

Unitarian Principle
The goal of world community with peace, liberty
and justice for all.

Keep up with events at
Don Heights by regularly
checking www.donheights.ca.

March 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Join us on Zoom Meeting ID: 833 995 2710 Password: 1111 Dial in 647-374-4685 OR 647-558-0588 https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlIiFR2xFMW9UWEdjTDIOZz09						
* = Adult Program PB = Private Booking at 18 Wynford ACSA = Agincourt Community Services Association FPM = Flemingdon Park Ministries						1
3 Service - 10:30 am North York Seniors Centre Presenters: Bethany Vallentin and Jeremy D'Souza Music: Jovan Stojkovic <i>ACSA/FPM Collection</i> 12:15 pm Don Heights Potluck	4 10:00 am to 3:00 pm Virtual Office 11:00 am Publicity Committee 7:00 pm * Multifaith Spiritual Dialogue Circle: Fasting	5	6 10:00 am to 3:00 pm Virtual Office 11:00 am Sunday Services Committee 5:00 pm * Virtual Coffee Hour	7 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	8 7:45 pm Doors Open * Bill's Coffeehouse & Open Mic featuring Betches Brew	9
10 Service - 10:30 am The Future of Sustainable Development Goals Presenter: Janis Daly Music: Don Heights Singers	11 10:00 am to 3:00 pm Virtual Office	12 7:00 pm Board Meeting	13 10:00 am to 3:00 pm Virtual Office 5:00 pm * Virtual Coffee Hour 7:00 pm * UU A to Z WXYZ Science and Business Part IV	14 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	15	16
17 Service - 10:30 am Being Transgender and the Human Experience Presenter:  France Dubois Music: Betches Brew 12:15 Whole Foods Plant-Based Potluck	18 10:00 am to 3:00 pm Virtual Office 11:00 am * Book Group <i>Five Smooth Stones</i> by Ann Fairbairn	19 1:00 pm Social Action Discussion April Calendar Content Deadline	20 10:00 am to 3:00 pm Virtual Office 5:00 pm * Virtual Coffee Hour	21 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	22	23 7:30 pm * PB
24 Service - 10:30 am Cleaning and Meaning Presenter: Reverend Lynn Harrison Music: Don Heights Singers	25 10:00 am to 3:00 pm Virtual Office	26	27 10:00 am to 3:00 pm Virtual Office 5:00 pm * Virtual Coffee Hour April Calendar Published	28 11:30 am * Men's Discussion Group 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	29  2:00 pm * Women's Group @ Rosemary Wood's home	30
31 Service - 10:30 am Introducing "CICS" Presenter: Brian Joyce Music: Alex King Easter Sunday	 <div> Save the Date =>  Sunday, April 21 </div>					

March 2024 Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlFR2xFMW9UWEjTDIOZz09>
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March 3 at 10:30 am

North York Seniors Centre

Presenters: Bethany Vallentin and
Jeremy D'Souza

Service Leader: Germaine Kovary with
Rosemary Sheppard

Music: Jovan Stojkovic

North York Seniors Centre promotes healthy aging by providing programs and services in our diverse community. Today's presenters will talk about this 50 years young organization. Join us to learn more about how their In Home Services, Adult Day Programs, Transportation and Active Living Centre provide opportunities for support and belonging.

Bethany Vallentin has been the Supervisor, Active Living Centre since 2018. She has worked in the Program Office at North York Seniors Centre's ALC since 2009. **Bethany** oversees the programs and services offered at the ALC, ensuring that they meet the needs and abilities of the community. She thoroughly enjoys seeing the older adults engage with one another and thrive in the programs.

Jeremy D'Souza is the Development Coordinator at North York Seniors Centre, spearheading fundraising initiatives and community outreach efforts to support programs benefiting older adults. With a background in marketing and business management and a passion for elder care, **Jeremy** cultivates meaningful partnerships and secure resources vital for the center's mission. His personal mission is to drive growth and expand services for aging populations in the community.

Jovan Stojkovic moved to Canada with his family in 1993 and began musical instruction at the age of 10. Soon, he found a great affinity for classical music and began to perform in the Lions Music and Kiwanis Festivals. **Jovan** is currently performing across southern Ontario and teaching regularly from his home in North York.

March 10 at 10:30 am

The Future of Sustainable Development Goals

Presenter: Janis Daly

Service Leader: Germaine Kovary

Music: Don Heights Singers

The world is at a crossroads in terms of world sustainable goals. The United Nations and world partners had 17 ambitious goals for 2030 and were almost on target until the beginning of COVID-19. What has happened? Is it possible to get back on track and have a sustainable world?

Janis Daly has been a member of Don Heights Unitarian Congregation since 2011. She is a former adult trainer, has served on the Board and is active on several committees. She is a UU Envoy through the UU Office at the United Nations. **Janis** is a lay chaplain and is now a lay minister at Don Heights. She is a Distinguished Toastmaster with many speeches under her belt. **Janis** is also a singer, songwriter, enthusiastic member of the Don Heights Singers and musician in various bands.

March 17 at 10:30 am

Being Transgender and the Human Experience

Presenter: France Dubois

Service Leader: Janis Daly

Music: Betches Brew

France will be breaking down the terminology and other words that have become controversial as of recent and how they relate to her and the human experience.

France is a Transgender singer, songwriter, lead guitar player and a multi-instrumentalist. Also an activist for human rights, France hopes to clearly explain being Transgender and the human experience.

What do a Trans drummer, a Trans guitarist, and a CIS-gender bass player have in common?

Betches Brew: blending rock, blues, roll and soul music.

March 24 at 10:30 am

Cleaning and Meaning

Presenter: Reverend Lynn Harrison

Service Leader: Lorna Weigand

Music: Don Heights Singers

In recent years, home organizing has taken on a spiritual dimension, thanks to popular writers like Marie Kondo. As well, some of us may have internalized the message "Cleanliness is next to Godliness," equating tidiness with virtue. In this season of "spring cleaning," let us reflect on the connections between cleaning, order, privilege and inherent worth.

Reverend Lynn served at Toronto First since 2016 and is now speaking to us monthly.

Lynn Harrison is also a recognized singer-songwriter and has recently produced her seventh recording entitled *Treasure*.

March 31 at 10:30 am

Introducing "CICS"

Presenter: Brian Joyce

Service Leader: Sheila White

Compassion, inclusion, collaboration: these are the core values at the heart of the work undertaken by the Centre for Immigrant and Community Services. We'll hear how CICS realizes its vision of fully integrated newcomers who participate in and contribute to all spheres of Canadian society.

Brian Joyce is a Program Director at the Centre for CICS whose head office is located on Midland Avenue in Scarborough. The agency was founded to empower newcomers in settling and integrating as contributing members of Canadian society through diverse, professional and innovative services.

Alex King is an all-around musician, arranger, producer and songwriter. **Alex** arranged and produced studio tracks for Don Heights Singers from their original songbook, *Power of Song*. He was one of the early pioneers of Toronto's reggae music scene. His song "Hop, Skip and Jump" with his band Chalawa was one of Canada's largest-grossing reggae songs of its era. His additional areas of specialty include East Indian, music, Broadway musicals, jazz, rock and classical.