A photograph of a winter scene with snow-covered trees and a church steeple. The trees are heavily laden with snow, and the steeple is visible on the left side of the image. The overall tone is muted and wintry.

The Harcourt Herald

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

Darko Cikovic: The Harcourt Community Mourns

Climate Clips: Shrinking Your Carbon Footprint

New Year Resolutions for Christians

January, 2020

Harcourt Memorial United Church

An Affirming Congregation of the United Church of Canada

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

Seek. Connect. Act

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

Our Vision Statement: To be an authentic community of spiritual growth and service.

Our Core Values: Risk...Respect...Responsibility...Vulnerability...Trust

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

Harcourt Memorial United Church

87 Dean Avenue, Guelph, Ontario N1G 1L3

Office Hours:

Tuesday to Friday, 9am-Noon. 1pm-4pm

Phone: 519-824-4177 ; Fax: 519-824-9448

E-mail: Office@harcourtuc.ca

Web: www.harcourtuc.ca

Ministers: The People, with

Reverend Miriam Flynn (ext. 222)

Miriam@harcourtuc.ca

Reverend Jim Ball (ext. 223)

Jim@harcourtuc.ca

Director of Music Ministry:

Alison MacNeil (ext. 225)

Alison@harcourtuc.ca

Church Administrator: Wendy Guilmette
Worship, Communication & Technical
Support: Shaina Ensing

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Your contributions are welcome!

Deadline: 20th of each month, Sept-June

Editor: Gillian Joseph

theherald@harcourtuc.ca



The Ministers' Quill

Spirals at the Heart of Creation

by Jim Ball

1 1 2 3 5 8 13 21...



At the heart of creation lies a repeating pattern of unfolding. Organic material and cosmic dust are routinely found engaged in a spinning, swirling dance. Things rotate and blossom with remarkable predictability. Star systems, atmospheric systems, ocean systems and more all turn, unfold and expand in much the same way that a small plant or growing shell does. Things begin small, spiral around and open up.

The growth rate of this unfolding often follows a sequence discovered by the mathematician Fibonacci. He found that each new number in the pattern consists of the sum of the previous two numbers. 1 plus 1 is 2. 1 plus 2 is 3. 2 plus 3 is 5. And so on. The numbers increase quite rapidly. So does the expansion of the spiral in nature.

We walk the spiral to reflect on core life questions. Each December we take time to consider what brings us hope, peace, joy and love. And each year we pause to remember how we share these gifts in the world. The journey moves from the outside in. We consider first the external reasons for our sense of blessing before clarifying internal ones. Once we reach the centre - and clarify what actually grounds and constitutes our hope, peace, joy or love - we move back along the path we have travelled. As we journey outward, we consider the ways in which we share our passion and gifts. What are the forms of hope, peace, joy and love we share with the world? When and where and how do we share them?

Walking the spiral is an experience many value and look forward to. And navigating

spirals illumined by the flickering glow of candlelight often aids our reflecting. But we do not need to walk paths beautifully lined with boughs of cedar and pine in order to get clear. Any moment can be a meditative one. Any time can be an occasion to move from the outside to the inside, and back again, in an effort to grow clearer.



Let the palm of your hand serve as your walking place. Consider it your portable, cedar-lined-in-your-imagination, spiral. If you are right-handed, begin by placing your index finger at the bottom of your left hand.



Move your finger counter-clockwise around the outside of your palm. Begin with the externals by considering the things, created or found, that bring you joy. Pause as seems right to you. And continue when you are ready to go deeper.



Consider next what activities bring joy. Continue to move your finger in an ever tightening spiral. As you do, consider next what words or conversations bring you joy. And then, as you approach the centre, think of the kind of experiences that do.

Lastly, when you reach the centre of your palm, you might ask what key values and sense of identity give you joy.



Having clarified, retrace your path by moving your finger clockwise in an ever-expanding spiral. As you go, consider the ways in which the gifts within you find their way out into the world. The order is clear: there are things we are or can be for one another, things we might say to one another, and things we might do for one another. Our sharing moves from the inside out. From being to relating to doing.

It is said that internally directed people have more energy and staying power than those who look to externals for happiness or success. (Quinn, LIFT). Finding our inner fire in relation to the four themes of Advent is part of what it means to prepare for Christmas. It is a way to access and share better the light that is both in us and is coming into the world.

Jim 🎄

Three Welcoming Sunday Services

Except for special 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.

Check out the website for more information: www.harcourtuc.ca

**PLEASE NOTE: Sunday January 5 – 10:00 am Service - Christmas 2
Sunday January 12 – Resume 10:30 am Services**



ARE YOU NEW TO HARCOURT???

PLEASE CONTACT THE CHURCH OFFICE
AT OFFICE@HARCOURTUC.CA FOR A
SPECIAL WELCOME!!

Council News

by Lorraine Holding, Chair of Council

It's December 19 and snow is falling. It feels right, once again, to remember Darko Cikovic and all that he carried out in his role as Harcourt's long-time and valued Custodian. He is missed greatly by all who knew him.

At our December 18th meeting, Council continued to focus on planning for this New Year. We discussed some impact examples and ways to more fully involve the congregation in budget options and decisions. We acknowledge that budgeting for 2020 feels different from previous years. We have been in a 'deficit' position before – and the congregation has voted for it, but intentions have not translated into actions. As a community of faith, what kind of vision do we want? How do we plan to support that vision? Can we continue to support that vision? What commitment do we really have for radical change and revitalization? What energy and possibilities grow from making decisions in the context of love and joy (and perhaps personal sacrifice for the greater future) rather than making decisions in the context of fear? Watch and listen for opportunities to participate in conversation before, and at, our Congregational Annual Meeting on March 1.

Personal and collective stewardship is also dependent on offering our time and talents. Harcourt's vision for a healthy future depends on people. Recruitment efforts continue for leadership roles on Council and various committees/teams and task groups. What are your personal interests for how you can contribute to keeping Harcourt vibrant? Lynn Hancock has volunteered to reach out to people by phone to talk about your experiences at Harcourt, and what tasks can be matched to your time and talents. We acknowledge and thank those who do rise to the occasion.

Some questions are starting to come about next steps on the flexible seating project. Again, this project depends on people. Here are some specific tasks that require your input and active participation:

Type of chair (Do you need arms, a solid back for support, etc.? Will you research companies and options?)

Creative ways to raise funds (Will you organize special events? Individual appeals?)

Repurposing, reusing, recycling the pews (Will you research opportunities?)

Flooring (Will you research best/possible ways to preserve and protect our currently heated cement floor?)

Lynn Hancock and Carolyn Davidson invite those interested in working on small task groups to contact either of them.

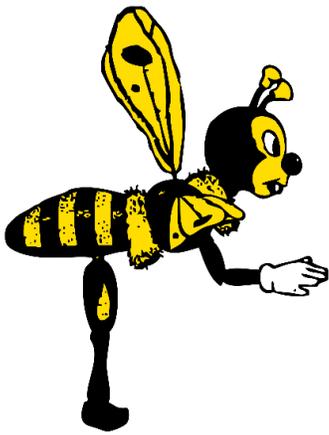
Ministry & Personnel Committee will advertise a six-month contract for the Custodian position. This will give them time to review the position and possible options for the future. Their review of the Church Administrator position also continues.

This New Year also brings continued work by Guelph United Ministries (GUM) to explore what the future looks like for our four United Churches. Rev. Dr. Paul Miller will facilitate communication with each church and explore collaboration on some pilot projects. As the next step, the four Councils/Boards/Core Group will meet this month.

Whew! As the Spirit guides us, we are called to live out our purpose: To welcome and strengthen in community all who wish to serve God and follow the way of Jesus. Let us venture into 2020 with energy, faith and hope.



Submerged church of St. Nicholas, Mavrovo Lake, North Macedonia. The church was built in 1850 and submerged in the local lake in 1953, but due to droughts in the 21st century it has largely appeared out of the lake. Ref: Wiki Commons.



THE LATEST BUZZ...

- **Do You Want to be Guelph's next Artist in Residence?**

Successful artist will receive a project budget of \$6,500 to implement their proposal which is due in January 2020. For more information, visit: <https://www.guelphtoday.com/local-news/do-you-want-to-be-guelphs-next-artist-in-residence-1951769>

- **U of G Tackles Food Waste in an Upcoming Local Project**

A pilot program led by the University of Guelph aims to tackle the issue of food waste locally by educating residents on how best to shop for groceries, prepare meals and store food. The program, which is scheduled to kick off in March, will work closely with 30 families with children towards the goal of reducing household food waste. If it proves successful, the program can then be expanded to reach more people. Jess Haines, an associate professor of applied nutrition at the U of G and the project lead said that recently she and her colleagues conducted a study that found, of the 94 Guelph households surveyed, the average amount of food thrown away each week was nearly three kilograms. That's around \$18-worth. Haines said local families will likely be recruited near the end of January.

<https://www.guelphmercury.com/news-story/9752003-u-of-guelph-to-run-pilot-project-to-tackle-food-waste-concerns/>

- **City Hits Pause Button on Homeless Housing Project until the Experts Weigh In**

The city has pulled the reins on a potential harm reduction housing site on Beaumont Crescent until the experts have a chance to come up with a plan of action. The empty city-owned lot in the city's east end had been named as a potential location for 10 converted shipping containers to house vulnerable and homeless people. But it became abundantly clear during a three-and-a-half-hour discussion at council Monday night that the city isn't the one to build or operate such a project.

<https://www.guelphtoday.com/local-news/city-hits-pause-button-on-harm-reduction-housing-project-until-the-experts-weigh-in-1882443>

- **Check out the United Church of Canada Youth and Young Adults Facebook Page**

<https://www.facebook.com/groups/2248115450/>

COMMITTEE AND GROUP NEWS

Reminder: There will not be a Caroline Harcourt meeting in January.

Darko – Big Shoes to Fill

by Dave Hume, Chair Property Committee

Property Committee Report and their own homes to maintain but so did Darko. The difference was that whereas we can do our necessary tasks on our own schedule Darko did his on a schedule dictated by the needs of Harcourt United Church. His work at the church came first and then he had to fit his home tasks into what for us was his recreation time. He shovelled our sidewalks for the Pre School before 8 am. when it snowed . He made certain the parking lot was ploughed for parental delivery when necessary . He cleaned washrooms every night so that they could start the day with ones that sparkled. After evening events he cleaned the slushy wet floors in winter so that early morning users could start the day with clean ones. Then he set up chairs and tables for meetings and put them away afterwards, when he really wanted to vacuum the rugs .

He tried to have the grass cut for Sundays and other events so that the grounds would not be a detraction to the appearance of the church and in this, the weather played a



sometimes frustrating part .He kept the kitchen refuse and garbage in a manner that was required by the city Department of Health sorting it sometimes when people unfamiliar with the Guelph's 3 part system mixed it all up. He was adept at the small things ,the burned-out bulb, the squeaky door, the dripping tap, the running toilet, the light left on at night or the open window and the unlocked door. These are all things that temporary help might miss. One other ability that Darko had was his knowledge of local trades. He knew the retired plumbers, electricians and carpenters and he could engage them for jobs when necessary to expedite repairs instead of enduring the usual waiting time for a small job. Darko was a custodian and a caretaker and a janitor and took pride in all he did . It

was not unusual to have a complimentary report on his co-operation from groups that rent our various spaces. We will find it difficult to find his equal ever again, but we will try.

Meanwhile we have engaged a company to do the cleaning and the members of this committee will attempt to do the other things that put Darko Cikovic in a class by himself. We can use your help. If you spot something here at Harcourt that requires attention, tactfully let us know about it and we'll do our best to fix it or find some one who can . We have Frank Webster and Gary Parsons and Mark Sears who can handle anything from pickups to potholes with a sideline in short haul transportation. Then there are organic specialists Dave Hume and Walter Johnson who skilfully manage the growing things like grass and trees and flowers in the Spring and Summer . Cisca Vandercamp keeps her eye on conditions in the kitchen and somehow while not strictly within the purview of the Property Committee keeps the coffee supply available. Sarah Lowe works in concert with the church administrator in controlling our rental spaces and also checks the almanac and moon phases to determine when the weeds in the Memorial Gardens must be pulled and Larry Smith represents the church Trustees on the committee and with great tact presents their requests for outlandish reports on things like insurance and estimates of the remaining life of sewer pipes or shingles. He also is recording secretary. Mike Hofer is the go -to member for technical advice and cost effectiveness and before we do any major tasks, we ask Mike. These members are all experts at something or other and will take action on any request. A cautionary word here, we are short a few members and if you spot things that need attention it might be prudent to join the committee and thus expedite the response, or perhaps you can just switch off a light or close a door or some other housekeeping chore that will assist them.

Mike Schreiner MPP to Speak at Next Harcourt Men's Group

by Bill Lord



The next meeting of the Harcourt Men's Group will be Wednesday, January 8th. Our speaker this month will be Mike Schreiner MPP for Guelph. His topic will be **"MY STORY TO BECOMING A MEMBER OF PARLIAMENT."** We will hear his story and some of the issues he faces in the current parliament. All men (and women, as was the case with our November and December meetings), are welcome and encouraged to attend. Coffee and tea will be ready at 7:45 a.m., the meeting will begin at 8:00 a.m. Bill Lord will be the leader. In your date book please record the date of February 12, for our next meeting. The speaker will be Peter Gill and his topic will be "An update on the food needs in Guelph."

COMMUNITY NEWS

It's a Wrap!!

by Janet Webster



The 2019 version of Harcourt's All Things Christmas sale was a huge success, surpassing earnings of previous years.

There were several factors that contributed to this success, including perfect weather for the day of the sale and also cooperative conditions for earlier gathering of greens at the Morris property. The dusting of snow a few days earlier put people into the mood for seasonal greens. There were several additional designers joining us in the 2 preparation days which resulted in a higher number and variety of both indoor and outdoor arrangements. Another factor was the donation of

trimmed branches and a birch tree by Doug Steele of Full Circle Tree Care. He generously delivered material and then returned the following week to chip and clear away leftovers! If you need service of trees on your property, please consider his work. We were able to purchase a white pine at Wintersingers Tree Farm near Ospringle and this greenery has proven to be a very popular. We are looking for additional sources of this pine.

Your donations of "treats" to the bake table was outstanding in eye appeal, variety and in the increased number of preserves. Did you purchase any of the jelly made from Harcourt currants??? Treasures and jewelry were beautifully displayed and a very busy areas for sales. So many of these items came in well before the sale which meant that volunteers could clean, and price them appropriately. Your muffins made the Cafe Corner a lovely spot for relaxing and added to our joyful fellowship.

We had several teen volunteers to thank this year who displayed initiative and were very helpful. They assisted clients, cut greenery, delivered items to cars and generally added energy!

Here are the monies collected (after expenses) for each major area:

Bake table: \$1448.70, Treasures: \$490.50, Jewellery: \$541.90, Cafe: \$194.90, Greenery etc. in the gym: \$6064.08 for a grand total of **\$8740.08**. All of your contributions contributed to this ...so congratulations. We also delivered several arrangements to Harcourt members who are/were facing challenges as an acknowledgment that we missed their presence.

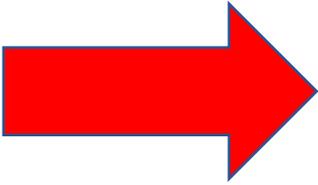
A willingness to try new things and build on previous experience each year has made the sale more efficient and less stressful. The arrangers easily found supplies for their creations because of earlier preparation of pots with soil, spraying of plant material in various colours, creation of birch and walnut lollipops, cones glued to sticks etc. Several visitors asked for wooden reindeer. If a group of people would like to make these next fall, we have a workshop and storage area available.

Some arrangements featured unique items, such as a pair of skates, a balsa violin and remember the snowshoe from a few years ago? Perhaps we could source some skis no longer useful! Broken ski poles? a child's sled?

I heard the phrase "next year" spoken several times, so it looks like we will be back! Will you join us? It is truly a joyful, rewarding event.



ATTENTION YOUNG ADVENTURERS!



Pack your bags for:

Rendez-Vous 2020: Faith Gone Wild!

Rendez-vous, a Mission & Service supported event, brings together youth (entering grade 9 and up to any age), young adults, and their leaders from across the country (and beyond!) for a celebration of vibrant music, inspiring speakers, and dancing like there is no tomorrow. August 11-14, 2020.

Celebrate the bold faith of The United Church of Canada with hundreds of your new best friends

Explore how brave space creates opportunities to learn, to share, and to celebrate new relationships

Experience the brazen grace of a living community of hope and inclusion

We're busy working behind the scenes getting everything ready, so start packing and get ready to experience your **faith gone wild!**

Help out! There are lots of ways to get involved in Rendez-Vous. Learn more about [volunteer opportunities](#).

About the Event

The Audience

We expect up to 700 attendees, including participants, volunteers, guests and leadership. Programming focuses on young people, split roughly between youth (age 14-18) and young adults (age 19-30). The audience consists mainly of young people who are members of or associated with The United Church of Canada, Rendez-Vous 2020 is supported through generous donations to Mission & Service.

The Theme, "Faith Gone Wild"

Rendez-Vous 2020 supports young people in The United Church of Canada and beyond as they live out a bold and unapologetic faith in the ministry of Jesus Christ. Three thematic threads hold together our vision of faith for a new generation. For more information visit:

<https://www.uccrendezvous.ca/>

The Church Garden Corner - January

by Sandy Middleton

*“All beautiful the march of days, as seasons come and go,
the hand that shaped the rose has wrought the crystal of the snow,
has sent the silvery frost of heaven, the flowing waters sealed,
and laid a silent loveliness on hill and wood and field “*

(Hymn 530; verse 1. Voices United)

As I puzzled over what I might write about at this time of year, the words of the hymn that I have quoted above, came to mind. Although the bursting energy of spring, the



flamboyance of summer, and the fading glory of fall are long gone, winter brings its own quiet beauty to the slumbering garden. It is at this time of year that we become aware of the leafless and beautiful form of our woody plants (shrubs and trees) which has its own beauty.

As you walk from the parking lot, past the Friendship Room and Library, to the front door of the church, have you ever admired the stately “maple tree” that stands on the corner? Have you wondered about its origin and how it came to grow where it now stands?

Before we look at its history, we should first identify the tree. In every-day speech the tree is known as a Silver Maple, so named for its delicately cut, 5-lobed leaves, which are silvery white on the underside. To science, however, it is known as *Acer saccharinum*. The first word (*Acer*)

is a capitalized Latin noun; the second (saccharinum), a descriptive adjective. Thus, the scientific name of this tree can be loosely translated as “the maple that is sweetish”.

Better known for its sweetness is the Sugar Maple, *Acer saccharum*, a close relative of the Silver Maple, and of which we have at least one representative on our grounds. The unusually sweet sap of the Sugar Maple was known to Native Americans for centuries, and it was from them that European settlers learned how to make maple syrup. The sap of the Silver Maple also could be used to make syrup. However, as it requires 60-80 gallons of its sap for 1 gallon of finished maple syrup, compared to 40 gallons of Sugar Maple sap for a gallon of syrup, it is not economically viable to do so. But enough of facts and figures.

Back to our tree. It was planted by Rev. Don McLean, a former minister of Harcourt, before he left the church in June 1976. As it is now 43 years old it has not yet reached full maturity. We can expect it to flourish for many years to come (mature Silver Maples often grow as tall as 70’ and live for 150+ years). In its, uncrowded location, and leafless winter condition we can admire its wide crown, arching branches, and shaggy bark.

Next time you pass our Silver Maple, perhaps you might think of Don McLean who planted it, his ministry at Harcourt, and whose legacy we can admire, enjoy and celebrate.

What’s Up with G.U.M.?

by Rev. Miriam Flynn

“Conversations for Change”

During the first six months of 2019, approximately 60 people from four Guelph United Church congregations participated in a facilitated process exploring the future of ongoing collaboration between our churches. The group met during four plenary sessions and several ad hoc working groups met between each session to brainstorm topics ranging from property use to communication strategy. The ministers also met at a Clergy Retreat in mid-June.

The substantive work done through facilitation elicited a rationale for continuing the move from collaboration to consolidation in order to ensure a single, vital and viable United Church presence in Guelph. This was based on the overwhelming consensus that we are called by Christ to serve the community and that our United Church tradition is worth preserving and passing on.

Rev. Paul Miller to Work with G.U.M. Church Councils & Congregations in early 2020

Over the summer months the results of the facilitated discussions were summarized in a report that was delivered to the governing Councils of each of the four churches. Each of those bodies, in turn, passed a motion endorsing a proposal that G.U.M. engage Rev. Paul Miller from January to June 2020 to help move us toward implementation. Paul will assist the four churches by communicating the shared vision within each of our congregations. He will also assist our congregations to select several concrete projects to be undertaken as pilot projects that reflect our emerging identity as “one United Church, in four locations.” Paul will be hosting a combined meeting of all four church Councils, to be held at Three Willows on January 29th.

Learning Partnership with U of G Students to Explore Options for Re-purposing Church Properties

The G.U.M. ad hoc property group formed during “Conversations for Change” recommended that G.U.M. partner with a learning program (offered through the John F. Wood Centre for Business Student Enterprise at the University of Guelph) to obtain business consultation advice on potential future uses at our four church sites. Supervised teams of students will work with representatives of each church and provide a report on issues concerning sustainability and repurposing to enhance our mission within the Guelph community. The purpose of the exercise is to generate ideas and options for consideration by each of our churches, as we seek to live more fully into our shared vision for G.U.M.

During the fall, the first team of students involved in this program, worked with Three Willows and has recently delivered a report. We look forward to having another student team engaged in similar consultations with Trinity, Dublin and Harcourt in 2020.

Given the good work and accumulated wisdom of the past year’s intensive process of sharing and dreaming together, the G.U.M churches are ready to identify several specific commitments toward consolidation. We look forward to working with Rev. Paul Miller, who will assist us in discerning next steps toward implementation of our shared vision.





Call for submissions for the Annual Report 2019

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

The end of the year is rapidly approaching and with it comes the task of assembling Harcourt's Annual Report. Please submit a brief report including some of the highlights of 2019.

Team Leaders, Committee Chairs Please include all the names of your team or committee members in 2019. For retired and new members, be sure to include the date they left or joined you.

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

Report Guidelines

Please keep your submission to 1/2 - 3/4 of a page. Your article will be edited as necessary.

Create your report as a word doc and use Arial 12 font. Please keep fancy formatting to a minimum as I will be re-formatting the reports so that they are all set-up the same way.

Submit your report by email to office@harcourtuc.ca with the document attached.

The deadline is January 13, 2020 but beat the rush and submit it early.

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

Thanks! Wendy Guilmette, Church Administrator

What is “Western Ontario Waterways”???



Western Ontario Waterways Regional Council (WOWRC) is associated with the United Church of Canada. It is a decision-making body responsible to serve and support Communities of Faith within its bounds and to provide necessary oversight. The purpose statement of Western Ontario Waterways Regional Council is ‘Connecting, Supporting, Transforming’. Their webpages can be found at <https://wowrcucc.ca/wp-content/uploads/2019/12/landscape-tree-water-snow-cold-winter-149657-pxhere.com-scaled.jpg>

The WOWRC is composed of all ministry personnel within its geographic bounds; ministers of denominations within mutual recognition agreements while under appointment or call; and lay members elected by the Communities of Faith, respecting the balance of lay and ministry personnel where possible.

The WOWRC includes the counties of Bruce, Grey, Huron, Perth and Wellington along with the western portion of Simcoe County and the Regional Municipality of Kitchener-Waterloo and is pleased to serve alongside the Indigenous ministries of Cape Croker United Church and Wesley United Church, Saugeen.

The regional council’s priorities are: For Governance and Shared Services & For Mission and Ministry

Assessment

Mission & Support

Congregational Support/Pastoral Relations Right Relations

Communication

Camps/Youth/Faith Formation

Connections

Chaplaincy

How Harcourt Cares

The purpose of this series is to explore some of the ways that members of Harcourt care for other members of our Church and beyond. This month Esther Devolin provides some information on the topic. If you have a suggestion of people or groups at Harcourt who serve the greater community through caring please e-mail the suggestion to theherald@harcourtuc.ca



Pastoral Care – Reaching Out: An Interview with Esther Devolin

by Gillian Joseph

Esther Devolin is the past Chair of Harcourt’s Pastoral Care Committee and she has been a member of the Committee for over ten years. The purpose of this Committee is simply to be there for others – to listen to them and accompany them in their significant life moments. The volunteers associated with the committee do not seek to fix those in need, but rather their intent is to provide a safe space in which to uncover the wisdom and strength that will help people who are lonely or who have difficulty with health or family issues.



Trained volunteers from Harcourt go out in teams of two, offering friendly visits to those who have requested it. Sometimes family members request a link to the church for their loved one and that person is contacted to give permission for a visit. In our church community we would like to think that none of us are alone, but we know that there are many people who do not have family close by or who may find it difficult to get outside their homes.

The visiting teams go to homes, seniors’ residences and long-term care facilities. Their support is given both formally and informally. Sometimes, Esther says, volunteers remark that there are fewer people to visit at times. However, most of us, including Pastoral Care volunteers, do something for others that often goes unnoticed. For example, someone, in their own personal life, may be driving a friend or relative to a doctor, going to see a friend in need, writing a note or sending a supportive e-mail. This may not be considered as a formal act of support, but the caring is still happening. As Esther says...it is everyone’s responsibility to care for each other.

Because increasing privacy concerns are making hospital visits harder and harder to arrange, Pastoral Care volunteers usually do their friendly visits in a person's home and they don't do hospital visits, which are usually undertaken by the Ministers. Time spent between visits can vary. Some of the volunteer visitors keep connected to people and visit them every couple of weeks because they have developed a relationship over time. Some individuals may be visited every 2 or 3 months – or as long as that person wants the visitor to come to them. These are typically short and friendly, not only to remind the person being visited that Harcourt is thinking about them, but also to offer opportunities for conversation. Fundamentally, Pastoral Care is not about counselling or doing work/shopping for others. It's just an opportunity for a friendly visit.

Sometimes a volunteer may notice situations where help beyond just a visit might be needed. Esther says that this happens rarely, but it does happen. In this case, the volunteer might gently ask if there is any assistance the person needs for solving an issue or problem and asks how the visitor her/himself might help. Sometimes the extra support needed is simply to make a link back to the Minister or a family member for follow-up – which, again, is only done with permission. Often people in retirement homes already have resources and supportive links at their fingertips. The added value of a Pastoral Care visit is to create a link between someone in need and the Church – but only if the person wants it. As well as formal visits, Pastoral Care volunteers offer informal support when there is illness in the short term, or a loss. For example, if there is a birth, death, special birthday or anniversary coming up, volunteers will send out a card.

Not only does the Pastoral Care Committee care for those in need, but they also look after their volunteers through some Guelph United Ministries (GUM) initiatives. For example, through GUM, all the United Churches in Guelph have come together to form a GUM Pastoral Care Subcommittee. One of the initiatives of this subcommittee is an event called the Caregiver Tea/coffee Hour. These events are not only provided in appreciation of the Pastoral Care volunteers, but they are sometimes designed as events that can be open wider to GUM congregation members outside of Harcourt who are providing care to others in our community. The last GUM caregiver tea initiative, which took place at Dublin United Church, drew 24 people. Sometimes caregivers can't attend these events because they are busy providing care, but the committee makes sure to give early notice of an upcoming public caregiver teas so arrangements can be more easily made for the caregiver to take some time to care of her/himself.

In addition to the coffee/tea events, financial support is given from time to time to volunteers to attend workshops on topics that are relevant to the support they provide. For example, volunteers have been able to attend the Alzheimer's Society's workshops, some

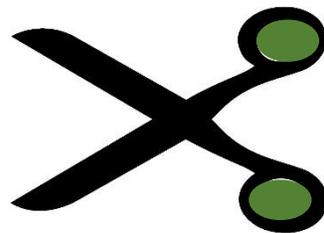
caregiver music workshops and workshops that help volunteers to recognize and learn about mental illness. Esther suggests that having churches work together in a GUM initiative makes the resource stronger and helps with communication between the churches. One way that this has worked is in the development of a service book. This book, which provides suggestions for prayers, hymns and an order of service, assists lay people to run a United Church service in the Ministers' absence. The service book is also a way to communicate a schedule between churches to ensure that retirement homes are covered for services.

Esther says that privacy is an important issue these days. This means that the Pastoral Committee won't visit a person who they perceive to be in need unless families or individuals themselves suggest that a contact from the church might be helpful. Sometimes Esther may make a call to see if the person feels a visit would be appropriate. A Harcourt initiative called the Prayer Group that Never Meets is made up of people who pray for others. Again, there is a process where a member of the Committee contacts someone to ask if she/he would like her/his name included in that prayer group – yes or no. Esther says that sometimes people don't want such support and this is always respected. The prayer group is a Harcourt support mechanism that has existed for a very long time, yet many may not be aware of it.

Beyond these formal and informal ways that the Pastoral Care Committee cares for others, much more is happening behind the scenes – with activities usually initiated by the Ministers. Everybody does their part, says Esther, and sometimes new avenues even open up where people become motivated to answer the call to volunteer to be part of Pastoral Care. This is a way that Harcourt Cares.

If you would like to join the Pastoral Care Committee and help to provide this important care, please contact Esther Devolin through the Church Office.

CLIMATE CLIPS



How to Shrink your Personal Carbon Footprint

by Jean and Peter Jackson on behalf of Harcourt's ad hoc working group on eco-spirituality

It is pretty clear that massive changes are needed for our world to address the climate crisis. If you are at all like us, you would like to feel part of the solution, or at least know you are not making things worse. In this month's article we take a look at the very small scale:

what you can do to reduce your personal carbon footprint - that is, the carbon dioxide created by your activities and consumption?

Next month, we will suggest some ways to support the systemic changes required. The essence of these changes, according to expert Jeremy Rifkin in his new book *The Green New Deal*, is to make our global economy run on renewable sources of electricity instead of fossil fuels.

Years ago, a mantra was offered: Reduce, Reuse, Recycle. It can be tempting to take the easy route, and focus mainly on recycling, but it is also a mistake. The right way to think about this mantra is not as offering a choice of equally effective actions, but as describing a prioritized course of action:

First, reduce your consumption as far as you can.

Next, reuse old things instead of buying new ones.

Finally, recycle what is left over from you reduced, reuse-based consumption.

So, the most important step is to reduce your consumption. How to do that? The biggest contributors to personal carbon footprint for most people are home heating, driving, air travel and meat eating. Here are some things you can do in each area.

Home heating: turn down the thermostat, wear a sweater in the house, improve home insulation, switch to renewable fuels such as wood or biogas.

Driving: drive less - walk, bike, use public transit or car pool; keep tires properly inflated and car in good mechanical condition; accelerate slowly, cruise at modest speeds, slow down gradually; make your car last and when it is worn out, buy something small, hybrid or electric.

Air travel: fly only when necessary; fly economy class; eliminate unnecessary flying (which might include flights for vacations, pilgrimages, educational trips, conferences, meetings etc.).

Meat eating: eat only meat raised through permaculture or regenerative farming, which methods can enrich soil and improve carbon sequestration; eat less meat that has been industrially produced, especially high-footprint meats such as beef and lamb.

Your footprint is also impacted by large purchases in any area - food, clothing, electronics and so on. Major capital expenditures deserve extra consideration. For example, building a mid-size sedan is estimated to create about 17 tonnes of CO₂, and a large SUV 35; constructing a 2-bedroom bungalow, 80 tonnes (Berners Lee, 2011). So, before any big expenditures ask yourself: is this necessary? what is the purpose? is there a less carbon-intensive way? should I retain the purpose or let it go?

What else you can do???

You can plant and tend trees on your property or participate in volunteer groups planting and tending trees (a tree sequesters an average of 7.25 kilos of carbon annually according to Schildgen, 2016). You can also shop at eco-friendly stores, eat locally-grown food and avoid food transported long distances (for example, salad and strawberries in winter).

Some people advocate using carbon offsets, although there is considerable controversy about them. Here is how they work: an organization that plants trees (such as the Nature Conservancy of Canada) or builds wind turbines or suchlike sells the 'credit' for the tonnes of carbon sequestered or avoided and promises to maintain the trees or turbines for 100 years or so. The buyer of the 'credit' reduces their own calculated footprint by the amount of tonnes they have bought.

Supporters of offsetting say it helps to finance desirable changes; critics say it is a bit like the indulgences sold by the medieval church to allow sinners to keep on sinning. Either way, it seems that relatively little of the money paid to offsetting companies goes directly to carbon reduction. One offsetting company discloses that 36% of your 'investment' goes to project development, the rest to project identification, registration, marketing and administration (Carbon Zero, n.d.). For more information about offsets refer to The David Suzuki Foundation webpage on Carbon Offsets noted below.

You can also give to a charity that combats climate crisis, or help others to reduce their footprint. For example, if someone who drives further than you each year needs a new car, you may benefit the environment more by buying an electric vehicle for them than for yourself.

Getting Started

Anything you do to reduce your footprint is worthwhile, but it makes sense to focus on the areas where your consumption is high. In 2017, climate scientist Kim Cobb started biking to work instead of driving. She's installed solar panels, dries clothes on a line, composts and gave up meat. All these made her feel better, physically and mentally, and gave her more hope that people can do enough to curb the worst of climate change. But when she did the math, she found "all of this stuff is very small compared to flying."

Instead of traveling to academic conferences all over the world, Kim began turning down flights and offering to talk remotely. This year she passed on 11 flights, including Paris, Beijing and Sydney. "There hasn't been a single step I have taken that has not brought me a deeper appreciation for what we're up against and what's possible," Kim said. "This gave me a

profound appreciation for how individual action connects to collective action.” (CBC News, 2019).

Doing the math, as Kim calls it, is not easy: it takes effort to calculate your carbon footprint. We wanted to understand our own footprint and so created the calculator published in this issue of the Herald. We’ll be interested in any insights you may gain from using it, and any further ideas you can identify to make significant reductions to your carbon footprint. You may contact us directly or through the church office.

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Solar panels being installed at Harcourt Church

The 2019 Chile/Madrid Climate Change Conference: Are you Feeling Down about Madrid's Lack of Major Progress?

by Arlene Davies-Fuhr



Lots of action depends on Canadian policy - the election results should lead to ongoing progress there and communities are stepping up. But if you're wondering how to pitch in individually (besides encouraging governments to stronger policies), here's some information from KAIROS:

“To meet international emission reduction targets, Canadians need to reduce annual individual emissions from 13.5t (tonnes) to 2.1t of CO₂e. This is the only way to prevent catastrophic warming by 2050.

THE 3 LIFESTYLE CHANGES WITH THE MOST IMPACT TO REDUCE EMISSIONS

1. *EATING A PLANT BASED DIET* By reducing consumption of all meat and most dairy, an individual can reduce their annual emissions by 0.8T CO₂E PER YEAR . EAT VEGETARIAN OR VEGAN MEALS WHENEVER POSSIBLE. ESPECIALLY AVOID BEEF PRODUCTS.
2. *LIVING CAR FREE* Having no car reduces annual emissions by 2.4T CO₂E . Switching to an electric car or a more efficient car provides substantial emissions relief, but simply driving at all contributes to infrastructure emissions. (Road maintenance & car production) BIKE, WALK, OR USE PUBLIC TRANSIT INSTEAD OF DRIVING.
3. *AVOIDING AIR TRAVEL* By avoiding a single roundtrip trans-Atlantic flight, an individual reduces their annual emissions by 1.6T CO₂E . VACATION CLOSER TO HOME AND USE ALTERNATE TRAVEL OPTIONS SUCH AS TRAINS.

Here are a few other suggestions:

- ✓ Get a home energy audit to see what fits your situation best and what rebates are available.
- ✓ If you have an old gas furnace, upgrade to an efficient one.
- ✓ In cool weather, lower home temperatures, still lower at night or when away (a programmable thermostat can help).
- ✓ Install low flow shower heads, keep showers to 5 minutes, and shower less often (e.g., every other day instead of every day).
- ✓ Wash clothes in cold water and hang outside to dry.
- ✓ Minimize use of two-stroke engines, e.g., gas lawn mowers and leaf blowers. Mow less often. Switch to electric. Create low-maintenance landscaping. Rake leaves”.

Reference: Kairos Canada (2019). Reducing your Carbon Footprint: A Guide to Reducing Individual Carbon Emissions Day-by-day. <https://www.kairoscanada.org/wp-content/uploads/2019/04/REDUCING-YOUR-CARBON-FOOTPRINT.pdf>

ANNOUNCEMENTS

Passing:



CIKOVIC, Darko died suddenly on Monday, December 2nd, 2019 at Guelph General Hospital. Darko was born on November 21, 1961 in Sarajevo, Bosnia and Herzegovina. While living in Sarajevo, Darko studied Graphic Design and worked as a photographer at the advertising agency “Ossa”. Both he, and his family, were graciously sponsored by Harcourt Memorial United Church 25 years ago when Darko moved to Guelph. Since then, Darko worked as a custodian at Harcourt, dedicated to the maintenance of the property but also being a friend to all whom he met there.

A unique soul, Darko was very funny, and enjoyed joking around with everyone he met. He was well known for his passion for sports, particularly soccer and basketball. When Darko was not on the field or court with his friends, he was at home spending time with his family.

Darko's smile was contagious and touched the hearts of even those who did not know him personally. He was an advocate for environmentalism and animals.

Darko is survived by his wife Amila, daughter Mia and son Adrian. He was a cherished brother, uncle and cousin and his many friends will miss him dearly.

More Tributes to Darko

3rd Guelph Harcourt Scouting Group

Darko's presence affected so many in our congregation in positive ways.

As a past leader with the Harcourt Scouting Group we would often have a chance to chat on Monday nights while he waited for us to finish up the meeting. He was always patient as we spoke with parents who might have questions at that time. Paperwork would often mean we ran 5 or 10 minutes late after our official shut down time.

Darko would find something to do by taking out the garbage or searching in the furnace room for something on his mental list of tasks. I would promise to try to do better next week. Darko would say "That's OK, That's OK" and carry on .

He always wanted to keep the gym in the best possible shape. He wasn't afraid to let us know where we might have missed a spot in our clean up regime. He tolerated the tarps and tents we used to dry out on the floors after a camp. We were able to use the mop and brooms to clean up the best we could after. The fans on the ceiling did such a great job of moving the air to help the drying process. Even that was a lesson for the youth.

Today, some of our leaders wore their scout uniform. It is our way of recognizing his impact towards the success of the Scouting movement at Harcourt. A tribute.

We will truly miss you, Darko. Thank you for your contribution to the 3rd Guelph Harcourt Scouting Groups over the years.

Darko: A Reflection. By Gillian Joseph

I had seen Darko around Harcourt Church many times before, but it was not until the early months of my role as the new editor of the Harcourt Herald in 2012 that I began to get to know him better. In October of that year, I interviewed Darko as part of a series of articles called "Behind the Scenes". It was one of the most enjoyable interviews I have ever undertaken. I reprint that article below and am particularly saddened by the irony of his last

comments to me at the time. After that interview, each time I entered the Church over the years, during the week day or evening, Darko would take a few minutes to chat. We shared stories about our families, our travels and our concerns about the world. A patient and kind person, he always had time to help. Thank you Darko.

Behind the Scenes October, 2012

If you look up “Custodian” in the dictionary you will find the definition as “one that guards and protects or maintains; especially: one entrusted with guarding and keeping property”. However, many of us are not aware of the many important things that a custodian does, because these gems among us have a sparkle that is often hidden from view. Darko Cikovic has been the proud custodian of Harcourt Memorial United Church for 17 years. Since 1994, after months of separation from his family, Darko was, and still is, profoundly grateful for the sponsorship approved by Harcourt Memorial United Church that helped to bring his family from war torn Sarajevo reuniting them safely in Canada. A professional photographer in his native land, Darko says it was hard in the beginning to learn the job of Custodian. But today he is proud of what he has accomplished and feels blessed with the friendships he’s made here along the way.

Starting each day by opening the church, and closing it up again late at night, Darko not only makes sure that the inside of the building is safe, clean and tidy after committee meetings or outside group activities, but he also works outside the church building to shovel and salt the walkways, pick up any garbage that drifts by, cut the grass and trim any branches that get out of hand. Darko laughs as he tells me how during snowy winters he makes sure that he is at the church very early in the morning to shovel snow and ice, then stays very late at night to make sure the church is clean for the Sunday morning service. In fact, it’s not uncommon during a snowy week for Darko to get to bed several nights in a row after 2:00 a.m. at the end of a full work day, only to get up four hours later to shovel another safe path to the church door. Then there are the small repairs he has learned to make over the years that have prevented disaster or got equipment functioning again. He says modestly “I don’t like to see Harcourt spend money if they don’t need to. I’ve learned a lot from watching and talking to the trades people who have come here on occasion.” Not only does Darko do all of these things, but he also takes notice of who is in the building and parking lot and makes sure that the Church is a safe place in which people of all ages can worship and interact at any time, night or day.

Darko says he feels a sense of achievement in the work that he and the Property Committee have accomplished together over the years that has resulted in improvements to Harcourt space. It motivates him, he says, to keep high standards in his work and he takes

pride in being a member of the Harcourt community. After so many years, Darko says one of the things he really loves best about his job is that people trust him to get the job done independently. “It’s a great place to work!” he says. Yet, not only is Darko a crucial part of the Harcourt community, but he also contributes to the greater Guelph community as well. Darko smiles as he talks about coaching his son’s youth soccer and basketball teams and his eyes sparkle when he describes how much he enjoys staying in shape himself by playing in the “old boys” local soccer and basketball leagues. When our conversation is nearly at an end, I ask him what would be top on his “wish list”. Darko says he hopes that the congregation will remain strong, that his wife, daughter and son will continue to enjoy good health, and that he will be working hard for the many friendly people he sees every day at Harcourt Memorial United Church for a long time to come!

Other Announcements:

- **Michael Coren to speak at the University of Guelph.** The Ecumenical Campus Ministry invites friends at our partner churches and parishes to the University of Guelph for a presentation by Rev. Michael Coren. The presentation is entitled: “Mere Christian”. Rev. Coren is a nationally recognized broadcaster, author, political commentator and a newly ordained Minister in the Anglican Diocese of Niagara. Enter at the south extension of Peter Clark Hall (basement of the University Centre). On-campus parking is free on the weekends. This presentation is free of charge, but a freewill donation can be made to support the ECM’s ministry. Rev. Coren will also have some copies of his recent books on sale.

BEHIND THE SCENES

Three New Year's Resolutions for Christians

by Briallen Hopper, Writer, Teacher and Preacher, Yale University (Used with permission)

Originally published by Huffington Post 12/30/2011 - Updated Feb 29, 2012

Say grace. Many people, including me, begin most new years resolving to eat better. This is a good goal, but it can sometimes cause us to think about food as sinful and mealtimes as a scene of temptation or deprivation. Saying grace before meals reminds us that above all food is a gift. It's a reminder that we are nourished and cared for by divine and human hands: by the cosmic forces that turn the planet and the seasons, and by the labor of bakers and bumblebees. Our meals depend on the work of the men and women working night shifts in a cannery or stocking shelves at the bodega. I don't think I'll ever pray visibly in restaurants; it feels artificial to me, like something out of Norman Rockwell. But I love saying grace with friends and family who pray. And this year I resolve to remember to pause for a second before eating a lunchtime energy bar at my desk to remind myself: Yes, even this is grace. And to remind myself to say thank you.

Pray without ceasing. I inherited my grandma's prayer book, and I keep it by my bed. I never met my grandmother — she died long before I was born — but it's meaningful to me that over half a century ago, when she was struggling with mental illness and the aftermath of a painful divorce, she sought comfort in prayer. I love my grandma's prayer book, but I rarely use it. Most mornings I'm caffeinating against the clock as I rush off to my first class or meeting of the day, and realistically I know that's unlikely to change. This year, instead of setting aside a designated prayer time, I'm resolving to remember the apostle Paul's injunction to "Pray without ceasing," and I'm going to try to make prayer, rather than worry, my default inner monologue. I'm likely to break that resolution every day, but every day I can keep bringing myself back. Sometimes my inner life seems like an endlessly scrolling to-do list. My resolution this year is to turn this dreary soliloquy into a psalm of gratitude and desire. My mantra will be that old Gospel song from back in the days of landlines:

Jesus is on mainline.

Call him up and tell him what you want.

The line ain't never busy!

Pay God first. It would be easy for all my money to go to paying off my student loans and supporting my 20-year-old car. It would be even easier for all of my money to go to buying boots I don't need and filling up my Christmas Kindle with the complete works of Agatha Christie. Financial experts say to "pay yourself first" — to put some of your paycheck in savings before you do anything else with it. This year, as an experiment, I'm resolving to pay God first and myself second. I've been inspired (or guilt-tripped!) into this by Peter Singer. This fall I assigned his classic article "What Should a Billionaire Give — And What Should You?" to my students at Yale, and many of us were persuaded that we could be giving more. Singer argues that if everyone who could gave 5 percent to 15 percent of his or her income, world poverty could be eradicated.

I'm also inspired by the ancient biblical practice of giving God the first fruits of the harvest (not just the leftovers). Giving is not just a part of faith, it is the core of faith. As it says in the book of James, "Religion that is pure and undefiled before God ... is this: to care for orphans and widows in their distress." There is plenty of distress to go around these days! And in these crazy economic times, giving is more necessary than ever — not just for those who need money, but for those who give it. Like saying grace before meals, paying God first reminds us that everything we have is a gift, and it belongs to whoever needs it.



Harcourt Calendar – January 2020

Updated December 18, 2019 – www.harcourtuc.ca for most up-to-date information

Wednesday January 1

Church Closed

Thursday January 2

7:30pm Choir Practice [M]

Sunday January 5

10:00am Worship Service [S]

Monday January 6

Office Closed

1:30pm Prayer Shawl [202]

7:00pm Scouts [F]

Tuesday January 7

5:00pm U of G Choir Rehearsal [G]

6:45pm Cubs [G]

7:00pm Bell Choir [M]

Wednesday January 8

7:45am Men's Group [F]

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Rainbow Chorus Rehearsal [S]

7:00pm Finance Committee Meeting [202]

7:00pm MANNA Meeting [L]

Thursday January 9

8:45am MindStretch [C]

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

7:30pm Choir Practice [M]

Friday January 10

1:00pm M&P Meeting [202]

Saturday January 11

1:00pm Rainbow Chorus Rehearsal [S]

Sunday January 12

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

Monday January 13

Office Closed

11:00am Caroline Harcourt Women's Group [F]

7:00pm Scouts [F]

Tuesday January 14

10:00am GWSA Exercise Program [G]

5:00pm U of G Choir Rehearsal [G]

6:45pm Cubs [G]

7:00pm Worship Committee Meeting [C]

7:00pm Property Committee Meeting [L]

7:00pm Bell Choir [M]

Wednesday January 15

9:30am Lightshine Singers [M]

1:30pm Tai Chi [F]

5:15pm Meditation [C]

6:30pm Guides [F]

6:45pm Beavers [G]

7:00pm Council Meeting [C]

7:00pm Rainbow Chorus Rehearsal [S]

Thursday January 16

8:45am MindStretch [C]

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

7:00pm Sharing Evening [F,C]

7:30pm Choir Practice [M]

Saturday January 18

10:00am Progressive Christianity [202]

Sunday January 19

9:00am Worship Service [C]

10:30am Worship Service [S]

10:30am MANNA Service [F]

Monday January 20

Office Closed

1:30pm Prayer Shawl [202]

7:00pm Women's Spirituality [F]

7:00pm Scouts [F]

Tuesday January 21

10:00am GWSA Exercise Program [G]
11:00am Stroke Recovery Lunch [F,K]
5:00pm U of G Choir Rehearsal [G]
6:45pm Cubs [G]
7:00pm Bell Choir [M]

Wednesday January 22

9:30am Lightshine Singers [M]
1:30pm Tai Chi [F]
5:15pm Meditation [C]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Rainbow Chorus Rehearsal [S]
7:00pm Council Meeting [C]

Thursday January 23

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

Saturday January 25

10:00am Progressive Christianity [202]
7:30pm Rainbow Chorus Concert [S]

Sunday January 26

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

Monday January 27**Office Closed**

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

Tuesday January 28

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

Wednesday January 29

9:30am Lightshine Singers [M]
1:30pm Tai Chi [F]
5:15pm Meditation [C]
6:30pm Guides [F]
6:45pm Beavers [G]
7:00pm Rainbow Chorus Rehearsal [S]

Thursday January 30

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