

Unitarian Principle

Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

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

August 2026

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=R0k0ZXI3WlFR2xFMW9UWEdjTDIOZz09						
* = Adult Program ACSA = Agincourt Community Services Association FPM = Flemington Park Ministries PB = Private Booking						1
						
2 Service - 10:30 am From Pen to Publication Presenter: Demi Theo Music: Bhelle Frey ACSA/FPM Collection 12:15 Don Heights Potluck	3 	4	5 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	6 1:00 pm * Online Vegan Lunch Group	7	8
9 Service - 10:30 am Ontario Public Education in Crisis Presenters: Glenn Tarver and Laura Tarver	10 10:00 am to 3:00 pm Office Open	11 11:00 am Social Action Discussion	12  11:00 am Sunday Services 2:00 pm PB 5:00 pm * Virtual Coffee Hour	13 1:00 pm * Online Vegan Lunch Group	14	15
16 Service - 10:30 am NUU York, NUU York Part 8: 1901 to 1950 - More People Presenter: John Sproule 12:15 pm Whole Foods Plant Based Potluck	17	18 September Calendar Content Deadline 7:00 pm Board Meeting	19 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	20 1:00 pm * Online Vegan Lunch Group	21	22
23 Service - 10:30 am Sharing Our Faith Presenters: Members and Friends	24	25	26 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour September Calendar Published	27 1:00 pm * Online Vegan Lunch Group 7:15 pm * Men's Discussion Group	28 2:00 pm * Women's Group	29
30 Service - 10:30 am Power of One Presenter: Frank Watson	31	goodbye, august hello, september				

August 2026 Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlFR2xFMW9UWEjTDIOZz09>
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August 2 at 10:30 am From Pen to Publication

Presenter: Demi Theo
Service Leader: Sheila White
Music: Bhelle Frey

It's a fact! Dreams can turn into reality when you pursue them with a passion to succeed, a strong will and perseverance! **Demi Theo** – children's book author, and feature editorial writer for BizFasion Magazine – recounts the empowering journey of how she published her first children's book "The Magical Chickadee and Friends: Stories and Crafts" in 2021 and turned her dream into reality and an instant-sold-out success.

She now has ten published titles, suitable for kids under 10. A great service for children to attend!

Demi Theo is a multifaceted artist, writer, children's book author, model, and event organizer for TKFW & NYKR. With more than 13 years of experience in the fashion industry, she is a feature editorial writer, columnist and senior marketing director for BIZFASHION MAGAZINE as well a host of a podcast called NEXT GENZ & TALENT.

Singer **Bhelle Frey**, 14, is a local artist/performer from Marky Hugh Productions. A fan of rock and gospel, she has performed solo in different events like the International Children's Expo in Pickering. A pianist/vocalist of her School Band, (Metatron Cubes).

Bhelle aims to be a professional musician in the future!

August 9 at 10:30 am Ontario Public Education in Crisis

Presenters: Glenn Tarver and Laura Tarver
Service Leaders: Sharyn Devine and Glenn Tarver

Throughout its tenure, considering inflation and based on per pupil allocations, the Ford government has significantly reduced funding for public education.

Laura will address the diminishing quality of educational experiences for students and the impact on everyday classrooms and working conditions for teachers.

Laura Tarver has been a technology teacher with the York Region District School Board for the past 13 years. While her primary teachable is Hospitality and Tourism, she is excited to begin a new chapter at Bill Crothers Secondary School teaching Communications Technology, including film, audio, and digital media.

Laura is passionate about hands-on, project-based learning and looks forward to helping students develop their creativity, technical skills, and confidence.

Glenn Tarver is a retired secondary Principal and President of Don Heights Unitarian Congregation.

August 16 at 10:30 am NUU York, NUU York Part 8: 1901 to 1950 - More People

Presenter: John Sproule
Service Leader: Lidia Labate

Our Don Heights Unitarian historian takes yet another trip to New York, to complete the list of UU men and women of the early 20th century. We'll have ACLU stars Roger Nash Baldwin and Clarence Darrow; writers like John P. Marquand, E. E. Cummings and Ray Bradbury; and performers like Rod Serling.

August 23 at 10:30 am Sharing Our Faith

Presenters: Members and Friends
Service Leaders: Nick Pandit and Glenn Tarver

In this special interactive session, Don Heights participants will explore how to speak naturally and warmly about Unitarianism in everyday conversation - whether with a curious friend, a skeptical family member, or anyone who simply asks, "So what do you believe?" Drawing on principles of authentic dialogue - **not persuasion** - together we will practice crafting an individual and personal 30-second "elevator pitch" that will reflect our own relationship with Unitarianism.

August 30 at 10:30 am Power of One

Presenter: Frank Watson
Service Leaders: Nick Pandit and Glenn Tarver

Frank Watson draws on his Anglican upbringing, a Wordsworth poem, and personal life experiences. He has crafted a deeply personal spiritual outlook he calls the "**Power of One.**" During this Sunday's service, Frank will speak about his fascinating spiritual journey. We invite you to listen to his story and bring your questions about how he blends UU principles with his own evolving beliefs.

Frank Watson is a retired chemical engineer who lived and worked in Canada for over fifty years. He now resides full-time in Jalisco, Mexico, where he attends Unitarian Universalist services at Lake Chapala Unitarian Universalist Fellowship.