

**DON HEIGHTS UNITARIAN
CONGREGATION**

LIFESPAN PROGRAM

WINTER 2010



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Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision.

Unitarian Universalist Covenant

Lifespan Program Guide ~ Winter 2010

This is a guide to the learning opportunities and social activities available at Don Heights Unitarian Congregation.

We welcome new people who want to meet us and find out who we are.

To Register:

Several of the workshops indicate that registration is necessary. **It is extremely important that you register if you plan to attend a program.** Registration assists with planning and is encouraged and appreciated. You can do so by calling or e-mailing the office, or by signing up on the Lifespan Program bulletin board at Don Heights.

Program Details:

Unless otherwise indicated, workshops and activities are held at 18 Wynford Drive in suite 103.

For more information on a particular program, call the Don Heights Office, or the contact person named in this guide. Programs are free unless noted.

OUR UNITARIAN CONGREGATION

Getting to Know UUs

This one-hour session offers a broad overview of the UU tradition and Don Heights in particular. Bring your coffee to the Multipurpose Room. This is of special interest to newer folks, but all are welcome. Please sign up if you plan to attend. For more details contact Reverend Debra Faulk, minister@donheights.ca, or 416-444-8839

Facilitator: Reverend Debra Faulk

Dates: Sunday, January 17th at 9:00 am

Sunday, March 7 at 12:30 pm

DoBeDoBeDo Group

4th Tuesday of the month, January to March 10:30-1:00

This semester the group will meet on the fourth Tuesday of each month to provide an opportunity to Be together and Do things for one another and for the wider world beyond Don heights. Bring a lunch and something to share if you choose.

January 26th, making valentines with Sandra Morgan

February 23rd, baking muffins and filling soup jars for the Agincourt Community Association (ACSA)

March 23rd, filling soup jars for ASCA and games: cards/scrabble

Don Heights Community Choir

Tuesdays 7:00 to 8:30pm starting January 5th

Choir Director: Nick Nanos

Choir practices are fun, inclusive and open to all. Come, sing and socialize with others who enjoy music!

Singing opportunity for all! On the Sundays that our choir director is with us (twice a month) everyone is invited arrive at 10:00 to go over the day's songs. **Start the day with a song!**

Wine, Women, and Spirituality

This group meets in member's homes and gives the women in our congregation the opportunity to talk and laugh together. There is no set agenda for the get-togethers, and discussions centre on issues of concern. Bring your own wine or a snack. The group usually meets on the last Friday night of the month.

Dates & Locations: 7:15 January 29 @ Liz Carmichael's,
February 26 @ Margo Holland's, March 26 @ Lorna Weigand's

Gathering for Lunch

1st Sunday of the month, following the Sunday Service

We thought we would try going out to lunch once a month for conversation and good food. Sign up for reservation appreciated.

Sunday, January 3rd Prairie Ink

Sunday February 7th a Thorncliffe Park restaurant

Sunday March 7th The Armenian Kitchen

Social Action Committee Meeting & Documentary

Although many Don Heights social action issues are now being discussed at the monthly Program Cluster meeting, we will be having a Social Action Committee meeting on **Monday, January 11 at 6:00 p.m.** Bring your own food, or something to share, and discuss with the group the many issues on our minds, as well as the format you'd like to see social action meetings take for the future. At 7:00 we will show a short documentary, **Food for Faith**, produced by the multifaith *Renewal* Project to bring attention to faith based initiatives for a sustainable future.

Contact Person: Mary Doucette

Y Friday Youth

Third Friday of the Month 5:00 pm

Y Friday is a multi-faith youth group that meets monthly in the Don Heights space. Meetings consist of games, dinner, conversations and are guided by a social action theme.

The third Friday of each month. All are welcome!

January 15th, February 19th and March 19th

Contact: Alexandra Sproule

Book Discussion Group

2nd or 3rd Sunday of the month, following the Sunday Service.

Books are chosen by the members who also facilitate the discussion. Emphasis is on novels and non-fiction with social or spiritual content. Books to be discussed this term are:

January 17 - *The Elegance of the Hedgehog* by Muriel Barbery

In a bourgeois apartment building in Paris, we encounter Renée, an intelligent, philosophical, and cultured concierge who masks herself as the stereotypical uneducated “super” to avoid suspicion from the building’s pretentious inhabitants. Also living in the building is Paloma, the adolescent daughter of a parliamentarian, who has decided to commit suicide on her thirteenth birthday because she cannot bear to live among the rich. Although they are passing strangers, it is through Renée’s observations and Paloma’s journal entries that *The Elegance of the Hedgehog* reveals the absurd lives of the wealthy. That is until a Japanese businessman moves into the building and brings the two characters together.

February 14 – *The Life You Can Save: Acting Now to End World Poverty* by Peter Singer - Part plea, part manifesto, part handbook, this short and surprisingly compelling book sets out to answer two difficult questions: why people in affluent countries should donate money to fight global poverty and how much each should give. Singer doesn’t ask readers to choose between asceticism and self-indulgence; his solution can be found in the middle, and it is reasonable and rewarding for all.

March 21 – *Outcasts United* by Warren St. John - Clarkston, Georgia, was a typical Southern town until it was designated a refugee settlement center in the 1990s, becoming the first American home for scores of families in flight from the world’s war zones—from Liberia and Sudan to Iraq and Afghanistan. Suddenly Clarkston’s streets were filled with women wearing the hijab, the smells of cumin and curry, and kids of all colors playing soccer in any open space they could find. The town also became home to Luma Mufleh, an American-educated Jordanian woman who founded a youth soccer team to unify Clarkston’s refugee children and keep them off the streets. These kids named themselves the Fugees. Set against the backdrop of an American town that without its consent had become a vast social experiment, *Outcasts United* follows a pivotal season in the life of the Fugees and their charismatic coach.

Contact Person: Mary Doucette

Sunday Matinée Movie Following Sunday service

As many Don Heighters love movies, we indulge their passion by scheduling movie events throughout the year. Bring a bag lunch or we’ll get take out and eat together before/during the movie.

January 4th *Lemon Tree* Salma Zidane, a 45 year old widow from a small Palestinian village in the West bank, finds herself at war with the Israeli Minister of Defense over her lemon grove. This highly rated movie is positive, personal and offers an understated, though-provoking vision of the West bank troubles.

February 28th *The Reader* tells the story of Michael Berg who, one summer when he is 15, meets a woman twice his age called Hanna Schmitz, with whom he begins an affair. Because it asks rather than answers questions, we can consider it from so many angles. For all of his youth and inexperience, the boy taught Hanna much more than she could ever teach him ~ not to be missed !

March 14th **Wendy and Lucy** ~ the story of Wendy (Michelle Williams), a down-on-her-luck girl who's hoping to turn things around for herself with a summer job at a fishing cannery in Alaska. She makes the trek from Indiana to Alaska in her beat-up Honda, accompanied only by her dog, Lucy. The script is small and emotionally intimate, capturing small, very human moments, bringing the story of Wendy to life with restraint and beauty.

Contact Person: *Lorna Weigand and Rev. Debra Faulk*

PERSONAL DEVELOPMENT & SPIRITUALITY

Spiritual Dialogue Circle

1st Wednesday 10:00 am to Noon 3rd Monday 7:00 to 8:30 pm

January Topic: **Prayer**

Facilitator: Jan. 6th Rev Debra Faulk (Unitarian Universalist)

Jan. 18th Rev Michelle Singh (Interfaith)

February Topic: **Love**

Facilitator Feb. 3rd Rev Michelle Singh (Interfaith)

Feb. 15th Rev Debra Faulk (Unitarian Universalist)

March Topic: **Oneness**

Facilitator: 3rd and 15th Farah Eshraghi, (Bahá'í)

This multi-faith Spiritual Dialogue Circle is committed to bringing diverse people together for conversation, prayer, meditation and faith. We share readings and experience from our own unique spiritual traditions. We invite everyone to share their own inner wisdom connecting spiritual practice and everyday life. How can we, as individuals, live our own practice in such a way as to affect peace in our selves and our world? This circle is a safe and open community in which to explore, grow and be supported. **Contact Person: Rev. Debra Faulk**

ETHICS: Building Your Own Theology

Tuesdays from 1 to 3pm February 2nd – March 23rd

Pre-registration required

Individuals enjoy self-determination in behaviour. Ethics involves more than listening to sermons. It involves engaging this often messy life, with character. **The sessions are:**

Authority ~ Can We Be Good Without God?

Motivation ~ Doing the Right Thing For the Wrong Reason

Responsibility ~ The Difficult Art of Doing Good

Situation ~ What Is Going On Here Morally?

Intention ~ Does the End Justify the Means?

Relationships ~ In a Different Voice

Values ~ Is the Golden Rule Enough?

Character ~ The Moral Virtuoso

Contact Persons: Rev. Debra Faulk and Judy Newman

Delmanor on Wynford Lunch & Visit

Monday March 8th 11:30 – 2:00

Delmanor is the new seniors residence at Wynford and Eglinton. Their bus will come and pick us up at Don Heights at 11:30 and we will go for lunch, a tour and possibly some entertainment.

Sing-up is required by March 1st.

Greening Our Spaces

Sunday February 21 12:45 pm. Bring a brown bag lunch

Facilitated by Katherine Vansittart

In this workshop, participants focus on aspects of daily life, such as food, home, church and explore how they may make small but significant changes and apply their spirituality in practical ways in order to reduce energy consumption and help care for the planet.

The goals of the session include:

Exploring how “greening” sacred spaces is relevant to this faith community; the relevance of “greening” to our way of life; the connection between our faith and the health of the Earth; how our beliefs become concrete in our behaviour; possibilities to make our homes, lives, and sacred spaces greener; creating an action plan to begin making changes.

Contact Person: Rev. Debra Faulk

Open Mike Coffee House

Second Friday of the Month

Doors open at 7:00 pm and the show starts at 7:30 pm

If you read poetry, dance, sing, paint, or perform short pieces, come and share them with us. Nick Nanos has it on good authority that Ross Pearson, one of the best flute players in North America, will be joining us at the first open mike. Your choir and The White Pixies will also share a couple of tunes. There will be a free will offering ~ proceeds to benefit Street Outreach Services.

Dates: Friday January 8; Friday February 12; Friday March 12

Contact person: Nick Nanos