



Newsletter of the  
Universalist Unitarian Church of Halifax

Vol. 53, No 2  
October 2018

***Theme for October: Abundance***

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RE Director  
Tanya Bilsbury

Margaret Galbraith  
President

Newsletter  
Etta Hamm  
Sylvia Mattinson  
Sandra Jamieson

Sunday service  
10:30 am

All are welcome

Children & Youth Education  
Child care available

**October 7**

***Thankful for what I don't own***

The spiritual practice of appreciating abundance without coveting more.

Presenter: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei

**October 14**

***Is there a God? If so, what is it?***

Searching for answers to these questions has been a long personal journey for Alan Snow... more than twenty years. Alan says: "We are now discovering new evidence that points to probable answers."

Presenter: Alan Snow; Service Leader: Dean White

**October 21**

***The last United Nation's Day Sunday service***

Valerie Chapman, who died in September of this year, championed our annual United Nations Day Service for many years. Although we live in a world of abundance, the people of the world do not share equally in that abundance. Are we serious about our Sixth Principle?

Presenter: Rev. Norm Horofker; Service Assistants: Martha Wilson, Jane Wilson

**October 28**

***Do we want a sustainable church?***

The adjective "sustainable" has become synonymous with good stewardship of the environment. This service will look at that assumption from a different angle.

Presenter: Rev. Norm Horofker; Service Assistant: Anne Knight-Gorman

**Theme for November: Courage**

**Our Mission**

Our mission is to provide a joyful community that nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective commitment to community service and social justice.



## OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 4:45-6:15 pm Afterchoir	4 9:30–11:30 am Parents & Tots Noon Tai Chi	5	6 10 am–noon UU Brunch
7 Noon: Worship Comm.	8  3 pm Thanksgiving Dinner at UUCH	9	10 4:45-6:15 pm Afterchoir	11 9:30–11:30 am Parents & Tots Noon Tai Chi 6:30 Board meeting	12	13 10 am–noon UU Brunch
14 1:00 – 4:00 pm Truth & Reconciliation Session	15	16	17 Reports for SAGM are due 4:45-6:15 pm Afterchoir	18 9:30–11:30 am Parents & Tots Noon Tai Chi	19	20 10 am–noon UU Brunch
21 Noon: Humanist Group	22	23	24 4:45-6:15 pm Afterchoir	25 9:30–11:30 am Parents & Tots Noon Tai Chi	26	27 10 am–noon UU Brunch 2:00 pm Celebration of Life of Valerie Chapman
28 <b>Noon: Semi-annual General Meeting</b>	29 Noon: Newsletter deadline	30	31 4:45-6:15 pm Afterchoir 			

## NOTICE

**The Semi-annual General Meeting of the UUCH  
will take place at 12 noon, Sunday, October 28, 2018**

The meeting will conduct the following business:

- Business arising from the minutes of the May 2018 Annual General Meeting.
- Receive and approve reports from the Minister, various officers and committees.
- Adoption of a budget for the 2019 calendar year.
- Adoption of the Annual Financial Campaign.
- Other business as may be raised before or at the meeting.

Members only (of 30 days or more) may vote on motions. Non-members are most welcome to attend.

***Shripad Pendse***  
***Secretary, UUCH Board of Directors***



# Minister's Notes

## An Abundance of Spiritual Resources

*There is a revolution underway within Unitarian Universalism, a powerful change in the way we do church.*

Our faith tradition has no creed or dogma, so when I prepare a Sunday service I don't have the luxury of turning for inspiration to a well-known biblical passage with centuries of commentary by theologians. The role of sermon preparation can be very challenging for UU ministers (not that I am seeking your sympathy here.) The problem is the abundance of resources for our reflection, study and sharing. How do we get started? How do we find the kernels of inspiration? Where do we begin among all this abundance?

The UU revolution that I speak of is the emergence of online, non-profit UU organizations that prepare and share carefully vetted poetry, books, movies, quotations, reflections, sermons, videos, internet links etc. on a different theme each month. Our congregation has been linked to an organization called Soul Matters for over two years now. Here is how Soul Matters is described on their website:

The Soul Matters Sharing Circle is a network of Unitarian Universalist congregations who follow the same monthly themes so that we can easily share small-group material, as well as worship, sermon, music and children's religious education resources. We are a web of support and connection, companions travelling a new journey together each month. Here is a link to their website:

<https://www.soulmatterssharingcircle.com/>

There are other "competing" services like this emerging such as "Faith Rocket" an outgrowth of the UU Church of the Larger Fellowship. You can explore their site here: <https://faithrocket.org/>

Soul Matters prepares a reflection guide each month on the theme of the month. Because the majority of UU congregations are American, the guide has an American slant, but it is largely applicable to all contexts. Two years ago with the dedicated help of

Marilyn Shinyei, we took the guide each month and customized it for our congregation, dropping some American references and adding Canadian material. We made the revised guide available on line and provided printed copies. It was well received, but the problem was the amount of time it took for all this editing.

Sometimes when I have an overabundance I fail to share, because I want to get "all my ducks in a row"... or in this case I wanted to edit the documents to improve them before sharing. I then end up hoarding my abundance waiting for the right time to share. But the one thing that is in limited supply is time! So today I am attaching the link to the Soul Matters packet on this month's theme of Abundance without any edits. I hope that many of you will explore the material; it will be good for your soul. We will also bring printed copies to the church for distribution. Here is the link:

[https://theuniver-my.sharepoint.com/:w/g/person/nhorofker\\_theuniver\\_onmicrosoft\\_com/EWJ-8g3ifvJHoX6WYX1yRkoBmRei704OOC6CUALniF6K2g?e=WfPpcp](https://theuniver-my.sharepoint.com/:w/g/person/nhorofker_theuniver_onmicrosoft_com/EWJ-8g3ifvJHoX6WYX1yRkoBmRei704OOC6CUALniF6K2g?e=WfPpcp)

The link allows you to read the packet online, or you can download it as a Word or as a PDF file. Since this is a subscription service, the document should not be shared outside the congregation.

I look forward to your comments. Let me know if you would like to help with this process.

**Love, Norm**



**At UUCH  
Monday, October 8, 3:00 pm**

This friendly, lively potluck dinner is open to anyone who wants to celebrate the feast of Thanksgiving with a gathering of friends and good food.

If you would like to attend, please contact Jesse at 902-877-6608 or [jesse\\_robson@hotmail.com](mailto:jesse_robson@hotmail.com) to let us know:

- .How many people will be in your party. Family and friends are most welcome, but we ask that all attendees contact Jesse to reserve a free ticket this year to make sure we have enough food and space.
- What food and/or drink items you'll be bringing to the potluck—but note that all are welcome, with or without a food contribution.
- Whether you can help with set-up or clean-up.

***We hope to see you there!***

# Board Buzz



Welcome to the fall! and with the change in weather comes the return of the activities of our UUCH year, such as regular board meetings.

Our first one this year on September 6th started off with pizza and extra social time to welcome our new board member, Pam Griffin-Hody. She is returning to our community after 16 years in Ottawa where she was an active member of the First Unitarian Congregation.

Some highlights from the meeting:

- Molly Hurd and Glenda Butt have agreed to be the co-chairs for our committee for hosting the **CUC AGM/Conference in 2020**. The CUC is now working on the venue for the event and will soon be distributing a survey about the theme.
- the Music Task Force is considering the criteria and priorities regarding the **choice of a music director**. The task force will report in the spring after conducting a short congregational survey to find the preferences of the congregation, and several months looking at various options and the experience of other congregations.
- the **work on the front porch** and automatic doors is virtually complete, except for final painting—and the **fundraising goal of \$10,000** in support of this work is also virtually complete. Thank you to all who have contributed! We are now looking for quotes for the painting.
- we are supporting the fully-funded **sponsorship of four large families from East African refugee camps**; see the report later in the newsletter from the SAH committee for the details.

## UUCH Board of Directors June 2018 - May 2019

### Officers

President	Margaret Galbraith
Vice-President	Troy Saulnier
Past President	Kim Turner
Secretary	Shripad Pendse
Treasurer	Marilyn Shinyei

### Members at Large

Pam Berman	Mia Huh
Ginny Girard	Pam Griffin-Hody

Fall also means it is time to assess our financial position and plan our **budget for 2019**, with the attendant canvass campaign. The details will all be presented at the Semi-Annual General Meeting, October 28th.

And the retreat is not forgotten! Plans for moving forward on what was shared that day will come to our next Board meeting, October 11th.

Hope to see you at at least one of the upcoming events described elsewhere in this newsletter!



**Margaret Galbraith**  
**President**  
**UUCH Board of Directors**



## **REPORTS DUE!**

**Committee reports for the SAGM are officially due  
in my Inbox by 10 am, Wednesday, Oct 17th.**



**Early submissions would be much appreciated.**

Your cooperation will enable me to:

1. Compile reports in the right order.
2. Include your report on the agenda.
3. Compile the complete package of agenda and reports, and send same out via UU info on Friday, October 19th.

Don't miss the opportunity of having your report included.

A number of stapled, hard copy packages will be available on Sunday the 21st, one week prior to the meeting. This timeline is normal and expected business practise.

Attention all: Please try to minimize the over-use and expense of paper. If taking a set on the 21st, try to resist the temptation of taking a second set at the meeting.

Thank you for your cooperation.

***Sandra Jamieson***  
***[uuchurch@eastlink.ca](mailto:uuchurch@eastlink.ca)***

# Religious Exploration

Welcome to a new RE year! The RE committee for the 2018-19 academic year features Danielle Saulnier (Chair), Jesse Robson (Secretary), Troy Saulnier, Janet Horofker, and Pam Berman, supported as always by our minister Norm.

This year we have two children's groups learning from *Tapestry of Faith* curricula: 'the youngs' (aged 5-7) and 'the olds' (aged 8 and up). I am teaching the youngs, giving these more dependent children a consistent leadership experience while they develop their social skills (e.g., learning to take turns while speaking). The older children can now benefit from richer and more intellectual spiritual discussions with a variety of teachers from the RE committee—many thanks to Pam Berman and Janet Horofker for teaching in September.

Norm is generously donating his 'one Sunday off' to lead the older group of children once a month. It is wonderful that our children will now have this experience to get to know their minister in a context of regular spiritual reflection. Norm's first session

with the older children was highly reviewed; they even had an Order of Service!

In *Wonderful Welcome*, the youngs are learning about intangible gifts. We start our sessions with 'the wonder box', a beautifully wrapped gift. Imagine the children's reactions when they tore off the paper and ribbons to find the best gift ever, love! In September

they also received the gift of covenant, creating their own group norms so that everyone can feel safe and happy. In October, they will be exploring the gifts of forgiveness, kindness, and invitation. Serving as front-door greeters, or servers at a Saturday brunch for our neighbours, offer children the opportunity to share the gift of invitation.

The Olds are thinking about the Big Questions. In September they wondered 'who are we?', 'where do we come from'. In October, they will be asking 'where

are we going', and exploring ideas about God and the origin of life.

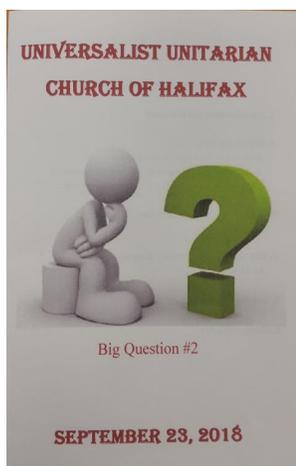
Once a month, the children will come together to practice 'Spirit Art'. Spirit Art is an alternative model for RE that invites volunteers from the congregation to lead art projects that go with the church's theme of the month. This allows the children, who no longer use a theme-based curriculum, to stay in touch with the wider focus of the church while forming important connections with adults in the congregation and spending time with each other as a combined age group. In September, Kathy Spencer led the children welcoming Dances of Universal Peace, and in October, Andy Blair will celebrate the abundance of our heritage and the gifts of those who have gone before us with an 'offrenda' (complete with sugar skulls). If you would like to lead a spirit art session, we have the following themes available: November (courage), December (hope), March (balance), April (emergence), and June (blessing). You will be well supported by the RE committee and volunteer teachers will be around to help you out. Please contact me ([tanya.bilsbury@gmail.com](mailto:tanya.bilsbury@gmail.com)) if you are interested.

I'm thrilled to see development in adult RE with the Young Adult Chalice Circle and the Truth, Healing, and Reconciliation sessions. The Chalice Circle is the highly successful outcome of the Membership Committee's initiative to increase engagement in the young adult (18-35) demographic. The Chalice Circle applies Parker Palmer's 'circle of trust' methodology to a program for self-development rooted in Quaker theology on the soul. The Truth, Healing, and Reconciliation reflection sessions were designed by the Canadian Unitarian Council to invite participants to learn, reflect on, and engage with the work of truth, healing, and reconciliation with Canada's Indigenous Peoples in a Unitarian Universalist context. Thank you to all of those who have led and participated in those initiatives.

I look forward to an abundant October in RE.

In gratitude,

**Tanya Bilsbury**  
**Director of Religious Exploration**





## The Caring Column

**Valerie Chapman**, long-time and beloved member of our congregation, died peacefully on September 10th, with her husband, Colin Kerr at her side.

Valerie suffered from Progressive Vascular Cognitive Impairment, a debilitating, incurable disease causing the gradual loss one's mobility, balance, memory, and more. She wanted us to know that last year she informed her doctors she wanted to enter the Medical Assistance in Dying program, and that her wish was fulfilled. Those who knew Valerie would not be surprised at her decision. She had an independent and determined will, a spunky spirit, and a lovely sense of humour and fun. For several years Valerie was our envoy at the Unitarian Universalist Association United Nations Office. She expressed her artistic side by creating beautiful floral arrangements that graced our church interior over most of the last 11 years. It was good to see her and Colin at the UUCH retreat on August 25th. Our thoughts are with Colin and the family. We will miss Valerie.

A Celebration of Valerie's life will be held at the church on Saturday, October 27th at 2pm.

**Georges Merinfeld** has moved to Room 917 in the Northwood Center block. He had lots of great help from Doug Fevens, Shripad Pendse and Rev. Norm over two days, moving all of Georges' belongings including his books, papers, research and his computer, so important to him. Georges now has a private room and more personal care in his new location and seems very comfortable there.



**Sylvia Mattinson**

## CUC's great new website



The nice people of the Canadian Unitarian Council (CUC) want you to know that their new website has been up and operational since May. It's designed to serve the needs of member congregations as well as explorers of Unitarian Universalism who are looking for a welcoming spiritual community.

The home page features a video about Canadian UU's to further carry the message of who we are. On the video you'll see and hear a lot of UU's, some of whom you may know, sharing what it means to be UU.

Amber Dawn Bellemare spent many long hours conceptualizing, directing and producing the video, including rounding up people to be in the video, the theme of which is *Everyone at the Table*. Dawn says, "... the video will help the world understand who we are, and will encourage people to join us on this extraordinary adventure of faith."

You can see and hear it all at [www.cuc.ca](http://www.cuc.ca). The video is also linked on the CUC Facebook page and on Vimeo.

**Etta Hamm**

## Newsletter Deadline

The deadline for submissions for the November newsletter is 12 noon,  
**Monday, October 29th.**

Please send your submissions to [braeside@eastlink.ca](mailto:braeside@eastlink.ca)  
AND  
[uuchurch@eastlink.ca](mailto:uuchurch@eastlink.ca)



## **More news from your Refugee Committee (UUCH SAH)**

Last month I told you about a current initiative to bring as many as 1000 refugees to Canada with full funding—50% from the federal government and 50% from the Shapiro Foundation.

As I last wrote, the African Diaspora Association of the Maritimes (ADAM), along with another group, United We Win Halifax, was applying for an extended family group of 13 people and we had been asked to act as the SAH for these two local groups. Our role will be one of coordination, oversight and managing the finances.

Well, in a stunning development, ADAM has now taken on 3 more families of 8 people each, bringing the total number of refugees to 37 with a new baby due in March as well. These families are still expected to arrive by December 31st, and we are still the SAH for all 37!

Although there will be “full” funding, what that looks like is rather spartan. There is start-up money included, but if the groups could gather as much “in kind” start-up stuff as possible: furniture, linens, food staples and other household items, it would leave them with more money to disperse to the families for their monthly expenses. So, if you have furniture, bedding, towels and other household items to give away, please let someone on the refugee committee know. We have other great ideas of how we might help these families over the next 2 or 3 months. We’ll keep you posted.

***UUCH SAH Committee:***

***Andy, Marilyn, Kathy S, Molly, Sylvia, Nawras, Susan Stephen & Margaret***



*Floral art by Valerie Chapman*