

# The **Harcourt Herald**

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

*January, 2019*

*Wipe the Slate  
Clean  
A New Year  
Begins!*



- *Learning about the Opioid Problem*
- *Can You Be Reached in a Church Emergency?*
- *All Things Christmas Wraps it Up*
- *And much, much more!!*

# Harcourt Memorial United Church

*An Affirming Congregation of the United Church of Canada*

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

*Seek | Connect | Act*

## **Our Mission:**

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

## **Our Vision Statement:**

To be an authentic community of spiritual growth and service

## **Our Core Values:**

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

## **Our Purpose:**

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

## **Harcourt Memorial United Church**

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](mailto:office@harcourtuc.ca)

Web: [www.harcourtuc.ca](http://www.harcourtuc.ca)

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[Miriam@harcourtuc.ca](mailto:Miriam@harcourtuc.ca)  
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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: 20<sup>th</sup> of each month**

**Sept-June**

Editor: Gillian Joseph  
[theherald@harcourtuc.ca](mailto:theherald@harcourtuc.ca)

Printing: Anne Purkis



# The Ministers' Quill

by Miriam Flynn



## ***Look Ahead with Joy GUM Conversations for Change***

*I am about to do a new thing; now it springs forth, do you not perceive it? Isaiah 43:19*

When the Guelph area United Church congregations and ministries decided to gather, last spring, for a day of worship, sharing and re-imagining church together, the event was called “Look Ahead with Joy.” The moniker was also an invitation, inspired by ancient words of promise spoken to an exiled people. Today, the institutional church can seem to exist at a remove from the culture it inhabits. Yet, we know that God is still speaking to, and through, us. We know the Spirit of God is active in the world, inviting us into the life-giving newness it draws forth.... if we can only *perceive it*. The capacity to perceive, discern or “have eyes to see” is a common biblical theme. It speaks to people of faith everywhere and to those of us called to be the United Church in Guelph.

As we embark on a new year, our churches and non-congregational ministries have been given a remarkable opportunity to discern together the ways we are called to extend our creative collaboration as Guelph United Ministries (GUM). During the first six months of 2019, professional facilitators Rebecca Sutherns (of Sage Consulting) and Paul Miller (formerly Support Minister for Waterloo Presbytery) will lead a series of conversations toward collaborative change involving the four United Churches in Guelph (Harcourt Memorial UC; Dublin Street UC; Trinity UC and Three Willows UC) and two local, non-congregational outreach ministries that have United Church ties (the Ecumenical Campus Ministry and Chalmers Community Service Centre). The purpose of the GUM Facilitation Project, dubbed “Conversations for Change,” is to continue, and bring focus to, GUM’s ongoing work of community building (co-mission) through the steps of co-ordination, collaboration, co-operation and consolidation.

Over the years, the Guelph ministries have developed a relationship of mutual support through informal networks and collegial gatherings, collaborative projects and information sharing, as well as jointly sponsored educational and worship events. In the past two years, emerging conversations have revealed a yearning for articulation of common vision for the

ministry of the United Church in Guelph. These conversations took on new urgency in 2018, when the Boards of Trustees of the four churches initiated a series of meetings to discuss diminishing financial and human resources within each of our congregations, suggesting the need for concerted action to maintain a vital presence for the United Church in Guelph.

At a June meeting of GUM Council members, clergy and Trustees, participants recognized the value external facilitation could bring to the ongoing conversation toward collaborative change. This past November, twenty-five people from the six GUM ministries met at Trinity United Church for a “scoping meeting.” Participants got a taste of what facilitation might offer during a stimulating afternoon of discussion, led by Rebecca Sutherns and Paul Miller. Later that month, the GUM Planning and Management Circle responded by authorizing funding for a six-month process with the goal of developing a strategic plan leading to a collaborative, sustainable United Church presence in Guelph. The first meeting of the GUM Facilitation Project is now scheduled to take place in late January 2019.

A GUM Communications and Co-Ordination Team has been struck to provide support to the facilitators over the course of the *Conversations for Change* project. A representative from each church Council will sit on the team and report back, allowing congregational Councils to maintain responsibility for communication within each congregation. In this way, lay leaders will have a finger on the pulse of progress and emerging proposals. The Councils of all four congregations have been invited to provide their own endorsement and support of the GUM facilitation project.

I believe the Spirit has been active among us through the relationships and community building of Guelph United Ministries. Our communities of faith have come to know each other well and our collective engagement reveals we have much in common, yet hold distinct gifts and strengths. Might we, at this particular moment, be uniquely poised to perceive the new thing God is calling forth among us?

The prospect of exploring, through facilitated conversation, the potential for deeper commitment to co-mission with our sister churches, evokes both anticipation and trepidation. And so, we pray that the Spirit will guide our discernment and give us eyes to perceive where life-promising newness *is there*, to be seen. We pray that our nostalgia for what has been, will not impair our vision of what *might be*. And as we step into a new year that brims with possibilities, may we look back with fondness, yet look ahead with confidence *and with joy!*

# Worship Schedule

Harcourt offers three distinct regular Sunday morning services:

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

## THE SEASON OF ADVENT & CHRISTMAS

January 6	<b>Epiphany</b> Matthew 2.1-12	<b>One service only - 10 a.m.</b> Wise Ones
January 13	Regular service times continue	



# COUNCIL NEWS

by Lorraine Holding, Chair of Council

Year-end business and busyness keep us thinking about the year just past and the year ahead. Council held a short meeting on December 9. We continued to focus on the 2019 draft budget. We fine-tuned projected costs for some paid program support for MANNA, and a community support worker. These positions have resulted from the discussion at the 2018 Annual Meeting and will contribute to our context of radical change. We will hold a budget briefing on February 3 after the 10:30am services. This is an opportunity before the Annual Meeting (February 24) to hear more details and ask questions. Save the dates! Please join us!



Miriam Flynn and Roz Stevenson provided an update on Guelph United Ministries (GUM). During 2018, representatives of church councils, trustees and clergy met four times to begin thinking five to ten years ahead. As a result, the GUM Planning & Management Circle (currently chaired by Miriam) has authorized funding for a facilitation process, with the goal of developing a strategic plan that will lead to a collaborative, sustainable United Church presence in the City of Guelph. They have contracted for facilitation services with Rebecca Sutherns, of Sage Solutions, and Rev. Paul Miller, recently the United Church Support Minister for Waterloo Presbytery.

To support this initiative, each church council has been asked to endorse the GUM Facilitation Process, agree to participate, and identify two individuals who will represent their church on the GUM Coordination and Communication Team (CCT). One person is to represent Council, and one is to be another lay/clergy person familiar with discussions to date. The CCT will provide information to each congregation, encourage participation in discussions, communicate ideas/priorities/suggestions/proposals for moving forward together, and give prayerful consideration to what God is calling us to do as the United Church in Guelph. As you can imagine, very important conversations will take place in the coming months.

Harcourt Council took this action:  
*Motion: To appoint Kent Hoeg and Miriam Flynn as Harcourt's two representatives to the GUM Coordination & Communication Team, in support of the facilitation project between the GUM ministries on Collaborative Change Management.*  
*Mark Sears/Carolyn Davidson Carried*

Beginning in January, we will hear more about this Facilitation Process from Kent and Miriam. We will be encouraging meaningful participation and effective communication within Harcourt as opportunities are offered. This is another 'stay tuned' priority.

Looking ahead, this is the time of year when committees, teams and Council think about recruitment for any vacant positions that might exist. I encourage anyone who would like to become more involved in Harcourt's ongoing work to step forward. I offer my personal invitation to chat with YOU to explore how your interests can be matched with opportunities. Send me your questions and/or interest: [councilchair@harcourtuc.ca](mailto:councilchair@harcourtuc.ca)

As we begin 2019, we look forward in anticipation. Guided by the Spirit, may we continue to share and serve as we strengthen this community we call Harcourt.

With faith and hope.

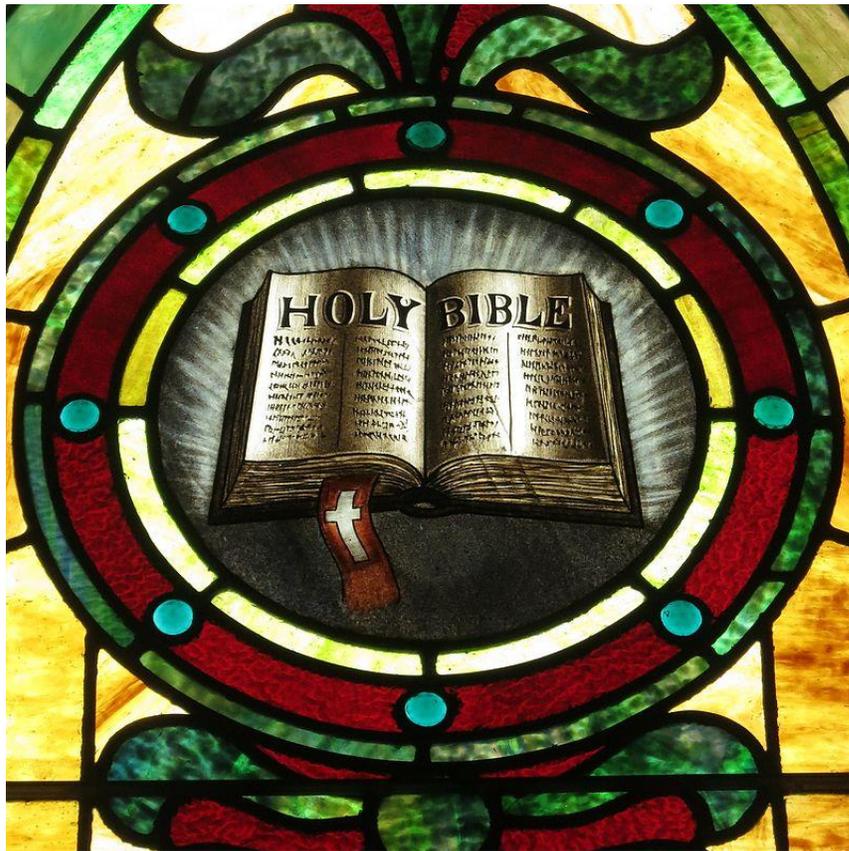


Photo Wiki Commons

# **New To Harcourt? Why Not Journey With Us!**



**Church office**

**Tel: 519-824-4177**

**E-mail: [office@harcourtuc.ca](mailto:office@harcourtuc.ca)**

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**Seek – Connect – Act**

# The Latest Buzz...



## A Small Ontario Town Welcomed this Egyptian Immigrant. Now He's Buying its Church — to Save it.

- In an astonishing reversal, Hensall United Church in Hensel, Ontario, officially shuttered in November, has been saved — given new life just in time for Christmas by an Egyptian immigrant's spirit of giving. The 131-year-old Protestant church, in a community not known for its diversity, is being resurrected by a Roman Catholic

from the Middle East. <https://www.thestar.com/news/canada/2018/12/23/a-small-ontario-town-welcomed-this-egyptian-immigrant-now-hes-buying-its-church-to-save-it.html>

- **Faith in Focus**

Popular talk show host Stephen Colbert talks about his profound journey back to God. <https://youtu.be/-8qaseX5ntM>

- **The Light Inside — and Out: New Findings on Faith and Re-entry into Prisons**

Researchers find that the strength of a given community's religious adherence significantly affected recidivism rates. In other words, the greater percentage of people that were a part of a religious congregation in a given community, the less likely a released prisoner in that community was to be reconvicted for a future crime. <http://www.aei.org/publication/the-light-inside-and-out-new-findings-on-faith-and-re-entry/>

# Committee & Group News

## Men's Group To Learn About Opioid Problem

by Bill Lord and Jerry Daminato

Our last speaker was Malcolm Coutts who presented an in depth slide show of Marta and Malcolm's trip to the Eastern Baltic organized by Guelph Arts Council in 2016 (photo below).

Just ahead of the presentation, Malcolm discussed the surplus in the Men's Group account and motion supported by those present to give a Men's Group donation to the Property Pillar.

**The next meeting is Wednesday, January 9<sup>th</sup>.** The speaker will be **Madison Cruickshank, Clinical Supervisor of Community Services at Stonehenge Therapeutic Community.** She has responsibility for supervision of staff related to Supportive Housing, Specialized Outreach Services and Addiction Support Coordination.

Her topic will be a PowerPoint presentation on "**A look at opioid issues and response in Guelph Wellington**". She will be looking at the aspects of how this is both a young person's and a geriatric problem. All men are welcome to attend. You are invited to bring a friend or a neighbour who would enjoy this update on this current community challenge.

John Phelps has signed up to have 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 **February 13, 2019** for our next meeting. Jerry Dominato and Elizabeth Bone will talk about their journey across Canada.



## Harcourt In Hot Water Again

by Dave Hume, Chair Property

The reluctant hot water valve in the gym has been repaired and it should be warm for coffee after the service in the sanctuary. Thanks to a period without snow in December, the leaves on the lawns got mulched. So far, the snow removal budget has not been seriously threatened. There was a worrying incident in December in which one of the Pre-School teachers had her wallet removed from her purse and this was the second such incident, so please be careful with your belongings. At the last Property Committee meeting, considerable time was spent discussing the pros and cons of replacing the pews with chairs. The Ad Hoc Seating Committee will be contacting users shortly, asking for input.

New projects keep showing up. One of the breaker panels in Darko's Utility Room downstairs needs attention. Alan Weeks was in last week and did an amazing job of fixing the clear plexiglass window in the west-side door from the Greeting Place into the Sanctuary. That window got partly pushed out of the door. It looked like someone fell heavily into the window and partially dislodged the window from the door. The heating system in the Friendship room is shortly going to need some attention. The transformation from regular lights to LED replacements is nearly complete. The Property Committee is over budget but rebates are coming in from Guelph Hydro to partially offset the expenditures.

## Communicating In an **Emergency**

by Joan Barham

The Communication Committee is developing a **Harcourt Emergency Preparedness Plan**. We are currently working on a Protocol for communicating with people when there is a crisis or when Harcourt has to be closed because of bad weather, fire, power shut down, etc..

While we will put a message on the Harcourt website, Harcourt and MANNA Facebooks, the E-newsletter list, Radio Stations, Office Telephone answering machine and on posters on the doors of the church, this may not reach those who do not have computers, cell phones or i-pads. When it's not safe to be here, we want you to know that.

To address this gap in communication, because it is good to receive a crisis message in more than one way, we also wish to send out a Robocall message to Harcourt members in a crisis to

keep them informed. However, we do need you to tell us what phone number you want this Robocall message to come to. Please call the Office and let Anne know which phone number you wish us to use for the Robocall database so that we can keep you informed of church closures and other emergencies. Anne can be contacted by:

E-Mail            office@harcourtuc.ca

Phone            519 824 4177

Or drop a note with your name and the message “my phone number for the Robocall” inside or under the Office door. Many thanks.

# Community News

## Easy Peasy (But Delicious!) Pasta – A Meaningful Meal

by Leslie Pipes

Harcourt’s first opportunity of 2019 to host the **Saturday Night Supper** at Royal City Church, 50 Quebec Street, is **February 16**. We will require twelve volunteers on the night (to prepare and serve dinner), as well as many more folks to provide the food. The menu includes Pasta Casserole (the recipe is provided on the Harcourt Website), Caesar Salad, pickles, cheese, assorted fruit pies, vanilla ice cream, milk, juice, and coffee.

A sign-up sheet can be found on the table in the Greeting Place where you can indicate how you are able to help. You might prefer to volunteer online at Sign Up Genius. Just go to the Harcourt website; click on ‘Connect with Community’; then ‘Saturday Night Suppers’; scroll down, and click on ‘Sign Up Online’ to pick a slot. Food and volunteers should be at Royal City Church (back door entrance) by 5 p.m. Servers will be needed until approximately 8 p.m.

Thank you in advance for your generous support of this worthwhile outreach activity. Future dates for 2019 are July 20, September 21, and December 21.

**A note from the new UCC Region 8 - newly named  
Western Ontario Waterways. It replaces the Presbyteries.**

## ***Dear Region 8 Members,***

Thank you to everyone who provided feedback concerning a name for our region at our first gathering on October 20th. We heard your preference for a name that, among other things:

- Encompassed all the region,
- Was easy to remember and straightforward to spell, and reflected the geography of the region, especially its rivers and Lake Huron/Georgian Bay shoreline.

With this additional input, the name of our region will be:

## ***Western Ontario Waterways***

We're looking forward to our life together as Western Ontario Waterways - even if it does mean we have to forego our dream of having Tony the Tiger as our mascot proclaiming "We're Grrr8!" It's no hardship to sacrifice being "Grrr8!" to become "WOW!"

This name honours the traditional pathways through this area and also pays tribute to the preceding All Native Circle Presbytery for Ontario and Quebec Great Lakes Waterways. It clearly identifies where we are living out our faith to us and to others.

Peace,

Laurie O'Leary, Chair, Transition Commission  
Region 8/Western Ontario Waterways Regional Commission:

Brent Caslick, Rod Coates, Gord Dunbar, Ann Harbridge, Margaret Krauter, Mark Laird,  
Heather Leffler, Martha Pedoniquotte, Tim Reaburn

Regional Staff Office

Mailing Address: P.O. Box 100, Carlisle, Ontario L0R 1H0

Courier Address: 1552 Highway #6 North, Waterdown, Ontario L0R 2H0

## A More 'Stable' Structure

by Jerry Daminato

Below are some photos of us building the Stable on more permanent flats after about 12 years of makeshift props/structure. Elizabeth Bone created the painting on art paper for a "one time" deal...12 years ago! This year, Mark Sears engineered the flat construction and we built it and stored it away for the Christmas play. Now the Stable prop should last a few years. Prior to this, we used the "Lucy Booth" and two office screens, fiber-glass tape and duct tape with a prayer to hold it all together!!

### BEFORE



### AFTER



## It's a Wrap!! All Things Christmas 2018

by Janet Webster

The December issue of the Herald went to press a few days before the actual sale, but at that time we felt that the event was already a success in the way it had brought people together.

When the doors opened on November 24th at 9:30, there was a rush of willing customers and the activity did not let up! By 11:30, there were only a handful of arrangements still available out of the 60 we started with. The sale of greenery was limited only by how quickly we could bundle more!! The Friendship room was very busy as visitors found that special tray of baking, a jar of preserves or honey, sparkly jewellery and a "nearly new" treasure.

But to me, most impressive was the gathering of volunteers at 9:15 as Lisa led us in a pre-opening Territorial Acknowledgement and prayer. I did not count, but I am sure there were at least 25 people in the circle, ready to assist whoever came through the Harcourt doors. And that was just the one shift!!!

When I add all the names of those who volunteered on Sign-Up genius or emailed offers to help with the cutting of greens, create arrangements, donate supplies, set up the gym, handle sales, arrange for music, and so on (over 90 bakers alone!!!), I am overwhelmed with Harcourt generosity and energy. The two days of preparation were so much fun, and rewarding as we saw the piles of bundled greenery grow and the display tables fill with beautiful, diverse and unique arrangements. And the array of baking beside the tables of treasures. The Harcourt community truly came together. Greeters at the door reported so many smiles and complimentary comments as visitors left with their finds. Many returned from delivering items to their car to continue the fellowship in our cafe!

A special thanks to those who pitched in to clean up in preparation for the Legacy lunch the next day and, of course, partners of the organizers who did so many tasks both on the day and during the lead-up: Leo, Dave, Lawrie, Kent, Mark, Peter and Frank.

We can always find space for more people to prepare the greens so mark **November 21,22, 23, 2019** on your calendars. We could have sold more and our costs are minimal thanks to donors who allow us to collect from their trees. Although the cash boxes held \$6,334.45 by Saturday afternoon, in the end we deposited a grand total of \$6,597.20. What a success on so many levels!





# It's That Time Again!

## Harcourt Memorial United Church

### Call for Submissions for the Annual Report 2018

**To: Harcourt Team Leaders, Committee Chairs and Coordinators of Groups at Harcourt including those who received sponsored space.**

The end of the year is rapidly approaching and with it comes the task of assembling Harcourt's Annual Report. Please submit a brief report including some of the highlights of 2018.

**Team Leaders, Committee Chairs** Please include all the names of your team or committee members in 2018. For retired and new members be sure to include the date they left or joined you.

**Coordinators of Groups** The information in these reports also assists in compiling the statistics for the United Church of Canada. Be sure to include the numbers of the participants and, in the case of children and youth, the ages as well. Be sure to include leaders, facilitators and organizers in your numbers.

#### Report Guidelines

- Please keep your submission to 1/2 - 3/4 of a page. Your article will be edited as necessary.
- Create your report as a word doc and use Arial 12 font. Please keep fancy formatting to a minimum as I will be re-formatting the reports so that they are all set-up the same way.
- Submit your report by email to [office@harcourtuc.ca](mailto:office@harcourtuc.ca) with the document attached.

**The deadline is January 12, 2019 but beat the rush and submit it early.**

Need help? There are extra copies of past annual reports in the church office if you would like to see examples of past submissions or ask Anne for assistance.

Thanks!

Anne Purkis, Church Administrator

**NOW, HERE is the PERFECT WAY TO START THE NEW YEAR!**

**Give your loved ones an EXPERIENCE!!**

The Rainbow Chorus is busy preparing for their 25<sup>th</sup> year anniversary concert! With the wonderful Alison MacNeill as their Music Director, the Rainbow Chorus celebrates at the River Run Centre with a concert featuring musical highlights from the past 25 years.

**Saturday January 26th 2019**

**7:30pm**

**River Run Centre**

**Tickets are \$20 for adult**

Not to be missed!



## Peter's Fragments: *Bits and Pieces of Wisdom*

by Peter Jackson

*"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."*

This saying is attributed to Stephen Grellet, a French-born Quaker missionary in the early 19th century. The words may sound a little stiff and old-fashioned, but the sentiment is bang up to date, echoing Jim Ball's benediction that encourages us to hasten always to kindness.

A perhaps more challenging encouragement comes from Khalil Gibran, a Lebanese-American poet writing about 90 years ago:

*"All you have shall some day be given;  
Therefore give now, that the season of giving may be yours."*

Most of us are familiar with the Biblical tithe (ten percent) of income as a guideline for our financial giving. Could the season of giving be different from that more familiar kind of stewardship?

A clue comes in Matthew Colwell's book *Sabbath Economics: Household Practices*. It refers to accumulated wealth or savings as 'surplus capital', and says that "some of us have too much surplus capital, and others have too little".

During the years when we are accumulating wealth, the goal seems obvious: to have enough to live on and a rainy-day fund big enough to take care of emergencies and contingencies such as the need to pay for nursing care later in life. But the question that Matthew raises is: could a rainy-day fund be too big? The answer seems to depend on how robust we think our fund needs to be, and how much risk we are willing to accept by reducing that fund so as to gain the joy of giving now.

The beginning of the new year is a good time to reflect on our stewardship and in what ways each of us can make this our 'season of giving'.

Sources: Re Stephen Grellet: [https://en.wikiquote.org/wiki/Stephen\\_Grellet](https://en.wikiquote.org/wiki/Stephen_Grellet)

Khalil Gibran 'On Giving', in *The Prophet*, published by Alfred A Knopf 1991 (120th reprinting)  
*Sabbath Economics: Household Practices* by Matthew Colwell, published by Tell The Word, 2009

# Manna Invites you to Pub Night

*In vino et cervisia veritas!*



*“Behold the rain which descends from heaven upon our vineyards; there it enters the roots of the vines, to be changed into wine; a constant proof that God loves us, and loves to see us happy.”*

Benjamin Franklin

**Tuesday January 15 at 7:00 p.m.**

**Shakespeare Arms - Harvard Road, Guelph**

**A relaxed social time!**

**Contact Meryl Pierce for more information**

## Guelph Wellington Seniors Association Feeling Better Move Well Program



- What:** A gentle group fitness class
- Where:** Harcourt United Church, 87 Dean Ave. Guelph  
(in the gymnasium)
- When:** Tuesdays, 10-11 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.



and streaming in 2019...

COMMON VISION

community

CONGREGATION

COOPERATION

CHALLENGES

choices

COLLABORATION

consultation

change

concerns

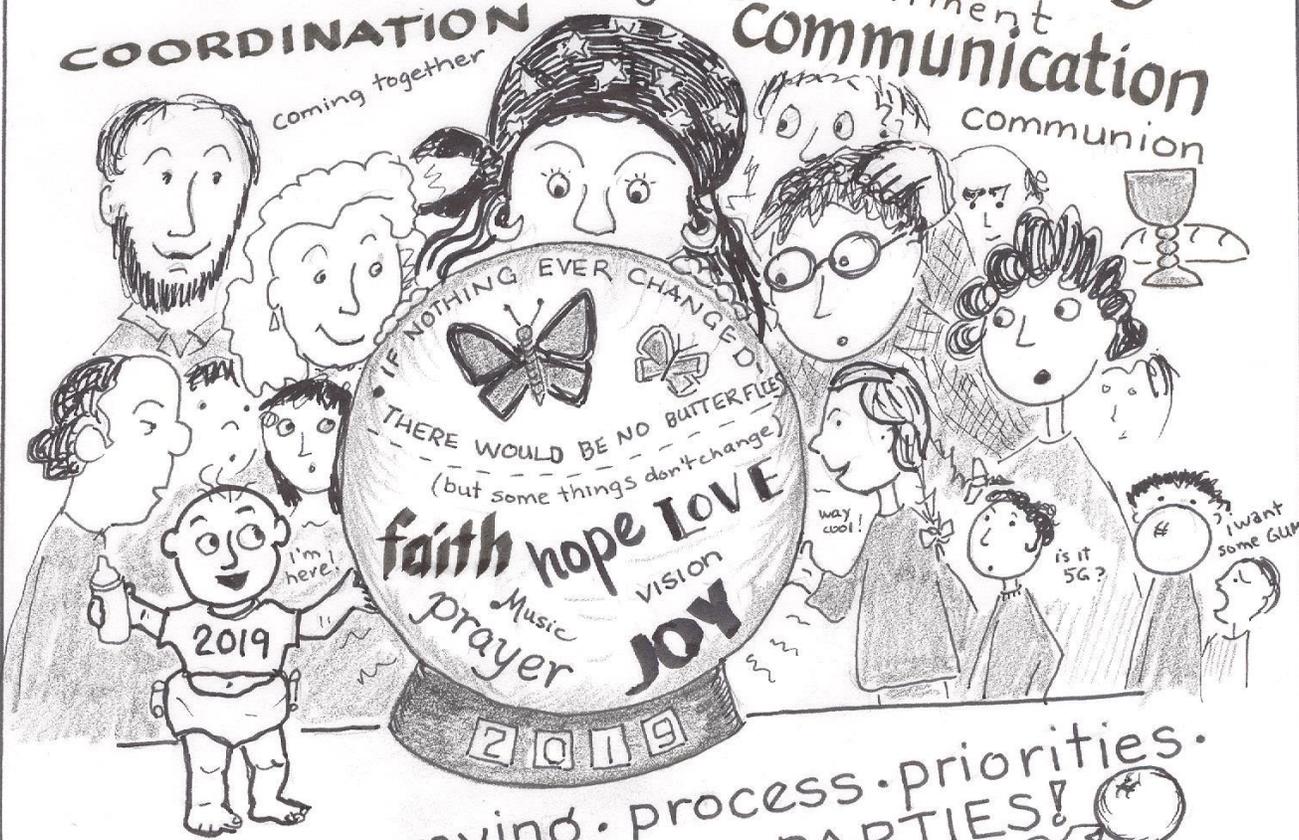
commitment

COORDINATION

coming together

communication

communion



planning • praying • process • priorities • participation • PARTIES!

diversity

relationships

Justice Mission

LEARNING

listening

Singing

GIVING

REJOICING

SERVING

PLAYING

BLESSING

and a guide to all! new year to all!

ROZ STEVENSON

Cartoon by Roz Stephenson

# Announcements

## PASSING:



**McMullen, Ruby May** (nee Rathwell) passed away on Sunday, December 2, 2018 at 100 years old. It is with great sadness but in celebration of a very long life well lived. Loving mother to Keith (Donna) of Trenton, Doug (Joy) of Rockwood and Jeanne Sutter (Doug) of Eugenia, predeceased by husband Morell (Mick) in 1973 and son Linden in 2007. She was a cherished Grandmother and great grandmother. The world has lost a woman filled with compassion, love, gentle humour and a passion for living. The family extends their great appreciation and thanks for the gracious and gentle care provided at Eden House Retirement Home, Eden Mills and St. Joseph's Health Centre, Guelph. Memorial donations can be made to Ruby's favourite charity, the rare Charitable Research Reserve, <http://raresites.org/donate/> or call 519-650-9336.

# Behind the Scenes

## New Year's Resolutions (sigh). Some Comical Quotes

I need to eat more healthy next year...but first I have to clear out all of the junk food in my house so there's nothing left to tempt me!

A New Year's resolution is something that goes in one year and out the other.

Last year's resolution was to lose 20 pounds by Christmas. Only 30 pounds to go.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

## Harcourt Calendar – January 2019

Updated December 14, 2018 – [www.harcourtuc.ca](http://www.harcourtuc.ca) for most up-to-date information

### Tuesday January 1

Church Closed

### Wednesday January 2

Office Closed

### Thursday January 3

7:30pm Choir Practice [M]

### Sunday January 6

9:00am MANNA [K,F]

10:00am Worship Service [S]

3:00pm SWESH [G]

### Monday January 7

Office Closed

1:30pm Prayer Shawl [202]

7:00pm Scouts [G]

### Tuesday January 8

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 January 9

7:45am Men's Group [F]

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm M&P Meeting [L]

7:30pm Rainbow Rehearsal [S]

### Thursday January 10

8:45am MindStretch [C]

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

7:30pm Choir Practice [M]

### Saturday January 12

1:00pm Rainbow Rehearsal [S]

6:30pm MANNA Movie Night [F]

### Sunday January 13

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

3:00pm SWESH [G]

### Monday January 14

Office Closed

11:45am Caroline Harcourt [F]

7:00pm Scouts [F]

### Tuesday January 15

10:00am GWSA Exercise Program [G]

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

6:45pm Cubs [G]

7:00pm Bell Choir [M]

7:00pm MANNA Pub Night

### Wednesday January 16

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Council Meeting [C]

7:30pm Rainbow Rehearsal [S]

### Thursday January 17

8:45am MindStretch [C]

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

7:00pm Sharing Evening [F]

7:30pm Choir Practice [M]

### Friday January 18

7:00pm Junior Youth Group [G]

### Saturday January 19

9:00am Pastoral Care AED Training [G]

10:00am Progressive Christianity [202]

### Sunday January 20

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 January 21****Office Closed**

1:30pm Prayer Shawl [202]

7:00pm Scouts [G]

7:00pm Women's Spirituality [C]

**Tuesday January 22**

10:00am GWSA Exercise Program [G]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

**Wednesday January 23**

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:30pm Rainbow Rehearsal [S]

**Thursday January 24**

8:45am MindStretch [C]

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

7:30pm Choir Practice [M]

**Saturday January 26**

10:00am Progressive Christianity [202]

**Sunday January 27**

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

3:00pm SWESH [G]

**Monday January 28****Office Closed**

9:30am Quilting Group [F]

1:30pm Prayer Shawl [202]

7:00pm Scouts [F]

**Tuesday January 29**

10:00am GWSA Exercise Program [G]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

**Wednesday January 30**

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:30pm Rainbow Rehearsal [S]

**Thursday January 31**

8:45am MindStretch [C]

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

7:30pm Choir Practice [M]