



Unitarian Principle

Respect for the interdependent web of all existence
of which we are a part

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

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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=R0k0ZXI3WlFR2xFMW9UWEJTDIOZz09						
* = Adult Program ACSA = Agincourt Community Services Association FPM = Flemingdon Park Ministry			 <p>Lily of the Valley</p>	1 1:00 pm * Online Vegan Lunch Group	2	3 2:00 pm Dream Auction 70th Anniversary Celebration
4 Service - 10:30 am Unicamp, an Ontario Treasure Presenter: Joanna Barrington Music: Michael Moon ACSA/FPM Collection 12:15 pm Don Heights Potluck Lunch	5 10:00 am to 3:00 pm Office Open 11:00 am * Publicity Committee 7:00 pm * Multi-Faith Spiritual Dialogue Circle: Climate Change 7:00 pm * Don Heights Singers	6	7 10:00 am to 3:00 pm Office Open 11:00 am Sunday Services Committee 5:00 pm * Virtual Coffee Hour	8 1:00 pm * Online Vegan Lunch Group	9 7:45 pm Doors Open * Bill's Coffeehouse & Open Mic featuring Mark Yan and Tom Hamilton	10
11 Service - 10:30 am Active Hope in Hard Times Presenter: Reverend Pat Trudeau Music: Sheila White and the Don Heights Singers Mother's Day	12 10:00 am to 3:00 pm Office Open 7:00 pm * Don Heights Singers	13 June Calendar Content Deadline 7:00 pm Board Meeting	14 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	15 1:00 pm * Online Vegan Lunch Group	16	17
18 Service - 10:30 am Moving with our Climate Emotions Presenter: Anna Nieminen Music: Rob Sutherland 12:15 pm Whole Foods Plant-Based Potluck	19 Office Closed  7:00 pm * Don Heights Singers	20 1:00 pm Social Action Discussion 7:00 pm * UU A to Z B is for Brilliant UUs Part III	21 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour June Calendar Published	22 1:00 pm * Online Vegan Lunch Group	23	24
25 Service - 10:30 am Shadowy People on a Shadowy Planet Presenter: Reverend Lynn Harrison Music: Lynn Harrison with Sheila White and the Don Heights Singers	26 10:00 am to 3:00 pm Office Open 11:00 am * Book Group <i>When All is Said</i> 7:00 pm * Don Heights Singers 7:15 pm * Men's Discussion Group	27 10:30 am Do Be Do Group	28 5:00 pm * Virtual Coffee Hour	29 1:00 pm * Online Vegan Lunch Group	30 2:00 pm * Women's Group	31 1:00 pm CUC AGM on Zoom

May 2025 Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXl3WlFR2xFMW9UWEcjTDIOZz09>
Dial in 647-374-4685 OR 647-558-0588 Meeting ID: 833 995 2710 Password: 1111

May 4 at 10:30 am

Unicamp, An Ontario Treasure, Unitarian-Owned

Presenter: Joanna Barrington

Service Leader: Lorna Weigand

Music: Michael Moon

Unicamp is the jewel of a property near Orangeville founded and funded by Unitarians, and spearheaded by our own Tom Brown. Unicamp Director **Joanna Barrington** will share her Unicamp experiences with us and will hear some of our stories.

Joanna will talk about Unicamp's ideas for the future. **Joanna** will speak about how she is excited to continue giving back to the place she loves the most!

Michael Moon and his award-winning music are well known in the healing and yoga communities. He creates soundscapes that envelop you with a sense of calm, peace, and well-being. His CDs are almost as numerous as the stars in the heavens and attest to his international acclaim and success. He is also deeply connected to the environment, peace and making the world a better place.



May 11 at 10:30 am

Active Hope in Hard Times

Presenter: Reverend Pat Trudeau

Service Leader: Germaine Kovary

Music: Sheila White and the Don Heights Singers

The challenges of the times may be daunting. This service will look at creative and bold ways to face the crises with hope and resilience.

Reverend Pat Trudeau will refer to the work of Joanna Macy and Chris Johnstone.

Reverend Pat Trudeau MSW, MEd, MDiv is currently serving part-time at Unitarian Congregation of Niagara (St. Catharines). She was ordained in 2019. Working with her husband, Wilburn Hayden, she is engaged in anti-Black racism work with Unitarians in Canada and USA. She also serves as Minister in Residence at Unicamp.

May 18 at 10:30 am

Moving with Our Climate Emotions

Presenter: Anna Nieminen

Service Leader: Sheila White

Music: Rob Sutherland

Our Earth is heating up.

How are you feeling about that? Through an interactive talk and participatory activation, we'll be using music and movement to engage with our climate emotions, and then talking about the experience.

Climate-aware facilitator **Anna Nieminen** will introduce some of the research on climate emotions, share about her own lived experience with emotional challenges as a climate activist. She will invite you to notice and reflect on your climate emotions journey, during and after the movement-based activation. You are welcome to participate according to your own preferences and abilities (seated or standing, moving or observing).

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.

May 25 at 10:30 am

Shadowy People on a Shadowy Planet

Presenter: Reverend Lynn Harrison

Service Leader: Lorna Weigand

Music: Reverend Lynn Harrison with Sheila White and the Don Heights Singers

As we look at current events, we might find ourselves wondering "how could this happen?" or "how could that person do that?" Many thinkers have identified human evil as a manifestation of "shadow," the rejected and repressed aspects of ourselves. As we struggle to respond to a challenging world, how can this understanding help us develop courage and compassion?

Reverend Lynn Harrison served at Toronto First from 2016 to 2023.

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