

# The Harcourt Herald

The life and work of Harcourt Memorial United Church, Guelph, Ontario, Canada  
Summer, 2019

Some Great  
Summer Reads  
from the  
Harcourt Library

Opioid Addiction:  
A United Church  
Minister's Painful  
Story

Questions  
Answered About  
Food Truck  
Mondays  
(YUM!)

....and much,  
much more!!

Enjoy a Spiritual  
*Stay-Cation* this  
Summer

Toronto  
Music  
Garden

# Harcourt Memorial United Church

*An Affirming Congregation of the United Church of Canada*

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

*Seek | Connect | Act*

## **Our Mission:**

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

## **Our Vision Statement:**

To be an authentic community of spiritual growth and service

## **Our Core Values:**

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

## **Our Purpose:**

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

## **Harcourt Memorial United Church**

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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**

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# The Ministers' Quill

by Miriam Flynn

*You are welcome here*

*Come with your gifts, your pain, your hope, your fears*

*Come with the traditions that have helped you and hurt you*

*Come with your experiences that have made you and broken you*

*Come with a mind, ready to engage, and a heart, open to discern*

*Come and listen for the Sacred Spirit that calls you to love your*

*neighbour wholeheartedly,*

*seek justice, create peace and practice compassion*

*You are welcome here!*



For many of us at Harcourt, summertime is the season of holidays, travel and time away from our usual routine. The rhythm of church life slows a bit as many of our working groups take a break and as we move from three Sunday services to one joint service, Sunday at 10:00 a.m.

This summer will be a time of transition in our church office, as Harcourt's dedicated office administrator, Anne Purkis leaves to enjoy retirement. Anne has been a stalwart presence at Harcourt, ensuring the smooth administration of the many uses of our busy church home. I hope you will have a chance to drop by in the weeks to come, to offer your personal thanks and best wishes to Anne.

Summer is often the time people choose to make changes – retiring, relocating to a new home or moving a young family while school is out. In my time at Harcourt, I've noticed that many new faces appear at Sunday service during the summer months, as newcomers to Guelph search for a church home. In August and September, students newly arrived at the university campus often find their way to our door. When they do, we hope they will find Harcourt a place of warm welcome!

Some churches have a Welcome Statement they post prominently on their web-site or on just inside the church door. Recently a Harcourt member sent me a photograph of the statement a visiting relative found posted on the wall at Coventry Cathedral in England. Brentwood Christian Church in Springfield, Missouri posts a welcome video on their web-site that includes this Welcome Statement:

Welcome, young and old, gay and straight,  
married, single, bi-sexual, transgender –  
Welcome!  
People of all colours, cultures and abilities –  
Welcome!  
Noisy, wiggly babies and children of all ages –  
Welcome!  
Rich and poor, powerful and weak,  
Believers and questioners and questioning believers,  
All you who seek God’s graceful, open-hearted love  
And the beautiful world that love makes possible –  
Welcome to our church.



**What would our Welcome Statement for Harcourt be and how might we embody the spirit of welcome each Sunday, as we greet the visitors and newcomers who grace our space?**

The season of picnics and campfires supplies the perfect opportunity to invite others into our circles of hospitality and community. Whether we are hosting Food Truck Mondays or greeting someone we don't know, on a summer Sunday morning, may every one find a warm welcome at Harcourt.

# Worship Schedule

Harcourt is a vibrant community of many different people, which is what makes the church so alive. Each Sunday (except for the summer months), we have three religious services to choose from. Each offers a slightly different experience and approach to worship.

## **At 9 a.m. in the upstairs Chapel**

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

## **At 10:30 a.m. in the Sanctuary**

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

## **Also at 10:30 a.m. in the Friendship Room - MANNA**

MANNA is an all-ages, interactive, alternative worship experience that involves hands-on activities and sharing. It takes place in the Friendship Room, also at 10:30am. Please visit our website at: [www.harcourtuc.ca](http://www.harcourtuc.ca) for more information



by Lorraine Holding, Council Chair

# COUNCIL NEWS

Once again, I'll begin this month's update with focus on the Guelph United Ministries (GUM) Conversations for Change. On May 11, ten Harcourt people participated in the third facilitated session with members from Three Willows, Trinity and Dublin. This time, we focused on 'key takeaways and recommendations' from five working groups that met following the March 30<sup>th</sup> gathering: scenario building; community partnerships; buildings/property; decision making (GUM leadership); messaging and buy-in. While no decisions are being made yet, we continue to work towards a vision for the United Church in Guelph that will encompass the next five to ten years. At some point, the conversations will spread to each congregation for input. The next GUM gathering will be June 26. Building collaboration to continue the United Church's mission in Guelph is important work. Watch for more updates. Chat with those who attended on May 11: Miriam Flynn; Lorraine Holding; Lynn Hancock; Rosalind Slater; Lynn Crow; Carol Jones; Joan Barham; Esther Devolin; Roz Stevenson; Bill Lord.



Now, on to Council's May 15<sup>th</sup> meeting highlights:

- A new GUM collaboration to sponsor a Syrian refugee for one year is gaining momentum. Council approved a motion to participate as a co-sponsor/co-signor through a GUM Memorandum of Understanding (still to be completed). Arlene Davies-Fuhr will be Harcourt's representative on the GUM Mentor Group. At this time, specific Harcourt support is anticipated to include start-up assistance (e.g. household goods, clothing), transportation to appointments, or employment assistance. Arlene and a wider Support Group will keep us informed.
- Most of our meeting was dedicated to the Ad Hoc Seating Committee's Report. A more detailed update has been distributed through Sunday bulletins and e-weekly messages since Council met. We focused on thought-full and vision-focused discussion of the report and its recommendations. We asked questions for clarification, answered by Steve Pierce, Lynn Hancock and Carolyn Davidson. We took time to reflect and discern, guided by Stan Bunston (one of Harcourt's Spiritual Companions). We thoroughly discussed the recommendations, timing for making any decisions, and what next steps are required. We decided that it is important for the congregation to have sufficient time to read the report, reflect on its content and recommendations, and have

opportunity to talk about it before a formal Congregational Meeting when voting will take place. We acknowledge that the overall concept of the decision needs approval by the congregation before the really detailed work would continue. We approved this motion: *That Council accepts the Ad Hoc Seating Committee's Report and supports the replacement of pews in the lower Sanctuary with chairs. This allows us to initiate the process of furthering a vision for Harcourt's future. Tammy teWinkel/Lynn Hancock/Carried*

- We hope that YOU will read the Ad Hoc Seating Committee's report and then join a congregational conversation about the consultation findings on Sunday, June 9 (following the 10:30am services). Council's goal is to call a Congregational Meeting in September for decision-making.

As we prepare for summer, remember to keep in touch with Harcourt. Come to Food Truck Mondays. Chat with our neighbours. Worship on Sunday. Enjoy some relaxation and rejuvenation, preparing us for another busy fall within our community of faith.

With faith and hope.



**Marilyn Sears and Gill Joseph at the Harcourt Garage Sale**



# What do YOU like About Harcourt Church? Check it out at:

[https://www.youtube.com/watch?v=-8KJEmUx\\_0](https://www.youtube.com/watch?v=-8KJEmUx_0)

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Seek – Connect – Act

# The Neighbourhood Lens



- **Guelph Receives Funding for Smart Cities Initiative**

Guelph and Wellington County will receive \$10 million from Infrastructure Canada to implement the municipalities' Smart Cities vision: *Our Food Future*, Canada's first circular food economy. <https://www.wellingtonadvertiser.com/guelph-and-wellington-win-smart-cities-challenge/>

- **Controversial Dolomite Quarry Heading to Tribunal**

The *Hidden Quarry* in Guelph/Eramosa Township wants a permit to begin blasting and extracting dolomite. Fighting the company are Wellington County, Halton Region and local residents who argue that the dolomite sits under the water table and blasting could harm ground water. <https://kitchener.ctvnews.ca/controversial-dolomite-quarry-heading-to-tribunal-1.4430723>

- **Guelph - Public Health Unit Notified of Merger**

Wellington-Dufferin-Guelph Public Health has been instructed to merge with a number of other health units, creating the largest such entity in the province. <https://www.guelphmercury.com/news-story/9351750-guelph-wellington-public-health-to-merge-with-waterloo-halton-peel/>

- **Guelph Maintains Low Unemployment Rate**

The unemployment rate in Guelph was the lowest in Canada once again last month, <https://www.cicnews.com/2019/04/this-ontario-city-has-canadas-lowest-unemployment-rate-0412224.html>

- **Ticks and Lyme Disease a Local Concern**

It is possible to find an infected tick almost anywhere in Ontario. However, the southern part of Wellington County (Puslinch) has been identified by active surveillance as a high-risk area. . A tick must be actively feeding to spread bacteria, including the bacteria that cause Lyme disease. Lyme disease may be prevented through the use of antibiotics if detected soon enough. Contact your healthcare provider if you are concerned. <https://kitchener.ctvnews.ca/tick-season-what-you-need-to-know-to-protect-yourself-1.4427567>

## Guelph Wellington Seniors Feeling Better Move Well



- What: A gentle group fitness class  
Where: *Harcourt United Church*  
When: Tuesdays, 10:00 a.m.  
Who: Adults age 55+, any fitness level, join anytime!

Our Feeling Better Move Well gentle exercise program sites go on summer break from mid-June to Sept. Our last class at Harcourt will be Tuesday, June 11th, resuming Tuesday, Sept. 3rd.

*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.



# ommittee & Group News

## **A Book In The Hand Is Worth...Reading This Summer!**

by Mary-Lou Funston

The Summer of 2019 is upon us (although it seems like just last week that I was negotiating the piles of snow in the complex). If you're looking for some fresh reading material for those times of holiday and/or relaxation, you might want to consider what we have in our library. I have included the new books that will make you ponder your beliefs and thinking, as well as some light reading that may make you smile – or even laugh out loud!

First: What's NEW in the library – well, new to us. Thank you to the contributor of the following:

- **Ghandhi: An Autobiography. The Story of My Experiments with Truth**  
M. Ghandi BIO GAN  
“...he recounts the story of his life and how he developed his concept of ... active nonviolent resistance.”
- **The Struggle for Virtue Asceticism in a Modern Secular Society**  
Archbishop Averky 248 AVE  
“Based on lectures given in Europe after the end of the Second World War, these texts are shown to be remarkably prophetic, as we see the outworking in our own day of the abandonment of Christian virtue...”
- **The Essential Writings of Christian Mysticism**  
Bernard McGinn 248 McG  
“In nearly one hundred selections spanning seventeen centuries, (this book) explores how human life is transformed through the search for direct contact with God.”
- **The New Monasticism an Interspiritual Manifesto for Contemplative Living**  
McEntee & Bucko 255 McG  
“Rory and Adam are trying to do what St. Francis wanted to do 800 years ago. Maybe now we are more prepared and even ready!” Richard Rohr

And now for a lighter selection:

- At Home in Mitford The First Novel in the ... Series  
Jan Karon  
“For readers yearning for a cozy, neighborly read, the town created by Karon’s fine descriptive style has much to recommend it.”
- The Right Attitude to Rain  
Alexander McCall Smith  
This is one of his Isabel Dalhousie novels, set in Edinburgh, in which she “ponders the meaning of happiness and ... matters of the heart.” There is also an almost complete set of his No. 1 Ladies’ Detective Agency series on the shelf.

And if you enjoy medieval mysteries you may enjoy the following:

- The haunted Abbot A Celtic Mystery  
Peter Tremayne  
These are some that I have particularly enjoyed because of the place of women in Celtic culture – equality in all things. In this particular volume the Historical Note explains the politics and beliefs of the time, followed by a very helpful section on the pronunciation of the Irish in the text.
- The Clerk’s Tale A Dame Frevisse Medieval Mystery  
Margaret Frazer

All the above are a very small selection from what is available in the library. The Library committee invites you to visit the library, browse in the various sections and choose what appeals.

We also wish you all a very happy and healthy summer and look forward to meeting you in The Herald again in September!



**THE CAROLINE HARCOURT FELLOWSHIP CIRCLE WILL BE HAVING THEIR TRADITIONAL SPRING DESSERT PARTY ON MONDAY, JUNE 10TH AT NOON. JOIN US FOR FUN AND FELLOWSHIP. WATCH FOR THE PROGRAM TO BE ANNOUNCED IN THE CHURCH BULLETINS AND ON LINE CLOSER TO THE DATE. BRING YOUR BAG LUNCH AND ENJOY WITH SOME RHUBARB PUNCH AND THE DESSERT AND TEA WILL FOLLOW.**

# This is MANNA!

by Laura Hofer

On May 19, MANNA worshipped at the Arboretum under blue skies and beautiful sunshine. Photos tell the story of a community learning and exploring together in nature and then gathering for a time of food and fellowship.



Gathering



Storytelling



Music



Learning



Creating



Laughter



Family



Caring



Eating

# Talking While Chewing: Conversations with G.U.M.

by Roz Stevenson

*Roz Stevenson has been the Harcourt lay person involved with GUM for the past 2 years, following Kathy Magee, who had that role for 5 years. Miriam Flynn is Harcourt's clergy representative on the small logistics and management group during the facilitation project.*

You may remember bits and pieces from the past 5 or 6 years about **Guelph United Ministries** (elegantly abbreviated as GUM). GUM involves the 4 United Church congregations in Guelph, Ecumenical Campus Ministry, and Chalmers Community Social Services. With 5 years of funding from the Norfolk Trust – established when downtown's Norfolk United Church closed – GUM provided opportunities for conversation and communication among clergy and lay members of these ministries. Working together, the congregations held three large joint services, and brought Rev. John Pentland to Guelph for a day-long workshop. And the ministers and the lay representatives to



GUM talked ... and talked ... and got to know each other much better, and appreciate the challenges faced by each of the GUM components. Each congregation – Dublin, Harcourt, Three Willows, Trinity – had been having similar – though uniquely their own – conversations about what the future might look like, 2 years, 5 years, 10 years ahead. Anxieties and hopes, concerns and ideas, were all expressed at a couple of expanded cross-congregational discussions. The question became one of how we might together discern what the United Church in Guelph is called to do and be. This long introduction is in fact a very brief background to introduce the facilitated conversations that have been taking place among people volunteering (and being volunteered!) from GUM congregations.

Late in 2018, GUM contracted with Rebecca Suthern of Sage Solutions and Rev. Paul Miller, to provide facilitation services that would help develop a strategic plan for GUM ministries. The project was funded by GUM, but GUM requested that church councils/ boards each endorse and participate in the broad discussions to be planned. With that agreement, GUM itself went on hiatus, not meeting and designating a small committee to provide logistics and communications. And so the talking began! Four large group meetings have been held – scoping out the topics, exploring scenarios, assessing the key takeaways from meetings, and exploring specific themes in small groups of volunteers. So where are we at? Well, we don't know yet, because we are still talking, and thinking, and discussing! We have one more planned session at the end of June, and after that? Well, we'll probably talk some more!

Whatever the GUM ministries decide to do – together and individually – is going to take time and work. It's important to recognize that "this thing called GUM" is NOT an administrative superstructure that hands down orders or blueprints! The journey forward will only occur through the existing councils and boards of the congregations, who are well aware of the challenges and the opportunities for their home churches. As we move to the end of these facilitated discussions – and the beginning of more thinking and talking – GUM is aware of the need to communicate what we've been talking about in these sessions. That will happen – but right now, it's a lot like the blind men describing the elephant! Each participant, from any of the sessions, will have only a little piece of the picture in mind, so what you hear may be quite puzzling and perhaps even concerning. (*What on earth are they up to now ?!*) The important thing is that we are building on things we have already been able to do together. Our journey together is NOT being done out of fear or desperation. While we are not sure what the trip will be like, but we will plan strategically and move along supporting and encouraging each other. And we will keep talking – all of us!

## **Harcourt Members ...Walk Into the Light**

by Dave Hume, Chair, Harcourt Property Committee

Thanks go out to lots of helpers. The Spring Cleanup had the largest turnout ever, so the property looks much cleaner. Thanks also to the Harcourt Scouts and Cubs for offering to clean the church windows.

In this extremely wet spring, there have been many leaks through the flat roof areas. We have an excellent quote to install rubber membranes on the flat roof areas to fix the problem but it will mean getting approval from Church Council to dip again into the Property Pillar.

We are also having pump problems. There are two small green pumps that circulate the water through the boilers. One of those pumps quit and then the other one quit too. That second pump was repaired last year so Darko took it back to Schnurr Electric and they fixed it with no charge. I really appreciate the way Darko knows all these company personnel and the negotiating he is able to do.

We have now completed the changeover to LED lighting throughout the church and there have been three rebate cheques totalling about \$3,000 with one more to come of \$1,100.

Over the summer the Property Committee also will be replacing the rug in the Block Room that the Royal City Pre-School uses. The Property Committee has had its largest rental income ever for the period since the beginning of the year. One of my objectives has been to keep rental income larger than the total of Property Committee expenses. So far, so good!

# Community News

## **You Oughtta Be In Pictures...Check Out Harcourt's YouTube Channel**

Did you know that one of the ways we are reaching out to our greater community is through online video? The following is a list of some of the Harcourt videos that you might enjoy. Now you may wonder: "are people really interested in our videos?". The answer is "YES"! Check out the numbers of visitors who viewed a sample of Harcourt videos below (as noted in brackets beside the titles).

1. Celebrating Harcourt Garage Sale and All Things Christmas (390 views)
2. Welcome Messages from Jim and info about our Christmas activities (226 views)
3. Jim's address to the Court Regarding His Application for Church Moderator (43 views)
4. What Do You Like About Harcourt? Interviews with a variety of Congregation Members (441 views)
5. Harcourt's Accessible Washroom (36 views)
6. Bubbling as Spiritual Practice (86 views)
7. The History of Harcourt Church Pt I and II (166 views)
8. Harcourt's 50<sup>th</sup> Anniversary Project (60 views)
9. Building a model of Harcourt Church (without pews) (138 views)

...and many more! So think about subscribing (free) to the Harcourt YouTube Channel and check out these and other videos at:

[https://www.youtube.com/channel/UCkaQl6pXORbthqZ\\_px1-9CQ/videos](https://www.youtube.com/channel/UCkaQl6pXORbthqZ_px1-9CQ/videos)

## **Harcourt's Deborah Murray Wins Gold Unit Guider Award**

The "Unit Guider Award" is a special provincial award presented by the Girl Guides of Canada in recognition of excellence in the Unit Guider Role. To be considered for the Award, a member must provide guides with diverse and exciting programs and opportunities that will help them to become empowered. Harcourt's Deborah (Deb) Murray has shown this kind of leadership...and more.

Deb has been a Unit Guider for 11 years. About five years ago a Brownie unit was going to

close because there weren't any leaders. Deb stepped forward and took on the role of contact guider to ensure that the unit could remain open and the local Sparks could continue to learn and grow together. Deb has not only participated in Community and Provincial training leadership initiatives to build upon her skillset, but she has also worked with others on planning committees for local multi branch events. Above and beyond her regular program work, Deb spearheaded a 30<sup>th</sup> Anniversary birthday party for Sparks, inviting surrounding communities who enjoyed a fun-filled day of activities. She is hailed by many as a positive role model and one who continues to make a difference in the lives of young people in our community.

But this is not the first time Deb has been recognized for her outstanding service. **In 2009 she received a Staff Initiative Award from her employer at the YMCA/YWCA of Guelph Ontario** for recognition of her hard work

and dedication as a child care worker on staff. She was also selected by the **Guelph Mercury as one of 40 people under the age of 40 in Guelph who had made a big difference** through volunteer commitments to the community. In 2014 Deb was awarded **“Mentor of the Month” by Big Brothers Big Sisters** of Guelph in recognition of her commitment and volunteer hours. In short, this award is just one more official ‘thank you’ to a woman who is making an important difference in the lives of our children and of adults in and around Guelph. Well done Deb!!



Deb Murray - centre

## It's Summer time at Saturday Night Supper

by Leslie Pipes

Harcourt folks will have the opportunity to prepare and serve our next Saturday Night Supper on **July 20**. It will be at the same location: **Royal City Evangelical Church, 50 Quebec Street**, in downtown Guelph. Twelve volunteers will be required to prepare and serve the meal, but there are also ways for others to participate. Pasta casseroles (the recipe is on the Harcourt website), Caesar Salad, pickles, cheese, assorted fruit pies, vanilla ice cream, juice and milk are needed to make the dinner a success. Food items should be dropped off at Royal City Church (back door entrance) just before 5 p.m. on the 20<sup>th</sup>. Servers should also arrive by 5 p.m. and will be needed until approximately 8 that evening.

If you are able to help out in any way, there will be a signup sheet on the table in the greeting area of the church. A second way to sign up is on the church website. Just click 'Connect with Community', then 'Saturday Night Suppers', scroll down, and click 'Sign up Online', and choose what you would like to do.

There are nineteen faith groups that take part in this outreach activity and this is Harcourt's second dinner for 2019. Future dates will be September 21 and December 21.

With thanks, from the Harcourt Team: Karyn and Brent Davies, Arlene Davies-Fuhr, Edna Miller, Rosalind Slater, Anne Purkis, Leslie Pipes



Andre Auger and others making birdseed pods  
at MANNA



**"WE PREDICTED THAT A  
BOUNCY CASTLE AND A DISCO FLOOR  
IN THE SANCTUARY WOULD BE POPULAR.  
...WE JUST GOT THE DEMOGRAPHIC WRONG!"**

# No Strings Attached! Food Truck(s) Mondays at Harcourt: An Opportunity for Welcoming and Hospitality

by Lynn Hancock



At the time of this submission for the June Herald, Harcourt has now hosted three evenings of Food Truck fun.

The following is intended to answer frequently asked questions:

***Are we getting the same trucks each week?*** No. We have had 10 different trucks: The Frying Dutchman, Sub Shack, Kono Pizza, Beaver Tails, Fo-Cheezy, El Milagro, Schmuck Truck, Sweet Temptations, Eating Clouds and Dundeedrivindiner.

***How has the weather been?*** The first week was warm enough for capris and then it began to drizzle. The second week was cold and wet. The third week was cold and dry. We still had a great time!

***Who showed up?*** Young families, grandparents, grandchildren, parents, long time members, new members, neighbours, food truck fans who follow their favourite food truck and curious passers-by.

***How have they heard about this?*** Signage at Dean/Gordon, Dean/Edinburgh, front yard signs, Facebook, local radio station, on-line and social media. It has obviously paid off to advertise in a variety of ways.

**Where do people eat?** Fortunately, people have had the freedom to eat at picnic tables on the back lawn, park benches in the garden, or in the gym (where there are toys for the kids).

**Is there a signup sheet for volunteers?** No. We are very blessed at Harcourt. Having identified the need for people to set up, “host” and clean up, people have shown up and offered to help. So far we have been able to manage with a core group of committed volunteers so that others can feel free to come and go and take initiative. Last night, as people were huddled together in the gym, someone took the initiative to make tea. What a blessing on a cold evening. Hospitality at its finest, eh?!

**Is there any advantage to a “slow start” to the season?** YES. We have been able to adapt, adjust and accommodate to changing conditions.

**How are we dealing with the utensils, containers used by the vendors?**

Good news. The vendors are arriving on the scene with an awareness of environmental concerns. We are pleased to see compostable forks (e.g. Birchwood) and containers. Obviously, vendors are responding to the concerns of conscientious consumers and are **Adapting, Adjusting and Accommodating** in order to attract more customers. We are happy to report that, at the end of the evening, the biggest bag was filled with compostable “waste” and the smallest bag held the garbage.

**Is this a fundraiser?** No. We host the food trucks in order to provide hospitality to the greater neighbourhood. Vendors may choose to make a donation and typically have been quite generous. Harcourt’s Council has decided to pledge 50% of net donations from the food trucks this season to replenishing the property pillar.

**What kind of activities are there for children?** Bubbling, toys in the gym and much more. This year, we were able to take advantage of some donations for the garage sale and set them aside for our Monday nights - Jenga, toy trucks, hoola hoops, ball and toss games etc. All activities are designed to be self-directed play. As one observer commented, she was struck by how much fun the kids were having playing with low tech toys.

Some of you may be familiar with “eat pray love”, a movie with Julia Roberts. Our food trucks evenings are designed to encourage: eat meet treat. We are providing a gathering space/place for folks. They have an opportunity to experience the food truck phenomenon. They can eat, meet and treat. Treat themselves and/or treat someone else.

Please consider taking advantage of our wonderful Harcourt property. We are so fortunate to have a parking lot to accommodate not only vehicles but as many as four food trucks. We have a beautiful garden, tended by caring volunteers. We have many places to have an

impromptu picnic. You may want to bring your own chair or blanket to spread on the grass. If you would like to reconnect with people, please consider meeting at Harcourt.

**How's it going?** Well, if success is measured by the willingness and ability to adapt, adjust and accommodate, then we have succeeded. If success is measured by our willingness to take advantage of an opportunity to be welcoming and offer hospitality with no strings attached, we have succeeded. We have had lots of positive feedback including: "This is a fantastic idea". We look forward to many summer evenings when the sun is shining and the warmth of the weather matches the warmth of shared company.

Finally, it is worth remembering that we are sometimes welcoming strangers who may never have been on Harcourt property. People are very observant. It is wonderful to see how people respond to the better versions of ourselves.

## **How I Clawed my Way Back from an Opioid Addiction**

by Rev. John Pentland

Globe & Mail, First Person

Published March 3, 2019

Submitted by Esther Devolin

Used with permission of the author

As a minister in the United Church of Canada for 30 years I have seen many kinds of suffering and sorrow. It is a privilege to help others as they make their way through suffering. Life wounds each of us. Suffering is part of the deal.

Now, it was my turn for darkness.

Suddenly the news stories of opioid abuse had a real image. It wasn't a faceless stranger in a dark back alley. It was me, aged 58, living in a comfortable house, supported by family and friends.

"Are you addicted?" my doctor asked at each visit. I shook my head and smiled. "Nope, not me. Addiction? That is someone else," I said.

But my inside voice was mocking, "Your mind says no, but your body says, yes!"

*It took me many months to admit and recognize this reality. Not because I was embarrassed or I was hiding something, but rather, because I was ignorant. I ignored my body. I wasn't listening.*

It took me many months to admit and recognize this reality. Not because I was embarrassed or I was hiding something, but rather, because I was ignorant. I ignored my body. I wasn't listening.

I wasn't listening until my journey of withdrawal began.

How did I get to this place? Innocently – like many people who need pain relief.

About 18 months ago I noticed a shift in my walking, a pain in my hip; my back and my legs ached. I couldn't function. I was a mess. After a series of x-rays, physio appointments, MRIs, ultrasound and acupuncture, it was discovered that I needed a new hip. "You are bone on

bone," the technologist said. There was enormous relief in the diagnosis. If I could I would have leapt up into a clumsy dance of celebration. Finally, an answer to my pain!

*One night as I got into bed, I asked my wife to remove the art on the wall in front of me. The painting of a bouquet of flowers was dizzying. Faces emerged from the flowers and became scary images of torment.*

However, part of the pain-management plan while waiting for surgery included a prescription for a powerful opioid – oxycodone. I had heard of oxycodone, but I wasn't aware of its destructive nature.

My meds began slowly, 5 milligrams twice a day, up to 30 mg twice a day until my surgery 11 months later. The drug helped to mask the pain, but I was left foggy, tired and numb. Sometimes I was high, sometimes I was depressed. Lots of the time I felt disoriented. I wasn't even aware of the effects until later.

But it was after surgery when the trouble truly began. Now it was time to come off the painkillers. For me, it was a two-month nightmare.

At sunset I would dread the coming darkness. I would brace myself. My doctor warned me that pain and side effects would be worse at night. He was so right.

One night as I got into bed, I asked my wife to remove the art on the wall in front of me. The painting of a bouquet of flowers was dizzying. Faces emerged from the flowers and became scary images of torment.

When I did sleep, my dreams or visions were terrifying. One night I met what I called the Angel of Death. Its invitation was clear. A hand outstretched begged me forward. It beckoned me to step out into the darkness. There was a black abyss between us, darker than I had ever seen. I turned and stepped back, saying, "No, not yet," and I awoke. My T-shirt was drenched in sweat.

I am usually not a believer in such crazy dreams or visions, but the reality of it was too clear to dismiss. I understand now why some people give up and step into the abyss. I see why some choose more drugs, or will death to come as a relief. In the spiral, I could see why opting out was a relieving option. The ache, pain, nausea, dry mouth and body paralysis were things I had never experienced before.

To calm myself, I would practice deep breathing. I would say: “Peace be still.” Over and over as a mantra. It helped. It calmed me.

I meticulously weaned myself off oxycodone and lowered my doses weekly. In the end, I was cutting a 5-mg pill in four, and still feeling the effect. My days of withdrawal were focused on the clock. Seconds, minutes, hours, until my next relieving dose. One night, I paced and I searched our house like a thief. I wanted relief that only oxycodone would offer. My body craved it, but it wasn’t my scheduled time to take it.

I somehow resisted. I made it to the relief of a new day.

But it was never easy. Another morning as I made my way back to bed after breakfast, I cried out: “I don’t want to be sick any more.” I collapsed. My wife wrapped her arms around me and simply said, “I know you don’t. You will make it. You can do it.” My tears brought me some relief.

*During this time my 91-year-old mother flew in to be with me. She came to walk me around the block. (She was energetic in bright, sporty Spandex, while I hunched over my walker!)*

Throughout my recovery, angels of light – who came in many forms – truly saved me,

Sometimes it was as simple as a text message: “You can do it – you are a survivor – we need you back.” Other times a consoling emoji was enough – they could bring tears of gratitude. My emotions were just below the surface. These acts of kindness were a life line along the way. I was remembered. So I persisted.

Some angels dropped off soup, signed cards, baked cookies, mailed books, delivered wine or stopped in to play a game of Scrabble. People from my church signed handmade cards of support. Old university friends phoned to check in.

During this time my 91-year-old mother flew in to be with me. She came to walk me around the block. (She was energetic in bright, sporty Spandex, while I hunched over my walker!) We played Scrabble, and she encouraged my healing. Her quiet confidence lifted me. The compassion of others helps us to heal. We need each other to be reminded that we aren’t alone on the journey.

My journey of oxycodone is finally over. A roller coaster year. I have a new compassion for people who live with addictions and chronic pain. It has deepened my understanding of how important connection is in life. I have noticed I am more patient with strangers, more engaged with store clerks and I am more attentive to those on crutches with an obvious challenge. I now wait to hear people say how they really are. Truly listening to one another matters.

If you know anyone who is struggling, maybe you can be their light. Their angel. Our kindness and our compassion is a balm that heals when life derails us.

*In Guelph check out the Public Health website at <https://www.wdpublichealth.ca/your-health/opioids-and-naloxone/local-opioid-resources> for information and assistance.*

## **Churches Come Together for Refugee Sponsorship**

by Arlene Davies-Fuhr

Harcourt Council recently agreed to join a group of several GUM churches that has come together to sponsor a single refugee man who is a Syrian citizen, currently in the United Arab Emirates. **If you are interested** in knowing more details, or in joining a hands-on group of 5–7 people who will help him get established in Guelph, please contact Arlene Davies—Fuhr who is the Harcourt Liaison. Funds to add to the amount already collected are always welcome. It is too soon for donations of furniture and household goods since we don't have a specific arrival date yet. But please stay tuned...

## **A SWESH of Fresh Air! Exercise in Community Partnership**

by Sonya Wu-Winter

Since February 2018 Harcourt has been offering space to SWESH, a free exercise and wellness class for women, by women, that meets on **Sundays from 3:00-4:00pm** in the Harcourt gym.

SWESH is the vision of Sidra Sarfaraz, a recent graduate of University of Guelph. Born in Pakistan, Sidra came to Canada at age 10 and grew up in Guelph. She received her undergraduate degree in Human Kinetics from the University of Guelph in 2017 and went on to complete her master's degree in December 2018 in Human Health and Nutritional Sciences, focusing specifically on the heart.

Sidra's passion for fitness and her motivation to begin SWESH began in the second half of her undergraduate degree as she came to understand the benefits of exercise and nutrition on all areas of life. Many complex health conditions begin with lifestyle choices around nutrition and physical activity. In particular, she became passionate about cardiovascular health for

women. She began to look at her community around her, nagging her mom to work out, and wondering why people were not exercising when many knew at least some of the significant benefits of doing it. Turning a lens on women in particular, Sidra noticed several things:

- Exercising in a gym setting can be scary for beginners, particularly with a lot of unknown and intimidating equipment.
- For Muslim women in particular, co-ed gyms can be intimidating.
- For Muslim women and other women who feel most comfortable exercising in an all-female space, choices in Guelph are limited. One local gym offers an all-female exercise option but it is expensive.
- Gym costs can be prohibitive. Often year-long memberships are required and can be a waste of money if one does not continue for the whole year. Often those who cannot afford gym memberships include those who would benefit most from physical activity. Transportation needs and childcare needs can also be barriers.

SWESH began in the hope of trying to address some of these needs and barriers. Initially, SWESH met at the Muslim Society of Guelph (MSOG) in the women's prayer room but the space, carpeting and lack of ability to play music made it a less than ideal space. Through connections between the MSOG and Harcourt, SWESH relocated to Harcourt in early 2018, offering Harcourt the opportunity to partner with this wonderful community endeavor through the gift of free space at the Church. SWESH's insurance is still funded by the Muslim Society of Guelph. All coordination and fitness instruction have been offered for free by Sidra and members of the SWESH community.

The weekly exercise classes are attended by about 12 participants of all fitness levels and are led by a female instructor who designs workouts to challenge everyone to push themselves regardless of fitness level. In May, yoga classes were offered as a lower impact form of exercise well-suited to the month of the Ramadan fast. **Sidra is eager to extend an invitation to all women in the wider community. All are welcome.**

Recent discussions between Harcourt and SWESH have focused on the possibility of offering free childcare over the summer to enable more women to attend. We are also exploring opportunities for wider community partnership to enable SWESH to continue into the fall. Sidra has received the exciting news that she has been accepted to medical school at Dalhousie for this fall. We wish her our very best as she embarks on this remarkable next step. In the meantime, together with Sidra, we are exploring ways that SWESH might continue on.

# S W E S H

S W E A T S E S S I O N S

An exercise and wellness class for women, by women.

Details:

Sundays, 3:00-4:00pm  
Gym at 87 Dean Avenue, Guelph

**FREE! FREE! FREE!**

Open to all women age 16+, of all fitness levels.

*Beginners are encouraged to attend!*

Classes are led by female instructors and held in a private place.

Contact 519-803-3887 if you'd like to join a Whatsapp group for motivation and tips, or for questions/more info.

Thanks to  
our  
community  
partners:  
**harcourt**



## Harcourt Garage Sale - Thanks For Another GREAT year!

by Janet Webster



Congratulations Harcourt for contributing to the success of the 2019 Garage sale. The last Saturday in April was a fine day, a little cool but no freezing rain so attendance was steady.

All day Friday, people brought in a variety of goods, (even a kitchen sink) stacking the tables, and floor. There are so many people who contributed in a variety of ways and I hope I do not miss any. Volunteers picked up some donations, unpacked boxes & bags, washed a few dusty items, sorted and displayed items, made coffee, brought snacks created signs etc. Then on Saturday volunteers assisted shoppers, provided information on Harcourt ( yes, several still thought we were the March sale !), ran a lovely jewellery/ treasure table and helped clear the gym. The local Food bank showed up at noon to select unsold treasures for their own fundraiser leaving very few items behind! What a well organized crew. Several drivers then took the few remaining "treasures" to various thrift stores. Well done!!!

I must highlight the delightful signs created by Roz (left); they put smiles on many faces.

On Sunday, we deposited \$2,452 to the Harcourt account but as announced that day there were some IOUs and the total has now reached \$2,528.

**We are sorry to say that the Websters will not be organizing the garage sale in 2020** but they sincerely hope that someone will step up to lead and take the baton forward. All notes and supplies can be passed on. Let's keep this excellent event going!! Please contact Janet Webster for more information.





*Living with Respect in  
Creation*

You are invited to  
**Harcourt's Congregational Retreat 2019**  
at Loyola House  
Fri., Sept. 27 4:30 p. m. – Sun., Sept. 29 1:30 p.m.  
Be an early bird and register now!

WE ARE OFFERING AN **EARLYBIRD SPECIAL**  
IF YOUR REGISTRATION AND PAYMENT  
IS RECEIVED AT HARCOURT ON OR BEFORE  
**AUG 18, 2019**

ALL REGISTRATIONS MUST BE RECEIVED  
NO LATER THAN  
SEPT 15, 2019

# FOOD TRUCK MONDAYS



May 6 to  
September 30,  
2019  
4:30 to 8:00pm

All are welcome to join us for evenings of community and sweet and savoury foods. There will be children's activities, bubbling and more.



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

**harcourt**  
seek | connect | act





## Spring is Here...Or Is It?!

By Anne Purkis

Please be advised that the boilers that provide heat for most of the Church are now off!! Warmer temperatures are coming... but you may need extra layers for some of the cooler mornings and days still in the forecast.



**THE HARCOURT MEN'S GROUP WILL MEET ON WEDNESDAY, JUNE 12, 2019.**

THE SPEAKER AT THIS MEETING WILL BE **NOMA VALES**. NOMA IS A MEMBER OF HARCOURT AND IS CURRENTLY THE CHAIR OF THE MINISTRY AND PERSONNEL COMMITTEE. IN 2003 SHE FOUNDED GUELPH SCHOOL-AGE CARE INC. (GS CARE) WHICH IS CONTRACTED BY THE WELLINGTON CATHOLIC DISTRICT SCHOOL BOARD TO OPERATE BEFORE AND AFTER SCHOOL PROGRAMS. HER TOPIC WILL BE "**COMMUNITY ECONOMIC DEVELOPMENT IN LESOTHO TO COMBAT THE EFFECT OF HIV/AIDS.**" NOMA WILL DISCUSS HER LEARNINGS FROM BEING INVOLVED WITH THIS PROJECT AND WHAT NEEDS TO HAPPEN NEXT. COFFEE AND TEA WILL BE READY AT 7:45 A.M. COURTESY OF MURRAY WOODS. THE MEETING WILL BEGIN AT 8:00 A.M.

PLEASE RECORD THE DATE OF SEPTEMBER 11 FOR THE NEXT MEETING.



# Thumbprint Bio

You may have seen Dave Mowat in the AV booth on a Sunday morning in the Sanctuary, pressing buttons, adjusting microphones and quietly clicking the mouse to bring up the words of a hymn on the screen. But did you know that Dave and Helen Mowat have a long history with Harcourt Church? In fact, they have been active members of Harcourt for 56 years. Both of their daughters were baptized, confirmed and married at Harcourt, and now they also play active roles in their churches in Toronto. Dave grew up on a UEL heritage dairy farm on the edge of Ottawa. Helen's home was in a little town on the Gaspé coast. They met at college when Dave was captain of both the intercollegiate hockey and football teams and Helen was a cheerleader. Dave has contributed many volunteer and leadership roles in his community and Church since coming to Guelph in 1963. He enjoyed being on



the selection committee for John Buttars, a past Minister at Harcourt. When Dave's mother died he wrote a tribute for the column *Lives Lived* in the *Globe and Mail*. John Buttars, in retirement at his cottage, happened to go into the town of Picton and read the *Globe and Mail* newspaper that morning. In typical fashion, John sent a lovely thoughtful memo expressing sympathy and saying how much he enjoyed reading the article. In retirement, Dave has continued his enjoyment of writing and learning, completing four family memoirs and numerous articles. Besides family, Dave and Helen's interests include musical theatre, ballroom dancing, several sports, travel and duplicate bridge.

# Come for Camp at Trinity



**Trinity United**

400 Stevenson St. N.,  
Guelph, ON N1E 5C3  
Tel: 519-824-4800  
Fax: 1-888-233-1862  
[www.trinityunitedguelph.ca](http://www.trinityunitedguelph.ca)

## GUELPH UNITED PERFORMERS THEATRE CAMPS

July 8 - 12 OR July 22 - 26

6-10 year olds: 9-12 noon, 11-16 year olds: 1-4 pm

Registration \$60/week | [moldenhauer.b@sympatico.ca](mailto:moldenhauer.b@sympatico.ca)  
or (519) 824-6172

## TRINITY SUMMER CAMPS

July 15 - 19 OR August 12 - 16

Ages 6-12 years, 8 am - 5 pm

Registration: \$125/child/week, plus \$100/child for each  
child for 2nd or more child | [info@trinityunitedguelph.ca](mailto:info@trinityunitedguelph.ca)

*Together we will teach kids how to be socially competent, how to solve problems, how to be independent, how to discover and maintain a sense of purpose and hope and how to make a positive difference.*



## A/V Operators Needed!!

Are you up for fun and a challenge?! How would you like to learn how to run sound and/or projection for Sunday mornings? Harcourt would gain a lot from your addition to our incredible team of operators. Please contact Shaina at [tech@harcourtuc.ca](mailto:tech@harcourtuc.ca) if you are interested or would like more information.



G U E L P H P R I D E . C O M

MAY 31ST - JUNE 9TH

#GUELPHPRIDE

# GUELPH PRIDE 2019

- @PRIDEGUELPH
- @GUELPHPRIDE
- @PRIDEGUELPH

OUR VISION IS TO CREATE OUR FUTURE BY EMBRACING AND HONOURING OUR RADICAL HISTORIES. BY APPRECIATING AND CREATING MORE OPPORTUNITIES FOR DIVERSE VOICES TO BE HEARD, EMPOWERING NEW LEADERS TO EMERGE, AND FOSTERING CONNECTIONS WITHIN OUR COMMUNITIES, WE HOPE TO CONTRIBUTE TO A THRIVING 2SLGBTQ+ COMMUNITY IN GUELPH.



## X FESTIVAL WARM-UP

Voices of Value: LGBT2QI+ Inclusion Workshop (May 15th) / Rainbow Flag Raising at City Hall (May 24th) / Neurodiversity and Navigating Draining Spaces (May 25th)

## 31 FRIDAY MAY 31ST

Guelph Pride Annual Art Show & Community Awards Gala

## 1 SATURDAY JUNE 1ST

Out On The Shelf Library Open House / Resiliency, Leadership, and Activism in Trying Times Workshop / Fascinators & Leather Accessories Workshop / QUEER FUTURES Pride Dance by Beech Hill Freight

## 2 SUNDAY JUNE 2ND

Guelph Family Pride in the Park / Pride Pets in the Park with OVC PetTrust / Capture the Pride Flag / Harcourt Affirming Service / LGBTQ+ Seniors Baking Together

## 3 MONDAY JUNE 3RD

Drop-In Testing at ARCH / 2SLGBTQ+ Youth Art Night / Queer Women's Social

## 4 TUESDAY JUNE 4TH

Speaking Our Truths: 2SLGBTQ+ Storytelling with Guelph Spoken Word

## 5 WEDNESDAY JUNE 5TH

LGBT2QI+ Professionals Networking Event

## 6 THURSDAY JUNE 6TH

Trans Picnic / Seniors Mix & Mingle



**HAVE YOU HEARD ABOUT QUEERIES YET?**  
A BRAND NEW QUEER & TRANS / ARTS & MUSIC FESTIVAL  
3 DAYS OF CAMPING, 2SLGBTQ+ ARTISTS, AND COMMUNITY  
JUNE 7TH-9TH IN GRAND VALLEY, ON

**CHECK OUT  
QUEERIES.CA**



# Batting 100! Guelph Multifaith Softball Tournament

by Sonya Wu-Winter

You are invited to Guelph Multifaith's Third Annual Sports Tournament – an afternoon of non-competitive fun and interfaith connection.

**WHEN:** Sunday, June 23, 2019 from 2:00-5:00pm

**WHERE:** Margaret Greene Park, baseball diamond #4 (on Westwood Road, between Willow Rd. and Silvercreek Parkway, next to St. Peter's School)

**WHAT:** This is a non-competitive game for all ages and all genders. No experience is necessary! There will not be teams so come on your own or as part of a group – we will find a place for you to play! We will end the afternoon with potluck REFRESHMENTS.



## GENERAL INFO

- Everyone is welcome to this free event, both players and spectators.
- If you have a baseball glove, please bring it. If not, there will be plenty for sharing.
- Spectators are invited to bring folding chairs and/or blankets for the grass.
- St. John's Ambulance will be present to provide assistance if necessary. A free-will collection will be taken as an honorarium for their free service.
- Our last hour will be a time of refreshments and socializing. Please bring some light refreshments/snacks for the potluck table.
- Water will be provided.
- Washrooms and children's playground are nearby in the park.

Please contact Harcourt's Sonya Wu-Winter ([swu728@yahoo.ca](mailto:swu728@yahoo.ca)) with any questions.

Guelph Multifaith is one of several circles of interfaith dialogue in Guelph.

# Communications Hub

If you have any questions about who to contact for announcements, preparations for a church event, advertising, etc., please consult this chart and contact the appropriate person by the requested deadline. Any questions or concerns can be addressed to the chair of the Communications Committee, Joan Barham at [jfhbarham@gmail.com](mailto:jfhbarham@gmail.com). Thank you.

Type of Communication	Who to Contact	Due Dates
Life and Work Announcements	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	Wednesday Noon
Sunday Drop Down Screen Worship Images, prayers, songs etc put into Easy Worship along with Announcements, "other images" videos. Regular and Special Services, Funerals and Weddings, Special Events.	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	Wednesday Noon
Website images, advertising	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	ASAP
Website maintenance, updating	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	ASAP
Twitter messages, images, updates	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	ASAP
Facebook Harcourt and MANNA messages, images, maintenance	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	ASAP
Harcourt on-line Calendar updates GUM website updates	Office Tech - Shaina <a href="mailto:tech@harcourtuc.ca">tech@harcourtuc.ca</a>	ASAP
Special Events: Harcourt or wider community	Office/Tech/Communication <a href="mailto:office@harcourtuc.ca">office@harcourtuc.ca</a>	2 months or more in advance Complete Special Events form (available from the Office) before meeting with a person from the Communication Hub



## A Minute for Mission

### LGBTQ Two-Spirit Global Consultation

Our gifts for Mission & Service support the work of LGBTQ Two-Spirit justice and global partnership. Here's a story from the shores of Lake Couchiching, Ontario, on the territory of the Chippewas of Rama First Nation.

In late 2017, about 40 LGBTQ people, Two-Spirit people, and straight and cisgender allies gathered from 11 countries to support one another and work toward the inclusion of people of all sexual orientations and gender identities in all parts of the world. Two-Spirit participants provided leadership, guiding the group in lighting the sacred fire, leading sunrise ceremonies, a Talking Circle, and evening gatherings, and sharing teachings about Two-Spirit identities.

Participants were cared for by the sacred fire and the fire keepers, receiving a gift beyond compare. They also learned about the role that colonialism plays in the oppression of LGBTQ Two-Spirit people.

One of the Two-Spirit participants shared, "To be given the honour of being the doorway keeper for the circle and the conduit within the circle to the pathway of the Sacred Fire, thank you! ... Against deep odds we heard that changes are happening all over, step by step, life by life."

We give thanks for the gifts of Two-Spirit people, the work of our global partners, and the ministry of Affirm United.

If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.

# ANNOUNCEMENTS

## Passing:



**Book, William (Bill)** on April 27th. With sad but peaceful hearts, we share the news of the passing of our beloved Bill. Predeceased by his loving wife, of 75 years, Lucy (February 2019). Treasured father of Kathy Magee and her siblings. Proud grandpa, great-grandfather and uncle. If so desired, memorial donations made to Harcourt Memorial United Church, The Arthritis Society or The MS Society would be appreciated. Our lives are enriched by his steadfast love and quiet strength.

## Other Announcements:

- **Eco-Practice at Harcourt meeting:** June 13 from 1-2:30. First full planning meeting. All welcome.
- **If you are interested** in knowing more details, or in joining a hands-on group of 5—7 people who will help a Syrian refugee get established in Guelph, please contact Arlene Davies—Fuhr who is the Harcourt Liaison or the Church Office.
- **Food Trucks at Harcourt** – every MONDAY from 4:30 – 8 pm. until September 30<sup>th</sup>. Rain or shine. YUM!
- **Volunteers needed:** A/V Operators Needed. Are you up for fun and a challenge?! Please contact Shaina at [tech@harcourtuc.ca](mailto:tech@harcourtuc.ca) if you are interested or would like more information.
- Early bird registration for the **Harcourt Congregational Retreat** IF YOUR REGISTRATION AND PAYMENT IS RECEIVED AT HARCOURT ON OR BEFORE AUGUST 18, 2019. Contact the Church Office or Marion Auger.

## Behind the Scenes

### No Time or Energy to Travel this Summer? How About a Spiritual *Stay-cation*?

by Gill Joseph

This summer's weather forecast looks like a good one. So why not consider a "stay-cation" this year that might provide you with a fascinating spiritual adventure closer to home? I'm thinking about some unusual attractions in Toronto...you know, that town just down the road from Guelph. Here are a few spiritual adventures that may make this one of the most meaningful (and cheapest) holidays you've ever had!

First off, my personal favourite:

#### **The Aga Khan Museum - 77 Wynford Drive.**

This museum's aim is: *"To offer unique insights and new perspectives into Islamic*

*civilizations and the cultural threads that weave through history binding us all together"*.

Personally, this is one of my favourite museums in the whole of Canada and certainly one of the most beautiful both outside (architecturally) and inside. Plan to spend at least a half day here on your first of many visits to take in the history and art as well as to listen to live pop-up musical performances that take place in the museum. The museum is free on Wednesdays from 4 - 8pm.



#### **Toronto's Half a House and St. Patrick's Catholic Church - 54 ½ St. Patrick Street.**

Rarely do you hear of a city resident with a demolition story that features the homeowner as a winner. However, the Valkos family, owners of half a house at 54 ½ St. Patrick Street, is an exception. Built somewhere between 1890 and 1893, this bay-and-gable half a house was a one of six identical, structurally intertwined homes that was built on a road once named Dummer Street. In an area mired in poverty at the time, overly aggressive developers gobbled up the other houses in the row and removed them one by one. The Valkos family held out. Beautiful **St. Patrick's Catholic Church** at nearby 131 McCaul Street began construction in the 1850's and it's just down the street from the half a house. After the Redemptorists preached at St. Michael's in 1880, they were invited to take

charge of St. Patrick's. The Redemptorists are a worldwide congregation of the Catholic Church who are dedicated to missionary work. They were founded by Alphonsus Liguori at Scala, near Amalfi, Italy, for the purpose of labouring among neglected people. St. Patrick's congregation engages in many local projects including a regular night walk to feed the city's homeless.

**Graffiti Alley** - South of Queen from Spadina street to Portland.

Toronto's Graffiti Alley is becoming a very trendy place to view the work of artists who bare their souls and show their God-given talents to the public. Yet Graffiti Alley is more than a series of mesmerizing murals; this also represents a watershed moment in Toronto's relationship with legalized street art.

**St. Michael's Cathedral Basilica** - 65 Bond Street.

This beautiful cathedral was financed by Irish immigrants, with construction starting in 1845. It is a prime example of the English Gothic Revival style of architecture and has arguably the most beautiful stained glass windows in the city. Some of these windows were designed by Étienne Thévenot, the same artist who created stained glass windows for Notre Dame and various other churches in Paris.

**St. Anne's Anglican Church**, 270 Gladstone St.

St. Anne's Church was built in 1907 in the Byzantine Revival style. Shortly after it was built, the church interior was decorated with mural paintings by artists who would later become the three founding members of Canada's famous Group of Seven. Artwork by J. E. H. MacDonald, Frederick Varley, and Franklin Carmichael depict the life of Christ and events from the Old and New Testament. These are the only known religious works painted by the Group of Seven.

**Ireland Park - Queen's Quai.**

**This park is a memorial marking the spot where 38,000 people landed after fleeing Ireland in 1847 during the Great Famine.** At the time, Toronto only had a population of 20,000, but welcomed these Irish immigrants in search of a better life. The memorial park on Toronto Waterfront features five bronze statues that convey the emotion of this very spiritual historic event.

**Toronto Necropolis** - 200 Winchester St.

The Toronto Necropolis Cemetery is the **resting place for several famous people** including William Lyon Mackenzie, George Brown, Joseph Bloor (founder of Yorkville and namesake for Bloor Street) and Jack Layton. It also contains 18.25 acres of rare plants, historic sculptures and Gothic Revival architecture.

**Taber Hill Ossuary, Indian Mound Crescent** - Northeast of the intersection of Lawrence Avenue and Bellamy Road in Scarborough.

In 1956 while making way for a new subdivision, a power shovel ripped into the side of Tabor Hill in Scarborough and opened a hole full of bones. The shovel had uncovered a centuries-old burial pit, one of the earliest ossuary sites in Ontario measuring about 50 feet long, seven feet wide and one-foot-deep and containing the remains of almost 500 ancestral Huron-Wendat members.

**Trinity Square Labyrinth** - Behind the Eaton Centre – 19 Trinity Square.

This little-known oasis of calm sits atop the buried Taddle Creek and is approached via Tibetan arches. Like the original ancient stone labyrinths, it inspires artful meditation in those who take the time to walk its spiritual path.

**Music Garden** - 479 Queens Quay West.

When Yo-Yo Ma recorded Bach's Suite No. 1 in G Major for unaccompanied cello in 1997 he was greatly inspired by the music. Working with Vermont landscape artist Julie Moir Messervy, the musician helped design a botanical garden, originally planned for the city of Boston, that would reflect the sense of the musical piece. When the Boston plan fell through, Toronto was happy to take it up and subsequently opened a lakeside garden in 1999 (see cover photo). There is a spiral walkway with markers along the way that explain the connections to the sections of Bach's Suite. Concerts take place through the summer, usually on Thursdays at 7 pm and Sundays at 4 pm. Entrance is free and it is wheelchair accessible.

**Jones Avenue Cemetery**, 462 Jones St.

Buried here are Toronto's earliest Jewish immigrants, including Eastern European Orthodox Jews escaping Czarist Russia. Visits are by appointment only unless you befriend someone with a key.

**Yorkminster Park Baptist Church** - Near Yonge and St. Clair streets.

This lovely church has a massive pipe organ. The room is packed from wall to wall, ceiling to floor, with rows of pipes, wooden bellows and electrical switches. It has been described as the finest organ in Toronto. There are 5,000 pipes concealed behind screened openings above the altar, the smallest of which is the size of a pencil.

**Shri Swaminarayan Mandir** – Hindu Temple - 61 Claireville Dr.

Six thousand tonnes of shimmering marble, limestone and sandstone pieces have been fit together like a three-dimensional jigsaw puzzle to create this place of worship. It took 1,800 craftsmen in India who used hammers and chisels to hand carve 24,000 stone pieces, some as small as a fingernail. Visitors are very welcome, but please follow the rules.

**Anshei Minsk Synagogue** - 10 St. Andrew St.

In the early 1900s, a synagogue in Toronto was more than just a place of worship. It was also a place for new immigrants to socialize, learn and even to *kibitz*. Suspended above the central platform where rabbis chanted the Torah is a magnificent chandelier which has been described as one of the best examples of art deco lighting in the city.

**The Royal Ontario Museum (ROM)** - 100 Queen's Park.

This wonderful museum is free on the 3rd Monday night of each month from 5:30 pm to 8:30 pm. Or, if you're a full-time Canadian college or university student, you can enjoy free admission on Tuesdays with a student card. The ROM also offers free admission to Indigenous Peoples. Admission to the Daphne Cockwell Gallery which is dedicated to First Peoples' art and culture is free-of-charge to the public. The *Gods in My Home* exhibition brings together Chinese ancestral paintings and traditional popular prints. These images reflect a Chinese view of reverence and the belief that portraits and prints are capable of blessing and protecting the prosperity of family lines.

**Walking trails** in Toronto are different from hiking paths. They are less physically challenging and for the most part, these nature trails are places where you can leisurely stroll along without breaking a sweat. Below are some examples that can help you feel part of peaceful nature.

**Sherwood Park** - 190 Sherwood Ave.

One of Toronto's most underrated valleys, this green space is lined with walking trails that see few bikes. If you want to extend your trip, you can cross Bayview Avenue and head to Sunnybrook Park.

**Moccasin Trail Park** - at Lawrence Avenue East and the Don Valley Parkway.

You can hear the soft hum of the DVP as you go down this ravine, but you'll still feel far away as you explore the lush landscape that even includes a beaver pond. Part of this trail leads to the iconic rainbow tunnel that thousands drive by every day.

**Moore Park Ravine** - 205 Moore Ave.

This wide ravine trail may be busy on summer weekends but it's a lovely tree canopy with connections to the Don Valley Brick Works and David A. Balfour Park – a well-placed natural escape near the heart of the city.

And finally....

**The Thomas Fisher Rare Book Library** at the University of Toronto - 120 St. George St. This beautiful and amazing library is open to the public. It is named in honour of Thomas Fisher (1792-1874), who came from Yorkshire to Upper Canada in 1821 to operate a grist



mill and play an active role in the public life of the community. The Library has approximately 740,000 volumes and 4,000 linear meters of manuscript holdings. Did you know that Charles Lutwidge Dodgson, the historical person behind the Lewis Carroll pseudonym, was both a clergyman and an educator, spending his entire career as a lecturer in mathematics at Christ Church, Oxford? The Joseph Brabant-Lewis Carroll Collection, one of the world's finest collections of Carrolliana, was generously donated to the Fisher Library in 1997. It is one of many amazing collections also including medieval manuscripts, early printed books and special volumes of later periods that had been presented by Queen Victoria to the University that will leave you in awe.

Have a wonderful summer however you spend it – see you in September!

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## Harcourt Calendar – June 2019

Updated May 17, 2019 – [www.harcourtuc.ca](http://www.harcourtuc.ca) for most up-to-date information

### Saturday June 1

8:00am Preschool Carnival [P,G,K]  
10:00am Progressive Christianity [202]

### Sunday June 2

#### Affirming Sunday

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

### Monday June 3

#### Office Closed

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

### Tuesday June 4

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

### Wednesday June 5

1:30pm Tai Chi [F]  
6:30pm Guides [F]

### Thursday June 6

8:45am MindStretch [C]  
7:30pm Choir Practice [M]

### Friday June 7

7:30am PD Day Camp – Level Up [F]  
8:00am PD Day Camp – Les Petite Pommes [202]  
7:00pm Junior Youth Group [G]

### Saturday June 8

10:00am Progressive Christianity [202]

### Sunday June 9

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 June 10

#### Office Closed

11:45am Caroline Harcourt Women's Group [F]  
4:30pm Food Trucks [P,G]  
7:00pm Scouts [F]

### Tuesday June 11

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

### Wednesday June 12

7:45am Men's Group [F]  
1:30pm Tai Chi [F]  
6:30pm Rainbow Chorus AGM [F]  
7:00pm Finance Committee Meeting [202]  
7:00pm M&P Meeting [L]

### Thursday June 13

8:45am MindStretch [C]  
7:30pm Choir Practice [M]

### Saturday June 15

10:00am Progressive Christianity [202]

### Sunday June 16

#### Communion

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

### Monday June 17

#### Office Closed

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

### Tuesday June 18

11:00am Stroke Recovery Lunch [F/K]  
7:00pm Bell Choir [M]

**Wednesday June 19**

1:30pm Tai Chi [F]  
6:30pm Preschool Housekeeping [K]  
7:00pm Council Meeting [C]

**Thursday June 20**

8:45am MindStretch [C]  
7:00pm Sharing Evening [F]  
7:30pm Choir Practice [M]

**Sunday June 23**

10:00am Worship Service [S]  
11:00am Congregational Picnic [G]  
3:00pm SWESH [G]

**Monday June 24****Office Closed**

9:30am Quilting Group [F]  
1:30pm Prayer Shawl [202]  
4:30pm Food Trucks [P,G]

**Tuesday June 25**

7:00pm Bell Choir [M]

**Wednesday June 26**

1:30pm Tai Chi [F]

**Thursday June 27**

7:30pm Choir Practice [M]

**Friday June 28**

8:00am PD Day Camp – Les Petite Pommes [202]

**Sunday June 30**

10:00am Worship Service [S]  
3:00pm SWESH [G]

Harcourt will return to three services starting  
September 8, 2019.

Please visit the Harcourt Church website at:  
[www.harcourtuc.ca](http://www.harcourtuc.ca) to view up to date calendars  
for the remaining summer months.