

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 2025

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=R0k0ZXl3WlFR2xFMW9UWEjTDIOZz09						
* = Adult Program PB = Private Booking at 18 Wynford ACSA = Agincourt Community Services Association FPM = Flemingdon Park Ministry						
2 Service - 10:30 am Indigenous Women's Day Presenter: Carley Gallant Music: Lorrie Gallant ACSA/FPM Collection 12:15 pm Don Heights Potluck 2:00 pm Celebration of Life: Maggie Kambanis	3 10:00 am to 3:00 pm Office Open 7:00 pm * Multifaith Spiritual Dialogue Circle: Fasting	4 1:00 pm Board Meeting	5 10:00 am to 3:00 pm Office Open 11:00 am Sunday Services Committee 5:00 pm * Virtual Coffee Hour	6 1:00 pm 70th Anniversary Committee 1:00 pm * Online Vegan Lunch Group	7  International Women's Day	8
9 Service - 10:30 am Hope Presenter: Terri Palmer Music: Don Heights Singers  Daylight Savings Time Begins	10 10:00 am to 3:00 pm Virtual Office 2:00 pm Publicity Committee 	11	12 10:00 am to 3:00 pm Virtual Office 5:00 pm * Virtual Coffee Hour	13 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	14 7:45 pm Doors Open * Bill's Coffeehouse & Open Mic Featuring Michael Moon	15
16 Service - 10:30 am Pathways to Canada Presenter: Romina Hallan Music: Rob Sutherland 12:15 Whole Foods Plant-Based Potluck	17 10:00 am to 3:00 pm Office Open 	18 April Calendar Content Deadline 1:00 pm Social Action Discussion 7:00 pm UU A to Z B is for Beautiful UUs Part II	19 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	20 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	21 6:30 pm PB 	22 7:00 pm Fundraising Dance for Unicamp
23 Service - 10:30 am Keeping the Heart Open Presenter: Reverend Lynn Harrison Music: Don Heights Singers 1:00 Canadian Piano Society	24 10:00 am to 3:00 pm Virtual Office 11:00 am * Book Club: Burn Book	25 10:30 am Do Be Do Group	26 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour April Calendar Published	27 10:30 am DHGrow 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	28 2:00 pm * Women's Group @ the home of Ruth Plumpton	29
30 Service - 10:30 am Be As Happy As Your Dog Presenter: Michelle Waitzman Music: Sheila White	31 7:15 pm * Men's Discussion Group	<div style="text-align: center;"> Save the Date =>  Sunday, April 13 </div>				

March 2025 Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlIIFR2xFMW9UWEJjTDIOZz09>
Dial in 647-374-4685 OR 647-558-0588 Meeting ID: 833 995 2710 Password: 1111

March 2 at 10:30 am

Indigenous Women's Day

Presenter: Carley Gallant

Service Leader: Linda Schofield

Music: Lorrie Gallant

Indspire is an Indigenous national charity that invests in the education of First Nations, Inuit and Métis people for the long-term benefit of these individuals, their families and communities, and Canada. Charity Intelligence Canada recognized Indspire with their five-star rating and named them a Top 10 Canadian Impact Charity for 2017 through to 2024.

Carley will speak with her personal perspective about the impact this program brings to the next generation of Indigenous students. In honour of the International Women's Day, **Carley** will highlight women that have been supported by Indspire.

Carley Gallant-Jenkins is Cayuga Nation, Turtle clan from Six Nations of the Grand River Territory, currently working full-time at Indspire in Six Nations as the Senior Development Officer for Online Giving. As a generational Survivor herself she is passionate about recording the history and impact of the Residential School system in Canada.

Carley is a visual artist and beader. Her works have been exhibited at Woodland Cultural Centre, Harbourfront Centre, Brantford Courthouse, Fashion Magazine and featured in film. She curated the 2017 First Nations Art Exhibition, sat on the 2019 jury for Ontario Arts Council's Artists in Communities and Schools Projects and presented at the 2020 Gord Downie education week.

She was a member of the Indigenous Education Council at Sheridan College and an executive board member for the Family Counselling Centre of Brant. Currently **Carley** sits on the Professional Advisory Council for Sheridan College and on the planning committee for the Grand River Arts Festival.

March 9 at 10:30 am

Hope

Presenter: Terri Palmer

Service Leader: Germaine Kovary

Music: Don Heights Singers

Things look bleak. Today **Terri** will look at other times when things looked bleak and why there's still reason to hope. As Tommy Douglas said, "Courage, my friends; 'tis not too late to build a better world".

Terri came to Canada in 2003 to take a professorial position at York University. Since leaving York in 2010, **Terri** has been a professional writer, both as a freelancer and as a full-time technical writer. She also took an MDiv, graduating in 2020. In her free time, **Terri** is a Toastmaster, a cat socializer (on hiatus), and a video gamer.

March 16 at 10:30 am

Immigration Pathways to Residency in Canada

Presenter: Romina Hallan

Service Leader: Sheila White

Music: Rob Sutherland

This presentation will explore the various pathways to coming to Canada and attaining permanent residency, including economic immigration programs, family sponsorship, refugee and humanitarian options, and employer-driven routes such as work permits leading to PR. We will also discuss key eligibility requirements, processing timelines, and strategic considerations for a successful application.

Romina Hallan is an experienced immigration lawyer at Jain Immigration Law, a firm widely recognized for its excellence, ranking in Chambers Global 2021, Chambers Canada 2025, and Post Magazine's Top Law Firms of 2024, as well as earning Best Law Firms – Canada 2025. **Romina** specializes in judicial reviews, labour market impact assessments, and complex cases involving inadmissibility for both temporary and permanent residence applications.

With a dual law degree from Canada's University of Windsor and USA's University of Detroit Mercy, **Romina's** advocacy has been successful in overturning RPD decisions, receiving settlement offers from the Immigration Appeal Division, and the Department of Justice in Federal Court matters.

Rob Sutherland has been playing piano and organ for almost 50 years, encompassing all styles of music, including classical, jazz, new age, rock & roll, Latin and more. He was a recording artist for Solitudes Record Label during the 1990s.

March 23 at 10:30 am

Keeping the Heart Open

Presenter: Reverend Lynn Harrison

Service Leader: Lorna Weigand

Music: Reverend Lynn Harrison
with the Don Heights Singers

When human beings feel threatened, a natural response is to shut down, close off, or create walls dividing ourselves from others. Yet our UU faith teaches us to open our hearts and minds to new possibilities, even as we go through difficult times.

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 30 at 10:30 am

Be as Happy as Your Dog

Presenter: Michelle Waitzman

Service Leader: Glenn Tarver

Music: Sheila White

Michelle Waitzman's book, *Be as Happy as Your Dog*, uncovers how you can level up your happiness – and make it last – by adopting a more dog-like approach to enjoying life.

The author of four books, **Michelle Waitzman** has extensive media experience including TV and radio interviews, podcasts, webinars, blogs and public speaking. She has written content for publications such as Cosmopolitan and Men's Health, among others. Michelle previously worked in TV production and corporate communications. She resides in Scarborough with her husband and her two rescue dogs/co-authors.