



# The Don Heights Bulletin

January 2012

Volume 57, Issue 5

## Sunday Services, 10:30 a.m.

**January 1<sup>st</sup> at 10:30 a.m.**

### Fine-Tuning Our Moral Compass

**Presenter:** Margo Holland & Ellen Jamal

**Music:** Rob Sutherland

All of us have the foundation for building a strong moral compass and there are many benefits to having this. It gives us a sense of integrity, which in turn, provides us with a sense of self-worth and self-confidence. This morning we will have a conversation about the many benefits of activating our moral compass.

**COFFEE GROUP 2**

**January 8<sup>th</sup> at 10:30 a.m.**

### Never the Water, Only the Wave

**Presenter:** Mark Morrison Reed

**Service Leader:** Margo Holland

**Music:** The Don Heights Choir



Like rolling waves heading toward a distant shore our lives are ever moving, changing and unique and yet they are with one with life as a wave is to the ocean. This is a personal story of loss, and how grief led me to a deeper understanding of life and eternity.

**COFFEE GROUP 3**

**RE Topic:** Learning Through Trying



**January 15<sup>th</sup> at 10:30 a.m.**

### The World Needs a "King"

**Presenter:** John Plumpton

**Service Leader:** Ellen Jamal

The 'Occupy' movements are modern incarnations of historic civil disobedience and non-violent protest activities. We have seen many others in our lifetime but the most successful were the civil rights protests led by Dr. Martin Luther King, Jr. This Sunday we will not only honour Dr. King but also consider what influenced both his philosophy and tactics, and discuss how they might be useful today.

**COFFEE GROUP 4**

*Ordinarily, a person leaving a courtroom with a conviction behind him would wear a sombre face. But I left with a smile. I knew that I was a convicted criminal, but I was proud of my crime.*  
~ Martin Luther King, Jr.

**January 22<sup>nd</sup> at 10:30 a.m.**

### Right Living

**Presenter:** Frances Deverell

**Service Leader:** Margo Holland

**Music:** The Don Heights Choir



I thought that I had done everything I could to reduce my environmental footprint and now I find that I must do more. Let's look at the costs of how we live, and what we can do about it.

**COFFEE GROUP 5**

**RE Topic:** The Earth

**January 29<sup>th</sup> at 10:30 a.m.**

### Choice in Dying: It's a Matter of Justice

**Presenter:** Wanda Morris

**Service Leader:** Margo Holland

**Music:** The Don Heights Choir



In May 1993 the member congregations of the Canadian Unitarian Council adopted a resolution supporting choice in dying. Almost twenty years later that support hasn't wavered. For many Unitarians, choice in dying is a matter of justice. In this service Wanda Morris, the Executive Director of Dying with Dignity Canada will review some of the arguments around choice in dying, and their relationship to our Unitarian Principles and Sources.

*The service will be followed by an afternoon presentation where you can learn more about the current legal status of end of life choices and the current court challenge being supported by the CUC.*

**COFFEE GROUP 6**

12:30 pm - **Pot Luck Lunch**

1:00 pm - **Medically Assisted Dying and the Law**



November 27, 2011, speaking on *The Politics of Memory*

# 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.***

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

## Board of Directors

Co-President - Margo Holland  
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Vice-President - Robert Bray  
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Christine Cover



This month's column is a collaboration of random thoughts from your co-presidents, as we review how we as members have been there for each other and for the wider community.

## How and Who Do We Help and Why?

As I was pulling up to the curb to drop off articles at the local Value Village, I noticed there was a young man dressed in a clean, white shirt and clean, kaki pants. He had approached a few people either walking into or out of the store. As I walked to the trunk of my car he asked if I needed help. I declined but no sooner had I refused than I wished I had taken up his offer. He then went on to ask if I had some change so he could buy something to eat. I told him that as soon as I had finished clearing my trunk I had an energy bar that I would give him. As I went on with what I had to do he continued to approach people. Everyone I saw just walked on. He told me he was handicapped as he flexed his crooked fingers on his left hand. I gave him the energy bar and said to him "take care of yourself."

We all have experienced something similar. Walking away from an encounter such as this I often think; I could have done more, I can't give to everyone, ... *As complex and caring people, we are constantly experiencing these conflicting thoughts.*

Unlike *The Giving Tree* who gives of herself never asking for anything in return, our congregation needs reciprocity in order to continue to be the home that many of us have treasured for years. Ruth, as our valued treasurer, is making her annual plea for our pledges, and we happily step up to the plate and we give. We give because we know that Don Heights is important to us and we want it to continue. However, to make Don Heights a home that continues on, we need more than money. We need leadership, willingness to sit on the Board, help by chairing a committee, your time, talent and ideas. This is the generosity that is given freely from our hearts. The other side of this can be the counter thoughts of "been there, done that", "not doing that any more, it's time for someone else to do it" and all the other reasons that sometimes stop us from fully participating in the many things that need to be done.

So many people do so much and it is all appreciated. The smallest things are

meaningful too, like drying a few cups after a pot luck lunch when it is not your coffee group, watering the plants, talking with someone new who comes to Don Heights to help them feel welcome. Our choir is getting better and better, and coming out to choir practice (even when you don't feel like it) is also giving. All of these things show our caring for Don Heights.

Not too long ago, I asked someone just what our personal relationship meant and how was it valued. What did it bring to our lives?

Searching this question and acknowledging the value took some time and effort for both of us. I realize that we can all ask ourselves those questions when it comes to Don Heights. How much do we value our caring community? What does it bring to our lives? Would we want to lose it?

These are "hard questions" for the New Year. Let's make 2012 a year of continued generosity in all the small and big ways that we can. All of us are needed to sustain our congregation.

We had a mom and two young children attend last month. Sharyn and Lorna had already put together an RE program on faith, and because of that we were ready to provide a meaningful program for the children. Our thanks to them and everyone who has signed up to help facilitate the RE program.

We now have a number of beautiful coverings for our chalice table thanks to Sandra Morgan. She volunteered to buy the material and sew them – what a gift. So many more people are being service leaders and this is so special. Thank you to all the people who contribute in so many ways – Jim and Bill on the sound, and Jim for vacuuming every week, all the people who come to the cluster meetings with their suggestions, all those who attend Sunday services bringing an energy to our Sunday mornings and sing the hymns even when you don't feel like singing. These are all the things that make our congregation so viable and will help to sustain it.

*We can all feel pride in our "giving".*

Thanks to Murray who shops for the best specials every month, buys them and delivers them to ACSA. To Bill Clelland and Maureen Pitkethly who have made the packed lunches for out of the cold time and time again. Thanks to everyone who contributes to Out of the Cold. What a great way to give and get so much back. Our UU principle of justice and equity... was upheld by Lorna, Murray, Jane, Michael, and Claudia who contributed time and energy to the Occupy Toronto movement.

Thanks to the "Do Be Do" group that meets the last Tuesday of every month to tackle one of the many jobs left undone. Ron Weigand for creating a fabulous monthly in-house Festival Theatre and for the videography of our Sunday morning services. The events flow smoothly because of our "Calendar Girl", Sharyn. To all those who brought their talents in creating a beautiful Christmas service and, again, Robert Bray worked his magic transforming our wooden tree into a distinctive work of art.

Many thanks to the members of the board who contribute so much of their time. Our thanks also to the brave souls on the board who have contributed by taking a turn writing a column for the bulletin. Now that is collaboration above and beyond. Writing these columns every month is not always easy and it is so nice to get the perspective of other board members. It also eases the task for your co-presidents and is appreciated immensely.

As we're writing this, we're reminded of the efforts of so many others: the greeters, the coffee groups and the people who facilitate the adult programs. Thank you, thank you.

As you can see, money is good, and we do need that – but it isn't all that is needed. Thank you to everyone in the congregation for providing the rest. We have a feeling that 2012 is going to be a very good year.

## Don Heights Book Group for January and February, 2012

January 15, 2012 – *Cutting for Stone* by Abraham Verghese - Starting with the birth of twin boys to a nursing nun in a small hospital in Ethiopia, this brilliant novel follows the life of the boys as they are separated, become doctors, and eventually meet. The author, a doctor, weaves the practice of medicine into the book and reviewers comment that you won't be able to put it down.

February 19, 2012 – The January issue of *The Walrus* magazine – Here's your opportunity to read this excellent Canadian general interest magazine which publishes articles on Canadian and international affairs, along with fiction and poetry by Canadian writers. It was launched in 2003 as an attempt to create a Canadian equivalent to American magazines such as *Harper's*, *The Atlantic Monthly* or *The New Yorker*. The magazine is committed to publishing the best work by the best writers from Canada and elsewhere on a wide range of topics for readers who are curious about the world. The magazine founder, David Berlin, chose the title because the walrus is a Canadian native, is curmudgeonly but clever, bulky but agile, and no one ignores a walrus.

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~ Mary Doucette

## Don Heights Adult Program for January

It's a new year and we encourage you to get involved in the Adult Programs offered at Don Heights. It's a great way to get to know people better and have some fun while doing it.

The **Spiritual Dialogue Circle**, held on the first Monday of each month, will meet on January 2 at 7:00 p.m. The topic this month is Compassion.

The **Meditation** group meets most Sundays from 9:45 a.m. to 10:15 a.m. before the Sunday Service. Come to the Darwin Room (the small room with the couches!) to see what it's all about. No expertise needed.

**SOMETHING NEW: Bridge and Euchre.** On January 8 after the Sunday Service we invite you to join us for bridge or euchre. Homemade soup and bread will be available for \$2, or bring a brown bag lunch.

The **Book Group** meets on January 15 after the Sunday Service and the book is *Cutting for Stone* by Abraham Verghese. Please see the column to the bottom left for more information.

Our monthly **Afternoon at the Movies** will meet on Wednesday, January 18. We will choose a movie that starts around 4:00 p.m., and information about the movie, location, and time will be available a week before the movie, either in the Order of Service or on DH All. The group often goes out for a bite to eat with discussion after the film.

**Wine, Women, and Spirituality** meets on January 27 at 7:15 at Ruth Plumpton's house. This "not a therapy group" gives the women at Don Heights the opportunity to relax and talk and laugh about life.

Wanda Morris from the non-profit organization **Dying with Dignity** will be our Sunday service speaker on January 29. After the service she will do a workshop on this very important topic. What are your end of life options? How can we support those who wish to determine the nature and timing of their dying? What does the law say about self-determined dying? These and many other questions will be discussed.

We all enjoy the many activities that go on at Don Heights. And we all know that behind the scenes there are many people doing a lot of work to keep things running smoothly. You may not be interested in doing a Sunday service, getting involved in Social Action, or attending an Adult Program. But there is one way that all of us can contribute to Don Heights. Come out to one of Linda Schofield's **Do Be Do Group** meetings! Once a month we meet to tackle necessary maintenance and organization at Don Heights. Everyone is welcome. Join us on Tuesday, January 31 any time between 10:30 a.m. and 1:00 p.m. Call Linda if you want more information.

**COMING UP:** The very popular program **Sharing Our Music** will be held on Thursday, February 2 at 7:30 at Matt and Rosemary Wood's condo. Bring a piece of music on CD or tape to share with the group. And bring some nibbles or a drink to share.

~ Mary Doucette



Because of the upcoming holidays, this bulletin will be distributed earlier than normal. So I am taking the opportunity of wishing everyone a Very Happy and Healthy Christmas and New Year.

I am happy to report that **Miriam Smith** is now back in her home. She welcomes phone calls and offers of rides to Don Heights, shopping or appointments. It has been a long three months for Miriam since her surgery.

I am sorry to tell you that **Mary Rideout** fell and cracked her pelvis. She is now recuperating.

It was nice to see **Roy Heron** at the Don Heights Christmas party. Thanks go to **Murray Fulcher and Matt Wood** for making the arrangements to pick Roy up and bring him to the party.

~ Rosemary Wood



Don Heights Festival Theatre



Four years after its release, Vittorio de Sica's *Ladri di biciclette* (The Bicycle Thieves) was deemed the greatest film of all time by the British Film Institute's magazine *Sight & Sound's* poll of filmmakers and critics. In *Sight & Sound's* latest (2002) directors' poll, conducted in 2002, the film placed sixth as the greatest ever made. It was awarded an Honorary Academy Award for best foreign film, and was nominated for best screenplay.

When the film was re-released in the late 1990s Bob Graham, staff film critic for the *San Francisco Chronicle*, gave the drama a positive review: "The roles are played by non-actors, Lamberto Maggiorani as the father and Enzo Staiola as the solemn boy, who sometimes appears to be a miniature man. They bring a grave dignity to De Sica's unblinking view of post-war Italy. The wheel of life turns and grinds people down; the man who was riding high in the morning is brought low by nightfall. It is impossible to imagine this story in any other form than De Sica's. The new black-and-white print has an extraordinary range of gray tones that get darker as life closes in."

In addition to *The Bicycle Thieves*, we will see a short Noel Coward vignette, "Ways & Means".

Thursday, January 12..

Dinner at Sorento at 5:00 pm. Dessert and coffee at Don Heights at 7:00, film at 7:15. If you would like to come, please let me know by e-mail.

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 okays to skip the dinner and just come for dessert, coffee, and the show. Just let me know so we don't run out of dessert!



## Medically Assisted Dying and the Law

**Workshop Leader:** Wanda Morris

**This timely and topical workshop will be presented at Don Heights on Sunday, January 29, 2012 at 1:00 pm**

Wanda Morris, Executive Director of Dying with Dignity is our speaker on January 29, 2012

What Sue Rodriguez started, Gloria Taylor is determined to finish.

In this informative and engaging session you'll learn about:

- the laws governing assisted dying in Canada and around the world;
- Canadian court rulings on assisted dying, and
- the right to die challenge brought forward by Gloria Taylor and the BC Civil Liberties Association.

In 1993, Sue Rodriguez asked the Supreme Court of Canada for the right to medically-assisted dying so that she would have a peaceful way to end her suffering. The Supreme Court ruled against her then, by a 5-4 decision.

A lot has changed in the last two decades. This November, a challenge brought by BC Civil Liberties, Gloria Taylor and others is coming before the BC Supreme court. Whoever loses will undoubtedly appeal the case to the Supreme Court of Canada so this case will ultimately impact all Canadians.

~ submitted by Margo Holland

## Save the Date

**On the afternoon of March 31, 2012**, the choir from Toronto First Unitarian Congregation, talented musicians from their congregation, and performers from the Regent Park School of Music will be putting on a concert as a fundraiser for RPSM.

The Regent Park School of Music provides high quality, affordable music education to youth-in-need in Regent Park and other high priority areas in the City of Toronto. Right now they have more than 600 students enrolled in both private and group lessons.

The concert will take place at Toronto First Unitarian Congregation. The exact time and costs are yet to be determined, but there will be a sliding scale for music lovers in need.



## A few spaces left!

**June 4-18, 2012**, travel with Unitarians to experience our historic roots and explore this fascinating area of Europe.

We begin in Cluj-Napoca, Transylvania, Romania and end in Budapest, Hungary. We'll experience a fairy tale castle, Saxon fortress, frescoed Unitarian church, medieval walled city, art museums, local cuisines, and the unspoiled countryside in the Homorod Valley, as well as many charming towns like Budapest and Sibiu. Can't beat this price for spending 2 weeks in Europe - accommodation, most meals, guides, and private coach - **\$2075 plus airfare.**

Travel 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](http://www.nuuc.ca)  
Contact Beverly Carr, [bgcarr@rogers.com](mailto:bgcarr@rogers.com)  
Neighbourhood UU Congregation, Toronto

## Advance Notice

The **Don Heights Art Show 2012** will be held on **Saturday, April 14** at 3:00 pm.

You are invited to bring three pieces of art (created by you personally) for display or sale.

If you are interested in participating, please send an e-mail to Sharyn Devine at



*Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.*

~ Plato

# January 2012

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 Service - 10:30 am <b>Fine-Tuning Our Moral Compass</b>	2 7:00 pm <b>Spiritual Dialogue Circle - Compassion</b>	3 7:00 - 8:00 pm <b>*Don Heights Choir</b> 8:00 - 9:00 pm <b>*Don Heights Community Choir</b>	4 Oraynu  Dia de Los Muertos	5	6 <b>Out of the Cold</b> Dinner at Knox United Community Centre	7 <b>Out of the Cold</b> Breakfast at Knox United Community Centre
8 Service - 10:30 am <b>Never the Water, Only the Wave</b>  <b>RE Topic:</b> Learning Through Trying  12:45 pm Cards Afternoon	9 10:30 am <b>Caring Committee</b>  5:30 pm <b>Social Action</b> 7:00 pm <b>SA Video</b> <i>Forks Over Knives</i>	10 7:00 - 8:00 pm <b>*Don Heights Choir</b> 8:00 - 9:00 pm <b>*Don Heights Community Choir</b>	11 7:00 pm <b>Board Meeting</b>	12 *5:00 pm <b>Dinner @ Sorento</b> 7:15 pm <b>DH Festival Theatre</b> <i>The Bicycle Thieves</i>	13 Oraynu	14  ^6:00 pm <b>Middle Eastern Dinner @</b> Ellen Jamal's
15 Service - 10:30 am <b>The World Needs a "King"</b>  12:30 pm <b>DH Book Group</b> <i>Cutting for Stone</i> by Abraham Verghese	16 <b>February Bulletin Deadline</b>  11:00 am <b>Sunday Services Meeting</b>	17 7:00 - 8:00 pm <b>*Don Heights Choir</b> 8:00 - 9:00 pm <b>*Don Heights Community Choir</b>	18 Movie Afternoon  7:00 pm <b>Cluster Meeting</b>	19	20 7:00 pm <b>*Open Mike Coffee House</b>	21  ^6:15 pm <b>Lamb Dinner @</b> Robert Bray's
22 Service - 10:30 am <b>Right Living</b>  <b>RE Topic:</b> The Earth	23	24 7:00 - 8:00 pm <b>*Don Heights Choir</b> 8:00 - 9:00 pm <b>*Don Heights Community Choir</b>	25	26	27 <b>Bulletin Stuffing</b>  7:15 pm <b>Wine, Women &amp; Spirituality @</b> Ruth Plumpton's	28
29 Service - 10:30 am <b>Choice in Dying: It's a Matter of Justice</b> 12:30 <b>Pot Luck Lunch</b>  1:00 pm <b>Workshop:</b> Medically Assisted Dying and the Law	30	31 10:30 am - 1:00 pm <b>DoBeDo Group</b>  7:00 - 8:00 pm <b>*Don Heights Choir</b> 8:00 - 9:00 pm <b>*Don Heights Community Choir</b>	<b>February 1</b>	<b>February 2</b>  7:30 pm <b>Sharing Our Music</b> at Matt & Rosemary Wood's	<b>February 3</b>	* = Lifespan Program ^ = Dream Event RE = Religious Exploration for Children