

# harcourt

*Life and Work at Harcourt Memorial United Church*


**Sunday, October 7, 2018 – Creation 5**

*For the latest news, check our Facebook, Twitter, and YouTube!*

**Head Usher:** Bernhard Vanderkamp

**Ushers:** Anne and Gary Parsons, Ann Middleton  
and Catherine Stevenson

**AV TECH:** Jock Rutherford and Petr Vales

- ▶ **Hearing assists** are available, please ask the ushers. 
- ▶ **Do the pews feel hard?** Cushions are available by the door.
- ▶ **Large Print Hymn books** are at the back of the Sanctuary
- ▶ **Pray for:** Bridgeport, Kitchener (Waterloo Presbytery)
- ▶ **Weekly Scripture at Home:** Job 1:1; 2:1-10, Psalm 26,  
Genesis 2:18-24, Psalm 8, Hebrews 1:1-4; 2:5-12,  
Mark 10:2-16
- ▶ **Readings Next Week:** Job 23:1-9,16-17, Psalm 22:1-15,  
Amos 5:6-7,10-15, Psalm 90:12-17, Hebrews 4:12-16,  
Mark 10:17-31

**Chalmers Community Services Centre:** Food items for October:  
canned meat (tuna, salmon, chicken) and peanut butter.

## ***Weekly Opportunities***

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**Prayer Shawl Circle** Mondays, 1:30pm, Room 202/203

**Handbell Ringers** Tuesdays, 7pm, Music Room

**Tai Chi** Wednesdays, 1:30pm, Friendship Room

**MindStretch** Thursdays, 8:45am, Chapel

**Park 'n Dance** Thursdays, 1pm, Friendship Room

**The Choir** Thursdays, 7:30pm, Music Room

## ***Stewardship Seconds***

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Blessed be the Lord who made heaven and earth. Praising God is  
part of our stewardship!

## ***Today at Harcourt***

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**Fundscrip Grocery Cards** Available in the Greeting Area.

**Flowers** The flowers that grace our sanctuary today are in remembrance of much loved family members: Alice Carey in memory of her husband Ken, Karyn Davies in memory of her mother Betty Anne Stammers, Mary Harding in memory of her mother Joan Harding, Carol & Lawrie Jones in memory of their parents, Heather & Peter Sullivan in memory of their son Adam.

**Salsa Tasting** Following the 10:30am service join members of the Harcourt Communal Garden in the gym for a salsa tasting and take home some herbs from the garden.

## ***Coming up at Harcourt***

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**Oct 7, 3pm: SWESH** Free exercise and wellness classes for women, by women. Open to all women 16+, of all fitness levels. In the Harcourt gym. SWESH will continue until December 16. Contact 519.803.3887 for more information.

**Oct 9, 10-11am: Feeling Better Move Well** The GWSA (Guelph Wellington Seniors Association) Community Support Services is offering a weekly, gentle exercise class at Harcourt. The class is led by trained senior volunteer leaders. People over age 55 of all fitness levels are encouraged to participate. All exercises can be modified to accommodate challenges and chairs are always available. For more information, contact Margaret Iutzi, Feeling Better Move Well program coordinator at 519.822.1260 ext 2747.

**Oct 10: Harcourt Men's Group Meeting** This is the second meeting of the fall term. The speaker will be Ben Fear, an active member of Harcourt Congregation, and dedicated community volunteer. Also, many of you will remember Ben's and Norma's 15 year mission project in Uganda. His topic will be "Remembering the war years--before and after."

All men are welcome to attend. You are invited to bring a friend or a neighbour who would enjoy this session. Murray Woods has signed up to have coffee and tea ready at 7:45am, the meeting will begin at 8:00am. Dave Mowat will be the leader. In your date book please record the date of November 14 for our next meeting.

**Oct 11, 1pm: Healthy Active Living** The GWSA is offering a free workshop for older adults who want to lead active healthy lives.

The course has been designed to include people of all abilities and health conditions. The workshop will show each member of the group how to make healthier choices in their daily life. This is a six week course in the Friendship Room from 1-3pm. Contact Wendi for more information at 519.803.8689.

**Oct 15, 11:45am: Caroline Harcourt Women's Group** Meeting in the Friendship Room. Please bring your own first course and treats and tea will be served. Our special guest will be Detective Constable Jackie Egger from the Fraud Unit, Guelph Police Service. She hopes to "spread awareness and educate". With her help, we can be more informed and less afraid.

**Oct 17, 7pm: Attention All Elves!** We are having our first planning meeting for All Things Christmas on Oct 17 in the Friendship Room. Want to know what this is about? Have an idea or suggestion? Want to learn how you can be a part of this fun fundraiser? Come to the meeting, all are welcome. More specific information will be available in the next few weeks and in the Herald. For more information, please contact Janet Webster at fwebst0953@rogers.com or 519 821-0953.

**Oct 18, 7-9pm: Sharing Evening** The focus is "You Are What You Eat." Guest speakers are Roblynn Hunnisett, Wigs of Many Colours; Moragh Lippert, Guided Holistics; and Rick Zuccato, The Olive Experience. Contact [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com) to reserve your spot.

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### ***Opportunities in the Community***

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**Oct 17, 7pm: Honouring Our Treaties** Free event. Watch *Reserve 107*, a film documenting how a Saskatchewan First Nation and descendants of settlers moved from confrontation to friendship and sharing responsibility for the land. Followed by refreshments and discussion, led by Sheri Longboat, of next steps in Guelph toward honouring our treaty responsibilities. At the Church of the Apostles St. James and St. Matthias. Entrance and parking at rear. Organized by KAIROS Guelph.

**Oct 19, 10am: Caregiver's Coffee Hour** This is a GUM sponsored event for those who care for loved ones. At Dublin St United Church. We hope you can attend and socialize with others who care for their loved ones. Please RSVP to Esther Devolin by Oct 15 at 519.836.7675 or [ekdevolin@sympatico.ca](mailto:ekdevolin@sympatico.ca).

## *Opportunities to Support*

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**Chalmers Community Services Centre** Chalmers Food Pantry is in urgent need of shopping bags for guests' food and clothing.

## *Office and Committee News*

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**Notice** The church will closed on Monday, October 8 for Thanksgiving. The office will also be closed on Tuesday, October 9 but the church will be open.

**Good news!** We are well on target for meeting our suggested goal of \$80,000 for Mission and Service this year. By September 30, we have had contributions of \$59,969.06, 75% of goal, 25% to go. Your generosity brings hope and healing to many in a hurting world. Thank you!

**Prayer Shawls** The Prayer Shawl Circle has been busy over the summer. Prayer shawls are always available to give to relatives and friends who may need the peace and comfort they provide. Therapeutic Muffs are also available for anyone with Alzheimer's who can't keep their hands still. These muffs also keep hands warm. Shawls and muffs are all donated to the church and to your friends. Please contact Anne in the office at [office@harcourtuc.ca](mailto:office@harcourtuc.ca) if you would like one.

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### **Harcourt Office Hours:**

Tuesday to Friday 9:00am - 4:00pm

T: 519.824.4177; F: 519.824.9448;

E: [office@harcourtuc.ca](mailto:office@harcourtuc.ca)

W: [www.harcourtuc.ca](http://www.harcourtuc.ca);

87 Dean Ave. Guelph N1G 1L3

**Rev. Jim Ball:** [jim@harcourtuc.ca](mailto:jim@harcourtuc.ca), 519.824.4177 x223

**Rev. Miriam Flynn:** [miriam@harcourtuc.ca](mailto:miriam@harcourtuc.ca), 519.824.4177 x222