

The **Harcourt Herald**

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

October, 2018



**Bubbling with
Enthusiasm:
Meet Harcourt's
Lynn Hancock**

**Check out the
Harcourt YouTube
Video Channel**

**Some Cool Ideas for
October Fun!!**

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

Director of Music Ministry:
Alison MacNeil (ext. 225)
alison@harcourtuc.ca

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 Rev. Dr. Richard Bott, Moderator of The United Church of Canada



The United Church of Canada is celebrating a number of milestone events which have played a significant role in shaping this United Church of ours. Below, are a few thoughts on each of these anniversaries.

50th Anniversary of A New Creed

“As one who loves the liturgies of the Christian faith, I’ve always seen ‘A New Creed’ of The United Church of Canada to be not only an internal reminder of our shared faith, but also one of our gifts to the wider church. From ‘We are not alone, we live in God’s world’ to ‘thanks be to God,’ the rhythm and poetry have helped us to celebrate some of our understandings of the relationship between God and God’s people.”

50th Anniversary of the Union between the United Church and the Evangelical United Brethren

“The United Church of Canada gained a great deal in this amalgamation – not only in the gifts of leadership offered by Evangelical United Brethren ministers who became national staff, but from the many congregation members who lifted up faith education for every age and stage of life.”

30th Anniversary of the “Membership, Ministry and Human Sexuality Statement,” 1988 General Council

“As a Commissioner to the 32nd General Council, I vividly remember the struggles that we went through in trying to discern how God was calling us to live. A great amount of heartache, hope, and prayer formed into, ‘all persons, regardless of sexual orientation, who profess their faith in Jesus Christ are welcome to be or become members of The United Church of Canada’ and that ‘all members of the United Church are eligible to be considered for ordered ministry.’ Looking at my colleagues in ministry across the United Church, I am awed by the depth of gift that the church would have lost with any other decision. Though there is still work to do, ‘MMHS’ gave us a vital place to start.”

70th Anniversary of the Founding of the World Council of Churches

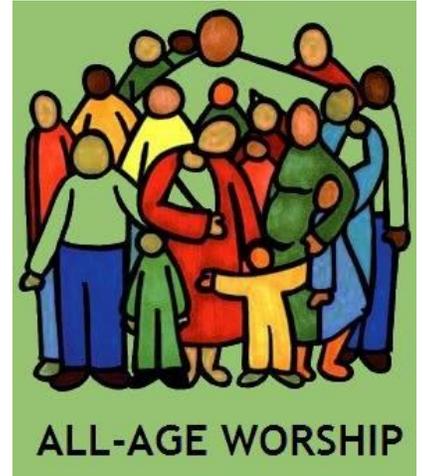
For 70 years, the World Council of Churches has helped Christian communities of faith the world around to learn from one another, and to support unity, common witness, and Christian service. From helping us to understand shared theological ideas (as in ‘Baptism, Eucharist, and Ministry,’) to practical, hands-on, ministry (like the work to help individuals living with AIDS), the World Council of Church has brought us together as Christ’s people.

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

October 7, 2018 Creation 5 - Humanity Sunday/ Thanksgiving
World Wide Communion

October 14, 2018 Creation 6 - Mountain Sunday

October 21, 2018 Creation 7 – Sabbath Sunday

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

by Lorraine Holding, Chair of Council

At our September 19th meeting, Council continued work along our Harcourt 20/20 journey. Our context of transition and discernment about where God is leading Harcourt is still a 'work in progress'. As we move forward with experimentation and learning more about possibilities, our collective understanding and decisions as a congregation are evolving.



As I mentioned in my last update, Sonya Wu-Winter is actively working on a short contract to help us by researching our local community and the broader church environment for possibilities and models of community engagement and development. We are exploring what radical change might look like, and what staffing support would be helpful. At our meeting, she and Tammy teWinkel led discussion on two checklist tools to help us reflect on our experiments: the 'being with' approach (not 'doing for') arising from encounters and experiments; a spiritual debriefing to glean learnings.

As part of our exploration we will support a small group from Harcourt to attend the Reimagine Conference in Hamilton, October 19-20. Its focus: *"Our imagination for what it means to be the Church in Canada is changing ... dramatically! It's time to gather together with groups from across the country who are practicing what it means to be a life giving presence in, with, and for the neighbourhood."* Sound familiar?

Council received a Request for Action from some Harcourt members who experience our three worship services: to begin a process of consultation to replace the pews with flexible seating, and within six months to present a recommendation to the congregation for approval of an implementation plan. We decided to proceed with this request. The topic has been floating through various discussions and reports since 2006. In fall 2015, Council set aside action due to Wendy Brown's retirement announcement and the ensuing Harcourt 20/20 journey, needs assessment process and resulting decisions. It is time to initiate a plan for consultation and decision by the congregation. Council's next step is to name an ad hoc team to provide leadership for this task. More details about the consultation and conversation plans will be developed in October. We know that you will want to be part of this process over the coming months.

Council received Jim Ball's letter of intention to take sabbatical leave in spring 2019. He will work with Ministry & Personnel Committee (M&P) and the staff team to finalize details with regard to timing and focus. The planning template developed by two previous Sabbatical Coordinating Teams will be helpful. Council asked M&P to recruit a similar team for appointment at our October meeting. More details will come when available.

What is God up to in our community? Keep watching, listening, participating and sharing – internally and externally. Thanksgiving weekend reminds us to express gratitude for our interactions with other people, learning, wisdom, and the presence of the Spirit among us.

With faith and hope





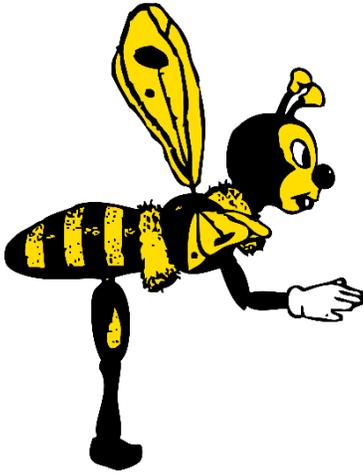
What Do YOU Like about Harcourt???

Find out on our
Harcourt Church YouTube channel

<https://www.youtube.com/watch?v=RBF55CS32UM>

Church office
Tel: 519-824-4177
E-mail: office@harcourtuc.ca
Web Site: www.harcourtuc.ca
Seek – Connect - Act

The Latest Buzz...



- **Time Capsules Emerge from the Rubble of a Church**

The demolition of Knox Metropolitan United Church on 109th Street in Edmonton turned up some unexpected pieces of history. During the demolition, workers discovered that two of the church's cornerstones were hiding time capsules.

<https://www.ctvnews.ca/canada/two-time-capsules-discovered-in-rubble-of-edmonton-church-1.4072325>

- **Ontario United Church Wins Award for Bee Keeping**

Bee City Canada encourages cities, towns, First Nations, schools, businesses and other organizations to take action to protect pollinators. Greenwood United Church in Peterborough is the first faith community to be recognized by Bee City Canada.

<https://globalnews.ca/news/4415114/greenwood-united-church-bee-canada-recognition/>

- **Two-Hundred-Year-Old Church Celebrates with Historic Fashion Show**

From corsets to crinolines and bonnets to bellbottoms, a fashion show at Waterford United Church in Simcoe offered a glimpse of what worshippers have been wearing over the past 200 years. <https://www.simcoereformer.ca/news/local-news/church-fashion-through-the-ages>

- **Chew On This!**

The United Church of Canada encourages members to join *Dignity for All's* **Chew on This!** campaign to raise awareness about poverty and food insecurity in Canada. On October 17, the International Day for the Eradication of Poverty, ask Prime Minister Trudeau for a stronger fully funded anti-poverty strategy for Canada. <https://dignityforall.ca/chew-on-this/>

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

Committee & Group News

Property Committee Activities in September

Dave Hume, Chair of the Property Committee



The members of the Property Committee welcomed our Custodian Darko Cikovic back after his holidays in August. At the regular Property Committee Meeting on September 11th, a report prepared by Colt Seraphim, who was one of our summer student assistants, separated rentals into various categories. It was interesting to see how much of the rental income has to do with music events, such as the KW Symphony concert, Kiwanis Music Festival, Upper Grand School Board music competition, University of Guelph Choir concert, the Rainbow Choir rehearsals and concert, etc. The Harcourt Sanctuary has excellent acoustics for music. Another surprise for me was that over half of the rentals are for youth and children. Part of that is because the single biggest item in rental income is for the Royal City Pre-School.

We had a work party on September 17th at which we removed the pile of topsoil at the front of the property and distributed it to areas in need of more topsoil. Thanks to Frank Webster, Sarah Lowe, Darko and I guess I can include myself. Darko and I also rebuilt the gardens beside the steps to the main entrance to the church. Gary Parsons and Larry Smith helped look after getting tables and chairs out for the overflow crowd that came for the Food Trucks Event on Sept. 17th. It was interesting to see how, in the perfect weather, people lingered and visited until dark.



Gary Parsons and Larry Smith and others set up tables and chairs for the Food Truck Event and then put them away again. Thanks! Here's hoping the good weather continues for the next two Mondays.

The Property Committee has pretty much exhausted our annual budget because we kept going to try to convert our lighting to LED lights. That is essentially finished now. Part of the rush to get it finished was because we were uncertain if the rebates for energy-saving changes would continue. We now have received rebate cheques from Guelph Hydro totaling \$2,300.00.

Caroline Harcourt Women: Fraud Unit to Educate and Spread Awareness

by Lynn Hancock



Caroline Harcourt Women's Group is meeting Monday, October 15th at 11:45 in the Friendship Room. Please bring your own first course and treats and tea will be served. Our special guest will be Detective Constable Jackie Egger from the Fraud Unit, Guelph Police Service. She hopes to "spread awareness and educate". She plans to invite women to share personal stories related to fraud and offer a question and answer period. With her help, we can be more informed and less afraid.

Harcourt Library – Take a Book Out for Lunch!

by Mary-Lou Funston, Library Committee

This month we are featuring the new books in the Library. Please take a look at them and borrow what interests you.

- * Joining God, Remaking Church, Changing the World
The New Shape of the Church in Our Time
Alan J Roxburgh 211 ROX

- * Kitchen Table Wisdom
Stories That Heal
Rachel Naomi Remen, M.D. 613 REM

- * Unbelievable
Why Neither Ancient Creeds Nor the Reformation Can
Produce a Living Faith Today John Shelby Spong 230 SPO

* The Spirituality of Wine

Tom Harpur

200 HAR

And for the Children

* Thankful Together

Holly Davis

P DAV

These books will be on the display shelves of the Library. I hope you enjoy them.

Over One Hundred Plates of Food = Thank you From Saturday Night Supper

by Jill Gill

Many thanks to everyone who volunteered to serve and donated food for the Saturday Night Supper at Royal City Church on September 15. We had 85 guests who, along with our volunteers, managed to eat their way through 163 plates of delicious food! We received many accolades about the food and fellowship. Harcourt is recognized as a generous support congregation for this worthwhile outreach initiative that caters wholesome meals for some of our community's most vulnerable and food-insecure folks. Kudos. Our next opportunity to host SNS is December 22. More details in next month's Herald.

Ben Fear – Before and After

by Bill Lord, Men's Group

The Harcourt Men's Group will meet **Wednesday, October 10, 2018**. This is the second meeting of the fall term. The speaker will be **Ben Fear** an active member of Harcourt Congregation, and dedicated community volunteer. Also, many of you will remember Ben's and Norma's 15-year mission project in Uganda. His topic will be "**Remembering the war years--before and after.**"

All men are welcome to attend. You are invited to bring a friend or a neighbour who would enjoy this session. Murray Woods has signed up to 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 **November 14** for our next meeting.

Community News

Meet our Church Custodian!

Darko Cikovic has been the proud custodian of Harcourt Memorial United Church for over 17 years. Since 1994, after months of separation from his family, Darko was, and still is, profoundly grateful for the sponsorship approved by Harcourt Memorial United Church that helped to bring his family from war torn Sarajevo, reuniting them safely in Canada.

Darko keeps the inside and outside of Harcourt safe, clean and tidy, and undertakes small repairs to prevent disasters or get equipment functioning again. He notices who is in the building and parking lot and frequently provides them with support.



Darko also coaches youth soccer and basket ball teams in the community.

Harvest Time! Harcourt Communal Garden

by Jill Gill

When you read this we will be approaching our final few weeks of harvest in the Harcourt Communal Garden. Our crops this year have produced abundantly and as of September 13th, we have harvested 166.55 kgs. of organically grown vegetables and herbs.

Our most prolific producers have been cucumbers, zucchinis, tomatoes (with lots more still ripening), beans, asparagus and (believe it or not) lettuce.



On September 23, we hosted **Salsa Fest 2018** which is hoped to become an annual event. It is jointly sponsored by the Guelph Community Garden Network and the Guelph Neighbourhood Support Coalition. It's a family friendly festival with the main event being the making of a huge community salsa that is then shared among the participants. Each of the gardens/gardeners taking part

were asked to contribute some of the ingredients for the salsa from their own garden and even bring a salsa made with ingredients from their garden to share and compare at the tasting. I'll report back next month with details of the day!

Peter's Fragments: Bits and Pieces of Wisdom from Peter Jackson

"These fragments I have stored against my ruin."

Thus wrote TS Eliot in the final verses of his poem The Waste Land. This long, complicated poem sets out a dystopian view of the future, written just a few years after the First World War that killed much of a whole generation of young men. It is a tough read. Novelist and critic E.M. Forster wrote "It is about the fertilizing waters that arrived too late. It is a poem of horror. The earth is barren, the sea is salt, the fertilizing thunderstorm broke too late."

In light of this horrific future, Eliot says, he stores 'fragments' to sustain him after his inevitable ruin. He names three fragments. The first is "Why then Ile fit you. Hieronymo's mad againe." It alludes to a play, *The Spanish Tragedy*, in which the hero uses his gifts as poet and playwright to gain justice against the person who murdered the hero's son.

The second of Eliot's fragments is "Datta. Dayadhvam. Damyata." These sounds are the voice of thunder in the Hindu scriptures, signifying self-restraint, compassion and charity.

The third fragment is "Shantih, shantih, shantih", the closing words to a sacred Sanskrit scripture, loosely translated as peace, peace, peace, the peace that passes all understanding.

Justice, self-restraint, compassion, charity and peace. Not a bad collection of fragments to take into your decline and ruin. Not a bad set of values for us to uphold against the tyrants of our day, Doug Ford and Donald Trump, if only we can figure out how to do that.

November's fragment will continue to explore what we might be able to do in the face of tyranny.

References:

Elliott, T.S. (2017). T.S. Elliott. *Collected Poems 1909-1962*, Faber and Faber Limited, London.
Forster, E.M. (1940). "T.S. Eliot". *Abinger Harvest (Pocket edition)*. London: Edward Arnold & Co.

Sharing Evenings Begins Again

by Lisa Browning

Sharing Evenings are seminars run by Harcourt member Lisa Browning. They are quite informal, but present an opportunity for people to hear speakers on a variety of topics and to talk together in an atmosphere of safety and community.

Here is the list of topics for October 2018 through June 2019:

October: You Are What You Eat

November: Addiction

December: Crystals and Oils

January: Meditation and Mindfulness

February: Childless - by Choice or Circumstance

March: Women and Entrepreneurism

April: Poetry

May: Energy Healing

June: Aging Gracefully

All evenings are held on the **third Thursday of the month, from 7-9pm**, and are free of charge. Contact the Church office for more information.

Happy Anniversary to the Guelph Community Orchard Project

by Jill Gill



September 15th was the **sixth anniversary** of the planting of the Guelph Community Orchard – with two locations – Harcourt and the Guelph Community Christian School on College Avenue. The orchard is a diverse mixture of native fruit and nuts trees and plants. It was design, planted and is maintained by volunteers and the produce is freely

available for anyone in the community to harvest and enjoy.

On the anniversary day, we had nine student volunteers from the University of Guelph's Project Serve join us to weed, mulch, harvest and generally tidy up the orchard site. They were an industrious group who accomplished everything I'd hoped, especially considering the blistering heat that day. We are most grateful for the continued volunteer support we get from Project Serve each year.

Conflict Resolution in the Midst of Violence

from the United Church of Canada Website

<https://www.united-church.ca/stories/conflict-resolution-midst-violence>

submitted in part by Ann Estill, Mission and Service

In Bethlehem, the largely Christian-Palestinian city of Jesus' birth, Wi'am strives to build a just society through mediation, conflict resolution, and non-violence. Its premises are bordered on one side by Israel's controversial separation wall (deemed illegal by the International Court of Justice in 2005) and on another side by a street that often sees confrontations between Palestinian protestors and Israeli soldiers. Rocks, tear gas canisters, rubber bullets, and live ammunition sometimes land in Wi'am's garden. "Simply being present here is an act of non-violence," Programme Manager Imad Nassar says.

Wi'am, a Mission & Service partner, works with all sectors of Palestinian society, Christian and Muslim, women and men, from schoolchildren to the elderly, addressing issues such as domestic violence, economic empowerment, peer relationships, and living under occupation.

In its work with schools, Wi'am teaches children and young adults the skills they need to mediate conflict in non-violent ways and how to live and work in a society under the constant stresses of occupation. Since starting its workshops, there has been a significant decrease in violence in the schools it has been working in. Former students talk about how Wi'am changed their lives, gave them confidence, and put them in situations where they met Israeli students like them on neutral ground—often the first time they'd met Israelis who weren't soldiers. How great it is to know our own gifts in weekly envelopes or PAR are supporting such a positive programme. Keep up the good work!



October is **Women's History Month in Canada**, a time to celebrate the achievements and contributions of women and girls across the country and throughout our history. In particular, please remember **October 11th** which is International Day of the Girl and **October 18th** which is Person's Day in Canada.

This year's theme is **#MakeAnImpact**, in honour of the women and girls who've made a lasting impact as pioneers in their field. Whether as business leaders, politicians, researchers, artists or activists, these women of impact have helped shape Canada into a thriving, diverse and prosperous country through their achievements and desire to make a difference.

As part of this year's celebrations, the Status of Women Canada will be launching **Women of Impact in Canada**, an online gallery that celebrates the achievements of more than 100 women and girls through photos and biographies that capture some of their many successes. The gallery is an educational resource, an introduction to the lives of these remarkable women, and a starting point for further discovery. Learn more about their contributions by exploring the gallery's interactive map and timelines, as well as the Learning Toolkit.

Check out the celebrations and learn about special Canadian women at <https://swc-cfc.gc.ca/commemoration/index-eng.html>

**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!

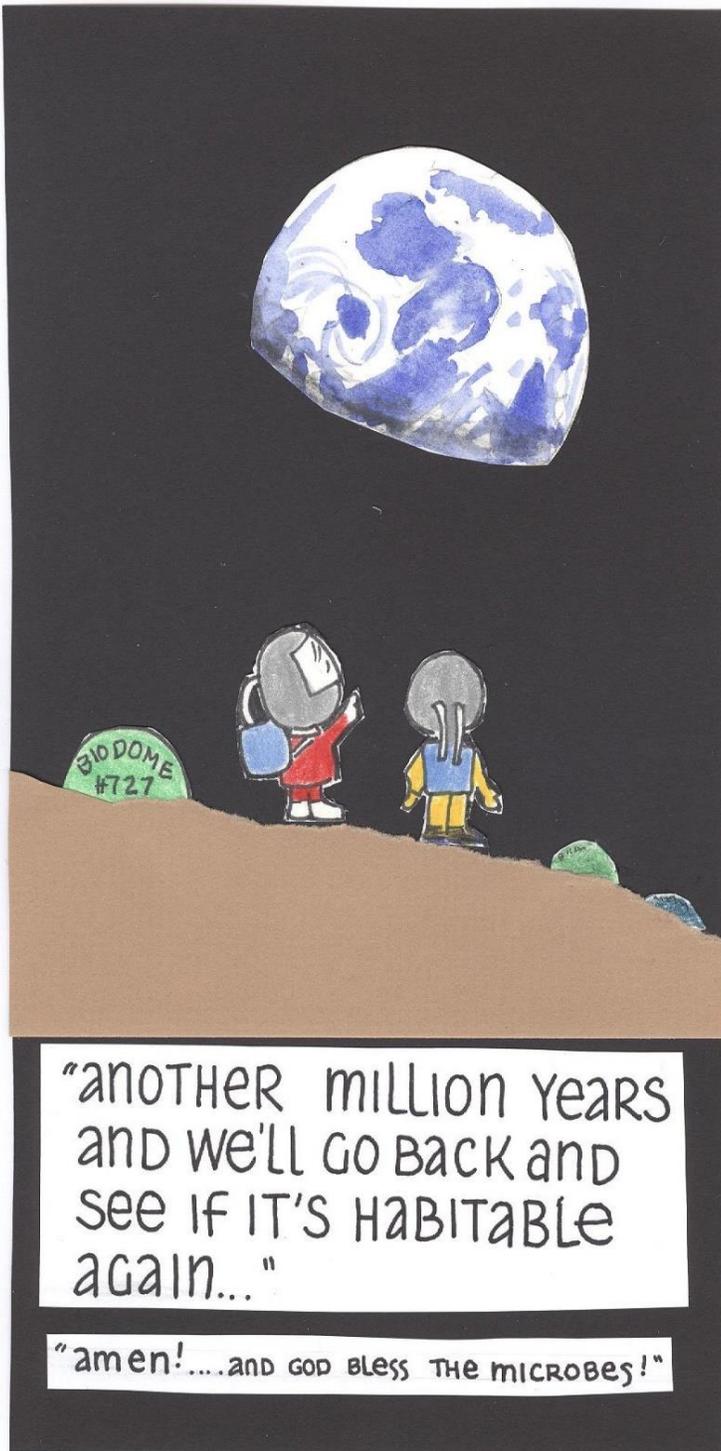
A donation of \$2.00 a class is gratefully appreciated

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

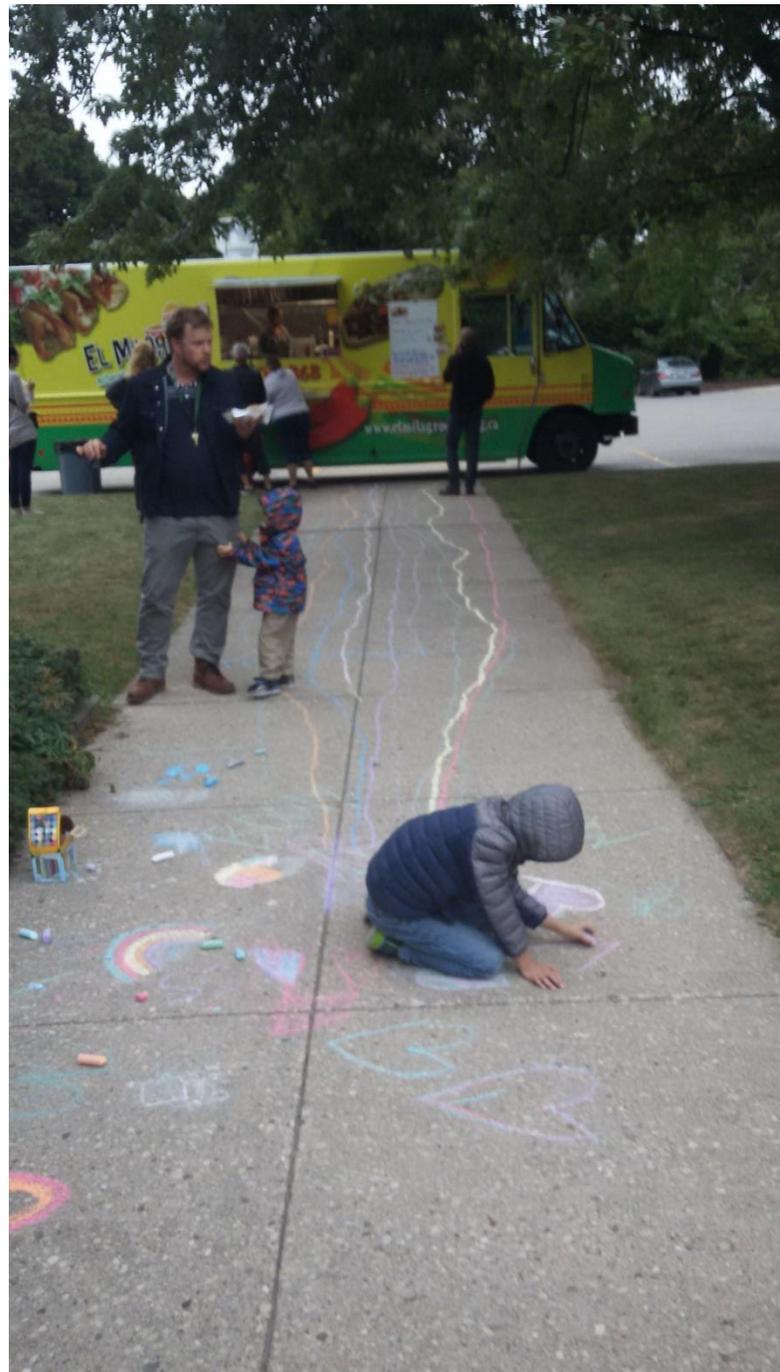


This cartoon by Roz Stevenson was inspired by the “Earthrise” photograph taken by Apollo 8 astronaut Bill Anders in 1968 and shown at Harcourt services during the season of Creation.

It also reflects the following comment by Guardian writer George Monbiot in his 2017 book *“Out of the Wreckage”* (p. 118)

“Let’s move to Mars: People who would consider the idea of living in the Gobi Desert intolerable – where, a realtor might point out, there is oxygen, radiation-screening, atmospheric pressure and one *g* of gravity – rhapsodise about living on Mars.”

Rain or sun..boy do we have fun! Yummy Food Truck Mondays at Harcourt.



Tis the Season Some cool October ideas



Calla lilies appetizer made of white cheese slices, carrots and scallion stems (with fennel and parsley).
Posted on Pinterest by Theresa Clark



Wall of Blessings. Clip number-stenciled leaves with pegs onto strings attached to picture frame. Add notes each day about how you are thankful. Good Housekeeping Crafts for Kids online.



Skeleton Halloween Appetizer – Photo by Gill Joseph. Skeleton mask cleaned and covered with plastic wrap. Prosciutto laid on the face, large green olives for eyes. Cocktail wiener ‘fingers’

Listen to the “Thanksgiving Song” by Mary Chapin Carpenter.
<https://www.youtube.com/watch?v=7NSQLMPUK-8>

All Things Christmas – What's Your Idea?

Janet Webster on behalf of the All Things Christmas elves

The Harcourt sale of greenery and arrangements has become a huge success and go-to event for many people in our neighbourhood. It returns on November 24, 2018 with preparations taking place November 22 and 23. If you enjoyed last year's sale in late November, please think of ways you could contribute this year. We will be meeting on **October 17 at 7p.m.** at Harcourt to discuss our plans for the 2018 version.

Tried and true aspects will be back such as: our costume jewellery table, nearly new corner (china, crystal, serving pieces, entertaining tableware etc.), baking and preserves shoppe, coffee and muffin café, as well as our signature greenery for do-it yourself types and creative stunning arrangements ready to go.

Here are some ways you can help:

- ✚ Collect your extra seasonal decorations and donate them,
- ✚ Gather and donate plastic pots 8" to 10" in size (washed please!!)
- ✚ Donate extra potting soil
- ✚ Reserve your trimmings of spruce, juniper, white pine, English oak, and similar boughs
- ✚ Dry your hydrangea blossoms, collect teasel, milk weed pods, large pine cones
- ✚ Collect any curly willow branches
- ✚ Harvest fresh greens, red twig dogwood in the fresh air of Puslinch (a great outing)
- ✚ Set aside time to bake your specialty (last year we had requests for pies!)
- ✚ De-clutter your jewellery collection and pass them on for someone else to enjoy
- ✚ Help build twig reindeer,

Other ideas are welcome; for example, one member plans to root some Christmas cactus.

So if you wish to learn more or contribute ideas, please join us on October 17. If you prefer to help with specific tasks, or cannot attend the planning meeting, please let us know and again we will be happy to hear from you. Watch the upcoming weekly bulletins and the November Herald for more information and opportunities. 519 821-0953 or fwebst0953@rogers.com I also have a file outside of the Church office.



For those who care for a loved one,
You are invited to a

Caregiver's Coffee Hour
October 19 @ 10 a.m.
Dublin St United Church
68 Suffolk St. W., Guelph

We hope you can attend & socialize
with others who care for their loved ones
This is a Guelph United Ministries (GUM) Sponsored Event

Please RSVP to Esther Devolin
By October 15
519-836-7675 or ekdevolin@sympatico.ca

Announcements

- **Come for Dinner to the Last Harcourt Food Truck Event for 2018 on Monday, October 1st from 4:30 to 8PM in the parking lot.**
- **Pulled Pork or Chicken & Mac Dinner**
Trinity United Church, 400 Stevenson St N., Guelph
Friday, October 12, 5-8:00 pm. Entertainment at 7 pm. \$15/adults, \$7/children under 10 & Free for under 4. Tickets through the office or at the door. 519.824.4800 Ext 1. Eat in or take out.

Behind the Scenes

Letting Go: Bubbling as Spiritual Practice

An Interview With Lynn Hancock

by Gillian Joseph

In his book “Journey with Jesus: Discovering the spiritual exercises of Saint Ignatius”, Larry Warner (2017) offers an exercise to help release a person from the crippling feelings associated with trying too hard. This exercise uses bubbles as a way to set feelings free – the simple act of taking two sticks attached by a string soaked in soapy water and releasing slow moving bubbles into the air. Warner writes: *“As you blow your bubbles, watch them dance on the currents and ask God to help you to enter these exercises freely and lightly, dancing on the unforced rhythms of God’s grace”* (Page 68).

This act of spiritual practice, of release, is nothing new to Harcourt congregation member Lynn Hancock. You may have seen Lynn creating huge bubbles in city parks, by the river or even on the front lawn of Harcourt Church on Food truck Mondays. You may think that this is good entertainment for the children...but if you only see it as entertainment you will be blind to a bigger, more meaningful, picture. For many people who have been moved by Lynn’s actions, bubbling has become a form of spiritual practice.

Lynn Hancock was brought up in Humbercrest United Church in Toronto, where eventually from 1990-2002 her sister and brother-in-law became team ministers. As an adult Lynn got very involved in fundraising and other volunteer activities there, never dreaming that

Guelph was in her future.

Trained as a school teacher, Lynn worked in Etobicoke for many years. However, in the days when she was first hired in 1976, enrollments had started to decline and full time teaching jobs had begun to disappear. In the first four years of her career, despite having a permanent contract with the school board, Lynn was assigned to teach in seven different schools. This became the start of an unusual teaching career that saw her teaching kindergarten to Grade 7, special education and English as a second language programs.

The last school assignment she had lasted for 10 years until Lynn, like many other teachers in the province, took the opportunity for early retirement. Yet teaching at that last school was an amazing experience for her. Serving the educational needs of a growing East Indian neighbourhood, teaching here put Lynn in touch with families that were very different from her own. Most importantly, Lynn's mind was opened as she was exposed to new ways of viewing the world, and she developed a great respect for different experiences, practices and ideas that came from these families. This accepting attitude has stayed with her to this day.

A few years after retiring, a friend asked Lynn to come to Guelph for a funeral. Almost instantly she fell in love with the city. This was where she belonged. But how to find a church? Throwing caution to the wind, Lynn decided to visit the United churches of Guelph in turn and to trust in her initial reactions. In the middle of the week one day she dropped in to Harcourt Church. Not only was she impressed by the building and the size of the parking lot (her former church had only street parking), but she was also amazed and thrilled to see that the building was OPEN! Personally directed by a friendly stranger to the Church office, she found our Administrator Anne in the middle of doing something important. However, immediately Anne dropped what she was doing and took Lynn on a tour of the church. That kindness, and the warm welcome she received from others at Harcourt that day, let Lynn know that this was where she belonged.

But when did the bubbles begin? Well, one sunny warm Easter Sunday afternoon, before she came to Guelph, Lynn set out on a drive to the Toronto Beaches area. As she stepped out of her car she saw a group of people flying kites nearby. In fact, coincidentally, she recognized one of the kite flyers as a family friend. As they began to chat, the friend suggested that Lynn might like to consider bubbling which, like kite flying, she might find to be a peaceful activity. She gave Lynn a bubbling kit from her car – and that's how it started. That same day, Lynn drove to a cove near her home and began to make bubbles. She watched as the gentle rainbow-sparkled giants landed on the water of Lake Ontario, then lifted off again

gently in the breeze to float slowly on their way. She felt like a huge weight had been lifted from her shoulders. But that was only the beginning.

That summer she made bubbles in parks, by riversides and on beaches. She went by herself, always in a public place and waited to see who would show up. And they did show up.



Lynn at the Park

She met 100s of people – from every walk of life. There were people with tattoos, old people, little kids, parents, grandparents. One of her first encounters was with a man who came up to ask if he could take a turn. Lynn handed the equipment to him and watched in amazement as the man flung the bubbles into the warm summer air. To see the peaceful look on his face really humbled her. He told Lynn that he had just lost three special people in his life and that this experience had been very meaningful for him. It suddenly occurred to her...this bubbling is more than just entertainment. That summer, bubbling became a





Other Bubblers at Harcourt

regular spiritual practice for Lynn, and for many others that she met. A way to *let go...* and it made a huge difference. Bubbling was about trusting, despite a lack of control over anything. Trusting the wind, the conditions, the people she meets.

Her biggest thrill was a day spent bubbling at High Park in Toronto where a curious elderly woman walked out of a nearby restaurant and crossed the street to approach her. It turned out that the woman was visiting Toronto to participate in a documentary interview about her own life. Her name, Lynn learned, was Bella Bailey and she is one of the last remaining women alive who worked at Bletchley Park in World War II. About 8,000 women worked in Bletchley Park, which was the main site for British military code breaking during the war. Women made up approximately 75% of the workforce there. As they chatted with the bubbles rising around them, Lynn realized that this was a woman who had kept her sense of wonder and curiosity about the world - and she was not afraid to show it.

The practice of spiritual bubbling is now catching on. Lynn has been asked by several organizations to talk about bubbling as a spiritual practice. She has made presentations to the GoGo GrandMothers for Africa project and they have put up a webpage about Lynn's bubbling on their site. She was asked to do some bubbling on John Galt Day in Guelph and made up bubbling packages as highly successful fundraisers for charities.

More recently, you will have seen Lynn and others bubbling on Food Truck Mondays at Harcourt on the front lawn. Interviewed at Royal City Park for the Harcourt YouTube Channel by one of this year's summer students, Lynn was emotional when watching the video of herself bubbling. "It's a liberating activity", she says, "it's not about me at all. People don't shout at the lady who's doing it, they shout with joy at the bubbles. It frees me up to be myself. It is bigger than me. I am witness to peoples' amazing reactions". Lynn says she was emotional seeing the video because she suddenly realized how far she herself had come in letting go...to have no control, to live in the moment, just to simply trust.

This past Good Friday Lynn went to Royal City Park in honour of her first bubbling experience. This afternoon she had been sending bubbles gently into the air for some time before a woman approached her saying "My day just got better". Lynn stopped and asked her why. The woman pointed to a red oak tree behind them that had been planted in her husband's memory. "He was the only one who knew how much I love bubbles!", she said. For this woman, Lynn's bubbling had been a coincidence that was very significant and highly meaningful. Lynn was profoundly touched.

If she has one message to pass on though, it's not just about bubbling. Lynn suspects that there are people everywhere engaged in many different activities that are non-traditional spiritual practices but rarely acknowledged as such. Those who fish, those who knit, those who garden, those who play music may all be engaged in a spiritual practice. Lynn reflects on Harcourt's baptisms where she is struck by the beauty of the lovely prayer shawls knit by Harcourt women that are presented to the families of christened babies. Knitting prayer shawls must surely be a spiritual practice, she thinks, as it quiets the mind, gives a sense of peace, shuts out the noise and makes one receptive to inspiration. A kind of meditation perhaps. Connecting with something bigger than yourself.

When was the last time you sent a bubble rising gently into the summer breeze to watch it slowly find its way?

Reference:

Warner, L. (2010). Journey with Jesus: Discovering the spiritual exercises of Saint Ignatius. Downers Grove, Illinois: InterVarsity Press.

Check out photos of Lynn's Bubbling events at <http://gggg.editmy.website/fundraising/bubbling>

and the Harcourt YouTube interview with Lynn at <https://www.youtube.com/watch?v=rqvySI5r-R8>

Harcourt Calendar – October 2018

Updated September 19, 2018 – www.harcourtuc.ca for most up-to-date information

Monday October 1

Office Closed

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

Tuesday October 2

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

Wednesday October 3

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

Thursday October 4

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

Saturday October 6

10:00am Progressive Christianity [202]

Sunday October 7

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
3:00pm SWESH [G]

Monday October 8

Thanksgiving Day
Church Closed

Tuesday October 9

Office Closed

10:00am GWSA Exercise Program [G]
6:45pm Cubs [G]
7:00pm Finance Committee Meeting [202]
7:00pm Property Committee Meeting [L]
7:00pm Worship Committee Meeting [C]
7:00pm Bell Choir [M]

Wednesday October 10

7:45am Men's Group [F]
9:30am Lightshine Singers [M]
1:30pm Tai Chi [F]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Rainbow Rehearsal [S]

Thursday October 11

8:45am MindStretch [C]
1:00pm Park 'n' Dance [G/K]
1:00pm GWSA Healthy Active Living [F]
5:30pm Scout Apple Days [G]
7:30pm Choir Practice [M]

Friday October 12

5:30pm Scout Apple Days [G]

Saturday October 13

8:00am Scout Apple Days [G]
10:00am Progressive Christianity [202]

Sunday October 14

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
3:00pm SWESH [G]

Monday October 15

Office Closed

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

Tuesday October 16

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

Wednesday October 17

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

Thursday October 18

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

Friday October 19

7:00pm Junior Youth Group [S]

Saturday October 20

10:00am Progressive Christianity [202]

Sunday October 21

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
3:00pm SWESH [G]
7:00pm High School Youth Group [202]

Monday October 22**Office Closed**

8:30am Municipal Election [G]
9:30am Quilting Group [F]
1:30pm Prayer Shawl [202]
7:00pm Scouts [F]

Tuesday October 23

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

Wednesday October 24

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

Thursday October 25

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

Friday October 26

5:00pm KW Symphony [S/F]

Saturday October 27

10:00am Progressive Christianity [202]
1:00pm Rainbow Chorus [S]

Sunday October 28

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
3:00pm SWESH [G]

Monday October 29**Office Closed**

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

Tuesday October 30

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

Wednesday October 31

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