



THE WINDOW

Deep Gratitude Empowers Change

Kathy Mostardi, a member of our congregation, is a columnist for the New Hamburg Independent. Her column, "Climate Matters," appears monthly in that publication. Here, reprinted with Kathy's permission, is her article from December 2014 that provides a wonderful introduction to our third GRU Reads selection, *Active Hope*.

As you think about the changes that we need to make to avoid further climate change, what motivates you the most to act? I think many of us feel a certain degree of fear or anxiety in thinking about an uncertain future. The news brings constant reminders of increasing severe weather and ecological damage: flooding, wildfires, wind storms, unprecedented snowfalls, habitat and species loss, insect infestations, loss of forest cover, the decline of bees, birds, butterflies, fish stocks, etc.

I know for a long time I felt paralyzed by this endless litany of catastrophe and loss. It was difficult to feel hopeful and move forward.

It is equally easy to fall prey to guilt about how our modern day lifestyles have contributed to our current crisis. Our 'First World' affluence uses a huge amount of the world's resources compared to lesser developed countries. Do we all become hermits and live off the land again? Will the required changes in energy & resource consumption mean austerity?

Both fear and guilt can be equally paralyzing. My own reaction around our climate crisis has been to feel deep sadness and hopelessness. Yet neither of



Continues on next page

Active Hope Con't

these reactions brings about ongoing purposeful change in ourselves.

Joanna Macy & Chris Johnstone, in their book *Active Hope*, describe gratitude as the way forward. They clearly outline how thankfulness for our natural world and the gifts of the Earth motivates us to make significant changes to consumption that brings about social change and sustainable economies.

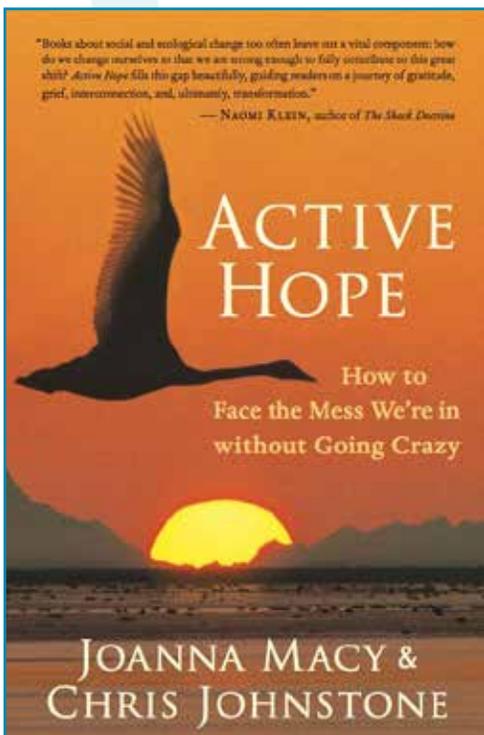
Gratitude moves us away from fear and guilt and towards an understanding of what is truly valuable in our lives. It is our appreciation for the 'wildness' of our world and our interconnection with Nature that brings balance to our lives and sustainability to our use of the Earth's resources. Lifestyle change become less about 'sacrifice' and more about empowerment.

Living in a rural area, I feel fortunate to daily look out at the forest behind our home, to see the rise and fall of the river's water over the seasons, to observe deer in the fields, to wake up to bird song in the spring, and to see the clarity of the night sky and the full moon each month. Local farms & home gardening bring us close to the land and a realization of our deep connectedness to soil, water, weather, our crop pollinators, and the local ecosystem.

When we realize that these values – nature, family & friends - are the core of our happiness and sustenance, then material wealth becomes less important. It is easier to forego

excess consumption and be careful in our purchases, driving habits, and energy use.

Can we see that the necessary changes to our lifestyle are a means of preserving all that is dear to us in Nature – and all that is ultimately essential to our lives? When gratitude is our motivation to change, each act of non-consumption becomes easier, as an act of sustaining Earth's eternal gifts to us.



THE WINDOW

Spring 2016 Edition

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Please watch the announcements for
the next Window deadline.

A Board on the Waves

I always find writing the board report a bit of a challenge - not the details themselves, that's pretty straightforward. It's the framing of the work that takes me some time. Any given board meeting is a mix of seemingly trivial details and big ideas. How do I report them in a way that identifies the "big picture" behind the apparently random issues discussed and decided?

For a few years now, I've been framing - not just the board's work, but the congregation's work - with three concepts that have bubbled up through years of canvass lunch discussions, leadership meetings, and brainstorming sessions. Hopefully (since I talk about them all the time), you find them familiar: personal growth, supportive community, and meaningful action.

The easy part of creating this report is to say that the Board discussed the need for a policy on allowing our neighbours to park their cars in our parking lot during the week and whether or not that would include Sunday parking as well. The more difficult part is expressing how that fits into our self-proclaimed goals. On the surface, it's a minor detail, and one that is unlikely to convince you that board meetings are occasions for deep and meaningful discourse. And, I have to admit that some of our discussions are more energizing than others. Nevertheless, everything the Board does should be in service of our goals. The hard part is how I am to wax poetic in bringing you to awareness of the quintessentially Unitarian Universalist reasoning for taking up this (or any similar) topic.

So, I have decided that for this report, I will let you determine which of our goals are supported by each of these actions. I'll give you a hint, though, more than one goal may be addressed in each issue.

Among many other things in the last three months (January through March), the Board dealt with:

- Planning for the Annual General Meeting (AGM).
- Supporting the fund raising efforts of our youth as they work to pay their way to this year's CanUUdle in Vancouver.
- Approving the creation of a space among the sanctuary pews for wheelchair seating. This was completed beautifully by Colin Read and Rosemarie Harris and christened when your board president and minister danced together in the space.
- Realizing that having a standing committee for financial stewardship was not meeting the needs of the congregation or the committee and deciding instead to use that same pool of volunteers in time-limited task forces as needs arise.
- Deciding on a new copier lease.
- Considering a plan to renovate our classroom space to better meet our current needs and schedule and implement a Future Forum to get feedback from the congregation on its feasibility and timing.
- Studying suggestions from the nominating committee on improvements to its process and empower them to more fully develop those proposals and share them with the Board.
- Presenting an overview of the 2016 budget that would be brought before the congregation at the AGM.
- Approving a fund for installing a hearing aid system in the sanctuary in memory of beloved member Dorothy Harder.
- Taking a new picture of the Board to include new member Mark Paul.
- Advancing the progress of our refugee plans, including welcoming a young woman with an emergency need.

I'd love to hear from you on which of these presented the biggest challenge in "assigning" it to a goal and if there were any that you believe met all three goals simultaneously.

Your Board of Trustees works diligently to support this community in the attainment of its goals. Thank you to Colin, Janet, Kristen, Louise, Neil, and now Mark!



Janis Collins, President, Board of Trustees

Dare to Dream

“This is a dark time, filled with suffering and uncertainty. . . . Out of this darkness a new world can arise, not to be constructed by our minds so much as to emerge from our dreams. Even though we cannot see clearly how it’s going to turn out, we are still called to let the future into our imagination. We will never be able to build what we have not first cherished in our hearts.”

~ from *Active Hope* by Joanna Macy



Rev. Jessica Purple Rodela, Minister

This quarter’s GRU READS selection, *Active Hope* by Joanna Macy, challenges us to consider how to stay grounded in hope even in the direst of circumstances. Macy’s context is environmental crisis, but her insights apply to our daily lives and relationships as well. Her work speaks eloquently to our seventh principle: “to affirm and promote respect for the interdependent web of existence of which we are all a part.” Our seven Unitarian Universalist principles are not meant to be numbered to create a hierarchy, but engaging in Macy’s work makes me aware that I do tend to conceive of them as concentric circles of ever-widening care, from the ‘worth and dignity of every person’ as central, and evolving outward to the whole universe. What if, instead, I began to understand the seven principles as a labyrinth, beginning with the widest circle of the cosmos, and spiraling inward to the individual self? Will envisioning them in this way reprioritize my thinking and change assumptions? I intend to find out, as I practice the work of the “Great Turning” Macy proposes. In considering such a change, Macy encourages us to maintain hope. She writes: “Many people don’t get involved ... because there are so many different issues, which seem to compete with each other. Shall I save the whales or help battered children? The truth is that all aspects of the current crisis reflect the same mistake, setting ourselves apart and using others for our gain. So to heal one aspect helps the others to heal as well. Just find what you love to work on and take joy in that. Never try to do it alone. Link up with others; you’ll spark each others’ ideas and sustain each others’ energy.” May it be so.

Rev. Jess on Sabbatical

Last year, the Board approved a short 40-day sabbatical for Rev. Jess, in keeping with the terms of her contract. She will step away from congregational contact after the Sunday service on April 10th and resume duties in time to attend the Canadian Unitarian Council’s Annual Conference and Meeting on May 20th, followed by the annual meeting of the Unitarian Universalist Ministers of Canada which she serves as President. During her time away, she is only available for emergencies and may be contacted only at the discretion of Board President Janis Collins and Committee on Ministry Chair Margaret Insley. Pastoral care will continue to be provided through the Hearts & Hands Network, monitored by Mag Horman (heartsandhands@grandriverunitarian.ca) and Befrienders Lynn Rubinstein and Michele Cadotte (long-time volunteer Nanci Phelan is taking the season off).

“Reconnecting with Hope” on June 2nd, 7:30 - 9:30 pm. Join Rev. Jess for an interactive meditative exploration of the practices of Active Hope. Advance registration for this single session will be required.

Sparks of Hope

Yesterday while out driving around, I heard a story on CBC Radio about coral bleaching and I was overcome with that hopeless, panicky feeling I always get when I hear about symptoms of a looming environmental disaster.

Then I saw an article on Facebook about a man who has developed edible utensils (out of rice, wheat and sorghum flours) to address the problem of overabundant plastic utensils. Suddenly my faith was restored and I believed, again, that we might just be okay. But it's going to take ingenuity and creativity and hope.

At this stage in my life, I'm sure there's not much that I'll be able to do personally to change the direction that our planet is heading, but I believe whole-heartedly that these kids that I see every Sunday do have that ability. They are people that question. They are people that don't easily accept the way things are. They are people quick to offer a confident solution. I think they are the kind of people that can make a major difference, and because we need them to, I really hope that our congregation will inspire them to someday do just that.

I'm excited to read our GRU Reads book, *Active Hope*, which takes an inspirational approach when looking at what we can do. I'm also excited to hear the conversations that the book will spark amongst our members. I'd ask you to include our kids in some of these conversations because it won't be long before they're doing the needed work in this "make it or break it" era. Let's do what we can to inspire both our hope and theirs.

CRE this Quarter

Things continue to be going well downstairs. Our dedicated teachers are making sure that the classes are fun and thought-provoking. In Lively Worship, which takes place the first Sunday of every month, we are studying fables from around the world using the Reader's Theatre format.

If you're looking for a way to volunteer in CRE, these would be most helpful:

- helping with classroom management during Lively Worship on May 8th and/or June 5th
- providing DRE coverage (which means taking attendance and watching for safety) on April 24th, May 22nd and May 29th.

Finally, our wonderful Martin Edmonds has organized some social activities for our young families:

- Sunday, April 10th, 1:00 pm to 4:00 pm - Art Gallery Family Craft Making
- Friday April 29th - Games night aligned with Community Builders evening
- Saturday May 21st - Bon Fire at GRU

Lastly, Sunday, June 19th, is the annual Church picnic. Wishing you all a Happy Spring!



Why is this Woman Smiling?

In 2016 Canadian Unitarian Universalists rediscovered what made this woman smile. With the coordinating support of the Canadian Unitarian Council, our fifty UU Congregations across the country committed to support over thirty-five Syrian and Iraqi refugee families for their first year in Canada. Dr. Lotta Hitschmanova knew that our faith calls us to reach out in love, and that doing so would bring more joy into the world. We are proud of the Canadian response to this crisis and all of the many organizations who responded in this way...

Growth, Community, Action!

Our Annual General Meeting was a testament to our Unitarian Universalist principles. We were well over our quorum, and with only a few items to consider, we were able to speedily wrap up the business.

Delegates to the Annual Conference and Meeting of the Canadian Unitarian Council were chosen. They are Kristen Wilson, Jim Sannes, Ellen Papenburg, and Janis Collins.

The Board's recommendation for the 2016 budget was approved.

Dube and Cuttini, now a part of BDO, were chosen to remain our financial reviewers for the coming year.

Colin Read, Louise Sims, and Kristen Wilson were elected to second terms on the Board of Trustees. Mark Paul was elected to a first Board term.

To create a more balanced succession for Board member transitions, the congregation voted to reduce the present term of the position filled by Mark Paul to two years. He will be eligible for a second term of three years.

Meet your Board of Trustees for 2016-2017!

Back Row (L-R): Janis Collins (president), Janet Douma (secretary), Mark Paul, Kristen Wilson

Front Row (L-R): Colin Read (vice-president), Neil Hunt (treasurer), Louise Sims



Refugee Task Force News

We've had an eventful first quarter of the year. In January, the RTF submitted applications to sponsor our family of 7 (or rather our family of 5 plus grandparents). The applications were sent to the Winnipeg office and shortly thereafter approved and forwarded to the regional office in Abu Dhabi. Having heard about families arriving as little as two months after application submission, we began searching for a house! As of late March, however, news reports indicate that processing times have slowed down, so we are watching and waiting before committing to a lease. Many thanks to the congregants who have offered space in their homes if temporary housing is needed.

In addition, we have collected all sorts of furniture, housewares, and other needed items both from our members and friends and from others in the community. Thank you so much! (Especially if you're helping to store things!) When our family arrives we will be able to make them feel comfortable and welcome.

In other news, in January, a slightly different set of people in the congregation took on the challenge of settling an emergency case (with funds to be contributed from outside). This is our new friend Haifa, whom many of you have met and maybe even belly danced with at an impromptu party! We have learned a lot about the realities of settlement already thanks to her, and she looks forward to meeting more of you.

There's no way to capture or explain the huge amount of work and care everyone on this list has put into these efforts, so all I can do is list all these wonderful people and ask you to thank them on behalf of the congregation:

- Else Barg
- Carol Burrows
- Sky Dasey
- Sara Faulhafer
- Rona Goldensher
- Dave Keller
- Jane Keller
- Nicole Langlois
- Lyn MacLeod
- Wendy Martin
- Margaret Neigh
- Rev. Jess Rodela
- Louise Sims
- Merry Stocks
- Christa VanDaele

Social Action Committee



Thank you to all of the volunteers, performers, and vendors who helped make the coffeehouse on March 4th a great success! A special thanks to Jay Moore, Colin Read, and Gregg Simmons for looking after the sound equipment and running the stage. It was an evening of excellent music and spoken word, unique items to purchase, and a wide array of delicious food. Thanks to your generous support, we raised over \$1,200 for USC's Seeds of Diversity program.

The Social Action Committee continues to research and support initiatives which address affordable housing and mental health issues in the community. We will keep you informed about upcoming events.

We are happy about the addition of 2 new members to our committee. Their energy and enthusiasm are welcome.

If you have any questions for the Social Action Committee, the contact person is Pat Bowers.

Some of you may have noticed that we now have a gap in our pews upstairs. No, it's not a clandestine operation to get rid of the pews, "1/2 a pew at a time". It is one more step towards the goal of taking our space from wheelchair accessible to wheelchair friendly.

Amnesty International Action

Grand River Unitarian's Amnesty International Action Circle has met monthly during the Winter (last Sunday of the month after the service, at 12 noon), although the February meeting was "virtual" as the congregation's AGM took priority that day. At our meetings, whether in cyberspace or face-to-face, members signed letters and/or petitions relating to human rights in various parts of the world, and learned a little more about the focus of Amnesty International.

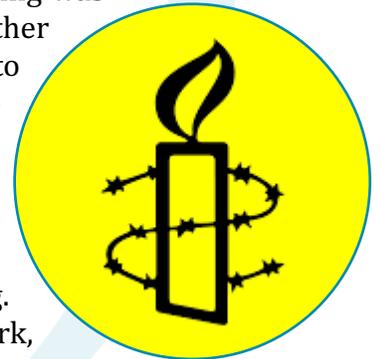
As always, our focus is on action towards ending specific human rights abuses, in Canada and elsewhere in the world. We usually choose one case in Canada and one elsewhere. Other aspects of our meetings are raising our awareness of human rights concerns worldwide and of the work which Amnesty International is doing. We also make time each month to hear encouraging "Good News" about that work, and to listen to each other's special concerns and about long-term cases.

March marked the beginning of shared chairing of our meetings, made possible by the welcome readiness of volunteers to take on this and other roles in the Action Circle.

If you're interested in human rights, you'd be most welcome at our meetings. Coming to a meeting does not commit you in any way - and if you can't attend meetings but share our interests, we'd be delighted to put you on our mailing list, with details of actions you can take on your own. Just let me know, at utreadwell@gmail.com

Warmly, Anne Treadwell,

currently Coordinator/contact person for the Circle, expecting to share that position in 2016.



Gardening for the Spirit

Often at Coffee Hour these days, I'm asked "How's your garden coming along?" In partial response, I'm inspired to write a short piece focused on gardening, as I have in other places I've lived, sometimes in a local paper and sometimes for a garden club. Here are a few thoughts for this season:

I'm guessing most of us would agree that the life which comes when the earth awakes again is a miracle, especially after a Canadian winter. How could that life have survived underground – but it did! When I see the tiny early irises in bloom, the earth awakening again, it convinces me, every year, every time, that I and you and all of us can also be regenerated. (Some years, we need a little extra faith that ice-storms will not be fatal!) As poet Lawrence Binyon said, "The small twy bladed shoot will thrust, To brave all hazards. The seed is sown, and in the Earth I trust."

As usual in whatever I write, I draw hugely on other people's thoughts. The President of the Garden Club I belonged to when we lived in Nova Scotia, a full-time gardener named Alice d'Entremont, wrote on a seemingly mundane topic; she said that

"Weeding can be relaxing, meditative and life reaffirming. When I weed, I don't have to balance numbers, no phones, no kids or spouse nagging, no paperwork, no mental stress. Just relax and pull out those weeds that don't belong. It's a 'no brainer' Very relaxing.

I think. Just think. "This perennial is quite old. Will it still do well this year? Can't wait for lunch... having something good. Maybe we'll watch a movie tonight... I should plant something here..... "

Just think. Be creative and inventive. Re-wire your brain and organize your thoughts for the week. Just like we have to de-frag our computers occasionally, we can de-frag our brains as we weed. It's great therapy. Even if we don't realize it, we are reconnecting with Mother Earth as we weed. She is feeding our souls. By having our hands in the soil, we are grounding ourselves, re-balancing our spirit. I think this is very important in our busy lives. We need to slow down and ground ourselves. So, think of the next weeding session as your therapy, your time to relax and enjoy this time."

And perhaps we might want, sometimes, to go one step further than Alice suggests when she says, "Just think." We might want, occasionally, to NOT THINK – to empty our mind as much as we can and simply be aware of the NOW. Oh yes, we are indeed reconnecting with Mother Earth as we weed. Let it just happen. Let your hands feel that soil. Let your eyes see your surroundings. Let your ears hear the birds and the insects and the breeze. Let your nose smell the scents of the garden. TASTE the moment! And give your mind a rest – DON'T THINK! Some people call it meditation. Whatever you call it, it's a worthwhile experience – not easy, because our "monkey mind" keeps distracting us with thoughts – but so healing and refreshing, even if it's just for a few moments.

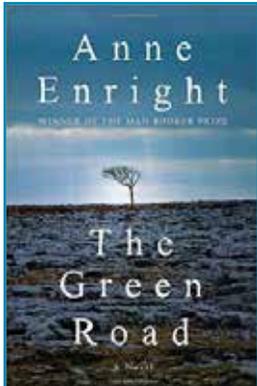
If you find a short musing of this kind to be of any interest, let me know and perhaps it will turn into a regular Window item. Meanwhile, Happy Springtime!

In faith and love,
Rev. Anne Treadwell

GRU thanks Kathryn Young who has volunteered to serve as our Gardens coordinator. Look for future announcements about volunteering to beautify our grounds.

Women's Book Group

Our group reads both fiction and non-fiction. The September get-together is always the time of choosing works for discussion through the following June. In 2015, we added for September discussion of Waterloo Region's book choice for "One Book, One Community". It was an engrossing and productive afternoon. Keep

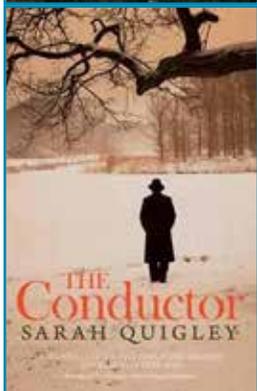


eyes and ears open for this year's winner to enjoy participating in the discussion for that part of our September get-together. And be ready to recommend any "must-reads" you'd like to share.

Monday, May 30th, 1:30 pm: *The Green Road* by Anne Enright. We'll meet at Pat Mighton's home, 2148 Bethel Rd, in New Dundee

Anne Enright's memorable poetic phrases describing landscape and her striking insights enrich and cushion this brilliant novel of contemporary Irish life in which the mother, who becomes widowed and her four children, two sons and two daughters, through the years, grow to become increasingly disconnected in heart, mind, time, and distance from each other. There is much here for reflection and discussion.

Monday, June 27th, 1:30 pm: *The Conductor* by Sarah Quigley. Host and Venue to be announced.



In her breathtaking account of true events during World War II, starting in 1941 with the Nazi siege of Leningrad, author Sarah Quigley focuses on the determination of remaining musicians and Karl Eliasberg, conductor of the Leningrad Radio Orchestra, to learn and rehearse the new Leningrad Symphony (Seventh) by Dmitri Shostakovich. Because the illustrious composer and his family were impelled to evacuate (his prominence would have assured their certain death), along with musicians of the Philharmonic Orchestra, Eliasberg, and any remaining musician survivors, staunchly rehearsed in spite of starvation and ill health to finally give a soul-inspiring performance on August 9, 1942.

Meet the Committee on Ministry

We are an important committee of GRU, which often works somewhat under the radar. Most recently we have organized several conversation starter games after the service which you may have participated in.

Our committee's job is to support the minister and ministry within the congregation. The following quote by Rev. Anne Heller says it best: ***"Committees on Ministry are designed to track the heartbeat of ministry within a congregation; how the members . . . take care of themselves and each other, how the lay ministerial leadership serves a congregation; and how the called minister serves the congregation. It seeks to understand, assess, support, and advocate for robust ministry throughout the context of congregational life."***

As a committee, we meet several times a year with Rev. Jessica to talk about the health of the congregation and its ministry. We make suggestions about ways to strengthen congregational life, which may involve new initiatives or making changes to long standing practices which no longer seem to be working. We are tasked with monitoring perceptions and concerns in congregational life. The committee also has a role to play in mediation in the event of conflict with the minister or lay leaders.

Members are ratified by the Board and have a term of three years, which can be extended if the Board agrees. Members of the Committee are asked to be "advocates of the whole," respectfully processing diverse opinions, and showing skill in interpersonal relations, conflict management, and group problem solving.

The Committee on Ministry welcomes your feedback on congregational life. If you have a concern, compliment, suggestion, or observation about our congregation we would be glad to hear from you. Feel free to speak with any of our current committee members: Judith Koeller, Ian Kent, Lee Dickey, Charlotte Innerd, and Margaret Insley.



 **Themes**

April: Interdependence
 May: Possibility
 June: Beauty

Wellspring

 June 9
 7:00-8:30PM

TED Talks



Coming Soon!



Book Study

April 20, 27, May 4
 7:30—9:30 PM

 **Climate Change:**

In Words and Pictures

Coming Soon!

Interactive Meditative Exploration



June 2
 7:30—9:30 PM

Guest in the Pulpit

May 1: The Big Maybe
 May 8: Waking Up Together
 May 15: Being Earth

Lynn Harrison



Popcorn Theology

May 28
 6:00—9:30 PM

Avatar



Sunday Services - April 2016

April 3, 2016 - "The Birds and the Bees."

Join Rev. Jess, Russell Booth & the Spirit of Life Choir (directed by Curtis Dueck) as we flirt with nature through innuenDOs and innuenDON'Ts.

April 10, 2016 - "Good Timing."

Rev. Jessica P. Rodela.

As I steer toward a 5-week sabbatical, time has been on my mind, if not on my side. When a mentor challenged me to learn to "manage time" better, I recalled Einstein, "The Quantum Tamers," Kant, Heidegger, and Carl Sandburg who wrote: "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."

April 17, 2016 - "A Spiritual Journey Told Through Music."

Jay Moore with Service Leader Colin Read

Some spiritual journeys start with being afraid of the dark. Some children are told about the terrible things that face them after death. Then they are told the ways they can be saved from the horrors that await all the bad people that don't comply with the religious protocols of, usually, their parents. Some grow up and decide to reject this model, including the godimage that is said to be responsible for this winlose game. Jay Moore's story, like many others, has been a lifelong process to let go of the old fear of the dark and shine a light on some new possibilities. Jay will present a view of his own development using songs he has written to help himself continue on this journey into the light.

Singer-Songwriter Jay Moore is a longtime GRU member and host of our monthly Song Circle.

April 24, 2016 - "Hello."

Ben Robins with Service Leader Jessica Bayne

There's a saying in the UU movement that "love reaches out." What would it take for us to feel the love for the world around us, when the world doesn't always resonate with our values? How might we reach beyond differences and hurts?

Ben Robins is a student at Emmanuel College in Toronto, preparing for UU ministry. He likes inclusive diversity, contact improv dance, and intentional community.

Sunday Services - May 2016

May 1, 2016 - "The Big Maybe."

Rev. Lynn Harrison with Service Leader Margaret Insley

In these times of uncertainty for our planet, many of us may be pondering deeply unsettling questions that are difficult to answer. On May 1st, we reflect on how we sit with that uncertainty. As we mark another May Day, we ask: where does "maybe" fit in our lives?

May 8, 2016 - "Waking Up Together."

Rev. Lynn Harrison with Service Leader Charlotte Innerd

With the easy availability of so much information, we can stay up-to-date on environmental issues...but the knowledge may be hard to carry alone. Today we examine the role of community in our response to the climate crisis. Could the most important natural resource be each other?

Sunday Services - May 2016

May 15, 2016 - "Being Earth."

Rev. Lynn Harrison with Service Leader Charlotte Innerd and Worship Artist Gabi Rockenfield

As human beings, we've often seen ourselves as separate from the rest of the ecosystem, with disastrous results. Now we're urgently called to understand ourselves differently. If rapid change is required, could spiritual growth be the key to the transformation?

Rev. Lynn Harrison was ordained in November 2015, at her home congregation of Neighbourhood UU in Toronto. Currently a minister-at-large serving numerous congregations throughout Southern Ontario, Lynn is also the creator and host of "The Bridge: Connecting Song and Spirit," an emerging UU ministry-and-music initiative taking place once a month at Toronto's Tranzac Club.

May 22, 2016 - "Oh, Just Be Your Age!"

Rev. Anne Treadwell, GRU Minister Emerita with Service Leader Margaret Insley

My first title for this talk was Reclaiming Old Age, but on reflection I found this rather limiting - I'll be exploring stages of life, and wondering whether there are often too many expectations put on us. Perhaps, as has been suggested elsewhere, we are really free to be you and me however young or old we are!

May 29, 2016 - "Leadership Sunday: Bolder Ways of Being."

Rev. Jessica P. Rodela

Rev. Jess and the elected delegates to the Canadian Unitarian Council's Annual Conference and Meeting will share their experiences of gathering with Unitarian Universalists across the country for fun, fellowship, worship, and learning.

Sunday Services - June 2016

June 5, 2016 - Annual Youth Group Service

In keeping with their name, "The Whatevers," our GRU teens will lead this special service on whatever topic they choose, surely inspired by their recent trip to the national Unitarian Universalist Youth Conference.

June 12, 2016 - "Forced Redemption."

Rev. Jessica P. Rodela

One of our hymns promises, "I'll bring you hope when hope is hard to find." It's a lovely sentiment, but how do we practice it for ourselves and for each other?

June 19, 2016 - Flower Communion.

Rev. Jessica P. Rodela

This annual ritual, marking the end of our regular liturgical year, is a unique Unitarian ceremony created by Rev. Norbert Capek as a celebration of diversity. This is a day marking our comings and goings, our endings and beginnings, all represented by the fleeting fierce beauty of summer sun. Please bring a flower for the chancel to share. *The annual church picnic takes place after today's service. Look for details and venue in upcoming announcements.*



Join us for Worship Services Sunday mornings at 10:30 am. Our building is wheelchair accessible and childcare options are provided.
299 Sydney Street South, Kitchener, Ontario
By Bus: Route 8 from Charles Street Terminal or Fairview Park Mall and exit on Courtland Avenue at Sydney Street

