

## Dates to Remember...

### October 2018

All events are at the UCN unless otherwise noted.

- Oct. 7**    **Gratitude** – Louie Schwartzberg  
                  YouTube Presentation
- Oct. 9**    **UCN Board Meeting**– (Tues. 1:30 p.m.)
- Oct.11**    (Thurs. 7:00 pm) **Meet and Greet Regional  
                  Council 2018 Candidates**
- Oct.14**    **The Wonderful You** – Jim Glassford
- Oct.17**    (Wed.) **November Newsletter Submission Deadline**  
                  – larganturmel@gmail.com
- Oct.19**    (Fri.) **UCN Film Night** – 7:00 p.m., at UCN.  
                  *Loving Vincent*, an animated film about Vincent Van Gogh
- Oct.21**    **Migrant Workers** – Chrystal Goicoechea
- Oct.26**    (Fri.) **Pub Night** – 6:30 - 8:30 p.m., Cat's Caboose,  
                  billiards room, 224 Glenridge Ave., St. Catharines.  
                  Topic: **Compassion**
- Oct.28**    **Intercultural Competency** – Trecia McLennon

# Unitarian Congregation of Niagara



## Surviving and Thriving with Bi-Polar Depression – Emely Nicolaidi

**September 30, 2018**

223 Church St., St. Catharines, Ontario  
www.unitarian-stcatharines.org 905-687-8433

Lay Chaplains:            **905-687-8433**

laychaplainsucn@gmail.com

Doreen M. Peever        Desmond Sequeira

### **FRAGRANCE-FREE POLICY**

The Unitarian Congregation of Niagara is a fragrance-free zone. Fragrance may be distressful and threaten the well-being of those around you. In order to make this a safe and welcoming environment for everyone who comes here, we ask that you refrain from wearing fragrances. Your understanding and co-operation is appreciated.

***Order of Service***  
**Sunday, September 30, 2018**

Service Leader: David Jordan  
Presenter: Emely Nicolaidi  
Musician: Theresa Pothier

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Prelude Piano Selection – Theresa Pothier

Welcome

Chalice Lighting: #453

**May the light we now kindle  
inspire us to use our powers  
to heal and not to harm,  
to help and not to hinder,  
to bless and not to curse,  
to serve you, Spirit of freedom.**

– Passover Haggadah

Joys and Concerns

Hymn: #123 *Spirit of Life*

Offering

Reading: #457

**I am only one  
But still I am one.**

**I cannot do everything,  
But still I can do something.  
And because I cannot do  
everything  
I will not refuse to do the  
something that I can do.**

– Edward Everett Hale

Address: **Surviving and Thriving with  
Bi-Polar Depression**

Discussion and Comments

Hymn: #118 **This Little Light of Mine**

Extinguishing the Chalice: #447

**At times our own light goes out and is rekindled by a  
spark from another person. Each of us has cause to  
think with deep gratitude of those who have lighted the  
flame within us.**

– Albert Schweitzer

Announcements

Postlude: Please remain seated for the piano selection.

Please join us for coffee and refreshments. Please put  
your own chair away first if you are able.