

## 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.

**Wednesday August 16, 2017, 6:30-8:00pm**

**Location: 960 Lawrence Ave W, Suite 201**

### INTRODUCTION TO GRIEF

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

If you have not come fully to terms with your loss, it is possible one year or many years later 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, this workshop will look at the entire grief process including ways to support you as a first step to healing.

**Wednesday September 20, 2017, 6:30-8:00pm**

**Location: 960 Lawrence Ave W, Suite 201**

### 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.

**Wednesday October 18, 2017, 6:30-8:00pm**

**Location: 960 Lawrence Ave W, Suite 201**

### 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.

**Wednesday November 15, 2017, 6:30-8:00pm**

**Location: 960 Lawrence Ave W, Suite 201**

### FINDING HOLIDAY JOY AMID THE GRIEF

If you've lost a loved one or suffered an emotional setback, the holidays can feel hollow. Learn how to experience joy despite it all.

## 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 stay connected to their spiritual 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. Alex, an expert on dream and energy modalities of life, facilitates many workshops on dreams and meridian or chakra spiritual connectivity for the purpose of 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

August-December 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, or 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 attend, 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 or 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 Second Cup beverage. We thank Second Cup for hosting our Coffee Social.

#### Dates for Coffee, Music & Affirmations

*7-8pm on the last Monday of the month*

Monday August 28

Monday September 25

Monday October 23

Monday November 27

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

### Sabbat New Moon Dinners

Please join us on the new moon (Rosh Chodesh) Sabbath Dinner when we gather as a community and honor the energy of time.

Friday August 18, 2017 / Month of Elul

Friday October 20, 2017 / Month of Cheshvan

Friday November 24, 2017 / Month of Kislev

All dinners are pot luck. Facilities for these events will be chosen based on the number of reservations received three weeks out. We encourage you to think about your spiritual needs and then let us know your intention regarding these events.

Please RSVP asap to alex@rabbidavidgellman.com

### Upcoming Interfaith Spirit Gatherings

#### Holiday Services

#### ROSH HASHANA & AUTUMN EQUINOX

Please join us for Rosh Hashanah – the traditional head of the year celebration found around the autumn equinox. It is the time of the year to take stock of yourself and where you are going. It is known as the beginning of the days of awe because of the changes it heralds in your life.

*Location: TBA*

Thursday September 21, 10:00am–noon

#### YOM KIPPUR INTERFAITH SERVICE

Please join us for Yom Kippur – the day of atonement when we seek forgiveness for our transgressions and grant forgiveness to those who seek forgiveness from us for their transgressions. It is a time to contemplate your behavior to yourself, to God and to others. It marks the end of the days of awe. *Location: TBA*

Saturday September 30, 10:00am–noon

#### HANUKAH PARTY & WINTER SOLSTICE

Chanukah is the festival of light found around the winter solstice when light is at its lowest. It marks the return of light into our lives as it celebrates a miracle of light. *Date, time and location: TBA*

#### Special Lecture for Autumn 2017

#### THE TREE OF LIFE

We will explore how the Tree of Life is a symbol, and a composite understanding of the spirit world encompassing aspects of numerology, tarot, the ancient Hebrew alphabet, the ten commandments, and the chakras. The Tree of Life can also be used as a focus in meditation to achieve goals and remove obstacles, as it is a multi dimensional matrix instructing you on the creation of anything you want in your life. We will travel around the tree of life and enjoy a wonderful potluck dinner and treats. *Location: TBA*

Wednesday November 1, 6:00–9:00pm

### 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, and through our 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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Alex Cell: (416) 456-4357

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### Congregation Beth Ruach Contact Information

Phone: (416) 300-2718

E-mail: haveaniceday@congregationbethruach.org

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### Our Team of Volunteers

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