

The Don Heights Bulletin

September 2011

Volume 57, Issue 1

Sunday Services, 10:30 a.m.

September 4th at 10:30 a.m.

Admissions and Insights From A 37 Year Old Lobbyist to His 18 1/2 Year Old Self

Presenter: Scott Butler

Service Leader: Ellen Jamal

Scott will discuss the decisions and skills that led him to a job working as the head of public policy and research for one of the largest municipal organizations in Canada. He will talk to the challenges of advancing the public good at a time when government is often seen to stand in the way of progress. It is an interesting story that his teenage self would never believe.

September 11th at 10:30 a.m.

Ingathering Celebration Service

Presenter: The Caring Committee

Service Leader: Sandra Morgan



Come celebrate in grand style the reunion of our community after a long summer and mark the beginning of the program year. What better way to kick off our year together than with a warm welcome to new members.

The Unitarian Universalist tradition of mingling the waters (Water Communion) will take place. *This year in addition to inviting people to collect a few drops of water during the summer, there is also the "optional invitation to bring special objects that represent your summer experiences. (photos, seashells, stones, feathers etc.)*

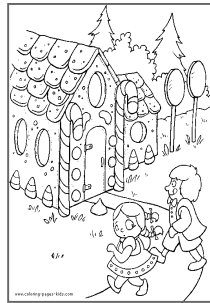
We look forward to celebrating with you on September 11th.

Coffee Group 4

RE Topic: Summer Stories

September 18th at 10:30 a.m.

Fairytale Truths



Presenter: Rev. Donna Morrison-Reed

Service Leader: Margo Holland

Music: The Don Heights Choir

The text on September 18th will be the story of Hansel and Gretel. How does this children's tale help us address the challenges of everyday living?

Coffee Group 5

RE Topic: The Science of the Sun

September 25th at 10:30 a.m.

Hospital Chaplaincy:

Serving a Diverse Community

Presenter: Rev. Eric Howes

Service Leaders: Bill Clelland and Ellen Jamal

Many urban hospitals have renamed their "Pastoral Care Departments" to "Spiritual and Religious Care Departments". Pastoral Care is a Judeo-Christian term/concept which is not understood by members of religions other than Jews and Christians. Delivering Spiritual and Religious care is different from offering Pastoral Care under a new name. Chaplains must now attend to families and patients in the hospital with a whole new mind set.

Coffee Group 6

12:15 pm - Pot Luck Lunch

12:45 pm - General Meeting (to approve By-Law amendments for Co-Presidents of Don Heights)

Horn of Africa Crisis Fund

On September 11, at the Water Service, there will be a special collection for the people in East Africa who are struggling with the worst drought in 60 years. Almost 10 million people now face severe food shortages.

The CUC has established a Horn of Africa Crisis Fund. **The Government of Canada will match all donations made to this fund through September 16th.**



Don Heights Unitarian Congregation

Don Heights is a resilient, welcoming community of diverse individuals, promoting love, reason and freedom in religion, fostering lifelong spiritual growth and acting for social justice and the environment.

*Freedom in religion;
Justice in action.*

18 Wynford Drive, Suite 102
Sunday Services Suite 103
Toronto, ON M3C 3S2
Phone: 416-444-8839
Email: office@donheights.ca
Web: www.donheights.ca

The Don Heights office is open
Monday to Friday
from 9:00 am to 12:00 pm

Board of Directors

Co-President - Margo Holland
Co-President - Germaine Kovary
Vice-President - Robert Bray
Treasurer - Ruth Plumpton
Secretary - Jane Robson

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Ellen Jamal
Lidia Labate
Jeanne Lovell
Judy Newman

Caring Chair

Margo Holland

Lay Chaplains

Margo Holland
Judy Newman

Editorial Committee

Sharyn Devine
Lorna Weigand

Office Administrator

Christine Cover



This year, Members of the Board are collaborating to take turns writing an inspiring column for the Bulletin.

On the Board Again. . .

On the board again. That phrase keeps finding its way into my head, reminding me of Willie Nelson and the life he loves. The life Willie loves includes being on the road again, making music with his friends. The life I love does not include being on the board again, with or without my friends. And yet, here I am.

It's the night of the June board meeting and we have been driven out of Don Heights and into the lobby by the fire alarm. Outside there is a thunderstorm of truly awesome proportions and inside there is ear numbing racket. I find myself taking refuge between the two sets of outside doors with some other evacuees, protected from the storm and somewhat buffered from the noise.

Eventually firemen inform us that water has found its way into the building and is probably the cause of the alarm. They allow us to return to our business, on the condition that we check the hallways for smoke periodically. With the trust of a veteran of innumerable fire alarms and not a single fire, I return to the meeting. Thanks to the dedication of our two co-presidents, we complete the agenda and manage to adjourn by 10 pm. This is my second board meeting and I dare not think about how many more there will be.

And yet...when I received the call asking whether I would be willing to sit on the board again, I said yes. While meetings may not be part of the life I love, many other things about Don Heights are. I value being with people who care about the world and each other. I value the many opportunities to learn about new things and to continue figuring out who I am. I value sitting in the dark, eating dessert while watching a classic movie projected on the wall. I value playing euchre with people who understand that games are not only about winning. I have found that I really value being a lay chaplain. I enjoy all the great food. I even enjoy being part of cleaning up after the great food. Unfortunately, as in most things, I can't only do the parts that I like or that I find personally rewarding. Actually I guess I could only do the fun bits but that wouldn't be fair, would it. . .

Don Heights cannot function without a board and apparently it is my turn to serve on it. So here I am discussing the design of the new wayside pulpit, the progress of our wonderful new website, how best to implement the strategic plan, advertising ideas, the revision of the bylaws, this month's financial report.....on the board again. La, la, lalala,.....

~ Judy Newman

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

~ Jane Howard

Honouring Children: Teaching Children about Unitarianism

Below are the seven Unitarian Principles adapted for Religious Exploration (RE) classes.

Children's Version of UU Principles:

1. Each and every person is important
2. All people should be treated fairly and kindly
3. We should accept one another and keep on learning together
4. Each person must be free to search for what is true and right in life
5. All persons should have a vote about the things that concern them
6. We should work for a peaceful, fair and free world
7. We should care for our planet Earth, the home we share with all living and non-living things.

For many years, Sharyn and Lorna have been brainstorming about how to grow our congregation both in numbers and in a deepening spiritual awareness. One glaring shortcoming for welcoming new families has been the lack of a Religious Exploration program for the children who occasionally attend with their parents/grandparents.

Sharyn and Lorna were very excited and gratified at the Sunday Service on July 24, when volunteers from the congregation agreed to plan and deliver two lessons per month starting this fall. During this Summer Service "Honouring Children: Teaching Children about Unitarianism" we worked in groups of twos and threes to develop ideas for each of the RE Sunday themes. Once members began to discuss the individual lessons, they became enthusiastic enough to volunteer for that lesson.

We still need partners for the following RE lessons:

- September 11 (**Summer Stories** with Lorna Weigand,
- Oct. 2 (**Voting** with Ruth Plumpton)
- Oct. 18 (**Gratitude** with Gary Carmichael).

These are the lessons for September:

All lessons are tied to a Unitarian Principle.

- ◆ September 11 - Summer Stories
- ◆ September 18 - Science of the Sun

Our **Worth and Dignity Policy** requires that children shall be supervised by at least two adults at all times and that these adults must have a police check. Don Heights has applied to the Toronto Police Services to enter into a service agreement entitling us to get police checks for our volunteers. All Don Heighters who volunteer to teach one of the lessons in our program, must apply for these checks to be done. This is a standard requirement for all people working with the vulnerable (e.g. children, seniors). After police checks have been received by Don Heights, we will be able to advertise via newsletters, articles, pamphlets that we have a formal RE program at Don Heights.

Currently, there is no part of the budget allocated to the hiring of RE teachers. Once a significant number of children are regularly attending, Sharyn and Lorna will ask the board to consider the approval a budget line for the hiring of an RE resource person.

Submitted by Sharyn Devine and Lorna Weigand

The following letter was sent to Germaine Kovary, and she requested that it be shared in The Bulletin:

It was a pleasure to speak with you today regarding our Rolling Hands/Happy Hearts Program. I understand that members of your congregation have generously provided us with used bed sheets in order that this program is a success.

By way of understanding how our residents use the sheets that are provided, please let me explain the process and outcome of this wonderful program. When bed sheets are received, they are cut into strips approximately 2 inches wide and the length of the bed sheet. The lengths are then rolled by the residents in the group and fastened with a safety pin. The rolls are then placed into boxes and the boxes of rolled lengths are taken to a Mississauga location of Canadian Food For Children – a registered charity. The charity ships many items other than food to countries in need. Our rolled 'bandages' are then sent for use in medical clinics.

This is a very worthwhile program for us here at Scarborough Retirement Centre! It not only provides meaningful work for our folks, but it is a wonderful social evening and good exercise for those hands that may be in need of more movement. Along with the obvious benefits for our residents, we are happy to be able to make a difference in someone else's life in our own way, and give back to society.

Thank you for your continued support of this program!

Sincerely,



Suzanne White, A.C.
Programs Manager
Scarborough Retirement Centre



Don Heights Book Group



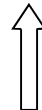
October 16, 2011 – *The Lacuna* by Barbara Kingsolver – This book contains two very distinct parts. One features a vibrant Mexican landscape of the 1930's with the colorful personalities of Diego Rivera, Frieda Kahlo, and Leon Trotsky. The other centers on a man who had lived with Rivera, and who afterwards led a reclusive existence in small-town America and battled with the House Un-American Activities Committee. This is Kingsolver's first novel in nine years and it won the Orange Prize for Fiction last year. This British prize recognizes female fiction writers around the world. If you look on the Internet you can find a wonderful reading list of past winners and books shortlisted for this prize.

November 20, 2011 – *Year of Wonders* by Geraldine Brooks – Based on an actual event in 1665-1666, Brooks re-creates a year in the life of a remote British village decimated by the bubonic plague. When the plague arrives in the community, the vicar announces it as a scourge sent by God; obeying his command, the villagers voluntarily seal themselves off from the rest of the world. As deaths mount, grief and superstition evoke mob violence against "witches," and cults of self-flagellation and devil worship. The book will give us much to discuss about the relationship between religion and ethical behavior.

~ Mary Doucette



Summer Activities at Unicamp.



Don Heights Festival Theatre

On Thursday, September 29 we will view ***Shall We Dansu*** - a 1996 film by well known Japanese director Masayuki Suo. An overworked Tokyo accountant on his suburb-bound train observes a beautiful woman through the window of a second floor dance studio and on impulse signs up for dance lessons. A risky step, indeed, as ballroom dancing is not looked upon with favour in the Japanese culture. We can refer to this film as a romantic comedy - drama, but the plot and the characters grow in unexpected ways.

Dinner at Windfields, 801 York Mills, between Leslie and Don Mills - 5pm, Thursday, September 29

Dessert and coffee at Don Heights at 7:00, film at 7:15. *Shall We Dansu* is 119 minutes; there will be a short intermission. It's in Japanese of course, with English subtitles.

If you'd like to come, please let me know .

There will be a charge of \$6 per person for dessert and coffee (proceeds to Don Heights); no charge for the show. Feel free to invite guests. It's ok to skip the dinner and just come for dessert, coffee and the show. Let me know so we don't run out of dessert!



PS: It's come to my attention that on a few occasions some people have thought of coming to our theatre night 'at the last minute' and decided not to, because I've said "let me know." If you do find yourself able to come at the last minute, please don't hesitate to do so! There's always room for one more!

September Birthdays



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Coffee Groups



We will be starting up our Coffee Group program again on September 11, and will continue from where we left off in June. This means that Group 4 will be serving on that day.

We have made some **changes to the groups**. Please check the list below to see which group you are in.

Some suggestions have come up from our experience through the past year. Some of these things have already been happening informally, and are to be encouraged.

If you cannot be present on your designated Sunday, we encourage you to trade with someone in another group. They'll take your Sunday, and you'll take theirs.

Our pot lucks are enjoyed by all. To make them work more efficiently, here is a suggestion. Some volunteers, other than the Coffee Group, can set up the tables, thus freeing the Coffee Group members to serve the coffee and bring out the food. After the meal, the volunteers will put away the tables.

We are going to set out bins, like in cafeterias, where you can put your used plate and cutlery. This will help the Coffee Group in their cleaning up. We encourage others to help with the cleanup also.

Thank you for your cooperation, and enjoy your coffee!

~ Beryl Hunter, Coffee Group Coordinator

The names of the Coffee Group Coordinators are in capital letters.

Group 1

LIDIA LABATE
Mary Frost
Tom Brown
Janis Daly
Michael Kenny
Sharyn Devine
Claudia Larrain

Group 2

Matthew & ROSEMARY WOOD
Miriam Smith
Vi White
Sandra Morgan
Florence Ivany
Susan Weiss

Group 3

BERYL HUNTER
Lois & Gord Burns
Robert Bray
Mary Lynne Dewhurst
Mary Doucette

Group 4

Jim & GERT MONTGOMERY
Ellen Jamal
Germaine Kovary
Liz & Gary Carmichael
Sally Milne

Group 5

JUDY NEWMAN
Jeanne Lovell
Murray Fulcher
Ron Coles
John Kennedy
Jane Robson

Group 6

LINDA SCHOFIELD
Rosemary Sheppard
Doreen Birchmore
Betty Kruk
Margo Holland
Bill Clelland
Lorna Weigand

I believe humans get a lot done, not because we're smart, but because we have thumbs so we can make coffee.

~ Flash Rosenberg



In late June the Caring Committee hosted a Strawberry Social at Don Heights. Special invitations were sent to some of the members we don't see too often. It was wonderful to see **Connie Bonnici, Ulla Brenken, Jean Latimer and Mary Rideout**. It looked like they had a good time reconnecting with their old friends. We were hoping to see **Joanne Price** but she had to cancel at the last minute.

Our condolences go out to **Janis Daly** and her mother **Vivian Thomas** on the loss of Janis' father, Keevil Daly, who was the former husband and best friend of Vivian. A Memorial service will be held at the Simple Alternative, 275 Lesmill Road on Saturday, September 10 at 11:00 a.m. Reception to follow.

Many Don Heighters will remember **Mike Boychyn** who was a member of Don Heights for many years. We are sad to report that his widow, **Betty** died. Betty was active in the United Church but was always very supportive of Don Heights, often donating floral arrangements and baked goods for our functions. Betty and her daughter Nancy kept in touch with Don Heights over the years and made a habit of attending a service around the anniversary of Mike's death. A Memorial Service was held at her United Church on August 6th and our Co-President **Germaine Kovary** was invited to add a Unitarian perspective to the service.

A Celebration of the life of **Elisabeth Plain** was held on August 2nd, with Lay Chaplain **Margo Holland** officiating. Our sincere condolences go out to Bruce and their family. Elisabeth was a very well loved and respected member of Don Heights. She wore many hats: a "wise elder" on the Board, our resident "Poet", a long time member of the Unitarian Service Committee and probably many more roles that I am unaware of. In the past few years she was often seen fearlessly riding her electric scooter along Don Mills Road, to Don Heights or on some shopping errand.

When **Connie Bonnici** attended our Strawberry Social she told me she had some family news she would like to share. She now is the proud Great Grandmother to Jemma, born in January, and Wyatt in April. Wyatt has an older brother Owen so that makes three Great Grands for Connie to enjoy!

~ Rosemary Wood

Adult Program for Autumn 2011

This will be a busy year at Don Heights with Adult Programs to suit all tastes. Most events won't begin until October, but here are a few programs that you may want to mark in your calendar:

Spiritual Dialogue Circle on the first Monday of each month, beginning in October.

Book Group, meeting on the third Sunday of each month. On October 16 we will discuss *The Lacuna* by Barbara Kingsolver.

Twelve Steps to a Compassionate Life, based on the book by Karen Armstrong, on the evenings of October 13, 20, and 27.

Wine, Women, and Spirituality which meets on the last Friday of each month at 7:15 p.m. in members' homes.

The Do Be Do Group on the morning of the last Tuesday of each month where we deal with general Don Heights cleanup and organization. The next one is September 27 at 10:30 am.

Dinners for Eight which provide a chance to get to know Don Heighters better. The first one will be on November 19.

Meditation will be held before the Sunday Services on October 16, 23, November 13, 27, and December 11.

There will be a meeting after the Sunday service on November 13 to plan Adult Programs for the coming months. Everyone is welcome.

German Fest and Barbeque

5:30 pm, Saturday, September 17th, 2011
at the home of Sharyn Devine and Glenn Tarver

Hosts/Fräuleins: Sharyn Devine & Lorna Weigand
Activities: Talking, laughing, sunset bonfire & German oompah-pah music.

Bring your own stein, and if you have a German costume, wear it.

Bratwurst, Sauerkraut, Beer, Cider, Ontario Corn

Cost: \$25 per person.

This is a fund Raiser for the Dream Auction.

Limit 20 people.

Sign up in the main room on the bulletin board.
All money goes to Don Heights.

Let your life lightly dance on the edges of Time like dew on the tip of a leaf.

~ Rabindranath Tagore (1861-1941)



Love to Sing??

The Don Heights' Community Choir is starting rehearsals beginning Tuesday, September 13th, from 8:00 to 9:00 p.m.

Where else are you going to get an opportunity to sing, learn, and have so much fun?

This is a non-auditioned choir, so there is no need to be shy about joining. It meets at Don Heights every Tuesday evening from September to June, and it doesn't cost Don Heighers a penny to take part. Joining the Community Choir does not have an obligation to sing on Sundays in the church choir.

The community choir is being promoted in the surrounding community and will perform folk music from the various ethnic groups and music suggested by members of the choir.

Of course, if you're going to join the Community Choir, you may want to lend your voice to Don Heights' church choir too. Rehearsals for the church choir start at 7:00 pm every Tuesday, and go to 8:00 pm.

Adult OWL this Fall at First

Have you thought about your sexuality with respect to your faith? Have you wondered how sexuality plays into your search for truth and meaning? How do sexual attitudes and identities affect the inherent dignity and worth of every person?

Your neighbours at First Unitarian Congregation of Toronto invite you to join UU's from GTA congregations in considering these and other questions in a series of Saturday intensive Our Whole Lives (OWL) sessions.

Grounded in a holistic view of sexuality, the adult OWL program aims to create a facilitated, respectful, group-based opportunity in which participants can explore their personal values with regard to the spiritual, emotional, and social aspects of sexuality. Led by trained and experienced adult OWL facilitators, Deborah Bradford, Greg Robinson and Leslie Solomonian, the program will take place at 175 St. Clair Avenue West over the following Saturdays in the fall: **Sept. 24, Nov. 5 and Dec 3**. Each day will run approximately 9-6 pm, but please leave space for a shared evening meal and wrap up if necessary.

To foster group cohesiveness, we will be capping enrolment at 16 participants.

We look forward to hearing from you! If you have any thoughts, or would like to express your interest in this program, please contact us at owlatfirst@gmail.com.

~ Leslie, Greg and Deborah

Build a School in Honduras

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build a school in the mountains of Honduras. This is a hands-on opportunity to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip: beginning January 14, February 11 or March 10, 2012. Construction and Spanish language skills are not required but would be welcomed.

For more information contact Richard Kirsh

Travel with Unitarians to Romania and Hungary

Travel with Unitarians to experience our historic roots and explore this fascinating part of Europe – Transylvania and Hungary, June 4-18, 2012

How about travelling to a place where a Unitarianism was founded 450 years ago? That's Transylvania! One fourth of all Unitarians live here. Their beautiful, unique churches are a joy to behold.

We'll have a 3-day stay in a Transylvanian Unitarian village - attending church, sharing a relaxed picnic and experiencing rural village life. We'll explore castles and other cultural places, enjoy the food and art and the beautiful landscapes. Cost is \$2075 plus airfare.

Travel from Cluj-Napoca, Romania to Budapest, Hungary, includes 9 nights in Transylvania and 5 in Hungary, private coach, most meals, 3 and 4-star hotels, as well as staying with a family or in a guest house when we are in the rural village.


This specially designed tour will be facilitated by the UU Partner Church Council Pilgrimage Service that has more than a decade of experience facilitating UU visits to this part of Europe.

For all details see www.nuuc.ca

The use of traveling is to regulate imagination by reality, and instead of thinking how things may be, to see them as they are. ~ Samuel Johnson



September 2011

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
* = Lifespan Program ^ = Dream Event RE = Religious Exploration for Children				1	2	3
4 Service - 10:30 am Admissions and Insights From A 37- Year Old Lobbyist to His 18 ½ Year Old Self	5 Labour Day	6 7:00 - 8:30 pm *Don Heights Church Choir 	7	8	9 Oraynu Weekend Events	10 11:00 am Memorial Service For Keevil Daly (see Grapevine) Oraynu Weekend Events
11 Service - 10:30 am Ingathering Celebration Service RE Topic: <i>Summer Stories</i> Oraynu	12 October Bulletin Deadline	13 12:00 pm Sunday Services 7:00 - 9:00 pm *Don Heights Community Choir 	14 7:00 pm Board Meeting	15	16 7:00 pm *Open Mike Coffee House	17 5:30-9:30 pm ^German Fest at Sharyn Devine's
18 Service - 10:30 am Fairytale Truths RE Topic: <i>The Science of the Sun</i>	19 10:30 am Caring Committee 5:30 pm Social Action 7:00 pm SA Video	20 7:00 - 9:00 pm *Don Heights Community Choir 	21 7:00 pm Cluster Meeting	22	23 Bulletin Stuffing Mabon	24 9:00 am - 6:00 pm Adult OWL @ Toronto First UC (see pg 7)
25 Service - 10:30 am Hospital Chaplaincy: Serving a Diverse Community 12:30 pm - Pot Luck Lunch 12:45 pm - General Meeting	26	27 10:30 am - 1:00 pm DoBeDo Group 7:00 - 9:00 pm *Don Heights Community Choir 	28	29 5:00 pm Dinner at Windfields 7:15 pm DH Festival Theatre - Shall We Dansu? Rosh Hashanah	30 7:15 pm Wine, Women & Spirituality @ Margo Holland's Rosh Hashanah	October 1