

Dates to Remember...

September 2019

Sept. 29 (Sun. 12:30 p.m.) Discussion group—Concepts of Soul

October 2019

- Oct. 6** (Sun.) **Choir Rehearsal and Sing** - 9:55 a.m.
Oct. 6 (Sun.) **Ryan's Bowl** - Isabella Bujor
Oct. 13 (Sun.) **What Makes a Good Life - Lessons from the Longest Study** - Robert Waldinger
Oct. 16 (Wed.) **Nov. Newsletter Deadline** - LesLee Turmel
Oct. 20 (Sun.) **The Reality of Climate Change** - David Puttnam
Oct. 20 (Sun. 12:30 p.m.) Discussion group - **Courage**
Oct. 25 (Fri. 6:00 p.m.) **UCN Pub Night** - Fresco's Restaurant, 100 Fourth Avenue at Louth St. (Ridley Heights Plaza), St. Catharines. **Theme: Risk**
Oct. 27 (Sun.) **Choir Rehearsal** - 9:55 a.m.
Oct. 27 (Sun.) **How UUs Seek Religious Truth-** Jim Glassford

November 2019

- Nov. 3** (Sun.) **Brunch** - 9:30 a.m. See newsletter for info.
Nov. 10 (Sun.) **Choir Rehearsal and Sing** - 9:55 a.m.
Nov. 10 (Sun.) **Book Club** - 2:00 p.m. At home of Joan Rothman
Educated by Tara Westover
Nov. 24 (Sun.) **Choir Rehearsal** - 9:55 a.m.

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.

Unitarian Congregation of Niagara



**Helping Others Makes Us Happier but it
Matters How We Do It** (a TED talk by)

– **Elizabeth Dunn**

September 29, 2019

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

laychaplainsucn@gmail.com

Doreen M. Peever Desmond Sequeira

Order of Service
Sunday, September 29, 2019

Service Leader: Mary-lyn Hopper
Speaker: Elizabeth Dunn
Pianist: Peter Shea

Prelude

Welcome: #418 **Come Into The Circle**

Lighting the Chalice: #452 **Life is a Gift**

Reading from Dalai Lama keepinspiring.me

Joys and Concerns

Hymn: #361 **Enter, Rejoice, and Come In**

Offering

Responsive Reading: #567 **To Be of Use**
Marge Piercy

Address: **Helping Others Makes us Happier - but
it Matters How We Do It**
– a TED talk by Elizabeth Dunn

Questions and Discussion

Hymn: #354 **“We Laugh We Cry”**

Announcements

Extinguishing the Chalice: #456

We extinguish this flame but not
the light of truth,
the warmth of community,
or the fire of commitment.
These we carry in our hearts until
we are together again.

– Elizabeth Selle Jones

Postlude

Please remain seated for the piano
selection.

Please join us for coffee, tea and refreshments. And please put
your chair away if you are able.