able to keep on with my life.

We therefore want to modestly tell you how much I value the fact that you are there to listen to us and to give us help that comes out of your concern for others!

We thank God for your being sent to help us. Your caring gives us strength.

With blessings and great feelings of gratitude.



CONSIDER MAKING A BREW!

Coffee after church is a wonderful opportunity for fellowship. If you would like to help this tradition continue, please call the church office and we'll add you to the list.

Haven't done it before? No worries. Someone will be happy to show you the ropes. No baking required! Please contact the church office at office@harcourtuc.ca or phone (519) 824-4177 if you are interested in participating – it really is fun.

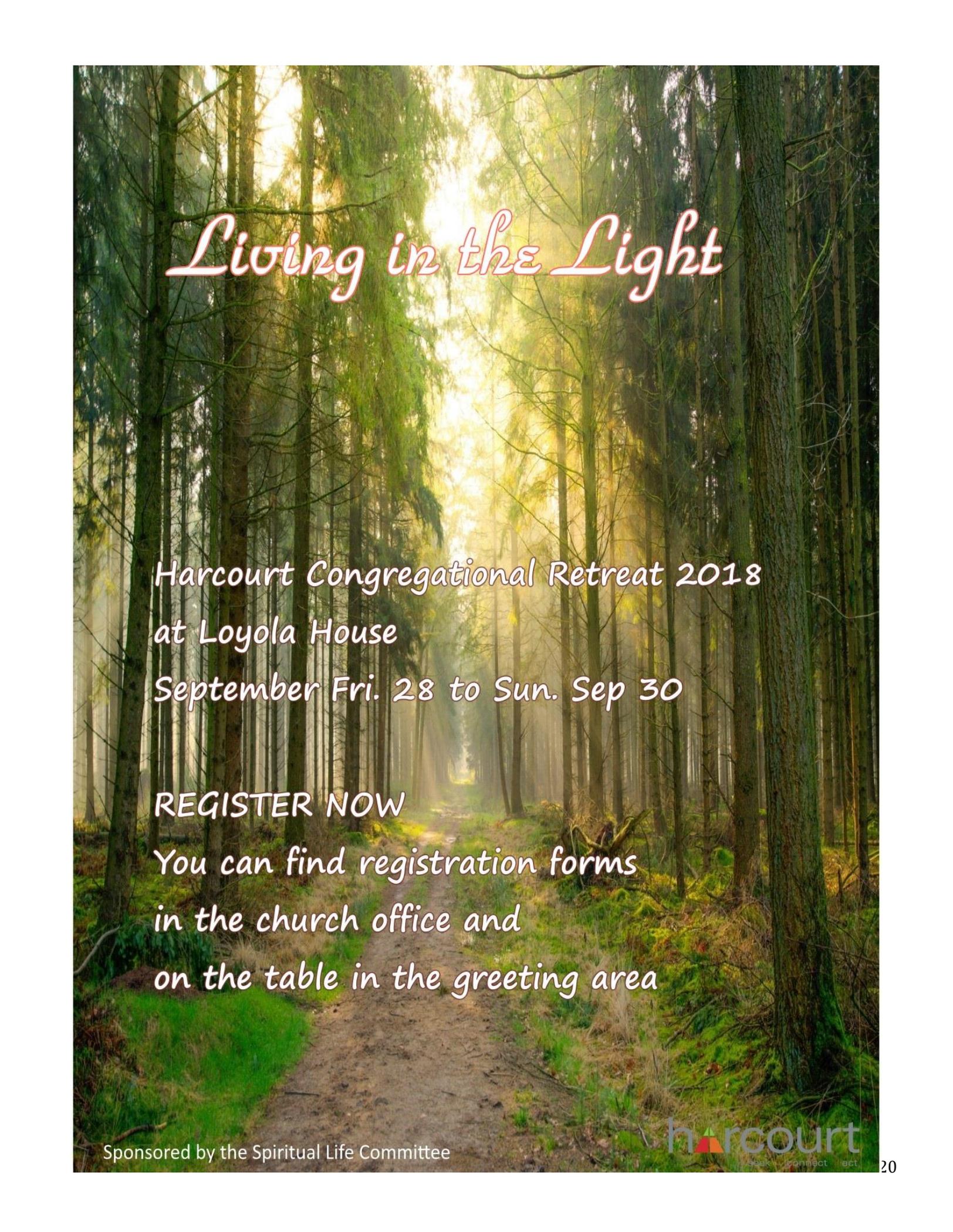
Guelph Community Orchard Project

by Jill Gill

There has been plenty of activity in the Community Orchard this past month. We held a volunteer work 'party' in mid-July to do some much need maintenance – weeding and trimming of blackberry canes. The section that was weeded was covered in cardboard sheets (to discourage weed growth) and then spread with compost that was donated by AIM Environmental.



This effort was completed on July 30 when we were treated to a visit by 12 lively teens from across Canada (all provinces were represented except P.E.I. and Nova Scotia) who were taking part in a six week 'pilgrimage' as part of the United Church of Canada's Go Project out of Islington United Church in Toronto. They were accompanied by two young adult leaders. They spent an active two hours weeding, card boarding and moving compost before being bussed down to Chalmers Community Services Centre at 41 MacDonnell to see the new facilities and learn about the program to assist food-insecure folks in our community. Contact: Jill Gill at peter.gill@sympatico.ca

A photograph of a forest path with sunlight filtering through the trees. The path is dirt and leads into the distance. The trees are tall and thin, with green foliage. The sunlight creates a warm, golden glow in the center of the path.

Living in the Light

*Harcourt Congregational Retreat 2018
at Loyola House
September Fri. 28 to Sun. Sep 30*

REGISTER NOW

*You can find registration forms
in the church office and
on the table in the greeting area*

Local Urban Farm Tour Participants Praise Harcourt's Communal Garden

by Jill Gill



This has been a very productive season, so far, in the vegetable garden. The warm, sunny weather (with the help of regular waterings) has yielded abundantly. We have had bumper crops of asparagus, lettuce, zucchinis, cucumbers, and beans. The tomato plants are laden with green fruit that is struggling to ripen because of the hot daytime temperatures this summer. We are confident that they will turn red with cooler temperatures that will surely follow.

All of the produce which we harvest is donated to Chalmers Community Services Centre in downtown Guelph to augment the non-perishables that are offered to the guests in the food pantry.

We were part of the Transition Guelph sponsored self-guided Urban Farm Tour on July 21st and were visited by 15-20 folks who were impressed with our ability to grow so much produce (more than 4200 lbs. in the past 7 seasons) in such a small space. Bryan McPherson (part of the Rooftop Garden Group at 42 Carden Shared Space) taught a workshop on 'Growing vegetable and flowers in Self-watering Containers' with information on how to construct the containers, plants to choose and how to care for them.

As part of the Guelph Community Garden Network, we will likely be taking part in a Salsa Tasting event, where participating gardens have grown at least 80% of the ingredients in the Salsa they have prepared. Hold the date of Sunday, September 23 (afternoon) and I will give further details when they are worked out.

contact: Jill Gill at peter.gill@sympatico.ca



Who Is My Neighbour?

Are you looking for a meaningful challenge?

Why not volunteer as the

Harcourt Co-coordinator for Saturday Night Suppers!

“...when you did it for one of the least of these my brothers and sisters, you were doing it for me!”

**Make a difference for
those who appreciate it the most**

Contact Jill or Peter Gill at (519)767.1244
or at peter.gill@sympatico.ca

FOOD TRUCK MONDAYS

Hosted by **harcourt**
seek | connect | act



September 10 to October 1, 2018
4:30pm to 8:00pm

Join us for an evening of food and community.

There will be children's entertainment,
bubbling and more. Open to everyone!

In the parking lot of Harcourt Memorial United Church
87 Dean Avenue, Guelph, ON

Food Truck Mondays – a Harcourt Hospitality Initiative

by Anne Purkis

You may have seen them at festivals, in parks and other venues including our sister United churches around the Royal City - Food Trucks are providing folks in Guelph an array of global cuisine options. Soon they'll be coming to our neighbourhood too! For **four Monday evenings, beginning Monday, September 10 to October 1 from 4:30 to 8:00 pm** Harcourt will



host some of Guelph's most loved food truck vendors serving up a taste of something different in a casual, convenient and family-friendly way. Over the four Mondays we'll have an opportunity to sample a diverse selection of foods prepared from fresh, local ingredients by vendors who specialize in a variety of ethnic treats such as pierogis with various delicious toppings, authentic Mexican and Indian foods, gourmet sandwiches and

wraps, or fresh baked cupcakes and Ontario's famous Kawartha Dairy ice cream. Selections will vary weekly depending on which trucks are here, but no matter what you choose to eat you'll find a warm welcome always awaits you at Harcourt. There will be entertainment and fun activities for the kids, so bring your picnic blanket or lawn chairs, invite your neighbours and friends to join you and kick back and treat yourself to an evening of fun, food and friendship. Mark your calendar now...

Check Your Pockets For UNICEF's Sake

by Jean Julian

The Guelph UNICEF committee is collecting **foreign currency** to raise funds for UNICEF. UNICEF, the world's leading advocate for children, has projects in over 150 countries to provide health care, safe water, sanitation, education and emergency aid to some of the world's most vulnerable children.

A donation box has been placed on the table in the greeting area for any foreign currency you might wish to donate. Currency from a recent trip as well as any you might have

collected in the past and have hidden away somewhere can all be used to help fund UNICEF projects in the developing world.

Dinner Time!! Saturday Night Supper

by Jill Gill

Harcourt's next opportunity to host Saturday Night supper is **September 15** at Royal City Church, 50 Quebec Street. To donate food please see the sign-up sheet on the desk in the Greeting Place or sign up online at Sign up Genius by going to the Harcourt website, click on "Connect with Community", then "Saturday Night Supper", scroll down and click on "Sign up Online" to pick a slot. All servers for the night are in place, but we need several more casseroles to be donated. Volunteers and food should be at Royal City Church (enter via back door) by 5 p.m. Volunteer servers will be needed until 8 p.m. Thank you, in advance, for your continuing generous support of this outreach project. Our final hosting of SNS for 2018 is on December 22. Contact: Jill Gill at peter.gill@sympatico.ca

Upcoming Program: Awakening Your Compassionate Observer

by Andre Auger

Ever notice that people with a regular spiritual practice seem to be able to better take things in stride? They just seem to take life as it comes, without judgment... What's that all about? In some spiritual traditions, this is the fruit of "mindfulness"; in the Ignatian tradition, it's called "creative indifference"; in still others it is known as cultivating the "Compassionate Observer." In general, it is associated with learning to love as God loves – without judgment.

Awakening our Compassionate Observer involves learning how to become aware, observe, simply note, suspend judgment, become mindful, get some distance from our busy ego, and learning to love as God loves. One can't cultivate the Compassionate Observer by reading about it! One learns it by doing. Interested in exploring this feature of intentional spiritual life? I will be teaming up with Natalia Brajak, a therapist, yoga instructor, and well-versed in the practices that train the Compassionate Observer. We will be offering a ten-week workshop, involving a step-by-step process to become aware of, and live out of, our Compassionate Observer.

Details as to time and place will follow as soon as they are finalized. We hope to start after Thanksgiving.

August 16, 2018

Harcourt Memorial United Church
87 Dean Ave.
Guelph, ON N1G 1L3

Dear Neighbors,

Many of you will know that Dunara Homes for Recovery Inc. has been providing residential support to adults who have mental health illnesses for the past 31 years. Dunara has been very blessed with renting from the Diocese of Hamilton the property at 329 Gordon St.

Early last fall, Dunara was informed by the Diocese that our lease would not be renewed after December 2019. The house is in great need of constructional repairs and the church wants to re-purpose the building and Dunara will not be part of that re-purpose.

We have been house hunting all over the city seeking a property that would provide the space that is required to continue to offer our programs and services. We required not only a home with multi bedrooms but also a property that could accommodate our parking needs. We are staffed 24 hours a day, 7 days a week.

We are very happy to report that we have found and **purchased a new property at 85 Dean Ave.** It is wonderful that we will remain in this neighborhood that we have been apart of since 1984. The familiarity for our residents as well as our community members is of great importance to all. We have some fund raising and renovations that are required prior to moving in, so at this time there is no formal move in date. The Diocese is allowing us to take our time to transition and are willing to be very flexible. Management will be moving first and then the residents and staff.

We look forward to our new location and the new relationship we will have with Harcourt Church and we will keep the Church Staff up to date with our progress.

Sincerely,
Yvonne Bowes
Executive Director

**DON'T FORGET
THE BLESSING OF THE ANIMALS SERVICE**

**Sunday, September 23rd
Harcourt United Church**



“For the fate of the sons of men and the fate of beasts is the same. As one dies so dies the other; indeed, they all have the same breath and there is no advantage for man over beast, for all is vanity. All go to the same place”. Ecclesiastes 3:19-21

An Invitation to Attend The **VOLUNTEER** APPRECIATION CELEBRATION

For: Harcourt
Volunteers

When: Wednesday,
Sept. 26th

Where: 16
University

Ave.E.(BARHAM
RESIDENCE)

Time: 6:30 – 9pm
(DROP-IN/COME &GO)

Parking: In the nearby University parking area and
on the street after 6pm

HOORAY!!

If you have EVER said: **“YES”** to volunteering your time and
energy for the Harcourt family/community, this invitation
is for YOU!

Your contribution IS appreciated and YOU are appreciated!

“Volunteers are love in motion”

Counting the Days!

by Janet Webster

If there is a heat wave, it must be time to remind everyone that **All Things Christmas** is on the horizon! Sorry to mention it while most are still enjoying the summer, but planning is under way for this annual, go-to-Advent fundraiser. We want to hear from anyone interested in adding their ideas, creativity and energy. We have a lot of fun, do some great socializing and add needed funds to the Harcourt budget.

Once again, we build on previous experiences and incorporate fresh suggestions. For now, please set aside any large plastic pots for the arrangements and unused portions of potting soil. Your baking and preserve donations were VERY popular last year so why not prepare an extra batch of jelly, jam, pickles, or relish from the summer bounty?

Start looking over those favorite recipes for squares, cookies, pies, and tarts. We usually source cedar, and red twig dogwood at the Morris property but learned that white pine is more difficult to find and is particularly attractive in its draping quality. If you are planning to prune any white pine, juniper, or English oak please consider waiting until late November so we can use them in arrangements. Birch branches /twigs are also popular with our designers.

The Treasure Corner welcomes donations of costume jewellery, new or nearly new serving pieces, crystal, china. Please hold on to garage sale type items until next spring. Last November, we decided to forego the tea room, mainly because of the construction and plumbing issues. Instead we offered coffee/tea and muffins and this was quite successful, so we plan to continue this.

Every year we have a willing customer for lights or an artificial tree so we will accept these donations as well. So ... set aside **November 22, 23** to assist in the conversion of the Harcourt gym into a Seasonal Greenery Centre and help us welcome the public to our amazing sale on **November 24**.

For more information or to volunteer, watch the Herald or contact the Websters at 519 821-0953 or email at fwebst0953@rogers.com.

**Guelph Wellington Seniors Association
Feeling Better Move Well Program**



What: A gentle group fitness class

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

When: Thursdays, starting Sept. 11th, 2018 10-11 a.m.

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

A donation of \$2.00 a class is gratefully appreciated

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

Classes have aerobic, strength, balance and stretching components.



Helping Seniors Age Successfully

ANNOUNCEMENTS

Births:

HOFER, Emily Isabel on July 27, 2018. Emily is welcomed by Laura, Mike and brother Isaac.

Passing:



CROW, William Mark (Bill). Died July 17, 2018 at Ardyne Farm, Puslinch Township Ontario, the same place he was born July 4, 1938. Much loved husband for 53 years of Marilyn (“Lynn”) Crow, nee Jamieson. Bill took over the family farm from his father in 1964, now carried on by his children and grandson Cameron. A devoted farmer, Bill’s purebred Yorkshire pigs were awarded the Premier Breeder banner at the C.N.E. and the Royal Winter Fair many times. His swine exporting business, Canstock Exports Ltd., shipped purebreds from many Canadian herds around the world. He served on numerous agricultural committees, was export chair of the Ontario Pork Congress and judged internationally. In his retirement Bill embarked on the challenge of raising horses by

breeding Standardbred mares. In lieu of flowers, memorial gifts to the Aberfoyle Agricultural Society, 7 Clair Rd. W., P.O. Box 27011 Guelph ON, N1L 0C1, would be appreciated by the family.



CARTER, William George (Bill). Died on July 23, 2018. Born in Chatham, ON., on December 5, 1923 husband of Glenna May Carter (Pound) (Deceased). Bill had a love of life, travel, adventure and an entrepreneurial spirit. His generosity was felt by both people he loved, and causes he was passionate about. He was a gifted story teller, writer and avid collector. He proudly served in the Navy and was a WW2 veteran. After graduating from McMaster University, he travelled to New York City and Chicago to work for 12 years. He then returned to Canada where he was a high school teacher at Campbellford District High School. In later

years, he lived between Guelph and Clearwater, FL. In lieu of flowers, donations to McMaster University (Alumni) or Sunnybrook Hospital (Brain Trauma Research), would be appreciated by the family

Other Announcements:

Check out Harcourt member Lynn Hancock's spiritual exercises in *Bubbling*. Watch the video [here](#).

Sep 28 to Sep 30: Living in the Light Harcourt Congregational Retreat 2018 It's often difficult to know what to do as Christians in these dark times...Join us our Annual Congregational Retreat when we will explore ways to "live in the Light," and to "be the Light." At Loyola House. Registration forms are available in the Greeting area and in the sitting area outside the Office.

GUM News:

Trinity's Huge Indoor Garage Sale

Trinity United Church, 400 Stevenson St N., Guelph

Friday September 28th, 3 pm to 8pm & Saturday September 29th 7 am to 12 noon

Books, toys, household items, china, glassware, kitchenware, games, CDs, DVDs, sports equipment, garden utensils, linens, pictures, frames, giftware, collectibles, small furniture, small appliances, and much more!!!

Pulled Pork or Chicken & Mac Dinner

Trinity United Church, 400 Stevenson St N., Guelph

Friday, October 12, 5-8:30 pm. \$15/adults, \$7/children under 10 & Free for under 4. Tickets through the office. 519.824.4800 Ext 1. Eat in or take out.

Holly Fair Bazaar

Trinity United Church, 400 Stevenson St N, Guelph

Saturday, November 4 - Breakfast with Santa 8:30-9:45 am, Silent Auction 8:30-12:00 noon, Lunch 10:30-1:00 pm. 519-824-4800 Ext 1 for more info.

Do you have an announcement or comment you would like placed in the Harcourt Herald?
Contact Gill Joseph at theherald@harcourtuc.ca
or leave a message at 519 837-8453

Behind The Scenes

Once used as a protest against the absence of religion in public schools, home schooling is now gaining popularity outside of the faith community.

Home Schooling in Canada: The Current Picture

Deani Van Pelt, Ph.D.

Senior Fellow, Fraser Institute

Modern-day home schooling in Canada is over 40 years old. In this alternative method of education, parents are in charge and responsible for their children's education and learning primarily takes place outside of an institutional setting. Although always legal, it has not always been understood.

The story of home schooling in Canada is a story of growth: growth in the research, growth in regulation, and growth in enrolments.

Consider the research. Shifts are evident in why families home school, how they approach it, and the impact on adult life. Where once it was ideologically or pedagogically driven, more families are now choosing it simply because it is possible and practical. Curriculum and organizational supports are widely available. Home schooling offers flexibility for increasingly diverse family lifestyles. Research points towards forms of home education associated with higher academic achievement (academic motivation and more structure). It was found to have a dampening effect on characteristics sometimes associated with lower academic performance (lower income, lower parental education, gender, race, and special needs). Generally, home-schooling parents lack teaching certification and yet one recent US study of 11,739 home-school students found average percentile scores at 84 (language and math) and 89 (reading). Home-schooled students were found to have significantly higher final grades in post-secondary calculus than all peer groups. Several studies show that home-educated students were more likely than their peers to have secondary school as their highest level of education, yet in Canada they were also more likely to complete a doctorate or professional degree and to hold a professional or managerial occupation.

Next consider the regulation. Recent expansions of the regulation are evident in at least five Canadian provinces, with regulation ranging from low to moderate to high. All provinces require that parents notify authorities of their home schooling but six of the ten also require some reporting of student progress or submission of an educational plan. The three high-regulation provinces (Alberta, Saskatchewan, and Quebec) require official approval of the education plan and/or of the student progress. Funding is available directly to parents in

Alberta and in some school districts of Saskatchewan, and a modest amount is available in indirect support in British Columbia.

Finally, consider enrolments. While home schooling has grown to about 3% or 4% of the US student population, it represents less than one-half percent of the Canadian student population. It is quite possible that this under-represents the actual extent of home schooling because researchers have found that some families do not register their home school with local authorities. Even so, although the overall official enrolments are modest (0.4% of the public-school student population), in the five-year period immediately following the last edition of this paper (2006/07–2011/12), official enrolment in home schools has grown by 29% in Canada. For the same period, enrolments in public schools, aggregated for Canada, declined by 2.5%. Average annual growth in home-school enrolment, again for all of Canada, is 5%. By province, average annual growth in enrolments ranged from 3.9% in Alberta to 13.8% in Newfoundland & Labrador. Only British Columbia had an average annual decline of 5% in home-school enrolments but, when increases in enrolments in distributed learning were included, then the growth was, on average, 14.4% per year. Furthermore, based on official enrolments and conservative calculations, in 2011/12 home-schooling families saved Canadians \$256.4 million, \$95 million of which was in Alberta and \$60 million in Ontario.

The expansions of the research, regulation, and enrolment in home schooling in Canada should not be overlooked by policy makers, parents and professionals as innovations and efficiencies are sought for the next era of learning and teaching in this country and beyond.

For more information and to view the report on the Fraser Institute study on home schooling, visit <https://www.fraserinstitute.org/sites/default/files/home-schooling-in-canada-2015-rev2.pdf>

For a personal look at the pros and cons of home schooling in Canada visit: <https://canadianbudgetbinder.com/2013/01/21/the-pros-and-cons-of-homeschooling-in-canada-part-2-of-2/>

Q. What was the first medicine mentioned in the Bible?

A: Moses and the two tablets.

How Can Food Help You Perform Better on Exams?

First off, getting a good sleep is important for exam success. A heavy meal too close to bedtime can interfere with a good night sleep, so try to have your last meal of the day at least three hours before going to bed. Experts say that you can have a small snack such as a bowl of high-fibre cereal like porridge just before bedtime. However, if you need to sweeten a cereal snack before bedtime, nutritionists suggest that you go for dried fruit rather than sugar. Avoid any foods and drinks that contain caffeine, such as tea, coffee, cola and chocolate, for least four hours before going to bed. Some people who are very sensitive to caffeine can still feel the effect 12 hours later. A warm glass of milk can also help you to sleep well.

Research shows that students who eat a good breakfast perform better in exams. They suggest that the best breakfast for exam success should include slow-release carbohydrates, such as whole rolled porridge oats, whole grain bread or low-sugar muesli, which provides slow-release energy. Add protein, such as milk, yoghurt or eggs, which will keep you feeling full for longer. On exam day include a portion of a food rich in long-chain Omega-3 fats, such as smoked mackerel fish (no kidding), as they are believed to have brain-boosting properties.



A study of university students found that those who brought drinks, especially water, with them into the exam performed on average 5% better than those who didn't. Start the day with a big glass of water or fruit tea. Healthy drinks such as milk and small amounts of fruit juice count too but water is ideal. Tea and coffee are also good, but they are high in caffeine and may add to stress. Stay away from sweet fizzy and energy drinks, whose high sugar content will lead to energy peaks and troughs. <http://www.bbc.co.uk/guides/z3xdq6f>

A Pre-Exam Prayer

This is the sound of an examination room
The quiet scratching of pens
The flutter of turning pages
The sighs and coughs and clearing of throats
I am wise, I am calm
Be with me Lord
In my reading
In my thinking
In my communicating
I am ready

Harcourt Calendar – September 2018

Updated August 14, 2018 – www.harcourtuc.ca for most up-to-date information

Sunday September 2

10:00am Worship Service [S]

Monday September 3

Church Closed

Tuesday September 4

Office Closed

9:45am GWSA Exercise Program [G]

Wednesday September 5

1:30pm Tai Chi [F]

6:00pm Preschool Registration [G]

7:00pm Rainbow Rehearsal and Registration [S]

Thursday September 6

8:45am MindStretch [C]

7:30pm Choir Practice [M]

Sunday September 9

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

1:00pm Rainbow Chorus [M]

Monday September 10

Office Closed

11:45am Caroline Harcourt Women's Fellowship [F]

1:30pm Prayer Shawl [202]

4:30pm Food Trucks [P]

7:00pm Scouts [G]

Tuesday September 11

9:45am GWSA Exercise Program [G]

6:45pm Cubs [G]

7:00pm Property Committee Meeting [L]

7:00pm Worship Committee Meeting [C]

7:00pm Bell Choir [M]

Wednesday September 12

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Rainbow Rehearsal [S]

Thursday September 13

8:45am MindStretch [C]

10:00am Ignation Exercise Group [C]

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

7:30pm Choir Practice [M]

Sunday September 16

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

Monday September 17

Office Closed

1:30pm Prayer Shawl Group [202]

4:30pm Food Trucks [P]

7:00pm Scouts [G]

Tuesday September 18

9:45am GWSA Exercise Program [G]

11:00am Stroke Recovery Lunch [F]

1:30pm GUM Pastoral Care Meeting [C]

4:00pm Small Group Leaders [C]

6:00pm Magnolia Cooking Class [K]

6:45pm Cubs [G]

7:00pm Finance Committee Meeting [202]

7:00pm Bell Choir [M]

Wednesday September 19

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Rainbow Rehearsal [S]

7:00pm Council Meeting [C]

Thursday September 20

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

Friday September 21

7:00pm Junior Youth Group [S]

Sunday September 23

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

Monday September 24**Office Closed**

1:30pm Prayer Shawl [202]
4:30pm Food Trucks [P]
7:00pm Scouts [G]

Tuesday September 25

9:45am GWSA Exercise Program [G]
6:00pm Magnolia Cooking Class [K]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday September 26

1:30pm Tai Chi [F]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Rainbow Rehearsal [S]

Thursday September 27

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

Friday September 28

7:00pm Royal City Uke Fest [S]

Saturday September 29

All Day Royal City Uke Fest [S]

Sunday September 30

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service