



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 2024

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=R0k0ZXI3WlFR2xFMW9UWEdjTDIOZz09						
* = Adult Program PB = Private Booking at 18 Wynford ACSA = Agincourt Community Services Association FPM = Flemingdon Park Ministry			1 10:00 am to 3:00 pm Virtual Office 5:00 pm * Virtual Coffee Hour	2 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	3	4 10:00 to 2:00 pm EcoFair Beach United 140 Wineva Avenue
5 Service - 10:30 am Bringing People Together for a Progressive Toronto Presenter: Donovan Hayden Music: Dr. Shradda Pai ACSA/FPM Collection 12:15 pm Don Heights Potluck Lunch	6 10:00 am to 3:00 pm Office Open 11:00 am * Publicity Committee 7:00 pm * Toronto's Spiritual Dialogue Circle Celebrates World Interfaith Harmony Week	7	8 10:00 am to 3:00 pm Office Open 11:00 am Sunday Services Committee 5:00 pm * Virtual Coffee Hour 7:00 pm * UU A to Z Canadian Roots (Eastern)	9 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	10 7:15 pm Doors Open * Bill's Coffeehouse & Open Mic featuring Howard Gladstone	11
12 Service - 10:30 am The Radical Roots of Mother's Day Presenter: Rev. Pat Trudeau Music: Don Heights Singers	13 10:00 am to 3:00 pm Office Open	14 7:00 pm Board Meeting June Calendar Content Deadline	15 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	16 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers	17	18
19 Service - 10:30 am Ants in My Pants – One Woman's Unexpected Adventures Across Seven Continents Presenter: Joyce Perrin Music: Rob Sutherland 12:15 pm Whole Foods Plant-Based Potluck	20 Office Closed 	21 1:00 pm Social Action Discussion	22 10:00 am to 3:00 pm Office Open 5:00 pm * Virtual Coffee Hour	23 1:00 pm * Online Vegan Lunch Group 7:00 pm * Don Heights Singers June Calendar Published	24 8:00 pm Folios of Light Stanford Cheung in concert \$20	25 12:30 pm CUC AGM on Zoom
26 Service - 10:30 am In Praise of Thoughts and Prayers Presenter: Rev. Lynn Harrison Music: Don Heights Singers	27 10:00 am to 3:00 pm Office Open 11:00 am * Book Group The Beauty Queen of Jerusalem 7:15 pm * Men's Discussion Group	28 10:30 am Do Be Do Group	29	30	31 3:00 pm * Women's Group at the home of Sharyn Devine	 Lily of the Valley

May 2024 Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlIiFR2xFMW9UWEjTDIOZz09>
Dial in 647-374-4685 OR 647-558-0588 Meeting ID: 833 995 2710 Password: 1111

May 5 at 10:30 am Bringing People Together for a Progressive Toronto

Presenter: Donovan Hayden
Service Leader: Germaine Kovary
Music: Dr. Shradda Pai

With the many issues facing our city, it is important now more than ever for people to get involved in local politics and talk to one another. That is why the non-profit **Progress Toronto** exists. To help grow people's political power to build an equitable and progressive Toronto through community building, advocacy, trainings, and having important conversations with as many people as possible.

Progress Toronto organizer **Donovan Hayden** will be discussing his work in helping people engage with local politics, winning on issues at City Hall, and building a hopeful political community in a time of despair.

Lady Pi (**Shradda Pai**) is a Toronto-based jazz singer and emerging artist, who combines a love of pre-1970s jazz with an international influence. She leads Lady Pi & the Prismaticks, which combines jazz, international melodies and selections from pop culture, with originals.

Visit ladypimusic.com for show listings.

May 12 at 10:30 am The Radical Roots of Mother's Day

Presenter: Reverend Pat Trudeau
Service Leader: Brien Miron
Music: Don Heights Singers

Long before Mother's Day was celebrated with brunches and flower bouquets, Unitarian Julia Ward Howe wrote her Mother's Day Proclamation to urge women across the world to join the cause of peacebuilding. Her words held a radical call to create peace that still resonates today.

Reverend Pat Trudeau will talk about those roots and what they mean today.

Reverend Pat Trudeau joined Neighbourhood Unitarian Universalist Congregation in 2007. Together with her husband, Wilburn Hayden, and son, Donovan Trudeau Hayden, she has offered multiple sessions, workshops and sermons on dismantling racism to Unitarian Universalist congregations across Canada.

On October 27, 2019, **Pat** was ordained as a Unitarian Universalist minister at Neighbourhood UU Congregation. She is currently serving Neighbourhood as a half time contract minister.

May 19 at 10:30 am Ants in My Pants – One Woman's Unexpected Adventures Across Seven Continents

Presenter: Joyce Perrin
Service Leader: Sharyn Devine
Music: Rob Sutherland

If you're like most people, when you hear the phrase "travelling the world", your mind immediately jumps to being on vacation, seeing the sights, trying new foods, and then returning home. But that's not what **Joyce** did when she travelled the world. When **Joyce Perrin**, a 58-year-old divorced woman with the lure of adventure, unleashed her undying curiosity, she crisscrossed the world for over 23 years and visited 187 countries and territories. Not just as a tourist but as an ambassador for adventure, she worked for the World Health Organization and touched lives in healthcare settings in the Middle East, Africa, and South America.

Many people dream of following their passion, but few have the guts, skills, and stamina to pull it off. **Joyce** has turned strangers into friends, and continues to embrace the inherent positivity in people around the globe.

Joyce Perrin is a former hospital CEO who put her treasures in storage and then travelled the world as a solo woman. She wrote a book, *Ants in My Pants—One Woman's Unexpected Adventures Across Seven Continents*. She looks forward to sharing her experiences with you.

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 26 at 10:30 am In Praise of Thoughts and Prayers

Presenter: Reverend Lynn Harrison
Service Leader: Lorna Weigand
Music: Don Heights Singers

In recent years, it's been rightly pointed out that when it comes to social justice, "thoughts and prayers" can't take the place of courageous action. And yet, both science and spirituality tell us that thoughts and prayers *do* make a difference--both for us and for others. Especially in times when direct action is difficult, how can thoughts and prayers still be helpful?

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*.