

Jubilation! is the newsletter of Jubilee United Church
40 Underhill Drive * 416-447-6846 * www.jubileeunited.ca

Norm's Notes

Back at the end of May, I made a bet with Jubilee United Church. I bet that I could lose 25 lbs before the end of October. Following a liturgical calendar, I was betting that I could lose 25 lbs between the festival of Pentecost and the Feast of All Saints. (What I meant was "I had better weigh in before Hallowe'en or I'm in big trouble!"). Should I lose the bet, I offered to donate \$1,000 to the ministry of Jubilee United Church. Should I win the bet, I was hoping that people might sponsor me by the pound, paying off for anything between 25 and 30 lbs lost. People seemed to be supportive. I imagined that I could even raise a couple of hundred dollars a pound! Imagine! I could lose 25 lbs and Jubilee would have an additional \$5,000 to support ministry in Don Mills!! Well, that was not to be.

Instead, I lost over 30 lbs. On Sunday, October 31, I weighed in at 248 lbs. over 30 lbs less than when I started.

And you pledged almost \$600/lb. That's almost \$18,000 to support the work and ministry that is Jubilee. WOW!

First, allow me to thank you. Thank you from the bottom of my heart... a heart that actually works less these days and should keep working longer. I have been overwhelmed by the support from the whole community. From the people offering me advice, the people spying on me in the grocery store, the people who read and supported my weight loss blog (www.jubileeunited.blogspot.com), the people who were still adding sponsorship a week before my weigh in and those who also made it a mission to lose weight along with me (you look fabulous, by the way!).

Now, let me tell you the secrets of my success: #1... #2... .. ahhh... #3...

Actually, I have no secrets. There was no diet; no special regimen from which I am now released. I made a few simple changes.

1. Bread. I didn't stop eating it but eat a lot less of it. I gave up sandwiches for wraps and ignored the bread basket at restaurants. (unless it was hot and fresh... come on, I'm only human)

2. Water. I drink a lot of it. I drink still water, tap water, imported water, sparkling water.. I drink it during the day, I drink it at night. At a pub with friends or at a restaurant, I always have a large bottle of sparkling water first. Then, when I have a glass of wine or a pint of lager, I'm not drinking for thirst but for taste and I drink a lot less.

3. Eat slowly. I take my time and don't wolf down my food or attack it like a challenge. The slower that I eat, the less I eat. (Turns out, my mother was right.)

4. Simple breakfast every day. Sugar free, high fibre, protein cereal and green tea. Or sprouted grains English Muffin and organic peanut butter and green tea. I'm not hungry for the rest of the morning.

5. No fast food. I don't drive-thru; I don't pick up; I almost never order in... If I'm in a rush a Zone Perfect bar does the trick.

6. I snack on crunchy sugar free cereal instead of nuts and candy. As long as it crunches, I'm happy.

7. Most of my eating is intentional... I work at not eating when I'm bored or when I'm watching TV and not paying attention to my hunger. Bored habit eating was a big problem for me.

8. No Nachos. (They are evil. I love them and they keep trying to sneak into my life... sometimes disguised as a Cheese Dip or sometimes the only thing on menu that can be shared... but I must resist their hot salty goodness.)

9. I walk a lot. More often. Great distances. My dog likes it... my wife likes the peace and quiet (she stays home).

10. Finally... occasionally, I cheat. Every now and then, I forget about the rules eat the bread, order the nachos, start with the wine. But then, the next day, I go back to my good habits.

So, you can see that I don't really have a diet or a program that ends now that I've lost the weight. It is my hope and my firm belief that I will continue to lose weight until my body finds that weight that's right for me. I knew that it wasn't 286... I'm pretty sure that it's not 248... so, in time, I will find my correct weight. Like I said it's not a diet, and I assure you that you will not see me back at my earlier weight by the end of November. (promise!)

So, enough of that. What about Christmas?

This year, I'm hoping that maybe... just maybe... for me and for you, that we don't make it a special time of year. You read that correctly: I hope that Christmas is not a special time of year for you and your family. (*Wouldn't that be a great Christmas Card?*) The problem with Christmas being a special time of year is that it becomes something of a diet... We stock up on sweets and Christmas Food, we invite family and friends over, we greet strangers with sincere good wishes and "Merry Christmas", we participate in singing out loud (songs about God, imagine!), we give gifts to loved ones, learn to be gracious in accepting gifts and dare to talk about Jesus in public (even if it's just singing "Away in a Manger" under our breath while waiting in the check out line at The Bay).

But then...

Come December 26th and the Boxing Day frenzy for HD TVs ½ off... the diet is over, we congratulate

ourselves on all that we've achieved and dutifully return to our old habits. By the end of January we are back to our pre-Christmas, busy, anxious and withdrawn selves. Gone are the public displays of kindness, charity and "Merry Christmas", preplaced by grumbling, complaints about darkness and slush, and general sense of "if everybody would just leave me alone!!!"

So how about it? This year... let's not diet. Let's not have a "special" time of year, but instead, let's try for a lifestyle change. Allow me to suggest a few ways that it might work for you beyond December 25

1. Smile. At children. At old people. At in between people. At nothing... just smile and imagine that someone is noticing and that you are inspiring them or cheering them up

2. Sing. Out loud. In the car. On the street. Under your breath. At home. To your children. To your partner. Sing Christmas Carols, sings arias, sing anything that comes into your heart.

3. Invite people over for dinner. Not because it's a special day, but because it's Thursday and after you can go to choir practice together (see suggestion #2).

4. Give gifts. Not large extravagant gifts, but simple little thoughtful things... give them to neighbours; to friends; to family... maybe even strangers. (Incidentally, you can still give large extravagant gifts to members of the clergy, if you so desire...)

5. Go for a walk at night. Not to see the Christmas lights, but just to see the neighbourhood. Walk slowly and enjoy the evening.. warm or cold, it beats what's on TV (guaranteed).

6. Think about God. What is God trying to tell you....not just by coming in flesh as a baby in a manger, but into your life right now. Where is God in your life? What does it mean to have God in your life... think about and wonder, just as you wonder at Christmas what the whole crazy pageant story is all about.

7. Talk about Jesus. I don't mean that you have to become some kind of missionary or bring people to church (although you are certainly free to do so...). But talk about this person and who he is to you. Teacher? Example? Friend? Saviour? Divine in Flesh? Question? Really Great Guy? Talk about him and allow yourself to listen to what

continued on page 3.



Looking for ways to let the Spirit in this Advent and Christmas ??

JUBILEE CHRISTMAS DINNER

Saturday, November 27th

(Tickets available from Church Office)

SOMETHING LIKE CHURCH

Sunday, December 5th @ 7pm

Vibrant, energetic, interactive worship for any age.

Lead by Norm with story telling and the "Jubilants" with great music a chance to let your hair down and find the Spirit.



ULTERIOR WORSHIP

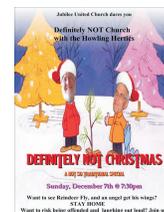
Mondays, December 6th and 20th @ 8:35pm

Quiet, intimate worship with Word, Prayer and music lead by Mary Anna Higgins on the piano. A chance to relax, breathe and let Christmas arrive gently.

DEFINITELY NOT CHURCH

Sunday, December 12th @ 7:30pm

Drew and Norm, the Howling Heretics, pick their favourites from the past year and offer them to you as a "Christmas Special" Stories from the Bible, songs from the past 5 decades of popular music and smiles that are immediate and lasting!



TORONTO CHORISTERS CHRISTMAS CONCERT

Tuesday, December 14th @ 7:30pm

No Admission Fee, but lots of familiar Christmas songs and yuletide joy, presented by the 100 voice Toronto Choristers

There will be ample opportunity to sing along!

(Donations will be gladly received)



JUBILEE MOVIE NIGHT

WHITE CHRISTMAS

Can it be Christmas without it? AND nobody will stop you if you sing along.

Wednesday, December 15th @ 7:30pm



CAROLS BY CANDLELIGHT

Hear the full Choir with Piano and Organ present familiar, precious, new and special carols in the context of the Christmas Story, all in the intimacy of candlelight.

Sunday, December 19th, 7:30 p.m.

Admission is free (Donations will be gladly received)

CHRISTMAS PAGEANT

December 12th @ 10:30am.

An original play inspired by the timeless story of our faith, presented by the children and others of our congregation.



CHRISTMAS CAROLING on the LABYRINTH

Tuesday, December 21st @ 7pm

Stand Outside on the Labyrinth (or inside in the Garden Room if you're not sure that the spirit will keep you warm) and sing classic Christmas Carols and Songs with a fantastic live brass and woodwind band!

Sing the songs that help to make this time of year so much fun... laugh with friends, make new ones; share hot chocolate and fun

WINTER SOLSTICE LABYRINTH WALK

Join us on the indoor labyrinth for reflective time beginning the first

Sunday of Advent, at 7:00 p.m. November 28

after the outdoor labyrinth music event.



CHRISTMAS EVE SERVICES

Thursday, December 24th

Family Service at 7:30 pm

Communion Service at 11:00 pm

Please check the website for information on Tuesday Morning Bible Studies and Living the Questions Discussion Group.

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others have to say; allow yourself to change your mind...

8. Take time off. You get at least a day at Christmas... so take another day next month. A day when you do nothing... a day when all of the stores are closed for you, even if they aren't for the rest of the world.

9. Dare to believe in miracles. If that's hard for you, then, dare to live with mystery... smile and celebrate even the things that you can't explain or fully understand.

10. Finally... pray. Seriously... just every now and then, close your eyes and open your heart. Pour it all out even if you're not sure where it's going or how it's being heard.

If you do can these things, as part of a lifestyle, not just a diet... I promise you that you will see results and these results won't disappear as soon as Christmas is over, they will last. I don't know if you'll find your waist line becoming more narrow, but I am sure that you will find your faith becoming broader.

This Christmas... let's not make it special, let's make it real.

God Bless,
Norm



FOLLOW THAT STAR

Sunday Worship 10:30 am

- Dec 5 7:00 pm **Something Like Church**
Music by The Jubilants
- Dec 6 8:35 pm **Ulterior Worship**
Quiet, Intimate, Communion
- Dec. 12 10:30 am **Christmas Pageant**
Dec. 12 7:30pm **Definitely Not Church**
- Dec. 14 7:30 pm 🎵 **Seasonal Carol Sing with**
100-voice Toronto Choristers
- Dec. 19 7:30 pm **Carols by Candlelight**
... carols old & new 🎵
- Dec. 21 7:00 pm **Caroling on the Labyrinth**
Dec. 21 9:00 pm **Winter Solstice Labyrinth Walk**
- Dec. 24 7:30 pm **Christmas Eve Services**
& 11:00 pm

40 Underhill Dr.
416-447-6846
www.jubileeunited.ca



ALL WELCOME!

CLAXTON FRUIT CAKES

Once again those delicious
Claxton fruit cakes are available
at Jubilee.

There is no change in pricing -
1lb bar @ \$6.50

Box of 3 - 1lb bars @ \$17.00

All net proceeds go to Outreach
activities.

Contact Bob Nicholls at
416-445-2642 to order.



Walking the Labyrinth

*Join us on the indoor labyrinth for
reflective time beginning the first Sunday
of Advent, at 7:00 p.m. November 28*

*Our Winter Solstice walk this year will
take place on December 21 at 9:00 p.m.
after the outdoor labyrinth music event.*

Jubilee Youth Update

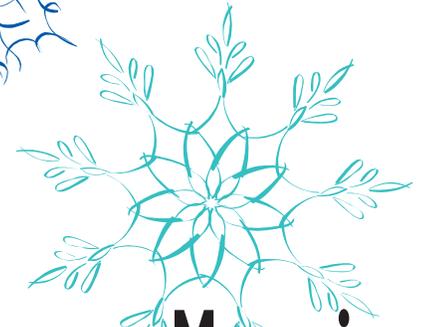
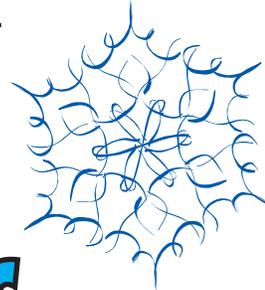


Many thanks to all our youth volunteers who assisted with building and hosting the haunted house for the Jubilee Halloween Party. And a special thank you to the adult volunteers who helped with set up and clean up. The Halloween Party was a great success with approximately 100 in attendance, including many folks from the neighbourhood. The Fellowship Committee did a great job with setting up crafts, games and a hot dog feast. It was a team effort that allowed us all to have some ghoulish fun!!



What's coming up as we make our way to Christmas???

- November 19th Dinner and activities from 5:30 p.m. 7:30 p.m.
- November 27th Christmas Dinner youth are welcome and encouraged to help with set up, serving and clean up (it's a tradition).
- November 28th Pizza lunch in the youth room.
- December 10th Christmas Party



DISCOVERY ZONES

Thank you to Andrea Mozas and Beth Frise for leading "Fair Play" in October

November: Christmas Pageant Preparations begin . . .

All ages welcome to participate in the Christmas pageant again this year. Please let Amanda MacKenzie or Lee-Ann know if you are interested and/or sign up in the foyer at the back of the church. We appreciate all the adult support that we can get with costumes, props and prepping snacks for our cast. Rehearsals and prop building will take place Sunday mornings during our regular DZ time during the service and there will likely be a rehearsal the Saturday before the th performance. The pageant will be presented December 12 during our Sunday morning worship.



- Dec. 19** "Baby Jesus Shower" Andrea Mozas and Beth Frise leading.
- Dec. 26** *Boxing Day Sunday* No Discovery Zones
- January** "Word on the Street" Paul and Trena Slovenski leading.

Observer Magazine

The renewal of your Observer subscription will be payable at the end of December.

I will be sending out a notice to current subscribers shortly asking their intentions.

The cost for 2011 will be \$20.

If you are not now receiving it and would like to, let me know.

Bob Nicholls, 416-445-2642.



From the Outreach Network



1. We all look forward to Christmas celebrations and gift giving. Many of us are "hard to buy for" or have relatives who are "hard to buy for" Why not consider a donation to a favourite charity or worthy cause? We would like to suggest the following causes which are close to our hearts at Jubilee: The work of The United Church of Canada across the country and around the world is funded by the Mission and Service (M&S) Fund. <http://www.united-church.ca/funding/msfund>

The Stephen Lewis Foundation (SLF) supports community-based organizations that are turning the tide of HIV/AIDS in Africa. We support women who are ill and struggling to survive; assist orphans and other AIDS-affected children; reach heroic grandmothers caring for their orphan grandchildren;(Grandmothers to Grandmothers campaign) and sustain associations of people living with HIV and AIDS. Since 2003, SLF have funded over 300 projects in 15 countries. <http://www.stephenlewisfoundation.org/>

2. Fair Trade products are becoming more available in Toronto Stores. Fair trade is an organized [social movement](#) and [market-based](#) approach that aims to help producers in [developing countries](#) obtain better trading conditions and promote [sustainability](#). The movement advocates the payment of a higher price to producers as well as social and environmental standards. It focuses in particular on exports from developing countries to [developed countries](#). We drink Fair Trade coffee at Jubilee. Now, in many grocery stores in Toronto it is possible to buy Fair Trade coffee, tea, chocolate and perhaps more. In Europe, fruit and fruit juices are also available. These products are good for the environment as well as for the farmers. In many coffee shops in the city, Fair Trade coffee can be found allowing us to feel good while enjoying our favourite beverage.

3. Ten Thousand Villages stores are excellent for finding wonderful unique gifts while benefiting the global community. Ten Thousand Villages operates 50 stores across Canada. Each is a unique global experience with home decorating ideas, household essentials and unique seasonal favourites. Ten Thousand Villages is a nonprofit Fair Trade Organization (FTO). FTOs are non-governmental organizations designed to benefit artisans, not to maximize profits. They market products from handicraft and agricultural organizations based in low-income countries, providing consumers with products that have been fairly purchased from sustainable sources. There are three stores in Toronto. <http://www.tenthousandvillages.ca/>

CAREGIVERS TIME OUT

Many of you are taking on the heroic task of tending and caring for spouses or family members that are ill or less able. It's a challenging act of love and concern that you deliver each day and it often feels like a lonely commitment. If you are interested in gathering with other caregivers for a time out, to share the journey of caring for a loved one please join Lee-Ann on Tuesday, November 16th at 6:30 p.m. in the church Library. It is possible that we will decide as a group to meet ongoing so if you can't make it that evening just let Lee-Ann know you are interested in future gatherings.
416-447-6846 ext. 104



Parents & Tots New Time!

Coming this Fall to Jubilee, Wednesday mornings from 10:30 - 12:00. Parents and their little ones are invited to drop in for a visit. Grown up conversation for parents and play time for tots! For further information contact Lee-Ann at 416-447-6846 ext. 104





TABS FOR WHEELCHAIRS!

1,278! What a number! That is the number of wheelchairs that have been purchased under the Tabs for Wheelchairs program started in 1989. The program was started by two legionnaires from the Royal Canadian Legion in Elora, Ontario, Jack Baumber and Roy Pearse. Although Roy has retired from the program, Jack and his wife are still carrying on.

Keep collecting those pop and beer tabs and bringing them to Jubilee so they can be sent on to Elora. Tabs flow to Elora from all over the world, even places as distant as Australia and Alaska. All the handling of the tabs is done by volunteers. From the Elora storage depot, the tabs are transported and sold as scrap to Alcan in Guelph, Ontario.

It takes about one ton of tabs to buy one wheelchair, (about 2, 350,000 tabs). Don't let the large numbers scare you keep collecting them and bringing them in to Anne-Mari in the office. Enough tabs are currently being collected to purchase 117 wheelchairs each year and they are provided free of charge to worthy recipients.
Ted Gieruszczak



The Jubilee Living and Learning LECTURE SERIES

Fall Series:

"HISTORY AND THE ARTS"

Wednesday afternoons 1-2:30pm
Lectures \$8

Nov. 17 THE VANCOUVER OLYMPICS

A behind-the-scenes look at photographing the 2010 Winter
Presenter: Richard Lautens

Nov. 24 UNDERSTANDING PICTURES IN VISION AND TOUCH

A lecture on the psychology of pictures, richly illustrated.
Presenter: Dr. John Kennedy



Jubilee Fitness

Have fun and get fit

Wednesday mornings 9:30 - 10:30
with a
certified Fitness instructor

All ages and fitness levels welcome

\$5.00 per class
for more information call
Deborah Johnston
416-751-8298

*Saturday, November 20th at 7:30pm at Jubilee
United Church*



*Gifted local pianist
Annie Li
will present an
evening of
"Classic" Classical
Piano*

The program will include
Bach Prelude and Fugue
Beethoven Sonata
Chopin Ballade
Rachmaninoff Prelude
Prokofiev Sonata
2 Chopin concert etudes

Admission is free, but donations for Habitat for Humanity will be gratefully accepted.



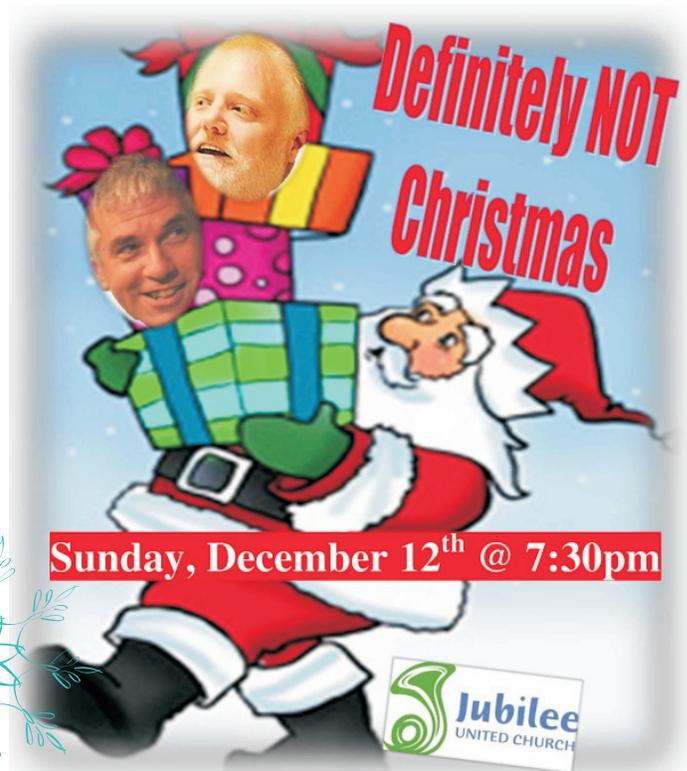
United Church Women

At this Christmas time and at the start of the New Year we are hoping that one of your New Year's resolutions will be to try something new.

One of the main organized groups at Jubilee United Church is the United Church Women often referred to as the UCW. We have several formal groups that meet regularly once a month for interesting programs and we have a great social time. As usual with most groups we are always looking for new members. If you are new to our church or have been here and not joined a UCW group we would be pleased to hear from you. You will meet wonderful women and hopefully make some new friends

Please feel free to speak or contact the following UCW members who are in active groups. Some groups always meet at the church and other groups meet in member's homes or at the church depending on the program.

Bethesdians Elaine Brown, Sandra Beech, Pat Robson
Esther Circle Mary Kalanda, Barbara Rutherford
Night Owls Roma Watson, Liz Fletcher, Fran Humphries
Sarah's Circle Fran Crabe, Barb Secord
Rachel Unit Cathy Smyth, Wendy Miller



Join the Howling Heretics to hear a story that is NOT the story of Christmas, with soundtrack of pop songs from the past 5 decades... this is one Christmas Special guaranteed NOT to be warm and cuddly.

The Jubilee Order of Good Cheer Presents

TUESDAY, JANUARY 25, 2011 at 7:30 p.m.
"THE QUEENSMEN MALE CHORUS"

This group of twenty-five male choristers has just celebrated its 60th anniversary. Although its personnel has continued to change, the joy of singing and eagerness to promote good male choral singing has not. This chorus has travelled widely and has earned an international reputation. A perfect way to spend a winter evening.

FRIDAY, FEBRUARY 18, 2011 at 7:30 p.m.
"THE MUSICMAKERS DANCE BAND"

What could be better close to Valentine's day, than to come and tap your feet, sing along, and dance if you wish to the great music of the 30's, 40's, and 50's! Seven 'senior' musicians on trumpet, clarinet, saxophone, piano, banjo, bass, and drums will give us a musical evening to remember.

TUESDAY, MARCH 29, 2011 at 7:30 p.m.
"THE DON MILLS COLLEGIATE JAZZ BAND"

Eighteen young talented musicians from this community will present a program of traditional and contemporary music. This group has performed at many events including national festivals and we are pleased to welcome these young 'stars of tomorrow'.

TUESDAY, MAY 10, 2011 at 7:30 p.m.
"ONE HUNDRED CHORISTERS"

For the fifth consecutive year, we welcome the "Toronto Choristers". This talented group of singers and musicians will be presenting an entirely new program of songs from many different musical genres, and as always, this will be a great way to conclude the Jubilee Order of Good Cheer 2010-2011 concert series.

We look forward to seeing you on concert nights. A reception and free refreshments follow each program.

Admission at the door Adults: \$10.00 Youth: \$5.00

Christmas beyond the Walls of Jubilee

Last year, we collected **diapers for the children of Massey Centre**, a program for young mothers without support. The response was incredible and so we will be repeating the program this year. All through Advent you are invited to bring bring diapers in all children's sizes and place them at the front of the church. After Christmas we will take them all to the Massey Centre as a way of showing our love and support for infants and young mothers just as the Shepherds and Magi showed support for a particular young mother and her infant on the First Christmas.

And because 2009 was such a success, we will again be supporting the **Angel Tree Project**

Angel Tree is an opportunity for us to show love and support for the children of men and woman who are in prison or have recently been released. Often these children live in poverty and parents feel alienated from their children as they can't provide even a Christmas gift for their loved one. With Angel tree, Jubilee will have the name of a child and an indication of his/her interest provided by the parent. We will buy a gift under \$30 for this child as well as an article of clothing on behalf of his/her incarcerated parent. Starting next week, names will be available and you are invited to participate as you choose: By purchasing gifts, by wrapping or by delivering... perhaps even all three. This year we are hoping to support 25 children and we would love it if you could be part.



When was it that we saw you a stranger and welcomed you, or naked and gave you clothing? ³⁹ And when was it that we saw you sick or in prison and visited you?' Jesus said, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'
Matt 25:38-40 (paraphrased)



The Benevolent Fund

The Benevolent Fund is modest and discreet fund that I use to help folks in greatest need. There are no reports made or records kept; it is entirely at my discretion. Every year in December, I invite you to contribute to this fund as you see fit. Money can be given to me directly, through the office or on the Collection Plate in an envelope marked "Benevolent Fund". Although we consider this to be an "extra", if it arrives on the plate or through the office it can be added to your donations to Jubilee and be included on your tax receipt. In the past year I have been able to help individuals and families in crisis with groceries, utilities, rent and medical expenses. 2010 was another challenging year for many of our neighbours. The Benevolent Fund is a modest fund, so I work with people inviting them to help themselves rather than relying on us for support; assistance is a one time gift and it comes after due diligence. You will not hear about these efforts during the year as privacy is essential but please know that your contributions are valued and make a difference in people's lives. In the past year, we've helped folks feed their children, keep the hydro on, find Doctors that could help and just get that break they needed...

I thank you for your support of the Benevolent Fund in the past and invite you to contribute again this year as you see fit.

Thank You *Norm*