

Grief Support Gatherings

Are you struggling with the pain of loss

in your life? That loss could be pain from the death of a loved one or a cherished pet, the loss through a bankruptcy, the loss of a job, the loss of a relationship through divorce, illness or addiction, the loss of not having children, or the loss of self and/or your hopes, your dreams or your wishes. If you would like help in facing challenges resulting from your pain of one loss or multiple losses in your life, please join the UOUFC Grief Support Group. Here you will find the opportunity to be with others who have been there, to receive emotional support, to learn about or increase your understanding of the grief seasons/stages, and to develop personalized strategies to address your losses.

Monday, Jan. 23, 2017

INTRODUCTION TO GRIEF

Did you know that grief symptoms could carry on for many years after the actual loss?

It's possible one year or many years later, if you have not come fully to terms with your loss, to still be experiencing shock, a lack of concentration, crying for no reason, fatigue, depression, insomnia, apathy for life, or some other type of decline in health. Or you may be experiencing nothing at all and feel quite odd about this, despite others interpreting your numbness as a sign of strength. Whatever you are experiencing in the aftermath of loss, this workshop will look at the entire grief process including ways to support you as a first step to healing.

Monday, Jan. 30, 2017

Shock & Yearning

It may be months or even years after your loss, yet the full impact of that reality may not have sunk in. When the numbness does wear off you

may find yourself feeling explosive with a variety of emotions including anger, sadness, irritability, anxiety and confusion. Or it is possible that the slightest incident – while watching TV, reading the newspaper or listening to a song - could trigger tears and sadness, anxiety and confusion. You may feel as though an emotional avalanche has hit you. In addition, sleep disturbances often occur at this stage, as can physical ailments and patterns of avoidance.

Monday, Feb. 6, 2017

Confrontation & Adjustment

The challenge of the season of confrontation is to begin to accept the reality of your loss and experience the pain of that realization. To complicate things further, others might be indicating that they feel you should be moving on with your life at this point. This stage can be the most difficult and painful as reality has set in and grief and anger may now be accompanied by guilt, loneliness, and depression.

The season of adjustment is the precursor to your new life. At this stage you learn to live with your loss as you reinvest your energy in people, ideas and new things. You begin the process of learning new skills and tools to help you move on.

Monday, February 13, 2017

Journaling to Help Grief

Journaling is a fantastic tool to quickly get in touch with your inner world and help you process your uncomfortable thoughts and emotions. Through being mindful and writing about anger, sadness and other painful emotions, it helps to release their intensity and opens up the many roads to personal healing.

Grief Gatherings take place at 960 Lawrence Ave. Suite 201 6:30-8:00pm

Meet Our Facilitators

Rabbi David Gellman is our Director and founder. He launched UOUFC in 1996 as a universal, interfaith spiritual community that breaks down the barriers of religious divisiveness and reconnects people to their roots. This mission provides a path for individuals seeking a greater sense of spirituality in their lives. No one is turned away and all life cycle events can be honored. Ordained as a Rabbi, he is a great proponent of the Jewish Interfaith community ensuring interfaith couples obtain the life cycle events they seek and can stay connected with their Jewish roots.



Reverend Alex Gellman

PhD, is an ordained interfaith Reverend and health care professional. As a certified grief therapist, she is the director of the UOUFC grief support group

program, unique in its approach as it examines grief from the perspective of all loss. An expert on the dream and energy modalities of life, she facilitates many workshops on dreams, meridian and chakra spiritual connectivity, helping individuals reconnect with spirituality, intuition, creativity and the universe.

Chiara Ferrante RN, BScN, is a psychiatric nurse with specialized training and extensive experience in grief facilitation and crisis intervention. She uses these skills and her additional training in a number of complementary healing modalities while assisting people to overcome their losses and find strength to embrace life anew.



Universal
Oneness
Spiritual
Center

SPIRITUAL GATHERINGS
GRIEF SUPPORT
& COFFEE HOUSE

January-July 2017 Program

Welcome to our Interfaith Spiritual Community

Welcome everyone to Congregation *Beth Ruach*, the *house of spirit*, and that is what we are all infused with – the infinite spirit of creation, creator and created.

I am Rabbi David Gellman, the Spiritual Director of the congregation. Congregation *Beth Ruach* is an unaffiliated, all-inclusive congregation that welcomes people of all beliefs, of any gender, of any nationality to our services and programs where we apply an egalitarian, universal approach to Jewish spiritual worship.

This is not your parents' house of worship – it is yours – where the future is now and the patterns are still being written. We believe in the inclusion and participation of everyone in our services – high holiday and other – whether you are man, woman or child.

We also provide an online weekly Torah commentary, in addition to holiday presentations – for the high holy days, Passover, Chanukah and others – which can be listened to or watched whenever it is convenient for you to do so, or the need to commune with spirit overtakes you – details for which can be found on our web page.

We also offer Shabbat dinners, high holiday services, life cycle services and events, memorial services, spiritual workshops, equinox and solstice change of season events and on-going grief support groups, not to mention our ongoing, spur of the moment coffee house nights of poetry and song where all are welcomed to perform or recite.

We sincerely hope that you are blessed as you read through our website. Please share with us any thoughts, suggestions, and comments (supportive or lovingly critical) that God leads you to make and welcome to the *House of Spirit*.

Coffee House

Poetry, Music & Affirmations Coffee Social

UOUFC is happy to launch our throwback to the beat era of the 50s and 60s by having a series of poetry and music coffee house evenings.

All are welcome to play their favorite tune, recite their revered poetry and share their inspirational affirmation with the spirit group. We look forward to having you all attend.

The cost of this event is the purchase of a beverage at Second Cup. We Thank Second Cup for hosting our Coffee Social.



Dates for Coffee, Music & Affirmations

Tuesday, January 24, 7:00–8:00pm
Tuesday, February 7, 7:00–8:00pm
Monday, March 13, 7:00–8:00pm
Monday, April 17, 7:00–8:00pm
Monday, May 8, 7:00–8:00pm
Monday, June 5, 7:00–8:00pm
Monday, July 3, 7:00–8:00pm

Location: *Second Cup, 265 Wincott Drive*
Phone # 416-235-0333

Upcoming Interfaith Spirit Gatherings

Monday, June 12, 7:00–8:30pm
COMMANDMENTS 10.1

We will discuss the relevance of each of the Ten Commandments in our modern lives, and explore their spiritual meaning. Many are unaware that each of the original 10 commandments had physical, intellectual, spiritual and emotional components. Come for the “free upgrade” and learn about the “inner” meanings. For instance, “Thou shalt not kill” does not just refer to physical murder, but also applies to the death of the spirit that results from disappointment from unrealized hopes and dreams. **Location: Second Cup**

Wednesday, July 19, 7:00–8:30pm
WALKING LABYRINTH MEDITATION

Clear your mind, relax your body and connect to your inner power by doing a walking meditation with Universal Oneness United Faith Canada (UOUFC) at High Park's labyrinth. **Location: High Park Labyrinth is just north of The Grenadier Restaurant, west of the Dog Off-Leash area**

Monday, July 24, 7:00–8:30pm
NATURE SPIRITS

Spirit Guides, guardian angels and familiars! They have been around since the beginning of time and most of us have heard of some kind of spirit but are not sure exactly what they are. This evening you will learn where these beings come from, how to communicate with them and how they can enrich your life. **Location: Second Cup**

Our Mission

We support one another in our unique paths of spiritual development and come to truly understand our universe and ourselves, through teaching one another about the common roots of human spirituality, at our interfaith meetings and grief support gatherings.

Donations & Allocation of Funds

We suggest a donation of \$10 from the heart. Nobody will be turned away due to lack of funds.

The Universal Oneness Spiritual Center is a not-for-profit charitable organization (#88955 5801RR0001). All donations over \$10 receive a charitable receipt. Donations of \$20 or more will receive a gift.

We are proud to say that 100% of the funds donated go towards the betterment and growth of the Universal Oneness Spiritual Center and the community. All facilitators including the Reverend and Rabbi work as volunteers.

UOUFC Contact Information

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Congregation Beth Ruach Contact Information

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Our Team of Volunteers

Lindsay Beattie, Claudia Dávila, Tony Ferrante, Carson Foster, Paul Resnick, Gloria Watson