

468 Wellington St., London, Ontario N6A 3P8 Tel: 519 432-7189

46th ANNUAL

TIME OUT 2019
8 WEEKS JANUARY 16 TO MARCH 6
9:15 A.M. TO 11:45 A.M.



Metropolitan

u n i t e d c h u r c h

Registration Coffee Party

Wednesday, January 9, 2019 9:00 a.m. to 10:30 a.m.

Now in its 46th year, Time Out has been a vital Outreach Programme that Metropolitan has faithfully planned each year. Our desire is to serve, share, and enjoy the fellowship of one another. Our church members welcome your participation with us, our friends and church neighbours.

The variety of programmes offered has been thoughtfully designed to cover a broad area of topics. Your challenge will be in selecting two Sessions to fit your special needs.

All our venues are wheelchair accessible.

Good luck and God Bless

To attend any of the Time Out Sessions one must REGISTER at a total cost of \$30.00
LIFE IS GREAT, LET'S ENJOY EACH DAY PROGRAMME: FIRST SESSION 9:15 - 10:15

Choose only ONE of the following for all 8 weeks.

[S1 - 1] MUSIC

Entertainment / Education. Come Listen and Learn! Let your spirits soar!

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| Jan 16 | UWOpera presents Mozart's "The Marriage of Figaro" Professor Theodore Baerg and students of U.W.O.'s opera program |
| Jan 23 | For Auld Lang Syne: Memories of Robert Burns - The Rev. David McKane, retired minister of First Saint Andrews United Church |
| Jan 30 | Fun Facts about the Songs We Love - Sophisticated Ladies, Nancy Hawkins and Anita O'Keefe |

- Feb 06 “Merrily We Sing”: The Metropolitan United Church Choir
 School - Gregg Redner, Music Director, Metropolitan United Church
- Feb 13 “It’s BarberShop Harmony Time” - Doug Petch and the Men of Accord
- Feb 20 The Catholic Central Chamber Choir - Don Sills, Head of Music, Catholic Central High School
- Feb 27 Brazil and Its Music - Jorge Trabanco, bass soloist with the Metropolitan United Church Senior Choir
- Mar 06 El Sistema South London - Steve Wolsley, Musical Director, El Sistema South London

Convener: Joan Turner

Location: Sanctuary

[\[S1 - 2\] POTPOURRI - A smorgasbord of historical and current issues](#)

- Jan 16 Insights into the natural spaces, birding and hiking areas of London - Gail McNeil, London bird educator
- Jan 23 The Walk Across Canada for Jesse's Journey - John Davidson, Ordinary Hero
- Jan 30 Support When You Need It Most - Brad Thompson, Executive Director, Victim Services of Middlesex-London
- Feb 06 A Driving Force: Women of the London, Ontario Visual Arts Community, 1867-2017 - Catherine Elliot Shaw, retired Art Curator
- Feb 13 Finding Hope and Help in the Addiction Crisis: “Not why the addiction, but why the pain” - Pam Hill, Director of Program and Clinical Services at Addiction Services of Thames Valley
- Feb 20 Habitat in the Community - Brian Elliot, CEO of Habitat for Humanity Heartland Ontario
- Feb 27 Just When You Thought Hope Was Gone - Glen Pearson, Codirector of the London Food Bank
- Mar 06 An introduction to Human Rights in Ontario - Western Law legal services

Conveners: Sharon Whatford and Art Frankel

Location: Met Hall

MID SESSION BREAK 10:15 - 10:45

Join your TIME-OUT friends in the Vineyard (formerly the GYM) for fellowship, coffee, tea, conversation and an occasional inspirational message.



PROGRAMME: SECOND SESSION 10:45 - 11:45

Choose only ONE of the following for all 8 weeks.

[S2 - 3] ARMCHAIR TRAVEL

- Jan 16 Arizona in the Winter - Hazel and Wayne MacLeod
- Jan 23 Bulgaria: Icons and Monasteries - Amelia Husnik
- Jan 30 Awakening in the Northwest Territories - Candas Whitlock
- Feb 06 The Rose Bowl and L.A. to San Francisco - Sandy Wilson
- Feb 13 Hiking the Amazon Forest to Kaieteur Falls - Gregory De Souza
- Feb 20 Crossroads of the Adriatic - Joyce Orchard
- Feb 27 Travelling the Borders (The Netherlands, Germany and France) - Barb and Grant Miles

Mar 06 Georgia on my Mind (former Soviet Republic of Georgia) - Gail Bass
Conveners: Viola and John Weil, Sharon Riley Location: Sanctuary

[S2 - 4] GREAT BOOKS – NEW FAVOURITES “The secret of living well is not in having all the answers, but in pursuing unanswerable questions in good company” - Remen

- Jan 16 The Evolution of Beauty by Richard O. Prum - Mark Richardson, librarian, London Public Library
- Jan 23 Falling in love with John Steinbeck - Delilah Deane Cummings, retired librarian
- Jan 30 G.K. Chesterton: The Contemporary Appeal of an Old Master - Herman Goodden, author and journalist
- Feb 06 Jordan Peterson: Twelve Rules for Life - Bill Exley, retired High School English teacher
- Feb 13 Miriam Toews and her body of work - Kristen Caschera, librarian, London Public Library
- Feb 20 “A Visit From the Goon Squad” by Jennifer Egan - Brian Diemert, professor of English, Brescia College
- Feb 27 Ian McEwen: Two of his novels, “Atonement” and “Nutmeg” - Peter Wroe, retired High School English teacher
- Mar 06 Levi Grossman: The Magician’s Series - Harry Potter for Grown-ups - Ruth Hay, retired Elementary School teacher
Convener: Janice Thielenhaus Location: Parlour

[S2 -5] LONDON’S INTERESTING HERITAGE

- Jan 16 The New Land - Ron Walker, avid historian of Middlesex County
- Jan 23 Old South Tales: Historical Stories of Wortley Village and Old South London - Jean Raymer
- Jan 30 Railway Tales of St. Thomas and Area - Dawn Miskelly, curator, Elgin County Railway Museum

- Feb 6 The Food Incubator: Repurposing an Old East Building - Michelle Navackas, Manager
- Feb 13 The History of Brescia College - Caroline Whippey, Director, Library Services, Brescia College
- Feb 20 The Early Beginnings of Parkwood - Steve Crawford, McCormick Care Group
- Feb 27 The Development of "Huff and Puff": A program to enhance the experience and health of seniors - Barry Fay, President of the London Senior Games
- Mar 06 Urban Myths pertaining to London - Dan Brock, historian, author and educator

Conveners: Marilyn McRorie, Heather Keast, Location: Met Hall
 Garth and Anne Kidd



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REGISTRATION

Registration will take place at the REGISTRATION COFFEE PARTY to be held at the Church on Wednesday, January 09, 2019 from 9:00 to 10:30 a.m. on a first come, first served basis. Early arrivals will be seated in the Sanctuary.

Choose one class from "Session 1" - (S1's) and one class from "Session 2" - (S2's)

PLEASE NOTE: AS A COURTESY TO OUR PRESENTERS, WE ASK THAT YOU DO NOT SWITCH CLASSES FROM WEEK TO WEEK. IN ADDITION, WOULD-YOU PLEASE REFRAIN FROM LEAVING ANY SESSION UNTIL THE SPEAKERS HAVE COMPLETED THEIR PRESENTATION. THANK-YOU.

Registration in ALL classes is limited to maintain their effectiveness. Classes with insufficient registration may be cancelled.

Anyone who is unable to attend Registration may be registered by a friend. Late registration will take place during the first two weeks of Time Out. However, selections could be limited as many of the courses will be filled.

COMMITTEE FOR TIME OUT 2019

- Co-Conveners Sharon Whatford and Art Frankel
- Secretary Chris MacKay Treasurer
- Inga Slade Registrars Art Frankel and Anita Martindale
- Hospitality Jim-Desand, Kathleen Milligan and Mary McNabb
- Program Design and Preparation Art Frankel

