

Our special edition includes:

- Updates on page 1 and 2
- Upcoming events on page 3, 4 and 5



## Updates from the Beach United Church

### Beach United's Community Christmas Market

Get Involved!

Saturday, November 17, 10 a.m. to 2 p.m.

Our Christmas Market brings the community together to launch the festive season. You'll find tasty treats, Christmas decor and gifts, beautiful music and more!

We can't do it without your help, so please volunteer if you can.

- Before the Christmas Market:
- Bake goodies for the Bake Table
- Make preserves for the Jams & Jellies Table
- Donate used jewellery and holiday decor
- Contribute handmade Christmas crafts
- Drop off reusable paper gift bags
- Join the Meat Pie Makers on November 7 (9:30 a.m.)
- Join the Gingerbread Cookie team - baking on November 3 (9-noon) & decorating November 9 (9-noon)
- Pitch in to help with setup on Friday, November 16
- Spread the word to your family, friends & neighbours!

At the Christmas Market:

- Help with Lunch Diner food prep and serving
- Be a greeter to welcome visitors
- Staff the Jams & Jellies Table, Jewellery, Table, Crafts Table, Home Decor Table
- Staff the Gift Basket Raffle
- Count money
- Lend a hand with the cleanup after 2 p.m.



## Christmas Market Vendors

As our Christmas Market is coming closer, I have been working to find vendors to invite to our event. This year we are working with vendors who are local artisans, work with fair-trade initiatives and/or have an ecological and social-justice focus to their products.

So far, I have some wonderful vendors lined up including Jubilee Designs, a Yonge Street Mission Initiative that provides creative employment opportunities for homeless and at-risk youth. For more information on their initiative, please visit [jubileedesigns.ca](http://jubileedesigns.ca).

One of our wonderful vendors for the Christmas Market will be ChocoSol a local Toronto community enterprise. They strive to create an ecologically and socially just food system through chocolate, coffee, and maize. Cacao, the main ingredient in all of their chocolates, is organically and shade-grown, sourced directly from Indigenous communities and forest gardens in the Lacondon Jungle of Chiapas, Mexico and the Oaxacan mountains of Southern Mexico. Chocosol will be bringing a selection of delicious handcrafted chocolate, drinking chocolate, coffee and cacao products.

For more information on ChocoSol, please visit their website: [www.chocosoltraders.com](http://www.chocosoltraders.com).



## Rowe Farms now donating to Beach United

I'm happy to announce that the local beaches Rowe Farms is donating assorted ingredients to our Interfaith Lunch Program and Out of the Cold on a weekly basis. Rowe Farms is located at 2120 Queen St. East and sells locally and humanely raised meats along with local vegetables, breads, and food products. We thank Rowe Farms for their generous support to our community outreach programs!

## Music in the Garden Event with Pegasus Community Project on August 29

The music in the garden event Steven and I planned with Pegasus was a wonderful experience. We enjoyed a morning of singing and drumming with Pegasus participants, staff, volunteers and community members. Afterward, we enjoyed garden herb iced tea and snacks.

Steven and I will be working on hosting more accessible events like this in the future at Beach United and hope you can join us. For more information on Pegasus, please visit [pegasustoronto.ca](http://pegasustoronto.ca).



- Nicole Tanti, Community Engagement Coordinator

## Upcoming Events



**Jazz & Reflection Saturday, November 3, 4:30 p.m.**  
"Radiance" featuring Laila Biali on piano/vocals and Ben Wittman on percussions.

Laila Biali has won awards (SOCAN Composer of the Year and Keyboardist of the Year at Canada's National Jazz Awards) and played the world's most prestigious venues (North Sea Jazz Festival, Tokyo's Cotton Club, Carnegie Hall). She has toured with GRAMMY award winners (Chris Botti, Paula Cole, Suzanne Vega and recorded with an international icon (Sting) and established herself as one of Canadian jazz's brightest young stars.

### Death Diner? Seriously?

Well, yeah. It happens to us all, and yet, talking about it is taboo. So we're offering a chance to change that. Four dinners where the conversation is death and dying. Each one with an experienced discussion leader - a doctor, a spiritual guide, a hospice leader, a mindfulness educator. We call the series Death Diner. And it's open to anyone. So tell your friends, family, neighbours -- anyone who's ready for some frank conversation about Life's Biggest Challenge.

**When:** Wednesday evenings, 6 to 9 p.m., November 7 and 28. A light meal will be provided.

**Where:** Beach United Church

**Cost:** By donation

Please register through Eventbrite or the BUC office. For more information, contact Karen Watson at [karen.watson@kmwatson.com](mailto:karen.watson@kmwatson.com).

Meet up at **The Death DINER**

Who's ready for frank discussion, good storytelling and new perspectives on death and dying...over dinner?

Sessions 6 - 9 pm at 140 Wineva Ave

- Oct. 3 "How we think about our own deaths" Amanda Maragos, hospice specialist
- Oct. 17 "Expectations around dying" Paul Cramer, MD
- Nov. 7 "Our fears and hopes" Jan Kraus, spiritual guide
- Nov. 28 "Using mindfulness to help" Teri Henderson, mindfulness educator

Register: [eventbrite.ca](http://eventbrite.ca) or [office@beachuc.com](mailto:office@beachuc.com)

[www.beachunitedchurch.com](http://www.beachunitedchurch.com)

### Worship Matters Sundays in November, 10.30 a.m.

- November 4 Celebrate Communion
- November 11 To remember is to work for peace
- November 18 Celebrate the baptism of Whitney Sarah Scott
- November 25 Jesus: *My peace I give to you*





**Concert of Hope**

**Shout Sister Choir**  
60 Voices performing blues, folk, jazz & gospel  
Powerful!

**7:30 pm Saturday Nov. 10**

**Abby Zotz**  
Award winning singer/songwriter  
Touches of Sarah Harmer, Jani Mitchell & Sarah MacLachlan, accompanied by Chris & Joel Saunders

Tickets: \$20 adults | \$10 children ten and under  
Available at Eventbrite.ca | Church office 9 am-1 pm weekdays and at door, opening 6:45 pm with cash bar. CD's for sale

140 Wineva Ave.

## Shout Sister and Abby Zotz Choir Saturday, November 10, 7:30 p.m.

This 70 women choir returns to soothe the soul with a four-part harmony session led by professional singer/songwriter Abby Zotz. Please note that this is a fundraiser.

Abby Zotz, a Whitby native, is an actor, singer, and director of the Durham Evening Chapter of Shout Sister! She is half of the singer-songwriter duo "Two Roads Home" and is the founder of the celebrated a cappella Renaissance trio "MadriGALS."

**THE RISE OF THE SACRED WARRIOR**  
A CEREMONIAL CONCERT ON REMEMBRANCE DAY  
WITH DARREN AUSTIN HALL & SPECIAL GUESTS

SUNDAY NOVEMBER 11TH 6-8PM  
IN PARTNERSHIP WITH BEACH UNITED CHURCH  
BY DONATION & FAMILY FRIENDLY

WISDOM OF THE ARCHETYPE OF THE SACRED WARRIOR  
HONORING OF THE DIVINE MASCULINE & FEMININE  
SOUND-BATH WITH CRYSTAL BOWLS, GONGS & SONG CHAMBERLAIN  
SONGS, POETRY & STORYTELLING  
GRIEVING RITUAL TO HONOUR THOSE LOST IN WAR  
COLLECTIVE FREE CHANT FOR A WORLD OF GREAT PEACE

## Remembrance Day Special Event - chant for peace, grieving ritual, songs, poetry & storytelling - Sunday, November 11, 4 to 6 p.m., Beach United Church [by donation & family friendly].

*The Rise of the Sacred Warrior* with Darren Austin Hall and special guests. To reserve: <https://sacredwarriotevetnbrite.com/>. Visit [www.darrenaustinhall.com](http://www.darrenaustinhall.com) for more information.

**Calling all Bakers!** We need to fill the Bake Table at the Christmas Market with delectable treats. These are the items that sell well:

Cookies [packaged in 6 or 12]:

- Squares
- Fruit loaves
- Butter tarts
- Brownies and muffins



Please note if there are any nuts [including coconut] in the baked goods. We ask that you package your baked goods, ready for sale. Deliver goods on Friday, November 16, 9 a.m. to 3 p.m. or before 9 a.m. on the day of the Market, Saturday, November 17. Questions? Please call Carol Murden 416-425-8617.

THANK YOU!

**beach united church**

**MINDFUL MORNING #2 BAKING & CRAFTING**

All ages welcome  
Children and youth-centered event.  
Email [youth@beachuc.com](mailto:youth@beachuc.com) to reserve your spot!

Sunday, November 18th  
10:30 a.m. to 12:30 p.m.  
140 Wineva Avenue

## Mindful Mornings #2, Baking Program Sunday, November 18, 10:30 a.m. to 12:30 p.m.

All ages welcome. This is a Children and Youth Programming initiative. Email [youth@beachuc.com](mailto:youth@beachuc.com) to reserve your spot.



## Soundwave Café Saturday, November 24, 2:30 to 4:30 p.m.

Featuring Canadian folk singer/songwriter Sarah Hiltz. Sarah Hiltz is an emerging singer/songwriter expanding the alternative Canadian folk tradition with her latest album, *Beauty in the Blue* (2017), a compilation of songs and stories culled from her multiple journeys across Canada as a travelling musician on cross-country Via Rail passenger train, "The Canadian."



## Jazz & Reflection Saturday, December 1, 4.30 to 5.15 pm

**Theme:** *A Gentle December Day*

Paul Novotny, (bass) Tom Reynolds (piano) and Alana Bridgewater (vocalist)

Please join us to experience spiritual jazz music and inspiring philosophies about what connects humanity in "oneness." Dr. Tom Reynolds uniquely blends jazz and theology to seek profound spiritual inspiration in life. Paul, Tom, and Alana will combine their individual gifts for performance to offer a *heightened spiritual awareness*, on this Gentle December Day.



## Cadence Saturday, December 15, 7:30 p.m.

For the fourth straight year, this pre-Christmas family concert will feature the amazing vocal music interpretations of Cadence, an internationally acclaimed cappella ensemble based in Toronto.

Cadence has been wowing audiences across the country and around the world for nearly 20 years. The group's four critically acclaimed studio albums, *Cool Yule* (2011), *Speak Easy* (2010), *Twenty for One* (2005), and *Frost Free* (2000) have won or been nominated for numerous awards, including three nods from the JUNO Awards and 10 from CARA, the Contemporary A Cappella Recording Awards.



## Rental Events

### Mindfulness-Based Stress Reduction (MBSR) Fridays starting October 26 to December 14, 2 to 4: 30 p.m.

Learn practical ways to manage stress, develop capacity for greater calm and improve your well-being. **Register Now** at [MindfulnessStudies.com/east-toronto](http://MindfulnessStudies.com/east-toronto).