

“Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving”. W.T. Purkiser

The Harcourt Herald

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

YUM!! Chocolate Meditations???

Royal City Preschool 50 Years Young

Giving and Receiving Thanks

Meet Our New Church Administrator

...and Much, Much More!!

October, 2019

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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Cover photo: Wiki Commons

The inisters' Quill

by Jim Ball

(Previously presented as a sermon)



The story may be told in many ways. This is one attempt. Last February I was flying from Toronto to Los Angeles to attend a conference. At the beginning of the flight I reached for the screen in front of me and tapped on the button

marked “map”. It showed an image of a plane at rest. As the actual plane took off, the plane on the screen began to move. Its direction matched that of the real plane. It was not long before the map on the screen changed again. It zoomed out to show me the location of the plane in relation to a map of southwestern Ontario. A few seconds later it zoomed out farther, showing the location of the plane in relation to the Great Lakes and the route our plane would be travelling into the United States. A few seconds later the screen changed yet again. It zoomed out far enough to show the plane in relation to a map of North America. It situated the plane on an imaginary line that stretched from Toronto to Los Angeles. I then returned to the book I was reading. At different points in the flight I paused to get an update on our location. First the screen would show me where the plane was in relation to the city or state we were over. And then it would zoom out to show the plane’s location in relation to the overall trip. It moved from the particular to the general. From the specific to the overall. I noted that the shifting images altered my perspective. At one point I was inside the plane, over Minnesota and halfway to L.A. The realization triggered feelings of claustrophobia, delight and impatience all at the same time. Claustrophobia because the plane was smaller than normal, delight because the plane was working at 35,000 feet, and impatience because I

was only halfway to my destination. I was in only one place. But I had three different senses of where I was and how I felt and what I might do in response.

Life is like that. Feelings are tied to perspective and perspective is limited. None of us gets to see the whole truth. Only versions of it. This is the case for the Church through time. And for the people who worship Sunday by Sunday. Every now and then, we zoom in. We acquaint ourselves with the particulars of a new song or prayer. At other times we zoom out. We try to situate ourselves, and what we do, on a larger cultural map.

Over the last fifty years the Church has spent much time shifting perspective in the hope of improving its understandings and practices. Especially in relation to worship. We have wrestled with inclusive language and theological concepts. We have wrestled to shed militaristic imagery. We have wrestled with differing versions of the Lord's Prayer. We have wrestled with the location of baptism and the style of communion. We have wrestled with the matter of musical instruments. We have wrestled with the matter of seating. We have wrestled with the matter of accessibility. We have wrestled with the matter of racial justice and intercultural fairness. We have wrestled with the matter of titles and gowns. We have wrestled with renovations and technology. We have wrestled to balance our looking inward and our reaching outward. We have wrestled to make full and equal the participation of women, the laity and members of the LGBTQ+ community. We have wrestled to make welcome newcomers and long timers, theists and non-theists, followers of Jesus and discerners of Spirit. We have wrestled to balance head, heart and hands. Oh, we have wrestled... And just to clarify, I did the math. Using conservative figures to quantify our differing understandings and preferences, I discovered that we would need to fill this sanctuary with 150,000,000 people to find just two who thought and wished exactly alike!

The journey has not been without turbulence. Engaging these issues has triggered no little amount of joy, anger, and sorrow. And no shortage of questions. More than once we have asked, "Why this and not that?" Why do we sing new songs? Why do we still sing old ones? What happened to the organ? Where are the drums? Why does baptism happen late in the service? Why is the message in the middle?

Sometimes the questions we ask are born out of curiosity. Sometimes they are born out of discomfort. Sometimes we are tempted to imagine that somebody on the plane, someone or some group in here, is responsible for any confusion or dis-ease or disappointment we might be feeling. Sometimes we forget that much of what we feel is linked to influences at work outside the plane - influences that are not personal but cultural, generational, epochal. Sometimes we have to zoom out to remember that the flight attendant is not slow so much as the aisle is too narrow. And it is too narrow because of 21st century economic pressures and

priorities. Sometimes we have to zoom out to recognize the role our own internal lenses and maps contribute to our joy or bewilderment. Sometimes by stepping back we can see the extent to which our family or church of origin shapes our perspective and expectations.

When we take the long view, we see that **worship is an act of thanksgiving**. It is the practice by which we honour what is larger than us, thank what blesses us and connect to what grounds us. The human instinct for worship is ancient, deep and universal. It reaches into pre-history. Our Jewish ancestors gathered to give thanks long before there was a temple to offer thanks in. They offered the first fruits of the harvest as an expression of their gratitude. They sang, prayed, reflected, told stories and shared meals to remind themselves that all life is gift, and that they were its grateful recipients and stewards. Early Christians did likewise. Our ancestors gathered weekly in a spirit of thankfulness. Joyfully they celebrated and shared. They maintained the weekly custom of recalling stories of gift - tales of the people's experiences of life and light, freedom and daily bread. They gathered on the first day of the week, as we do now. They did so to make thanksgiving their first act of the coming week. Looking forward, they made gratitude their standing place, lens and aim. Two thousand years later we continue the practice. We gather regularly to connect ourselves to words and practices we trust will ground and orient our lives. The words are these: Gift. Grace. Gratitude. Gladness. Generosity. "Now thank we all our God," we sometimes sing. We sing it together, no matter how diverse our understandings of the sacred might be, and no matter how different our preferred manner of giving thanks might be.

Our preferences are many. They routinely distill into a mix of songs, silences, stories, sacraments, sacred prayers, and other forms of spoken word and movement. The order in which we arrange these components is not unimportant. When I was young, the order placed baptism and the Lord's Prayer near the beginning and the pastoral prayer and sermon near the end. The creed, the offering, and the announcements were placed in the middle. Music was found throughout.

The order is four hundred years old. It came into use during the Reformation, when certain emphases of Roman Catholicism were being challenged. The Protestant order emphasized the sermon. It was designed to teach and correct. Sermons were about education. And worship became a more head-centred experience.

Fifty years ago, Protestant churches around the globe changed the order and emphasis of their worship. The sermon-focused service had been created as a corrective. But the corrective had come at a cost. Other elements and understandings of worship had been pushed aside. The Protestant community, the United Church of Canada included, decided to seek a better balance. The new order they reached for was the oldest order Christianity has.

We find it in the gospels. On the day of resurrection, two disciples travel to Emma'us. They are met on the road by a stranger. On the way "the stranger opens to them the scriptures, talking about the mighty works of God." Later that same day the stranger, who is Jesus, is made known to them in the breaking of bread. And there it is. Story, then meal. Word, then sacrament. A better balance. A more helpful flow.

The return to this ancient order began in earnest when I was still a student. What has happened since has been like watching tectonic plates move and collide, with one worship form rising into view and the other dipping out of sight. Much of our wrestling with worship details over the last fifty years has played out over this moving floor. And we have surely felt the shaking of it.

The first thing to happen was this: the sermon moved from the end, where it had long enjoyed a privileged place, to the middle. The idea of sermon as lesson, as teaching, as last word, suddenly gave way to the notion of sermon as prelude, as storytelling, as first word in a conversation leading to something more. The message time came to be seen as an opportunity for affirmation, celebration, inspiration and consolation. It was an occasion to remember, and to feel in our remembering, the blessing of life's gifts and graces. The first books about this came out in the late seventies and early eighties. And it was then that I and others put away our academic hoods and gowns. For our role in worship no longer required them.

The second thing to happen was that elements emphasizing the work of the people moved to the end. The people's response became the highlight and culmination of worship.

We may not have received the memo, but sometime on our watch the Protestant church, including Harcourt, made this simple but profound change. We returned to an ancient worship order. We gather now to give thanks, to share stories of gift, and to take action to become more deeply a living expression of grace in the world. Sunday by Sunday we move from story to embodiment, from idea to incarnation. We gather to help "the Word become flesh and dwell among us."

We remember stories of welcome and belonging, and respond by baptizing infants and receiving new members.

We remember stories of inclusion and wide sharing, and respond by breaking bread with friend and stranger.

We remember stories of Jesus, of becoming his hands and feet, and respond by offering money, garments, food, time and talent that will do good. We respond by extending ourselves afresh into the world to serve as Christ served.

This, from the perspective of deep structure, is what the worship journey is about. Every week it moves us from remembering blessing to becoming a fresh expression of it. Every week moves us from memory to hope, from being glad recipients of grace to being its joyful and generous agents. Every week provides an opportunity to embody and express what we already are - beloved children of God, the body of Christ, instruments of peace, beacons of fairness, arms of compassion. As such we live in, with and for the world.

The boxes in the photo above illustrate the three phases of worship. Every service has a beginning, middle and end. Perhaps the most important change in Protestant worship over



the

past 50 years has been the relocation of the sermon from its prominent place at the end of worship to a more modest place in the middle. It now serves an introductory function, lifting up stories and understandings of good news, which the people then make real through ritual action and wider community engagement. It is the people's work to help "the Word becomes flesh" in every worship service.

We have hardly begun to tap the potential of this form. For fifty years we have been preoccupied with worship details and the challenge of our changing times. But the deep form itself is changing us. It is reshaping our lenses. And it is encouraging people to greater participation and creativity, especially in the final third of the service, inviting us all to practices that bind us closer to spirit, neighbour and earth.

I wish I had remembered this while I was on that airplane heading to LA. At the time my focus was on particulars, on life in the cabin and on my distance from home. What I focused on contributed to feelings of claustrophobia, relief and impatience. Had I zoomed out and remembered the purpose of the trip, I might have experienced more joy, peace, and patience

on the way. The same might be said of worship in Protestant churches. By zooming out and remembering the purpose of the trip we might experience more joy, peace, and patience on the way. Indeed, we might come to pray more often words such as these:

Thanks for the company I keep in the cabin of this worship service. Thanks for the heights we safely reach and the turbulence we weather together. Thanks for the perspectives we have and the practices we undertake that help make this shared journey one of purpose, gratitude and joy. Amen.

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Worship Schedule

Three welcoming Sunday services

We offer three distinct Sunday morning services: At 9am in the Chapel, at 10:30am in the Sanctuary and MANNA service at 10:30am in the Friendship Room.

Chapel service 9:00 a.m.

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.

Sanctuary service 10:30 a.m.

The Sanctuary 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.

MANNA 10:30 a.m. downstairs in the Friendship Room

Is a new, friendly, all-ages, interactive, alternative worship experience that involves hands-on activities and sharing.



COUNCIL NEWS

A significant portion of Council's September 18th meeting focused on preparations for our Congregational Meeting. On October 20, we will decide Harcourt's future direction about flexible seating in the lower level of the Sanctuary. All are welcome!

Prior to the meeting, along with the agenda, Council will provide a short document about how this potential change to flexible seating aligns with Harcourt's vision, mission, purpose and core values. We have a responsibility to focus on Harcourt's future in a rapidly changing society.

The Ad Hoc Seating Committee's Report and Appendices summarize their research about flexible seating. Yes, much more work is required to answer questions about physical and financial implications if a change is to be made. However, we need congregational approval at this stage in order to continue the process. Asking people to contribute significant time and energy on more detailed planning requires knowing that their work will not be futile. Be assured that the next level of formal decisions will include congregational approval before implementation (e.g. logistics, financing, timing, etc.).

If you have not read the Ad Hoc Seating Committee's reports, please contact the office if you need a copy or electronic link.

Other items during our meeting included:

- Wendy Guilmette is working on contract as Church Administrator for six months. Ministry & Personnel Committee is continuing a review of the position.
- As we enter the fourth quarter of 2019, Finance Committee is feeling optimistic.
- Suzanne Webster and Lisette Vanderkamp will continue to lead the High School Youth Group this fall.
- Recruitment for Council and committee/team vacancies is critical as we prepare for 2020. Watch for special opportunities to learn more about these roles. Harcourt's future depends on many people to carry out our internal and external ministries.

Prayerfully, and with faith and hope, we look ahead to the coming months.

Lorraine Holding, Council Chair



CONGREGATIONAL MEETING

DATE: Sunday, October 20, 2019

TIME: 11:45am

PLACE: Gymnasium

PURPOSE: Vote to move to flexible seating in the Sanctuary

All are welcome!

Light refreshments and child care will be provided.

“Don’t Let the Old Man In” – Men’s Group

by Bill Lord

In May, Charlie Barnes was inducted into the Guelph Sports Hall of Fame for his many triathlon wins and significant fundraising efforts for charity. He competed in his first triathlon race in 1999 at the age of 62 and loved it. He has qualified for Team Canada three times to compete in the International Triathlon Union World Finals and won the bronze medal for the 80-84 age group in 2017 in Rotterdam. In the recent Tour de Guelph, Charlie was the largest fundraiser, \$8,440, while biking in the 50k race.

Coffee and tea will be ready at **7:45 a.m. on Wednesday, May 9th**. The meeting will begin at 8:00 a.m. Dave Mowat will be the chair. In your date book please record the date of November 13, 2019 for our next meeting. The speakers will be Elizabeth Bone and Jerry Daminato. They will do the presentation they had prepared for our meeting earlier that had to cancelled. Any interested people who want to hear the story of their trip across Canada are welcome to attend.

HENRI
FREDRICH
AMIEL

THANKFULNESS IS THE BEGINNING OF

GRATITUDE

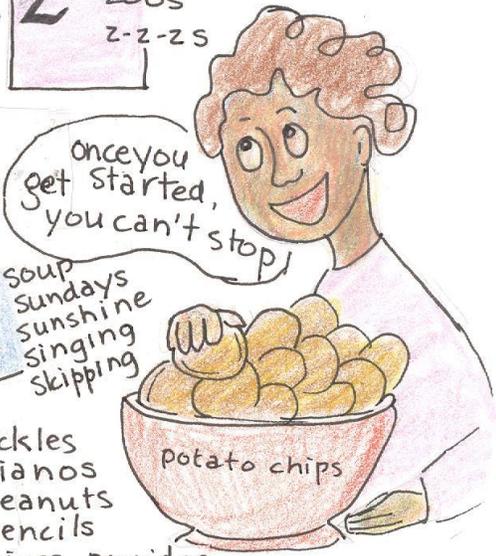
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IT'S MERELY A MATTER OF WORDS. GRATITUDE IS SHOWN IN ACTS.

GRATITUDE IS THE COMPLETION OF

THANKFULNESS CONSISTS

- a** ants, apples, arms, aunts
- b** balls, books, bananas, bees, birds, butterflies, bikes, bagels
- c** cats, coffee, chocolate, cheese, cookies (carried away!)
- d** dogs, donkeys, donuts, dawn
- e** eyes, eggs, elephants
- f** fingers, frogs, families, flags, fish
- g** grass, geese, games, giraffes
- h** hamburgers, hotdogs, hummus
- i** ink, irises, i-pad, i-phone, ice cream
- j** jam, jokes, jelly
- k** knitting, knots, kibble
- l** love, lakes, ladybugs, lemonade
- m** monkeys, magic, music, microbes, macaroni
- n** night, noodles, nuts, novels, names
- o** oranges, owls
- p** pickles, pianos, peanuts, pencils, pizza, porridge
- q** quirks, questions, quiet, quiche
- r** rain, roses, rhubarb
- s** soup, sundays, sunshine, singing, skipping
- t** trees, tea, tractors, thimbles
- u** unicorns, umbrellas, underwear
- v** veranda, vacation, vocation, verses, vegetables
- w** water, weather
- x** xylem, xylophones, xeriscapes
- y** yoga, yeast, you!
- z** zoos, z-z-zs



Cartoon by Roz Stephenson

The Neighbourhood Lens

Refugee trains his smartphone camera on Guelph as an example to the world

Now living in Guelph as a refugee, Iraq-born Ali Al Baghlani is trying to make a difference here and back in his home country. Coming to Canada just a year ago, Al Baghlani once taught at the University of Bara, managed its cultural centre and also worked as a freelance journalist. But this was a dangerous undertaking that resulted in his losing his position, his job and required that he flee from his country. Now in Canada he volunteers as an interpreter to help other immigrants navigate their new surroundings and Al Baghlani recently began using his smartphone to record videos about Canada and Guelph in Arabic.

<https://www.guelphtoday.com/local-news/refugee-trains-his-smartphone-camera-on-guelph-as-an-example-to-the-world-1708748>



Faith and politics: The United Church of Canada provides thought-provoking guidance as the election draws near

“Your vote will make a difference. The more we know about how our faith and values can influence government policies, the more we have a chance to transform our own and others’ lives for the common good. We witness to our faith in a just and life-giving God in the public arena by advocating for justice and peace. This is our faith and our vote”.

<https://www.united-church.ca/news/voting-what-does-faith-have-do-it>

The Toronto Star newspaper publishes special report on climate change entitled “What We Can Do Now”

With no single checklist to follow, no series of straightforward steps to take that will make it all go away, it’s hard to know what to do. This report highlights the actions of people and community groups working to combat climate change... even at a small personal level.

<http://projects.thestar.com/climate-change-canada/what-you-can-do/>

Some Church Bulletin Bloopers!

- "The Senior Choir invites any member of the congregation who enjoys sinning to join the choir."
- "Applications are now being accepted for 2-year-old nursery workers."
- "The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon."
- "Diana and Don request your presents at their wedding."
- "Next Sunday is the family hay ride and bonfire at the Fowlers'. Bring your own hot dogs and guns. Friends are welcome! "
- "Let us join David and Lisa in the celebration of their wedding and bring their happiness to a conclusion."
- "Mr. Bradford was elected and has accepted the office of head deacon. We could not get a better man."
- "Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children."
- "After the sermon: A moment of silence for prayer and medication."
- "The class on prophecy has been cancelled due to unforeseen circumstances."
- "Life groups meet on Wednesday evening at 7:00 PM for food, fun, and fellowwhipping."
- "Illiterate? Write to the church office for help."
- "Ushers will swat the latecomers."
- "The peace making meeting scheduled for today has been cancelled due to a conflict."
- "It's Drug Awareness Week: Get involved in drugs before your children do."
- "Please sigh during offering."
- "Men's Prayer Breakfast. No charge, but your damnation will be gratefully accepted."
- "The sermon this morning: 'Contemporary Issues #3 - Euthanasia.' The closing song: 'Take My Life.'"
- "For those of you who have children and don't know it, we have a nursery downstairs."
- "The Pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning."



ommittee & Group News

Property Committee – We Love a Party!

by Ben Fear

Following spring's enthusiastic work party and that's party with a capital P, the Property committee are planning a similar event for **Saturday, October 19**. This will be a daytime event



beginning at 9 am. and finishing with a flourish at 12 pm. It's not a Whine and Weed, more like a Garden'n Grouse (the Election Date is Oct 21). This an open invitation for any who are tired of the party lines to come and relax by clipping and cutting and shovelling and weeping, wheeling and feeling good about not paying for your morning coffee. Informal attire, work gloves optional, equipment: bring your own. SMILES obligatory. This photo is a reminder that Autumn is at hand and among other pleasurable tasks is that of preparing the Harcourt Memorial Garden for a winter under a blanket of snow.

Quote: *I was complaining I had no shoes until I saw a man who had no feet.*
Confucius

Put the Petal to the Metal for Thanksgiving!

by Barbara Friend, Chair

Thanksgiving will be here before we know it! Would you like to continue our tradition of honouring loved ones or to celebrate a special event by donating towards the purchase of a chrysanthemum? If so, please contact Barbara Friend at barfriend52@gmail.com; cell: 519-803-5032 or home: 519-763-5032 by October 7th.



p.s...Don't forget to pick up your plant after church on Thanksgiving Sunday!

Invitation to Reimagine

by Loraine Holding, Chair of Council

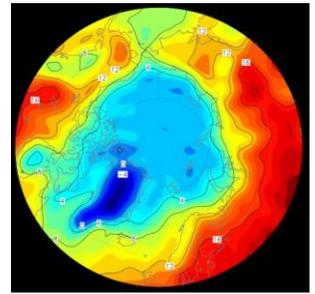
Hello, friends. You will have seen this invitation to the Reimagine Conference scheduled for October 18-19, 2019 in Hamilton, Ontario in the bulletin inserts (<http://reimagineconference.ca/>). So far, we have five people who have indicated they would like to attend. That leaves five tickets for others. I encourage you or someone from your committee/team to join the Harcourt group. Last year, nine Harcourt people participated and we have ten pre-paid tickets available for this year's event. Plenary sessions, small group conversations and music offer a variety of topics and format. More information is available at this link: <http://reimagineconference.ca/>. If you look closely in the middle of the photo beside "What You Can Expect", you can see the top of Anne Ball's head, Merrill Pierce and me at one of last year's plenary sessions. If you have questions about the conference format, let me know.

The "Presenters" section gives short bios of the many people who will speak, lead workshops, conversations and music. They come from Ontario, other provinces and parts of USA. They feature many topics related to worship, community engagement, use of church buildings, being with the neighbourhood, etc. A detailed schedule should appear closer to the date. Your cost to attend is a noon meal and coffee breaks each day. Last year we were able to arrange car pools for travel to Hamilton. For this first come, first serve opportunity, please let me know **BY OCTOBER 4** who would like to attend. I will coordinate registration once we have names.

Climate Clips (for the season of creation)

- Rajesh Wangad is a member of the Warli tribe in Western India. The Warli people have a history of using art to tell their stories. Rajesh has created a beautiful artistic video called “We Are India’s Soul. Don’t Kill Us” as a response to the pollution and over-development of the land around them. Check it out at:

<https://www.bbc.com/news/av/world-asia-india-49766592/warli-tribe-we-are-india-s-soul-don-t-kill-us>



- Gill’s Plastic Reduction Challenge Report: This month we stopped using milk cartons (too small for us) and started purchasing our milk in large recyclable/returnable jugs from Mac’s Milk and Circle K stores. However, we have been reading that plastic food containers may not be healthy, so we are researching that further (<https://www.ctvnews.ca/health/microplastics-in-your-tea-study-finds-billions-in-a-bag-brewed-cup-1.4609715>). I have placed my City of Guelph metal straw kit (given out to Harcourt members at the Eco-practice Fair a few weeks ago) in my purse and have used the metal straw for beverages in several restaurants in the city. I also placed a metal knife, fork and spoon in the little bag along with the straw and have used these in fast food stores instead of plastic cutlery. Subtle, easy to pull them out, fits nicely in my purse, dirty ones go back in the cloth bag and the cutlery can be washed later and the bag thrown in the laundry. Went to the park near our home with a visiting child. Together we picked up garbage that had blown into the park and put it in the receptacle. It was fun to do this together and took less than 5 minutes.
- Don’t forget to recycle by donating things to the **All Things Christmas Sale** at Harcourt Church. Read details in this issue of the Harcourt Herald or contact Janet Webster for more information.
- How about a new sprinkler for your garden made out of a used plastic bottle?



You Can Do It!!

Property Committee Report

by Dave Hume, Chair of the Property Committee

During August, a new rubber membrane roofing material was installed over the offices. The cost was a little under \$8,000. Hopefully, that will reduce the number of pails Darko has to set out during a major rainstorm. It had better not rain too hard, because there is another flat roof area over the main entrance and the new washrooms that has not been fixed yet. At their September meeting the Property Committee decided to put the cost of that roofing in the 2020 budget.

On the east side of the church there is a large brick home that will soon be known as a Dunara Home. This is a home run by the Catholic Church for people recovering from addictions. Renovations have been ongoing since May and the new occupants and their supervisory staff will take occupancy soon, likely in November. So far, relations between the management there and Harcourt have been very good. As an example, over the winter, one or two of the small cedar trees on the boulevard between the church driveway and the Home's driveway were broken by snow-removal equipment. Recently, the Home bought replacement trees and Darko agreed to install them. The Property Committee would like to hear comments about having residents at the Dunara Home enjoying the ambience and relative peace and quiet of the Harcourt Gardens. We hope that Harcourt people will help the residents there return to productive lives.

Jackson Misner, who was our church summer student, has written an analysis of the rentals for the last year and compared those rentals to previous years. There is a gradual increase in rentals but the distributions have changed very little. The largest dollar renter is the Royal City Preschool. The second largest is musical events, including the KW Symphony, University of Guelph choir, the Upper Grand and Kiwani's Music Festivals and several renters.

The Royal City Preschool is celebrating 50 years at Harcourt. Ruth Haley, the current Preschool President, sent a message inviting church members and interested others to a Celebration on October 5th from 10 a.m. to Noon. There will be an opportunity to see the school as it is today, meet the teachers, enjoy some activities and have some birthday cake.

Community News

Harcourt Welcome's New Church Administrator: Wendy Guilmette

Hello my name is Wendy and I am excited to be joining Harcourt United Church as Church Administrator. I have lived in Guelph for 30 years raising my children with my spouse Mike. Life has given me many blessings and my grandchildren are the keepers of my heart. Another of my great joys are my 2 dogs, a silly black Labrador named Kaley and a Golden Retriever named Prada. You can often find me out for a walk enjoying the day with these two. I have lived and worked and volunteered in Guelph and through it all I have learned that people are my passion. I look forward to this new chapter of my life and to meeting you when you visit the office.



All things Christmas

by Janet Webster

Remember that wonderful fund raising event that happened at Harcourt last November? Well, HERE WE GO AGAIN! ALL THINGS CHRISTMAS returns so mark your calendars for **NOVEMBER 21, 22, AND 23** with the sale taking place on November 23. The other two days are a flurry of activity when all are welcome to help create a seasonal wonderland. Planning has started and here is how you can be a part of the fun.

We will need materials for the gorgeous seasonal arrangements: TEASELS, STEMS OF MILK WEED PODS, LARGE PINE COMES, ESPECIALLY WHITE PINE AND NORWAY PINE, INTERESTING SEED PODS, HOLLY, BRANCHES OF ENGLISH OAKLEAVES. WHITE PINE BRANCHES droop beautifully so if your tree needs trimming, please let us know. JUNIPER is also very attractive in our arrangements.

We are looking for 2 GALLON PLASTIC POTS (8-10 IN DIAMETER). We fill them with soil and then create the outdoor arrangements. Please set them aside for us instead of disposing of them. We would also appreciate donations of any LEFTOVER POTTING SOIL you may have. The more we can avoid spending on these supplies, the higher the funds for Harcourt. LONGER BAMBOO OR WOOD SKEWERS are useful for displaying ornaments such as cones, stars etc. so any extra you might have would be wonderful.

Don't feel that you are very creative? or skillful at arranging? Many customers come to this sale to buy arm loads of greenery, magnolia, teasels etc. Please consider coming to prepare and bundle greenery. This is a very cost and labour effective activity. The do-it – yourselves love the convenience and variety of materials. As well, having branches pre-cut and ready to use helps our arrangers work more quickly.

And then of course there is the BAKE TABLE (See Below). Visitors love the PRESERVES, JELLIES, JAMS AND SPECIAL TREATS at this display. So dig out your favorite recipe and help stock our table.

Again, JEWELLERY is a popular item. Consider downsizing some of those costume pieces you no longer wear and offer them to a new home. SEASONAL OR SERVING PIECES are also popular. Delicate china, shiny bowls, and so on found new owners last year at the Treasure Table.

We will be meeting on Monday October 21 at 7 p.m. at Harcourt so please join us if you wish to be involved or have an idea to share.

Want more information? Contact Janet Webster, at fwebst0953@rogers.com or 519 821-0953

Attention All Harcourt Bakers!

by Heather Hoeg



It's time once again to start thinking about all our special holidays recipes. Those special cookies, cakes, jams, shortbread, squares, and more cookies that you love to share! The All Things Christmas Bake Table has been such a success in the past! We need your generous donations once again! Baked goods can be dropped off in the kitchen on Friday November 22nd, or before 9:00 am on November 23rd. Any questions, please call Heather Hoeg at 519-265-5956. Or email Heather at hoeg@rogers.com



Royal City
COOPERATIVE PRESCHOOL



50th Anniversary Celebration

Saturday, October 5, 10am-12pm

87 Dean Ave. Guelph

Join us for a celebration of 50 years of learning and growing with Royal City Cooperative Preschool! We first opened our doors in 1969 and have served many wonderful children and families since.

If you or your child have been a part of our history, we'd love to see you! Drop in to see the school as it is today, say hello to the teachers, enjoy some activities and have a piece of cake.

Harcourt Communal Garden and The Guelph Community Orchard Project

by Jill Gill

On September 14, we had a tremendous Community Orchard and Harcourt Communal Garden work 'party' which co-responded with the University of Guelph's 'Project Serve' initiative. There were 12 energetic and enthusiastic student volunteers at Harcourt to help in the Orchard to weed, move mulch into place, plant periwinkle around the Asian pear tree, pin back the blackberry bushes and tripod the asparagus foliage.

In the Harcourt Communal Garden folks worked diligently to weed, remove the last of the lettuce plants, roll up the chicken wire mesh that was no longer needed, remove the watering hose system, turn the compost in the bins and place woodchip mulch on the paths between beds. It was a busy afternoon and much was accomplished to prepare for the up-

coming Community Gardens Festival which will happen again this year at Harcourt on Sunday, September 29 from 1-4 p.m. By the time you read this, the Festival will be over. I'll write with the details of the event in the November Herald.

The Harcourt Communal Garden is fully maintained and harvested by a dedicated team of volunteers who work in teams of four, each week from June until the end of October. This year, as of September 20, we have harvested 274.5 kgs of organically-grown and delicious vegetables that are donated to Chalmers Community Services Centre in downtown Guelph. This allows the guests at that food pantry to eat and benefit from fresh vegetables and herbs to supplement the array of non-perishable foods they receive. It is with much gratitude that we hold up our wonderful garden volunteers. Thank you.



Blessing of the Animals Service



AED Education Event

October 26, 2019

9-11 a.m.

Harcourt Gym

As a Member of Harcourt...

Familiarize yourself with the
Automated External Defibrillator (AED)

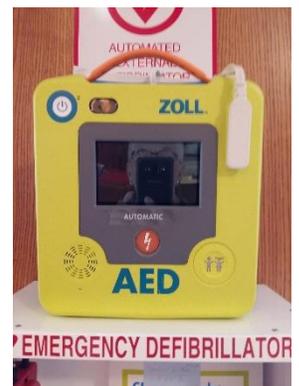
Learn from a Paramedic

You could save a life

Register with Esther Devolin

519-836-7675 or ekdevolin@sympatico.ca

Refreshments





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

Caregiver's Coffee Hour

October 18 @ 10 a.m.

Dublin St United Church

68 Suffolk St. W., Guelph

**Special Guest Speaker: Ashley Biffis – topic is what impacts the
wellbeing of caregivers**

**We hope you can attend & socialize
with others who care for their loved ones**

This is a Guelph United Ministries (GUM) Sponsored Event

Please RSVP to Esther Devolin

By October 15

519-836-7675 or ekdevolin@sympatico.ca

Caroline Harcourt Women's Fellowship – Chop! Chop! Chop!

The Caroline Harcourt Fellowship group will meet on **Monday October 21 in the Friendship Room at 11:30am**. The speaker will be Joanne Hamilton on her involvement with "The Gleaners", who clean, chop, and freeze dry vegetables ready for shipping. Learn all about this amazing process, the volunteers and how it helps to feed the hungry. Please bring your bag lunch, tea and cookies will be served. All are welcome.

Have You Seen The Table Runner?

by John Phelps

"Next time you are at Harcourt please take a few minutes to stop into the chapel to admire the new Council Table runner woven and donated by Lynn Crow. The pattern is the Star of Bethlehem. A common practice in weaving is to have a secondary pattern. Can you see it?"



Give Thanks in All Circumstances : An Excerpt from *Being Thankful*

by Dr. Michael B. Brown, Senior Minister of Marble Collegiate Church
Huffington Post, August 11, 2017

Centuries before all that, a man named Paul wrote to one of the earliest colonies of Christian believers in what is now Thessaloniki, Greece, and suggested that they “give thanks in all circumstances.” Those were not easy times, so adhering to his advice was not an easy task. The members of that first-century faith community were viewed with suspicion by their neighbors and lived in fear that they’d be persecuted viciously by the powerful and wicked Nero, the new Emperor of the Roman Empire.

Paul seemed to understand ... that being thankful is something we do both “because of” *and* “in spite of.” Gratitude is essentially a vantage point for interpreting life rather than a commentary on the momentary circumstances of life. If we wait to experience thankfulness until all around us is perfect, then we will never know the joy of thankfulness at all.

We do not live in Shangri-La. We live instead in a world of pains and problems, just as all our ancestors have throughout recorded history. No, we cannot grow numb to the pains of this world, otherwise they will grow. No, we cannot turn a deaf ear to the cries of our neighbors, otherwise their suffering will increase. No, we cannot ignore the mammoth political and environmental issues of our age, or else we will surrender the potential for goodness to the self-centered and often evil power brokers of this world. But, in order to maintain the sort of emotional equilibrium that keeps us engaged and empowered to make a difference in the world, we also cannot cease to see and affirm the goodness that still exists in our world and our personal lives.

So, how do we keep our heads above the tumultuous waters of the current climate in which we live? How do we manage not to succumb to negativism and despair? The answer for us is the same as it was for those heard Paul’s message in Thessaloniki: “Give thanks in all circumstances.”

A friend of mine lost her husband when their daughter was six years old. The mother, even in her own profound grief, was also determined that an experience of loss would not become the defining element in her daughter’s worldview. So, she took action. The mother presented her daughter with a jar, a piece of paper, and some crayons. She asked the little girl to help her tape the paper to the glass container, and then at her mother’s instructions the child wrote on it the words: “Blessings Jar.” Every night thereafter, prior to turning out the lights for sleep, the mom would have her daughter write on a slip of paper one good thing that had happened in her life that day. Sometimes that was an easy thing for the child to do. Other

nights, she struggled to remember a single happy thought from a long day at school. But every night before the lights went out, one good experience was written down and placed in the jar. That practice took place every night until the last night of each month, when the mom and daughter would empty the jar and read each entry one-by-one. They have been doing that every night for years. The mother told me: “I am trying to help my daughter see the world positively – to realize that no matter how bad things may seem at any given moment, there are always blessings in our lives every day if we are simply willing to look for them.” The practice is apparently working, as the child is growing into a young woman of confidence, capability, and irrepressible hope.

These are not easy times. But even in the midst of such, every one of us can find just enough gold nuggets amid the muddy river waters to know that however things may seem at any given moment, we are still blessed. Our ancestors got it right. Thankfulness is offered not merely “because of” but also “in spite of.” Those who are aware of that truth almost always reach personal places of peace. And having found such, they often also find the strength and courage required to take action to make wrong things right. Happy Thanksgiving!

Mindfulness Moment: Why not Consider a Chocolate Meditation?

“At first glance the Chocolate Meditation sounds a little frivolous and self-indulgent. While it is certainly enjoyable, it also has a deeper value. It helps you reconnect with your senses, which is of vital importance in our fast-paced and frantic world. Connecting with your senses is one of the core benefits of Mindfulness meditation so anything that aids this process is of immense value.”

<https://www.psychologytoday.com/ca/blog/mindfulness-in-frantic-world/201109/the-chocolate-meditation>

50 Years Old and Not a Wrinkle!!

for Royal City Cooperative Preschool (at Harcourt Church)

An interview with Janice Walters, Supervisor

Janice Walters developed an interest in early childhood education at a young age. Being the third of four daughters in her family, the joy she got from babysitting her older sisters' children and observing the professional pleasure of yet another older sister who trained in Early Childhood Education (ECE) sparked Janice's interest in pursuing this caring path. As a first step Janice volunteered at a preschool in Rockwood, the town where she grew up. The experience was positive (the pre-school still exists there) and Janice enrolled at Connestoga to participate in its ECE program. Interestingly, Janice's ECE practicum placement was at Royal City Cooperative Preschool – which at the time was under the supervision of Harcourt's own Joan Barham. When Joan was ready to hand over the reins to a new director, then Board Member Marilyn Sears (another Harcourtian) hired Janice to take the lead. That was 37 years ago and Janice continues to supervise and teach with three other well qualified and experienced women, shaping the lives of children and their families and getting little ones ready for Junior Kindergarten. Naturally, Janice's own children, Jasmine and Josh, now all grown up, attended the preschool too!



Royal City Cooperative Preschool started in 1969. Although now located at Harcourt, it is an independent preschool that was first situated on Water Street in Guelph. When it relocated to Harcourt Church, the Preschool program was held in two rooms upstairs in the building, including the room that we now call the Chapel. However, in around 1987 an extension was built onto the Church which, among other things, added some rooms that the Preschool could move in to. It is still located in those same rooms downstairs today, with an adjacent outside playground.

Janice says that the number of children who attend the Preschool is roughly the same as it was when she began her association with it, but a few characteristics have changed over time. About 60 toddlers and preschoolers join the program now, as young as 20 months of age. They come for half days only but at different times during the week. Four teachers engage with the children. However, originally the Preschool was a co-op program with one

staff member and three parent assistants who undertook on-site duties each day. That was then...but the world began to change. With time and societal change, many families needed



two incomes and it became more common for women to work outside the home. Parents no longer had the time to undertake on-site duties or to find supplemental care for their children when they weren't at preschool. Enrollment began to fall. Janice said that thankfully the Preschool Board of Directors, which then included several members of Harcourt Church, decided to abandon the on-site co-op duty requirement in favour of parents assuming out of program duties. Now

parents (and sometimes grandparents) participate cooperatively by engaging in activities that include maintaining the playground, filling the bulletin boards, washing toys or setting up for the Family Carnival which takes place every June in the Church parking lot. Janice says that the Preschool is "so blessed to have great families who really make it work".

Years ago, Janice continues, the provincial government legislated preschools and daycares through Child and Youth Services under the Day Nursery Act, eventually transferring responsibility to the Ministry of Education and the new Child Care and Early Years Act. She saw many new policies unfold during that transition – policies that focus on children, and particularly their safety and learning. There is now lots of documentation required. However, these days the Preschool is guided by a new government document entitled "*How Does Learning Happen*" which identifies four areas of childhood development that ultimately prepares toddlers and preschoolers to enter pre-kindergarten at the age of four.

Yet Janice sees other changes in the world that have shaped the needs of little ones in her care. For example, we, as a modern society, are much more aware of the effect of food and allergies on children than was known in the past. At the Preschool an epi-pen is always nearby. Different abilities and challenges are celebrated instead of hidden away. Governments have come and gone leaving behind stronger community resources for children and their families. Janice is proud that Royal City Cooperative Preschool has an *Inclusion Support* program that partners with community services to help children in need and their families. However, best of all, Janice is proud to be part of what shapes that first more formal

educational experience in a little one's life; aiming to set a foundation for a positive learning experience that will hopefully last a lifetime. And, hey, where else can you go to work with people who constantly say they love you?!

Now getting ready to celebrate their **50th anniversary on October the 5th from 10 a.m. until Noon**, Janice looks forward to seeing faces from the past at this exciting event. Many people from Harcourt and elsewhere in our community will have fond memories of their children's experiences at Royal City Cooperative Preschool. In fact, Janice notes that now the Preschool is providing care to a second generation of children whose parents also enjoyed the program when they were younger. What an opportunity, to stay connected to and support families over time... and to shape the experiences of a new generation of children who hold the promise of making our world a better place. Thank you!

nnouncements

Passing:



Te Winkel, Akke in her 89th year, passed away peacefully on Sunday, August 25th, surrounded by love and song. Loving wife of the late Albert Te Winkel. Beloved mother of Tammy (Larry). Her laugh was always at the ready, as well as her easy grace in reaching out to make anyone feel welcome. The world will be a little less bright without her. We would like to thank the deeply caring staff at Norfolk Manor and Hospice Wellington for watching over her when needed most. Visitation will be held at the Boyce Funeral Home Ltd. 138 Daniel Street North, Arnprior on Friday, October 4 from 6 – 8 pm. A Celebration of Life will be held on Saturday, October 5, 2019 at Bethel St. Andrews United Church in Fitzroy Harbour at 2 pm. In lieu of flowers, memorial donations may be made to the Arnprior District Humane Society or Hospice Wellington, Guelph, Ontario.

ther Announcements

- **Community Yoga** - Sunday afternoons from 3-3:45 pm at Trinity United, 400 Stevenson St N, October 20-November 24. This program is suitable for all abilities and levels, all ages, including children. Come to one or all, as you are able. Bring your yoga mat if you have one. We will have a few extras. For more info, call 519-824-4800 Ext 1.
- **Game/Sports Night** for all Ages at Trinity United, 400 Stevenson St N, Friday, October 25, November 22 & December 13, 7- 8 pm. Families are welcome to participate in sports or bring a board game if interested and we will have a few available as well. For more info, call 519-824-4800 Ext 1.

ehind the Scenes

Thanks: To Give and to Receive

by Lynn Hancock, Umbrella Councillor for Christian Life

This submission to the October Harcourt Herald was inspired by the TV documentary: *YOU ARE HERE: A Come From Away Story* (MDF Productions Inc., Producer: Peter Gentile; Director: Moze Mossanen, 2018). When I saw this programme listed on the September 11th guide, I recorded it on my video recorder. As it turns out, I had seen it before, so I was surprised by the depth of emotions that I began to feel. After the viewing, I was left feeling so filled with gratitude and appreciation that, days after, I realized that I needed to continue reflecting on it. I couldn't let "it" go.

I do remember that day Tuesday, September 11th, 2001. Soon after the school day had begun, an Educational Assistant in the school where I was teaching told me that a plane had flown into one of the towers at the World Trade Centre in New York City. I could only imagine that it as an accident. Soon, we knew that it

was an act of terror. Planes had been high jacked in order to maximize the destruction and devastation at pre-determined targets in the United States.

Although the media coverage understandably focused on the horrific scene unfolding in New York City, I was soon aware of the global impact of that day. As it turns out, millions of people were reaching out to loved ones. In the midst of the chaos, where were family members and friends? Were they safe? Millions of people were benefitting from acts of kindness and humanitarian efforts. People were witnessing the worst of humanity and the best of humanity on the same day.

I don't remember seeing any footage of Gander airport at the time. I don't remember when I first heard about the reported 6,500 passengers who were forced to land at an airport in a remote area of Newfoundland. I eventually learned that 9,000 Ganderites woke up that morning unaware that they would be required to cancel all plans and to respond to urgent needs for shelter - and to feed 6,500 unexpected "guests".

Initially, passengers learned that they would be confined to their planes until further notice. Meanwhile, behind the scenes, elected officials were making phone calls to leaders who could contact volunteers (such as the Salvation Army) to help. The Mayor was aware that the passengers could be angry, frustrated, confused, hungry and tired when they were finally allowed to de-plane. I can only imagine what it must have been like to be confined to an airplane for a day. I can only imagine how challenging it must have been for those flight attendants and crews! I began feeling a tremendous appreciation for the level of training that would allow flight crews, elected officials and professional emergency services personnel to do what they do without being overwhelmed and paralyzed by fear and anxiety at such a time of crisis. When two transport trucks gave notice that they were bringing fresh fruit and vegetables, the arena in the Community Centre became the largest refrigeration unit in Newfoundland Labrador history. Was that inspired genius or what?! People were focusing on solutions.

As was revealed in the documentary, Gander airport officials were told to park 38 unexpected foreign and domestic carriers... and they did. No small accomplishment. Passengers were told that satellites had been "shut down" and

communication was minimal. One of the pilots interviewed in the video was able to use a cellphone belonging to a first class passenger so she could contact her husband before the battery died. Passengers were told that pay phones were “temporarily out of service” in the Gander airport terminal because thousands of passengers had to be dispersed to temporary shelters once they were de-planed. How would they be transported? The mayor of Gander explained that it would take a long time to transport passengers with only 15 local taxis. Although the Mayor was aware of an ongoing strike with the school bus drivers, calls were made and the school bus drivers. ALL volunteered to do what they do. They drove passengers to places like the Gander Academy (elementary school). I can only imagine how thankful the passengers were that those bus drivers were willing to set aside their professional grievances to respond to extraordinary circumstances.

Throughout the documentary, viewers saw and heard from elected officials, passengers and volunteers. For example, from the Passengers:

“They gave us love. They treated us like welcomed, invited guests..... We just fell out of the sky... like a plague of locusts.”

“We were blown away by the hospitality of these people”.

“They have taken wonderful care of us and we are very, very grateful to everybody.”

“The people in this town should be blessed.”

And from the Ganderites and volunteers:

“You don’t need to thank me”

“Don’t be foolish. You’d do the same for us.”

“It’s what needed to be done; do what needs to be done; get on with it; people were going on adrenalin; pure adrenalin”

One case stood out for me. A small group of children were on their way to Disney World, thanks to the Children's Wish Foundation. A father of a terminally ill child said that his daughter was "happy.... it's okay if she didn't get to Disney World. She had a good time." Oy vay! Really?! How does one put into words and express that kind of gratitude and appreciation?! AND how is that gratitude received and acknowledged?

According to one of the passengers: "If you ask any Ganderites, they'd say: "We didn't do anything. We made a few sandwiches. We did the best we could. We made some mistakes." That same passenger said: "they executed with military precision." The Mayor of Gander said: "We had 6,700 strangers on Day 1. On Day 3, we had 6,700 friends. On the 5th day, we lost 6,700 family members."

When this October issue of the Harcourt Herald is released, we will all be anticipating another Thanksgiving. As I write this, I am aware of the difference between the incredible depth of gratitude expressed by those who were on the receiving end of generosity and extraordinary acts of kindness and the responses of those who did what needed to be done, were just doing their jobs and doing the best they could in extraordinary times.

Although we tend to focus on giving thanks at this time of year, it's also important to reflect upon how we receive thanks? For those on the receiving end of such generosity and human kindness on September 11th and the days that followed, expressing appreciation; through words (spoken and written) and financial donations, was important. One of the pilots received a letter from one of the passengers who said she had "landed in the most peaceful place on earth". When a Vice Principal emptied a ballot box, money was sorted by colour. There were "so many denominations, we didn't know how to count it". Thousands of dollars were received as an expression of gratitude and appreciation. With money topped up by Virgin Atlantis, a peace park was designed to include an "Appleton Peace Monument".

Perhaps overwhelmed by the expressions of gratitude, the Mayor of Gander said: "We're living in a good place. We should appreciate where we live and never take it for granted. This freedom. This hospitality. This does not exist everywhere

in the world.” I am reminded of something Meister Eckhart said: “If the only prayer you ever say is thank you, that is enough”.

On the occasion of the 10th anniversary of 9.11, attendees at an event were told that a couple of young people were given a grant from the Canadian government to write a musical about the experience. One of the passengers responded: “How cute is that! Only a Canadian would do that.” The Mayor of Gander responded: “I thought the two would end up on welfare.... how can you make a musical about a tray of sandwiches and a blanket”? Well, as we now know, the show was developed in Toronto at Sheridan College. I would go on to premiere in La Jolla and be performed in both Seattle and Washington, D.C. where there was bi-partisan celebration of a “story of human kindness”. When “*Come From Away*” was performed in Gander, in March 2016, a formerly skeptical audience member said “They captured who we are”. And the rest, as they say, is history. Although I have not yet seen the musical, I am aware of the rave reviews it received.

As I finish this, I am wondering how “we” can continue to learn how to receive thanks as well as give thanks. Recipients of generosity and human kindness obviously benefit from expressing appreciation AND knowing that their gratitude is being honoured and acknowledged. Thousands of people have expressed gratitude for the generosity and kindness shown by folks in Newfoundland. Those same folks were just doing what they do; being who they are. Hospitality is so much a part of their DNA, that they were able to function and do their best. And that was enough.

So.....who are we? As members of the Harcourt community, what comes naturally to us? What’s in our DNA? When we offer our God-given talents, gifts and resources, how can we learn to receive and acknowledge the depth of appreciation and gratitude that may follow?

To give AND to receive are blessings. Thanks be to God.

Harcourt Calendar – October 2019

Updated September 20, 2019 – www.harcourtuc.ca for most up-to-date information

Tuesday October 1

10:00am GWSA Exercise Program [G]
5:00pm U of G Choir Rehearsal [S]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday October 2

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

Thursday October 3

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
5:45pm Centre for Mindfulness Studies [C]
7:30pm Choir Practice [M]

Saturday October 5

10:00am Progressive Christianity [202]

Sunday October 6

Communion

9:00am Worship Service [C]
10:30am Worship Service [S]
10:30am MANNA Service [F]
11:30am MANNA Plant-based Meal [K,F]
12:30pm Meatless Meals [offsite]
3:00pm SWESH [G]

Monday October 7

Office Closed

1:30pm Prayer Shawl [202]
7:00pm Scouts [F]
7:00pm Communications Committee Meeting [L]
7:00pm Finance Committee Meeting [C]

Tuesday October 8

10:00am GWSA Exercise Program [G]
5:00pm U of G Choir Rehearsal [S]
6:45pm Cubs [G]
7:00pm Worship Committee Meeting [C]
7:00pm Property Committee Meeting [L]
7:00pm Bell Choir [M]

Wednesday October 9

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

Thursday October 10

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

Friday October 11

8:00pm KW Symphony [S]

Saturday October 12

9:00am Chancel Committee [S]
10:00am Progressive Christianity [202]

Sunday October 13

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

Monday October 14

Thanksgiving
Church Closed

Tuesday October 15

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

Wednesday October 16

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

Thursday October 17

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
5:45pm Centre for Mindfulness Studies [C]
7:30pm Choir Practice [M]

Saturday October 19

10:00am Progressive Christianity [202]

Sunday October 20

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

Monday October 21**Office Closed**

8:00am Elections Canada [G]
11:00am Caroline Harcourt Women's Group [F]
7:00pm Women's Spirituality [F]
7:00pm Scouts [F]
7:00pm All Things Christmas Meeting [L]

Tuesday October 22

10:00am GWSA Exercise Program [G]
1:30pm Trustees Meeting [202]
5:00pm U of G Choir Rehearsal [S]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday October 23

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

Thursday October 24

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
5:45pm Centre for Mindfulness Studies [C]
7:30pm Choir Practice [M]

Friday October 25

6:00pm Guelph Chamber Choir Rehearsal [S]

Saturday October 26

9:00am AED Education [G,K]
10:00am MANNA Planning Day [F,K]
10:00am Progressive Christianity [202]
1:00pm Guelph Chamber Choir Rehearsal [S]

Sunday October 27

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

Monday October 28**Office Closed**

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

Tuesday October 29

10:00am GWSA Exercise Program [G]
5:00pm U of G Choir Rehearsal [S]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday October 30

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

Thursday October 31

8:45am MindStretch [C]
1:00pm Park 'n Dance [G,K,F]
5:45pm Centre for Mindfulness Studies [C]
7:30pm Choir Practice [M]