

November 2017



# Community Guide

## Fall edition

Vibrant

Inclusive

Progressive



115 Simpson Avenue, Toronto. 416-406-6228

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## Need care?

Have you been struggling with questions of faith?

Deacons provide the care and support **you're seeking.**

Contact one of our deacons today by email or telephone.

416-406-6228 x 114

[deacons@mcctoronto.com](mailto:deacons@mcctoronto.com)

# Important Fall Dates

November 12

Town Hall Meeting

November 19

Trans Day of Remembrance

November 24 & 25

Christmas Concerts

December 3

Christmas Jazz Vespers

December 10

Soulful Worship & Praise

December 10

Lessons & Carols

December 17


Indigo Blue Christmas

December 24

**Brent's final sermon**

# Contacts

## Senior Pastor's Office


 **Rev. Dr. Brent Hawkes C.M.** Senior Pastor and Moderator of the Board [bhawkes@mcctoronto.com](mailto:bhawkes@mcctoronto.com)

 **Rev. Jeff Rock** Senior Pastor Elect, [jrock@mcctoronto.com](mailto:jrock@mcctoronto.com) x 137


 **Mark Purcell** Executive Assistant, [mpurcell@mcctoronto.com](mailto:mpurcell@mcctoronto.com) x 107

 **Kathy Katsunoff** Coordinator of Weddings, [weddings@mcctoronto.com](mailto:weddings@mcctoronto.com) x 170

 **Sandra Millar** Coordinator of Funerals, [funerals@mcctoronto.com](mailto:funerals@mcctoronto.com) 416-235-7330


 **Board:** [BofD@mcctoronto.com](mailto:BofD@mcctoronto.com)

## Worship


 **Rev. Deana Dudley** Assistant Pastor, Co-pastor of Evening Worship; [ddudley@mcctoronto.com](mailto:ddudley@mcctoronto.com) x 130

 **Rev. Sam Morris** Co-pastor of Evening Worship, [sammorris@mcctoronto.com](mailto:sammorris@mcctoronto.com) x 199

 **Diane Leah** Director of Music, [dleah@mcctoronto.com](mailto:dleah@mcctoronto.com)


 **Sheryl Pollock** Team leader of Worship Logistics Support, [spollock@mcctoronto.com](mailto:spollock@mcctoronto.com)

 **Cory Bertrand** Christmas Eve team leader, [cbertrand@mcctoronto.com](mailto:cbertrand@mcctoronto.com)

 **Rev. Carmen Llanos** Pastor of Interfaith and Hispanic Ministries, [cllanos@mcctoronto.com](mailto:cllanos@mcctoronto.com)

## Refugee Ministry

 **Aleks Dughman-Manzur** Program leader [adughman@mcctoronto.com](mailto:adughman@mcctoronto.com) x 125

 **Anthony Ojo** Refugee Peer Support co-leader [refugeepeersupport@mcctoronto.com](mailto:refugeepeersupport@mcctoronto.com) x 125

 **Brendalee Cox** Refugee Peer Support co-leader [refugeepeersupport@mcctoronto.com](mailto:refugeepeersupport@mcctoronto.com) x 125

## Church Operations

 **Shelly Morris** Executive Director, [smorris@mcctoronto.com](mailto:smorris@mcctoronto.com) x 131


 **Ned Yuzevowich** Facility Manager, [nyuzefowich@mcctoronto.com](mailto:nyuzefowich@mcctoronto.com) x 179


 **Kendrew Pape** Communications team leader, [kpape@mcctoronto.com](mailto:kpape@mcctoronto.com) x 103


 **Edell Robinson** Communications Assistant, [communications@mcctoronto.com](mailto:communications@mcctoronto.com) x 111

 **Samuel Bereka** Finance team leader [sbereka@mcctoronto.com](mailto:sbereka@mcctoronto.com) x 112


 **Andrew Holmes** Spiritual Development [aholmes@mcctoronto.com](mailto:aholmes@mcctoronto.com) x 128

 **Christine Kweri** Assistant to the Executive staff [ckweri@mcctoronto.com](mailto:ckweri@mcctoronto.com)

 **Abiodun Ojo** Information Technology staff support [itstaffsupport@mcctoronto.com](mailto:itstaffsupport@mcctoronto.com).

 **Helpdesk** Information Technology team [helpdesk@mcctoronto.com](mailto:helpdesk@mcctoronto.com).

## Congregational Giving

 **Kevin Coutu** Giving Programs [kcoutu@mcctoronto.com](mailto:kcoutu@mcctoronto.com) x 139

## Legend

Volunteer



Full-time



Part-time: 2.5 to 4 days/week



Part-time: 1 to 2.5 days/week



Toronto Investing In Neighbourhoods



# Music Ministry

Explore your spirituality through song, engage deeply with worship and build community with other members.



The Choir supports two services on Sunday morning as well as Pride and Christmas Eve at Roy Thomson Hall. The style of music ranges from traditional “church” to theatre, gospel and pop music. We are always looking for new members to join us.

We are a congenial group with a mandate to make great music and have fun and social time as well. You do not have to be able to read music. All you need is a love a music, reasonable singing skills and the desire to be part of a choir experience.

**Contact: [music@mcctoronto.com](mailto:music@mcctoronto.com)**

**Rehearsals are Thursdays 7:00 p.m. and one Saturday a month at 9:00 a.m.**

## *Higher Praise*

Gathering every Sunday afternoon to prepare the music for MCC Toronto’s Elevation service, this energetic group of singers and musicians brings an intimate sound to our evening worship service. **[higherpraise@mcctoronto.com](mailto:higherpraise@mcctoronto.com)**  
**Rehearsals Sunday 4:00 p.m.**

## Community Choir MCCTCC

The MCCT Community Choir (MCCTCC) seeks to serve our church family during selected Sunday morning services by performing choral music and supporting congregational singing, while welcoming non-auditioned, volunteer adult singers. **[MCCTCC@mcctoronto.com](mailto:MCCTCC@mcctoronto.com)**

# Refugee Ministry

We provide support, hope and safety to anyone who fears persecution, violence or risk to their lives based on their gender identity, gender expression and/or sexuality. Our Peer Support program has served over 1400 refugee claimants through one of the most stressful times of their lives by providing letters of support for their hearings, emotional and spiritual care when they request it, peer support, information sessions and resources to **navigate Canada's welfare, social and health systems, and much more.**

Our Private Sponsorship and Settlement program has sponsored and helped resettle 26 LGBTQ+ refugees who fear or have experienced persecution, torture or risk of their lives in their home countries.

## BECOME A PARTICIPANT!

Are you an inland LGBTQ+ refugee claimant seeking assistance? Join us for monthly Peer Support meetings: 4th Sunday of the month, 12:45 p.m. in the Sanctuary at 115 Simpson Avenue.

Peer Support Information sessions: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at noon.

## BECOME A VOLUNTEER!

Are you a passionate about social justice? Do you wish to make a difference in the lives of hundreds of people fleeing persecution based on their sexual orientation or gender identity? Volunteer with us! Contact Aleks: [adughman@mcctoronto.com](mailto:adughman@mcctoronto.com)

## FORM A SETTLEMENT TEAM!

Are you interested in investing your time, resources and talents to help resettle LGBTQ+ refugees into Canada? If you can put together a team of 5 people please contact Aleks Dughman-Manzur (Refugee Program Manager) by email: [adughman@mcctoronto.com](mailto:adughman@mcctoronto.com)

# Children and Families Ministry

The Children and Family Ministry creates meaningful connections with each other, our families, communities and God. Our journey is to help children and families grow spiritually and equip each other with the gifts to be emotionally resilient, compassionate and confident people in the world.

We do this through investing in quality programs that nurture connection, **build community and fosters genuine appreciation of people's varied gifts and talents.**

We begin nurturing connection and community with our Nursery program. Our Nursery staff know the importance of providing a safe and secure space for our youngest to grow and experience as place of love. Nursery staff are professionally trained and welcome all children from birth to 2 yrs. at both morning services.

For more information contact [aholmes@mcctoronto.com](mailto:aholmes@mcctoronto.com)

## Nursery Staff

Jamuna Shrestha  
Qing Tian



# Children's Spirituality Centre

We continue to nurture connection and build a community of children through The Children's Spirituality Centre (aka Children's Church). This dynamic worshipful lead experience allows children to fully experience themselves within community and in relationships with their friends and God. Through the use of wooden figures stories unfold and come to life each week in a way that engages children's natural curiosity, creativity and wonder. Our prayers of gratitude promote healthy expression of appreciation and gratitude for the goodness of life. Together we are helping children explore and develop a belief system that is informed by knowledge, diverse spiritual practises and a touch of holy mystery.

We begin in worship then meet in Room 109 during the 10:50 service. We return to celebrate communion.

## **Children's Church Staff**

Matthew Farriss  
Barb McIntosh  
Barb Todd  
Desire Kaund-Wint  
Jim Rae  
Michael Went  
Deak Cupid  
Sahra Tulay  
Bengisu Darga  
Victoria Akran  
Mercy Madibo  
Lyla Fern-Weinbren

## Themes for Fall 2017

November

Me and My Spiritual Journey

December

Gifts We Unwrap Before Christmas

December 24

Christmas Eve family service, 11:00am at 115 Simpson Avenue

# Volunteer opportunities for kids

## Altar Guild (ongoing)

- Carrying cross and candles (must be 8 years or older)
- Fourth Sunday of each month

## Lectors (ongoing)

- Children willing to read sacred texts (must be 8 years or older)
- First Sunday of each month during 10:50 a.m. service.

## **Children's Church (ongoing)**

- Carrying and holding the banner (7 or younger) at the 10:50 a.m. service.

## MCC Toronto Choir Christmas Concert (Nov 24 and 25 at 7:30 p.m.)

- Children willing to participate in a short sing-along with soloist
- 3 rehearsals will take place on Sundays prior to the event.

# Volunteer opportunities for families

## Ushering/Greeting (ongoing)

- Welcoming and handing out programs before 10:50 a.m. service
- Collecting the Offering during 10:50 a.m. service

## Altar Guild (ongoing)

- Helping Volunteer responsible for washing the communion vessels
- **After 11 o'clock service**

## Café Connection (after 10:50 a.m. service)

- Helping with preparation, serving and cleaning up for Coffee Hour

## Birthday/Anniversary Sundays (ongoing)

- Introducing people on the stage and helping the singing of Happy Birthday/Anniversary

- First Sunday of each month, after 10:50 a.m. service in the Social Hall

## MCC Toronto Choir Christmas Concert (Nov 24 and 25, 2017, 7:30pm)

- Welcoming and handing out programs before the event



# Volunteer opportunities for all

*How will you transform lives and transform the world?*

Do you want to donate some of your time to our spiritual community? Are you ready to learn a new skill or maybe teach an old one? We'd love to have your help!

There are so many wonderful ways to get involved with the community at MCC Toronto. You can help in the garden, serve dinner at a community meal, greet people at our reception desk or help us continue to deliver an amazing Life Long Learning program. As you'll see on the following pages, your choices are practically limitless.

Volunteering is not only a great way to give back to your community. It's also a great way to practise love and kindness every day, make new friends, and feel better about yourself. So get involved!



See all our volunteer postings at  
our website: [mcctoronto.com](http://mcctoronto.com)

# Get involved with leadership!

## *Develop & strengthen your skills*

**Administration and Finance** Share your skills in organization and business administration to help us improve our capacity.

**sbereka@mcctoronto.com**

**Communications Team** Are you good at writing, design, or visual art? Do you spend hours every day on Social Media? Have you got the gift of gab? Have you got a lot of great stories about MCC Toronto? Join us and improve our communications! **kpape@mcctoronto.com**

**Facilities Team** Help improve and maintain our building to ensure we offer a safe and welcoming space. Join us every week for Facilities Wednesday as we all spend a few morning hours on a project in the church. **nyuzefowich@mcctoronto.com**

**Giving Team** Help our congregation grow in its understanding of the spiritual and relationship dimensions of giving. Become a MCC Toronto Giving Team Ambassador and share your love of MCC Toronto!

**kcoutu@mcctoronto.com**

**Worship Technology** Our worship services are enhanced by good sound, good visual arts and seamless projections. Are you tech minded?

**avtech@mcctoronto.com**

**Multimedia:** Do you use PowerPoint at work? Can you play solitaire on your computer? Then YOU CAN be a slide operator for one of our worship services! And PowerPoint users – YOU CAN enhance our worship by designing our beautiful slides—the “stained glass” of 21st century worship! Training provided. **ddudley@mcctoronto.com**

# Get involved with friends!

*Social, Spiritual & Wellness groups at MCC Toronto.*

**Drag ‘N Angels** is our recreational co-ed crew consisting of a group of dedicated paddlers who are committed to working as a team for fellowship, fun and fitness while preparing for regattas across Ontario.

[dragnangels@mcctoronto.com](mailto:dragnangels@mcctoronto.com)

Expansive Spiritual Encounter is a progressive group that meet on Thursdays at 10:30 a.m. [expansive@mcctoronto.com](mailto:expansive@mcctoronto.com)

HOLA is a group for Spanish speakers! We meet on the 4<sup>th</sup> Sunday of every month. [hola@mcctoronto.com](mailto:hola@mcctoronto.com)

PACE is a social connection group for people of African and Caribbean ethnicity. [pace@mcctoronto.com](mailto:pace@mcctoronto.com)

Prayer Walks and Online Prayer is a prayer group that connects and prays online and meets for a monthly prayer walk on Church Street.

[prayerwalks@mcctoronto.com](mailto:prayerwalks@mcctoronto.com)

Soulful Worship and Praise (SWAP) incorporate the worship styles from the Caribbean and African Diaspora. Our next service will be held on Sunday, December 10 at 2:00 p.m. [swap@mcctoronto.com](mailto:swap@mcctoronto.com)

TREAT (Trans Resource Education and Advocacy Team) is an open group centered on the Trans community. We serve as a prayer and support group focusing our activities on social interaction, education and outreach.

[treat@mcctoronto.com](mailto:treat@mcctoronto.com)

MCCTYA is a fantastic social group for young adults. In addition to occasional social outings and service projects, members of MCCTYA (ages 18-39) will sometimes meet for Coffee Shop gatherings, movie nights and faith discussions. [youngadults@mcctoronto.com](mailto:youngadults@mcctoronto.com)

# Get involved with love!

*Creating a caring space for our community at MCC Toronto.*

Community Meals are enjoyed monthly in our Social Hall. We celebrate an open table and extend that sincere welcome to everyone. Our next one is a Christmas dinner on the afternoon of December 25 in the Social Hall.

Depression Initiative provides support for depression, anxiety and stress. All of us get down at times and feel stressed. Sometimes our depression and anxiety gets so intense that it keeps us from enjoying our lives and living out our passions. [depressioninitiative@mcctoronto](mailto:depressioninitiative@mcctoronto)

Healing Racism Initiative is another step towards a more just world. Our initiative has four components: 1) Create Safe Spaces for People of Colour to Share; 2) White People Educating White People About Racism; 3) Re-Learning about Race And Racism; 4) Systemic Racism. [HealingRacism@mcctoronto.com](mailto:HealingRacism@mcctoronto.com)

## Trans Resilience & Well Being

Please join us in this important conversation: This session occurs just a few days prior to *International Trans Day of Remembrance* which commemorates the trans lives shorted by brutal violence, directly and indirectly, resulting in a shortened life expectancy. This is an ongoing struggle of grief, depression, suicidality, homelessness, poor housing, lack of employment, lack of health care access, social exclusion and stigma for trans and non-binary people in Toronto and around the world. This discussion will be opened by TREAT (Trans Resource Educational Advocacy Team) at MCC Toronto followed by a brief presentation by local organizations including the Toronto Trans Coalition Project. How can we be allies and advocates for trans lives? What would make MCCT a more trans-positive and gender-diverse space? What more can we be doing, locally and globally?

Date: Friday, November 17th | Time: 7:00 -9:00 p.m. | Cost: \$10 or PWYC

# Get involved with welcoming!

*Practise radical hospitality at MCC Toronto.*

Greeters & Ushers welcome people as they arrive to worship on Sundays and help them navigate the space. [info@mcctoronto.com](mailto:info@mcctoronto.com)

Hospitality Ministry is a team of caring volunteers who wish to welcome congregants to MCC Toronto through food and beverage services. This includes Café Connection after our morning services, Community Meals, concerts and other special events held at MCC Toronto. Come and have some fun in the kitchen! [hospitality@mcctoronto.com](mailto:hospitality@mcctoronto.com)

Sunday Information Centre serves the vital role of welcoming new and regular congregants to MCC Toronto and we provide face to face information about the church, our programs, membership and all that we have to offer each Sunday after our services. Volunteers on our team are given training and the chance to meet many of our congregants and work with a positive team. The commitment to be part of this team is very reasonable! You will be assigned to one hour of service on a regular Sunday per month after one of our worship services. [infocentre@mcctoronto.com](mailto:infocentre@mcctoronto.com)

Weekday Welcome Desk is an important part of MCC Toronto's communication network. As the Welcome Desk greeter/receptionist, yours is the first face or voice that the visitor or caller will see or hear. It is very rewarding to be that person. This is a great position with someone who has some free time during the week. We are currently looking for two more volunteers to train as subs and support for our current team. This role allows you to deepen your relationship with all facets of church life—interacting with staff, Triangle students, and the many service-people who visit. It's a great place to be to learn about the church, all the work it does and all that it has to offer. [reception@mcctoronto.com](mailto:reception@mcctoronto.com)

# Get involved with worship!

## *Explore your spirituality*

Join the leadership of worship and meet other team members and congregants! Volunteers usually commit to one Sunday shift a month and contribute as part of a team.

**Altar Guild** We wait on God's table! Help prepare the altar and communion elements for worship. Carry the cross and candles during the procession. Schedule: Sundays and special services.

**Morning services: [altarguild@mcctoronto.com](mailto:altarguild@mcctoronto.com)**

**Elevation service: [pkotva1522@gmail.com](mailto:pkotva1522@gmail.com)**

**Anointing and Serving** Anoint worshipers with oil and serve communion. Learn about the mystery and beauty of these important rituals and share your blessings with the world.

**Morning services: [denise@deniseandreacampbell.com](mailto:denise@deniseandreacampbell.com)**

**Elevation services: [rob.daywalker@gmail.com](mailto:rob.daywalker@gmail.com)**

**Lectors** Lift up your voice and read scripture and other sources of wisdom during the service. **[marilynbyers@gmail.com](mailto:marilynbyers@gmail.com)**

**Ushers & Greeters** Greet people as they arrive to worship and help them navigate the space. Collect the offering during the service.

Volunteers are asked to make a reliable commitment to the team.

Greeting people, handing out our Sunday News, directing for Anointing and inviting and directing for Communion. We are the first impression people have as they arrive for worship.

**Morning services: [beben14@rogers.com](mailto:beben14@rogers.com)**

**Elevation services: [pkotva1522@gmail.com](mailto:pkotva1522@gmail.com)**

# Get involved with peace!

*Peace, justice & environmental groups at MCC Toronto.*

Garden Fairies beautify the exterior landscape of the church! Get your hands dirty and help nurture creation. This group is active all fall, preparing the gardens for their winter slumber so contact us now to join our November gardening projects! [garden@mcctoronto.com](mailto:garden@mcctoronto.com)

Peace and Justice Strategy Team identifies and responds to the social justice priorities of our congregation, supports and collaborates with existing ministries within our church, and fosters linkages between MCC Toronto and broader communities of faith and justice. Are you already actively involved as staff or volunteer in social justice work? Join our team and be a bridge between MCC Toronto and other justice-seeking communities. [pjst@mcctoronto.com](mailto:pjst@mcctoronto.com)

Sanctuary Saints is a team that helps tidy and organize the Sanctuary prior to worship services. We make sure that the Sanctuary is an inviting space for all. [saints@mcctoronto.com](mailto:saints@mcctoronto.com)

Social Justice Network members are all individually involved with and advocate for specific issues that personally motivate us, including LGBTQ+ issues, prisoner rights, the use and misuse of water, trans issues, indigenous issues and immigration issues. [socialjustice@mcctoronto.com](mailto:socialjustice@mcctoronto.com)

The Thrift Shop directs good used (sometimes new) items to people that need them at a reasonable price. Our work helps the environment, the church, and people we love, all at the same time. [thriftshop@mcctoronto.com](mailto:thriftshop@mcctoronto.com)

For more information about volunteer opportunities, please visit  
[www.mcctoronto.com](http://www.mcctoronto.com)

# Get involved with learning!

## **Yoga for All**

*Facilitator: David Johnston*

Are you looking for a way to bring balance and harmony into your life? Why not try Yoga. Yoga embraces mind, body, soul and heart that can lead participants into a greater awareness of themselves, their sense of spirituality and connection with community and God. Each week we will begin with a seated meditation that helps us to be still and get in touch with our center. Throughout the evening we will move with and through sitting possess, standing possess, balancing possess and final possess. The yoga experience finishes as it begins with a meditation that brings a cohesive flow of energy for each participant. All levels of yoga experience are welcome.

David is a charismatic and free spirited yoga teacher. He has taught Yoga in various formats around Toronto since 2005. David is humble enough to know that an effective yoga/meditation practice can guide one through some dark times.

Time: 7:00pm - 8:30pm

Dates: Monday October 16 to Monday November 27, 2017

Location: Social Hall





# Life Long Learning!

## **The Queer and Holy Spirit: A Queer look at the Book of Acts**

*Facilitator: Robbie Walker*

Ever wonder what Queer Theology is. Come bring your questions. Learn how to look at scripture with queer eyes. As we explore the gifts of Holy Spirit we might just discover our own unique gifts. Together we are invited to go a bit deeper in our practise of prayer, evangelism, social justice, healing and community.

Rob is currently entering his second year as a PhD Theological Studies student at Trinity College in Toronto. Rob loves bible study, healing ministry, preaching, Netflix, reading and Star Trek! Ever wonder what the Book of Acts is all about.

Time: 7pm-9pm

Dates: Monday October 16 to Monday November 27, 2017

Location: Room 109

## **Meditation Practices for Spiritual Growth**

*Facilitator: Barb McIntosh*

If you are looking to explore and grow in your spiritual life, to connect more deeply with your body, mind, soul and heart, this course will help you discover the tools and practices that work best for you. Come learn the art and gift of meditation and mindfulness. Leave with the possibility of connecting practices to your own inner spiritual life.

A skilled Facilitator and Guide, Barb's work is informed by 25 years of counselling and program development, and by years of intensive study and exploration of many contemplative traditions and spiritual practices. Barb is most passionate about supporting people in tapping in tot their own personal gifts and energetic well-being.

Time: 7pm-8:30pm

Date: Tuesday October 17 to Tuesday November 28, 2017

Location: Room 109

# Get involved with learning!

## **Kickboxing**

*Facilitator: Angela Woppman*

Finding harmony and balance in our lives sometimes means focusing on our bodies. Scripture states our bodies are temples, a dwelling place for God. Our bodies are sacred and deeply connected to the divine source of life. Caring for our bodies is one way we care for our spiritual selves. Mind, Body, Soul and Heart are deeply connected to each other. Through Kickboxing we can get in touch with our bodies and develop a sense of balance, coordination and endurance. Together we will work on getting into shape, build community and support one another to reach our goals. Angela is a MMA Conditioning Specialist, Corrective Exercise Specialist and Certified Personal Trainer through the National Academy of Sports Medicine (NASM). She is also a Master Trainer for Fitness kickboxing Canada (FKCI) and was their “2012 Trainer of the Year” for Ontario. Angela is also the Head Instructor for ABC Women’s Self Defense Canada, offering Women’s Empowerment and Self Defense Seminars. Angela is a 2<sup>nd</sup> Degree Black Belt in ITF Taekwon-do and holds a Black Belt level in Kickboxing through FKCI.

Time: 8:00pm -9:00pm

Date: Tuesday October 17 to Tuesday November 28, 2017



# Life Long Learning!

## **Living the Questions: An Introduction to Progressive Christianity**

*Facilitator: Andrew Holmes*

You are invited to come on a journey. To think theologically. To question everything and to wonder out loud. Through exposure to provocative theological and spiritual insights and the engagement of small group conversations, participants in Living the Questions will experience how profoundly important the journey itself is. So come as you are, get ready to question, doubt, explore and grow in your understanding of spirituality in a progressing church. We will focus on what it means to think theologically, taking the bible seriously, the life of Jesus and more.

Time: 7pm to 9pm

Date: Wednesday October 25 to Wednesday November 22, 2017

Location: Room 109

## **Dancing with the Folks: Ballroom Dancing**

*Facilitator: Rick Lam*

Learn the art of Ballroom Dancing. Feel the rhythm and beat of the music in your body as you learn the Waltz, Tango, Slow Dance and more. Each week will start with a brief lecture and then move into learning the practical dance steps. Come as a single person, come as a couple, come just as you are. Happy feet make happy hearts. Happy hearts make happy souls. In order to keep our spirit healthy and growing, we need to take good care of our physical health and mental health.

Rick is a graduate and certified Ballroom Dance Instructor. At a young age Rick fell in love with music and spent many years learning training in voice and piano. He teaches dance by breaking everything down into small steps in order to build and embrace the whole process.

Time: 7pm to 9pm

Date: Wednesday October 18 to Wednesday November 29, 2017

Location: Social Hall

# Get involved with learning!

## **Building Your Love Muscle through Meditation**

*Facilitator: Valerie De Souza*

The Golden Rule, common to many faith traditions, is “Love one another as you love yourself.” Love yourself first. Yes, sometimes loving ourselves is hard to do. In this four-week course, you will learn about building love using breath awareness, meditation and spiritual readings.. A perpetual student, Valerie has had a thirst for learning her whole life. She has studied and practiced Buddhist-inspired mindfulness meditation and facilitated youth and adult meditation courses for over a decade, while living a Christian way of life since birth. As she continues on her spiritual journey, she wishes to share her unique insights with others, as a loving and compassionate guide, helping others on their spiritual journeys towards a more abundant life.

Time: 7:00pm to 8:30pm

Dates: Wednesday October 25, November 1, 8 and 15, 2017

Location: Chapel



# Life Long Learning!

## **Finding our Center through Movement and Writing**

*Facilitator: Katie Marshall Flaherty*

Join us to move our bodies through space, to move through memories of our life story, and move our hand on the page with journaling and writing from within. Both evenings will focus on Stillpoint writing to unlock bits of story and unleash our own true voice. Come with an open mind and leave with a relaxed body and a notebook full of stories and poems.

Katie Marshall Flaherty is one of the cofounders of the Children's piece theater and has guided teen leadership retreats and golden rule retreats at Scarborough Missions for 12 years. Katie teaches yoga, meditation, tai chi, and guides Stillpoint writing workshops.

Time: 7:00pm to 9:00pm

Date: Thursday November 9<sup>th</sup> and Thursday November 30<sup>th</sup>, 2017

Location: Room 109

## **Line Dancing**

*Facilitator: Angela Woppman*

Having fun and a good laugh with other's in community is a healthy way to live from a place of joy and connection. Line Dancing is a great way to have fun, a good laugh and be with each other in community. Learning how to do ABBAcadabra, Electric Slide, Tush Push, Mambo Shuffle, Reggae Cowboy, Bikers Shuffle or the Dizzy is not only fun it is also a good way to take a deep breath, decompress from a long week and leave renewed in body, mind, soul and heart.

Angela was a member of the Queen City Outlaws: a Gay/Lesbian competition/exhibition line dance team based out of Charlotte, NC.

Angela was also one of the Head Dance Instructor's at a local night club.

Time: 8:00pm to 10:00pm

Date: Friday October 20 to Friday December 1, 2017

Location: Social Hall

# Get involved with learning!

## **Beginning Meditation Practices for Families' Spiritual Growth**

*Facilitator: Barb McIntosh*

If you are looking to explore and grow in your spiritual life, to connect more deeply with your body, mind, heart and soul, Barb will help you discover the tools and practices that work best for you.

Barb is most passionate about supporting people in tapping into their own personal gifts and energetic well-being.

Learn the playfulness of Meditation. This program will teach families some simple meditation practices, adapted especially for young children. Parents and children will gain first-hand experience with practicing together. They will have more confidence in both their ability to grow their own meditation practice, and in their ability to grow and expand their own spiritual life as a family.

Each week will follow the same format, so that families can begin to develop a regular routine for their own practice together. Sessions will start with a children's story, followed by a guided meditation/prayer, a few simple yoga/relaxation poses and a short moving meditation. Parents will practice along with their children. Parents will be encouraged to continue practicing with their children as part of their home routines. A skilled Facilitator and Guide, Barb's work is informed by 25 years of counselling and program development with Children and Youth, and by years of intensive study and exploration of many contemplative traditions and spiritual practices.

Time: 10:00am to

Saturday October 21 to Saturday December 2, 2017

Location: Room 109

Registration online or pay at the door.  
[learning.mcctoronto.com](http://learning.mcctoronto.com)

*'Tis the Season*

# CHRISTMAS WITH THE CHOIR



A FUNDRAISER CONCERT FOR MCC TORONTO  
WITH MARK CASSIUS, PRIDE+JOY  
AND SPECIAL GUEST MARY McCANDLESS

FRIDAY 24 AND SATURDAY 25  
NOVEMBER NOVEMBER  
AT 7:30 PM  
DOORS OPEN AT 7:00

ADMISSION  
\$25.00

METROPOLITAN COMMUNITY CHURCH OF TORONTO, 115 SIMPSON AVENUE

CASH BAR | FOR TICKETS, VISIT [MCCTORONTO.COM/CONCERT](http://MCCTORONTO.COM/CONCERT)

## Christmas Jazz Vespers

December 3, 2017 at 4:00 p.m.

Heather Bambrick, Colleen Allen, Michael Shand and Ross MacIntyre.

The best jazz in the city with no admission fee!

[www.mcctoronto.com/vespers](http://www.mcctoronto.com/vespers)



REV. DR. BRENT HAWKES' FINAL SERMON: THE GIFT

## CHRISTMAS EVE

ROY THOMSON HALL | 10:30PM | [MCCTORONTO.COM/CHRISTMAS](http://MCCTORONTO.COM/CHRISTMAS)



# Poinsettia Dedications



Purchase a poinsettia to decorate the Roy Thomson Hall stage for our Christmas Eve Service and/or take one home to enjoy over the holiday season.

Dedicate your poinsettia purchase in honour, memory or in celebration.

Your dedications will appear in **the Christmas Eve Programme** and our **website**.

I/we would like to purchase \_\_\_\_\_ poinsettia (\$30 each) to contribute to the décor at our Christmas Eve Service at Roy Thomson Hall.

I/we would like purchase \_\_\_\_\_ poinsettia(s) (\$30 each) to take home.

(Order deadline is Sunday, December 10. Poinsettias will be available to pick up in the Social Hall after services on December 17.)

*Proceeds from all purchases will help fund our Christmas Eve Service.*

Your name(s), dedicated by

\_\_\_\_\_

Dedication text listed below will appear under your name exactly as submitted:

\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Payment Options:    [ ] Cash    [ ] Cheque    [ ] Visa    [ ] MC    [ ] AMEX

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_