



ADULT PROGRAM GUIDE FALL 2009

**First Unitarian
Congregation of Toronto**

www.firstunitariantoronto.org

WELCOME TO LIFESPAN LEARNING

We cannot hold a torch to light another's path without brightening our own

This guide outlines some of the ways to nurture your spiritual growth, to find community, and to actively participate in the varied programs we offer.

We welcome all, members, friends and visitors, to engage in all of our programs. Come and learn, explore, and experience the many groups and activities here at First.

To register for the programs, call the program leader of the group you are interested in. Unless otherwise specified, all programs take place at 175 St. Clair Avenue West.

For those programs with associated fees, please make cheques payable to "First Unitarian Congregation" and write on the memo line "Adult Program" and the activity covered.

Sliding scale recognizes differences in ability to pay. If you are unable to pay the stated fee for the program, talk to the program leader and adjustments will be made according to your needs.

If you have childcare needs, please discuss this with the group leader who will contact the adult program committee in regards to childcare requests.

We also actively encourage anyone who has an idea for a group or workshop that they would like to lead or develop to contact us to discuss it.

Adult Program Committee:

Angela Klassen, Director of Lifespan Religious Education
416-924-9654 x223, angela@firstunitariantoronto.org

Wendie Saltarski, Program Convenor: 416-462-3336

New Programs

Introduction to First Unitarian and Unitarian Universalism

A short introduction for those who are new to Unitarianism and want to know more about our congregation. The first Sunday of the month at 11:45 am.
October 4, November 1, December 6

Pathways to Membership

This series is intended for relative newcomers seeking to deepen their understanding of our religious community, and for those who are feeling ready to move toward becoming members.

The Wednesday sessions begin at 7:00 pm.
October 21, 28, November 4



To register contact Joan Hongoh, Membership Convenor:
joan@firstunitariantoronto.org

Afterthoughts

A series of chats with Rev. Shawn Newton about the topic of the Sunday sermon. The conversations begin in Sunderland Hall at 12:15 pm and end at 1:00 pm.

September 20 – Finding our “scriptures”
October 18 – The meaning of forgiveness
November 1 – Dealing with grief
November 29 – Making a difference
December 13 – Finding joy in the holidays
January 3 – Strengthening our resolve

Tea and Conversation

A casual open door gathering in the minister’s study with Rev. Shawn Newton and anyone who would like to drop by. Tea begins at 4:00 pm and wraps up by 6:00 pm. All welcome.

September 22	September 29
October 20	October 27
November 3	November 24
December 1	December 8
January 5	January 12

New Programs

Living for a Good Death

Young or old, with a clean bill-of-health, or not, most people hope for a “good death.” But a good death doesn’t happen by accident. Rather, it requires thoughtful planning and intentional living. This four-part course, facilitated by Rev. Shawn Newton, will lead participants to explore their own thoughts and feelings about death through selected readings and films. Participants will also be encouraged to consider, and possibly share with their loved ones, their wishes regarding end-of-life issues, putting into place some of the groundwork that makes a good death possible.

The four sessions will be held on consecutive Wednesdays beginning on November 18 from 2:00 - 4:00 pm. To register, please contact Shawn at 416-924-9654 x222 or shawn@firstunitariantoronto.org

Introduction to the Enneagram

The Enneagram is a powerful and practical tool for understanding self and others. It incorporates ancient spiritual wisdom with modern psychology.

This 10 week, two-part series will take place from 2:00 - 4:00 pm. Saturday, November 7 - December 5 and resumes January 2 - 30 inclusively.

Discover your ‘Ennea’ type online at www.enneagramnorth.com.



Recommended Reading: The Wisdom of the Enneagram (Don Riso & Russ Hudson)

Workshop fee: \$50. All cheques made payable to the ‘First Unitarian Congregation of Toronto’.

Register with Margaret Rao margaretrao@rogers.com

New Programs

Cakes for the Queen of Heaven

This woman-honouring, UU curriculum, developed by Rev. Shirley Ranck, examines how women's lives would be different if, when growing up, the divine had been imaged as female. Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship. Women and older teens are invited to participate.

We will meet in two segments, on the second and fourth Mondays of the month from 7:30 - 9:30 pm.

Fall Segment: "In Ancient Times" September 26, October 26, November 9 and 23, December 14.

Winter Segment: "On the Threshold" 6 sessions beginning in January. Leader: Sharon Rose

Register with Kate Chung 416-925-0745, dbuck@yorku.ca

Special Events

Turkey: Journey Into the Past & Present

Come along with Kathlene Willing as she travels from Ankara to Istanbul in 17 days - Passing through the caves and fairyland that is Capadoccia into the land of the Whirling Dervishes of Konya, walk the calcified hills and necropolis of Pamukkale, and finally along the coast of the Aegean to visit Greek and Roman ruins

Thursday, October 15

Brown bag lunch from 12:30 - 1:30 pm.

Slide presentation and discussion from 1:30 - 3:30 pm.

RSVP to Nancy Kasper 416-783-8810, kasper@yorku.ca

Family Retreat

Mark your calendar for February 12 - 14 for our 11th annual winter family retreat at Hockley Valley Ecology Retreat Centre.

Living In Spirit Groups

Using diverse readings, silence, and thought provoking questions, members of Living In Spirit Groups speak from personal experience to gain and share wisdom and understanding. Contact the group leader to join any of these groups.

High Park

Every Second Tuesday
7:00 - 9:00 pm
Held at member's home
Resumes January 6th
Harold Wright 416-766-6020
hkwright@sympatico.ca

East York

Second & Fourth Monday
7:00 - 9:00 pm resumes
January 12.
Held at member's home.
Ted Wood 416-429-6351
tedwood@rogers.com

Daytime

Second & Fourth Wednesday
at First Unitarian
11:00 am - 1:00 pm
Ilene Cummings
416-651-2955
Nancy Young
416-778-1685



Coaching Sessions

For Leaders of Living in Spirit Groups

Quarterly 7:30 - 9:30 pm
Harold Wright
416-766-6020
hkwright@sympatico.ca

Small Groups

Let's Sing! Choir At First



Come share your love of music and your desire to sing by joining the Adult Choir of First Unitarian, led by our Director of Congregational Music, Dallas Bergen. The choir sings music of many styles and genres, honouring our seven principles and the sources of our faith.

No experience is necessary; all we require is a positive attitude and a commitment to making your best effort to attend rehearsals and services. You are welcome to come and observe or participate before making a commitment. The choir sings at approximately three services per month and rehearses most Thursdays from September through May.

Thursdays 7:30 - 9:00 pm.

Contact: Dallas Bergen 416-924-9654 x225
dallas@firstunitariantoronto.org

"In the Circle of Song We Are One"

Join Ottawa-based UU singer-songwriter and folk musician, Tony Turner for an evening of music at First Unitarian. Tony brings music rooted in a respect for working folks, a love of Canadian history, the power of community and a connection with nature. His tune "Circle of Song" has become a beloved UU anthem across Canada, having been featured at the previous two CUC ACM conferences.

Saturday, September 26 doors open at 7:30 pm.

8:00 pm performance.

\$15 in advance, \$20 at the door | \$15 seniors/students

Tickets: 416 924-9654 ext 302

Small Groups

Jewish Awareness Group

A group for those who wish to share elements of their Jewish heritage and provide opportunities for others to experience Jewish traditions.

For dates, times and location contact:

Merrilee Brand 416-690-3242, merrileebrand@hotmail.com

Exploring the Christian Tradition from a UU Perspective

The purpose of this group is to read and discuss topics relating to Christianity from a Unitarian perspective. This has included investigations of the “historical” Jesus, readings in comparative religion, contemporary theology, and literature and films with a Christian theme.

Third Sunday of each month in members' homes.

Bill Parsons 416-920-2344, wparsons@sympatico.ca

Our Pagan Grove

Learn and share the life of paganism.

Third Thursday of the month 7:30 - 9:30 pm.

For meeting information contact:

J. Victor Parker 416-485-1211



Youth Group (Ages 13-20)

We are a fun loving group doing a variety of things including movies, cooking, sleepovers, youth conferences, food drives and more. This helps build leadership, community and bonded friendships and enables us to make a difference in the world. All activities are supervised by trained advisors. If you are a youth looking for a happening group doing fun and meaningful activities, please join us.

Group meets Sundays at 11:45 am

Wendy Peebles 416-536-4123

Small Groups

WomynSpirit

WomynSpirit is a “Neo-Pagan Eco-Feminist” circle begun by womyn who met at Unicamp eighteen years ago. All womyn are welcome to join in our gatherings. Upcoming meetings may include sharing chants for the wheel of the year, a video night, and rituals focused on the rhythms of nature and issues in the lives of the participants.



Rituals, facilitated by volunteers, may include meditation, sacred circle dance and chanting and are followed by sharing of snacks. Ask the facilitator of the meeting about joining the WomynSpirit email list.

Call for the date and time of our Samhein observance.
Kate Chung 416-925-0745

Issues and Ideas: Mini Book Talks

If you've ever wished to explore faith matters further by reading, why not drop in on our book review circle. Two facilitators will initiate discussion of a selected topic by each presenting a 15 minute review of a relevant book from our collection, followed by questions and discussion open to all.

You're not expected to read the book beforehand though perhaps you will want to afterwards. Sample topics are Unitarian history, defining the sacred, peace and social justice, interfaith dialogue, feminist perspectives, mysticism, science and religion. We hope to see you in the library.

First Sunday of each month, beginning in October from 12:15 to 1:30 pm.

If you have a topic in mind or a book you'd like to review, contact the coordinator:
Gerta Moray 416-488-9939, gmoray@uoguelph.ca

Small Groups

Sacred Circle Dance

“Come, come, whoever you are!” to our Monthly sacred circle dance gathering.



No experience is necessary. Each dance is taught beforehand. We use music and movement (gentle and sometimes lively) to create sacred space. Sacred yes, but not necessarily serious!

We dance for joy and for healing in the spirit of community. Mark your calendars for the third Friday of the month.

Refreshments provided. Suggested donation: \$5.

Margaret Rao 416-658-0998 or margaretrao@rogers.com

Labyrinth

Join us over two evening to walk the Labyrinth at 7:00 pm. November 3, 10.

Walking a labyrinth has been compared to walking our path in life, and to the archetypal quest found in myth and folklore the world over. What do we find? Do we ever "arrive"? What do we return home with? In this experiential workshop we'll explore this theme, walk the labyrinth and share our reflections, bringing UU interpretations and perspectives to the topic.

Conversational French

Bienvenu!

Join this lively weekly conversational group conducted in French.

Every Friday 1:00 - 3:00 pm

Claude Marchand 416-923-0829



Small Groups

Women's Group

An informal and friendly discussion and support group for members and their friends



Second and Fourth Saturday of each month.
10:00 am - 12:00 noon.

Diane Wagner 416-386-0597, diane.wagner@sympatico.ca

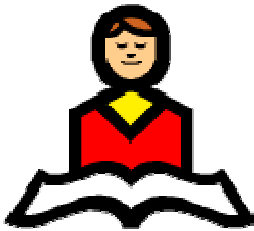
Men's Group

A supportive environment to discuss life's concerns

Second Saturday of each month
10:00 am - 12:00 noon
Stan Yack 416-654-8887



Sermon Givers



The Sermon Givers deliver sermons Sunday mornings, five to ten times a year. The main spiritual experience is in the preparation as much as the final delivery. We meet and network in a nurturing environment to learn and practice the craft or creating sermons. Grounded in a creative process and supplemented by an informal framework for interacting and sharing

feedback, the sermon givers explore their chosen subjects to great depths. We are looking to add new members and explore new techniques as we take responsibility for the quality and integrity of our own sermons.

Approximately every 6 weeks, 7:00 - 9:00 pm
Cameron Linton 905-839-8153

Small Groups

Yoga

Classes include Asanas, Pranayama breathing, relaxation and meditation for physical and spiritual growth. The group meets for coffee at Second Cup afterwards.

A contribution of \$30 for ten yoga classes will be requested to support our congregation.

Every Monday 7:00 - 8:00 pm.

Johanna Lanfranco 416-961-4701



After Sermon Discussion

Join us for an in-depth discussion of the sermon from our personal perspectives. We enjoy controversy.

Third Sunday of each month starting in November 12:15 - 1:00 pm.

Albert Terpstra 416-686-3285

Neighbourhood North-East Group

Meets in members' homes for a potluck dinner and genial conversation.

For dates and times contact:

Dorene Jacobs 416-486-1609, dorenej@pathcom.com

Neighbourhood East Group

Meets in members' homes for a potluck dinner and lively discussion approximately every six weeks

For dates and times contact:

Iris Ward 416-429-0475, irisward@sympatico.ca

Small Groups

Dance Group

Do you enjoy dancing and creative movement? Then come and dance with us. The Toronto First Dance Group always welcomes new members. No previous dance training is required. We meet weekly for a warm-up stretching session, and then compose dances to perform in the Sunday services. Performance is optional. You're welcome just to come and move with us. The style of dance is primarily modern and sacred circle dance. But we incorporate the interests and talents of member in our compositions.

Every Tuesday 7:30 - 9:00 pm beginning September 15th.

BookTalk

Discuss great books in a relaxed setting

Wednesday September 16, 1:30 - 3:00pm.

"Ines of My Soul" by Isabel Allende

A work of breathtaking scope that dramatizes the known events of Ines Suarez' life. Mostly set in the early years of the conquest of the Americas, she had been condemned to a life of toil as a seamstress. She goes to Chile and makes a new and fabulous life.

Wednesday October 21, 1:30 - 3:00 pm.

"Going Ashore" by Mavis Gallant

A collection of stories written during her 56 years of living in the same Paris apartment after leaving Montreal in the 1950's.

Wednesday November 18, 1:30 - 3:00 pm.

"The Gathering" by Anne Enright

The nine surviving children of the Hegarty clan are gathering in Dublin for the wake of their wayward brother, Liam, who has drowned at sea.



Small Groups



Book Talk Winter – Spring 2010 Selection Preview

Wednesday January 20, 1:30 - 3:00 pm.

“Book of Negroes” by Lawrence Hill

The story of a woman of African descent who goes to Nova Scotia, more or less “escapes” to Liberia and then on to Europe. A very compelling and relevant story.

Wednesday February 17, 1:30 - 3:00 pm.

“Moral Disorder” by Margaret Atwood

A series of linked stories.

Wednesday March 17, 1:30 - 3:00 pm.

“One Woman’s Story” by Wendy Ounpuu

A member of our congregation shares her life story as seen by her.

Wednesday April 21, 1:30 - 3:00 pm.

“Animal, Vegetable, Miracle” by Barbara Kingsolver

Kingsolver and her family move from suburban Arizona to take up living in rural Appalachia. They take on a new challenge; to spend one year eating a diet of locally produced food.

Wednesday May 19, 1:30 - 3:00 pm.

“The Swallows of Kabul” by Yasmin Khadra

Set in Kabul under the rule of the Taliban, this novel takes readers into the lives of two couples, both disaffected for different reasons.

Wednesday June 16, 1:30 - 3:00 pm.

“Through Black Spruce” by Joseph Boyden

Social Justice Groups and Activities

Amnesty International

Amnesty Group 142 campaigns for human rights, and writes letters on behalf of prisoners of conscience and human rights defenders.

Meeting and letter writing 3rd Wednesday at 7:30 pm
 Congregational letter writing 4th Sunday at 11:30 am.
 Ted Wood 416-429-6351, tedwood@rogers.com

Canadian Unitarians for Social Justice Toronto First Chapter

Looking to put your UU principles into action by promoting "peace, liberty and justice for all"? Help us to set our goals for the coming year at our first planning meeting on Monday, September 21 at 7:00 pm. All are welcome.

Margaret Rao 416-658-0998, margaretrao@rogers.com

Central America Construction Expedition

Our Construction Expeditions in Honduras and Guatemala are a great opportunity to put your Unitarian values into action and help make a real difference in the lives of hard working families struggling to make better lives for themselves. You will also experience living conditions in the developing world first-hand and gain some perspective on life in Canada.

You don't need construction experience or Spanish language skills to join a team of twelve people from across Canada, just reasonably good health and a willing heart.

Space is still available for expeditions:

November 2 - 7, 2009

January 16 - 30, 2010

February 13 - 27, 2010

March 13 - 27, 2010.

Richard Kirsh, richardkirsh@sympatico.ca



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