

October 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

Important Fall Dates

October 1

Blessing of the Animals

October 9

Thanksgiving Community Meal

October 15

Depression Initiative Luncheon

October 19

Celebrating a Brilliant Career

October 27

SJN Movie Marathon

October 29

Depression Initiative Launch

November 24 & 25

Christmas Concerts

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 x 107

 **Annie Menezes** Executive Assistant, amenezes@mcctoronto.com x 107

 **Kathy Katsunoff** Coordinator of Weddings, weddings@mcctoronto.com x 170

 **Sandra Millar** Coordinator of Funerals, funerals@mcctoronto.com 416-235-7330

 **Board:** BofD@mcctoronto.com

Worship

 **Rev. Deana Dudley** Assistant Pastor, Co-pastor of Evening Worship; ddudley@mcctoronto.com x 130

 **Rev. Sam Morris** Co-pastor of Evening Worship, sammorris@mcctoronto.com x 199

 **Diane Leah** Director of Music, dleah@mcctoronto.com

 **Sheryl Pollock** Team leader of Worship Logistics Support, spollock@mcctoronto.com

 **Cory Bertrand** Christmas Eve team leader, cbertrand@mcctoronto.com

Community Care Ministry

 **Rev. Carmen Llanos** Pastor of Interfaith and Hispanic Ministries, cllanos@mcctoronto.com

 **Sandra Fontonelle** Coordinator of Deacons, deacons@mcctoronto.com x 114

Congregational Giving

 **Kevin Coutu** Giving Programs kcoutu@mcctoronto.com x 139

Refugee Ministry

 **Aleks Dughman-Manzur** Program leader adughman@mcctoronto.com x 125

 **Anthony Ojo** Refugee Peer Support co-leader refugeepeersupport@mcctoronto.com x 125

 **Brendalee Cox** Refugee Peer Support co-leader refugeepeersupport@mcctoronto.com x 125

Church Operations

 **Shelly Morris** Executive Director, smorris@mcctoronto.com x 131

 **Ned Yuzevowich** Facility Manager, nyuzefowich@mcctoronto.com x 179

 **Kendrew Pape** Communications team leader, kpape@mcctoronto.com x 103

 **Edell Robinson** Communications Assistant, communications@mcctoronto.com x 111

 **Samuel Bereka** Finance team leader sbereka@mcctoronto.com x 112

 **Andrew Holmes** Team leader for Life Long Spiritual Development and Volunteer Engagement aholmes@mcctoronto.com x 128

 **Christine Kweri** Assistant to the Executive staff ckweri@mcctoronto.com

 **Helpdesk** Information Technology team helpdesk@mcctoronto.com

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

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**
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**

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: 2nd & 4th 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

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

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

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
Dengisu Darga
Victoria Akran
Mercy Madibo
Lyla Fern-Weinbren

Themes for Fall 2017

September

Creating and Being a Community of Children

October and November

Me and My Spiritual Journey

December

Gifts We Unwrap Before Christmas

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.

Blessing of the Animals (Oct. 1, 2017, 3:00 p.m.)

- Children needed to greet, usher and read

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

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

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

HOLA is a group for Spanish speakers! We meet on the 4th Sunday of every month. hola@mcctoronto.com

PACE is a social connection group for people of African and Caribbean ethnicity. 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

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

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

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

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 Thanksgiving feast on the afternoon of October 9 in the Social Hall.

Community Care Ministry (CCM) is a ministry of presence providing direct support to individuals experiencing episodic and ongoing spiritual questions. CareProgram@mcctoronto.com

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. When we feel hopeless, it's especially important to know that we are not alone. Our Depression Initiative was created to provide support and a safe caring space that nurtures hope and healing. We look at fresh perspectives and gentle techniques intended to help us better navigate difficult times and situations. One-on-one Support is offered throughout the year and a Support Group is offered every winter. A new group is about to begin. A special luncheon is being held on October 15 in Room 109 from 12:30 to 2:30. If you are considering joining this year's group, this is an opportunity to see if it might be a good match for you. The luncheon is free but please register so we know how much food to prepare. Register for the luncheon by emailing your name and phone number to 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. Our next workshop is on October 21. Contact: HealingRacism@mcctoronto.com

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

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

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

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

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

Elevation service: 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

Elevation services: rob.daywalker@gmail.com

Lectors Lift up your voice and read scripture and other sources of wisdom during the service. **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

Elevation services: 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 October gardening projects! 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

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

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

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

For more information about volunteer opportunities, please visit
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 2nd 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

Location: Social Hall



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 9th and Thursday November 30th, 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 for our Fall curriculum, starts on September 24
learning.mcctoronto.com

Life Long Learning

Join us for an amazing fall of spiritual education at MCC Toronto. This autumn, our curriculum is structured around four pillars of spiritual life: mind, body, heart and soul. Enjoy yoga, ballroom dancing, or kickboxing. Go deeper with meditation and creative writing. Challenge yourself with philosophy and theology.

Experience life long learning as both a student and a teacher by sharing your insights and curiosity with friends and neighbours in a comfortable and inclusive setting. Visit our website to enroll or register live in the Social Hall every Sunday after worship services. A suggested fee of \$10 per class applies.

learning.mcctoronto.com



Meditation Practices for Spiritual Growth
Tuesdays—Oct. 17 to Nov. 28
7:00 p.m.—8:30 p.m.
Location: Room 109
Instructor: Barb McIntosh

Finding Our Center through Movement and Writing
Thursday—Nov. 9 and 30
7:00 p.m.—9:00 p.m.
Location: Room 109
Instructor: Katie Marshall Flaherty

October 1



Blessing of the Animals

You and your furred/feathered/scaled friends are invited to our Blessing of the Animals service!

On this special occasion, MCC Toronto is a place of prayer and celebration for all creatures great and small!

Located at 115 Simpson Ave.

3:00 p.m. on October 1, 2017

- :: Animal treats
- :: Commemorative photos
- :: Each animal individually blessed
- :: Great animal themed music
- :: Special seating for felines
- :: Calm space for anxious dogs

Thanksgiving Potluck

Thanksgiving Community Meal
October 9 | 2:00 p.m. | Social Hall

We've heard that Rev. Jeff Rock loves potlucks. Because October 9 will be his first opportunity to join us for a Community Meal, we're emphasizing the potluck part of our Thanksgiving Giving Day Dinner .

Dameon will still take care of the turkeys and stuffing and gravy, and Carol Vandersanden will again

oversee the basics of the dinner. Here's the potluck part. Cooks and bakers are invited to bring salads, desserts, cranberry sauce or extra sweet potato and vegetable casseroles. Non-cooks can help decorate, setup, assist in the kitchen, help serve the meal or wash dishes. And some might choose to donate money besides! Our people are amazing.



Explore volunteer opportunities on our volunteer website!

volunteer.mcctoronto.com

VOLUNTEER

- Regularly updated with new volunteer jobs at MCC Toronto!
 - Search by skills you have or ones you'd like to develop!
 - Respond online to the postings that interest you!



3 Sunday Services - 9 & 10:50 a.m. & 7 p.m.

Hope Community Care

Canada's most influential church

Acceptance Inland Refugee Peer Support

Triangle Program - Canada's only LGBTQ+ High School

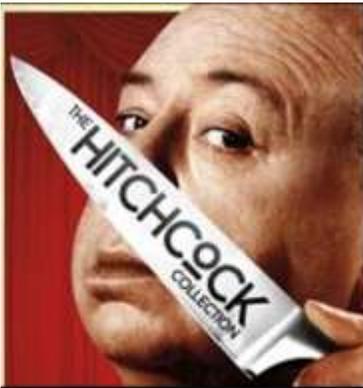
Welcome Home Children & Family Ministry **Love**

Oh the music!

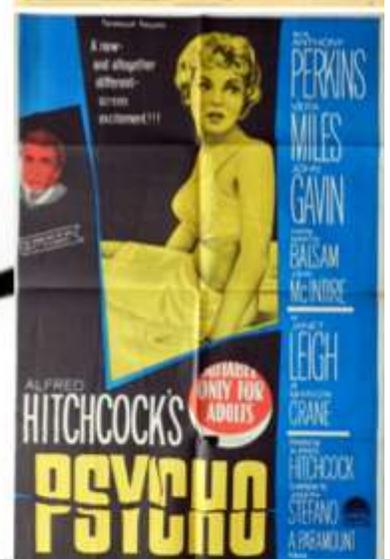
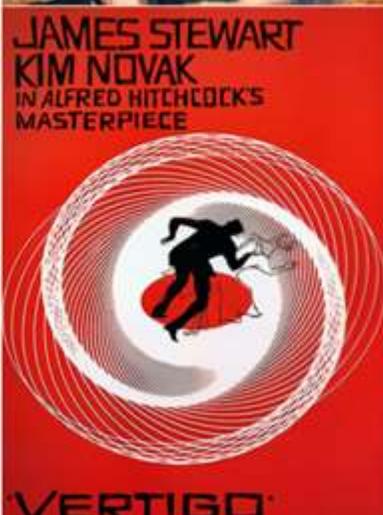
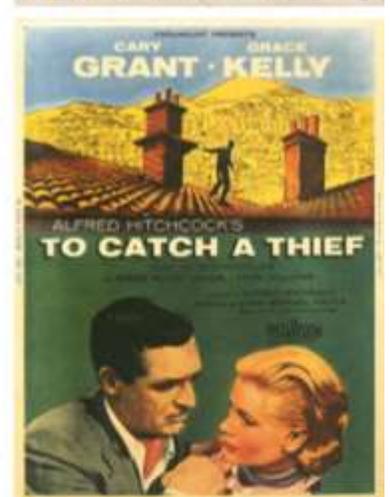
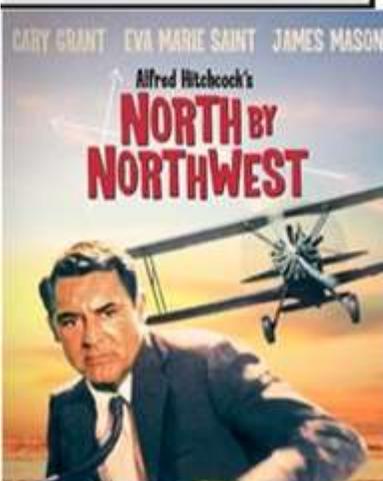
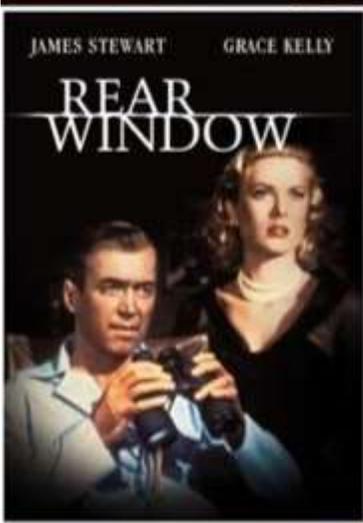
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