

U.U.&you

newsletter of the universalist unitarian church of halifax

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March 2017

Universalist Unitarian
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Music Director

RE Director
Tanya Bilsbury

Kim Turner
President

Newsletter
Etta Hamm
Sylvia Mattinson
Sandra Jamieson

Sunday service
10:30 am

All are welcome

Children & Youth Education
Child care available



Theme for March: *Simplicity*

March 5

Presenter: Rev. Norm Horofker; Service Leader: Margaret Galbraith

International Women's Day – It is Simple, We Need Change Now!

Aren't we 'beyond' women's issues? This year more than ever we need to reframe International Women's Day to help everyone recognize the simple changes that are 'overdue', urgent, and so important in the world this year. The Canadian Unitarian Universalist Women's Association has prepared a theme packet that will help to shape this important service.

March 12

Presenter: Silver Frith; Service Assistant: Martha Wilson

Simplicity from a Yoga Perspective

What is the purpose of our life? How do we want to use our energy? Today we will explore the yogic perspective on simplicity, and investigate how this ancient art and science of personal development offers us a strong foundation for our lives. Silver Frith is Co-director of Yasodhara Yoga Halifax, representing Yasodhara Ashram in the Maritimes. www.yasodharayoga.org/halifax

March 19

Presenter: Rev. Norm Horofker; Service Leader: TBD

Is Simplicity Overrated?

The world is a complex place. Is a strategy to simplify our lives the best way to live our lives, or are there other ways to cope with, and even celebrate, the marvelous complexity of it all?

March 26

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

The Simplicity of Maple Syrup

The religious calendars of faith traditions around the world are tied to the seasons and to the rhythms of nature. In Nova Scotia, the short period when the sweet water of the maple tree flows, marks the end of winter in a profound way. Come and be part of what we hope will be a new annual tradition in our congregation.



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

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:45-6:15 pm Afterchoir	2 9:30-11:30 am Parents & Tots Noon Tai Chi	3	4 10 am – noon UU Brunch
5 9:30 am Choir 12 pm Worship Committee	6	7	8 4:45-6:15 pm Afterchoir	9 9:30-11:30 am Parents & Tots Noon Tai Chi	10	11 10 am -noon UU Brunch 7-9 pm Dances of Universal Peace
12 9:30 am Choir 12 pm Social Responsibility	13	14	15 4:45-6:15 pm Afterchoir	16 9:30-11:30 am Parents & Tots Noon Tai Chi 6:30 pm Board	17 	18 10 am – noon UU Brunch Cole Harbour Hike
19 9:30 am Choir 12 Noon Humanist Group	20	21	22 4:45-6:15 pm Afterchoir	23 9:30-11:30 am Parents & Tots Noon Tai Chi	24	25 10 am – noon UU Brunch
26 9:30 am Choir (upstairs) 12 pm Intro to UUism with Rev. Norm	27 10 am Newsletter Deadline	28	29 4:45-6:15 pm Afterchoir	30 9:30-11:30 am Parents & Tots Noon Tai Chi	31	

Join our Vision Contests!

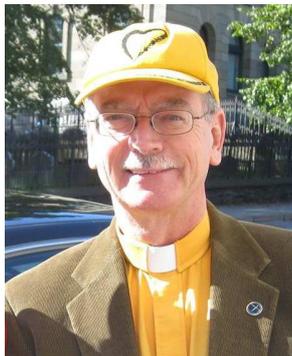
To celebrate our new Vision Statement, the CUC is launching two contests. We hope lots of individuals and congregations will get involved.

1. Interconnected Faith Sermon Contest: UUs from across Canada are invited to write a sermon about our Vision Statement and/or the five Aspirations attached to it. Length: between 1,800 and 2,500 words. The sermon must be delivered to a Canadian UU congregation before the deadline of January 1, 2018. The selected winner will receive a cash award of \$150 plus an invitation to present their sermon during the CUC 2018 ACM in Hamilton.

2. Canadian Unitarian Art Contest. UUs from across Canada are invited to create a work of art that celebrates our Vision Statement (not the Aspirations). This creation can be a painting, carving, video, song or other work. The work of children and/or RE classes is especially welcome. Deadline: October 1, 2018. Prizes will be awarded in three categories: Children age 12 and younger; children age 13-17; those 18 and older. The winner in each category will receive \$50, and their work will be shared on the CUC website.

For details, see cuc.ca/vision-contests-2017/

Minister's Notes



Funding our Neighbourhood Brunch

Since May of 2015, we have opened our church building for a free “neighbourhood brunch” every Saturday morning.

Now with your help we will be taking the next step in funding this project.

The vision, from the beginning, has been to develop a relationship with our neighbours while promoting our building as a community resource available to serve the neighbourhood. Now, 22 months after starting, we are serving about thirty people every Saturday between 10 am and noon. We have a core of neighbours who drop in, all of whom we know on a first name basis, and we see new faces almost every week. Members of the congregation come to help serve or to participate by socializing over a great meal. I can not think of a better way to spend a Saturday morning.

This project is important for our congregation for a number of reasons:

1. Our faith tradition calls us to be in right relation with our neighbours. This applies to the person who lives next door to our home, our church, our country, etc. Our goal of world community is hollow if we are not working to build community in our own neighbourhood. This has practical advantages as well. For example, when we had a recent incident involving a neighbour and the H.E.C.S. I had a relationship with the person and could visit them in their home to resolve the issue.
2. Many of our neighbours are hurting. If we believe in justice, equity, and compassion, we are then called to use our resources to help, even in a small way, to manifest these aspirations in the world.
3. The Saturday Brunch gives members of the congregation an easy and pleasant way to serve others in the community. On a typical Saturday now, we have about 20 “guests” and 10 members or friends of the congregation. We

have a flexible schedule that makes it easy to participate as a volunteer. There is no better way to ease your own burdens than to serve someone else.

4. Our individual spiritual growth requires that we get out of our comfort zone. Building relationships with strangers who may have a very different experience in life and perspective on life is not always easy but it is an important step in our own spiritual growth. We are also providing an opportunity for the spiritual growth of our neighbours by offering a friendly and welcoming experience. This mutuality speaks to our interdependence.
5. We have a wonderful message that we are called to share with the world. The best way to “evangelize” as a UU, is by living our faith and leading by example.
6. Our congregation has a beautiful balance of people from the spectrum of socio-economic circumstance. I think this is important for us to be grounded in the reality of Canadian society.

Until now, the cost of the breakfast, about \$90 per week, has been paid out of the Minister’s Professional Expenses with some contributions from members through the Minister’s Discretionary Fund. I consider it an appropriate use of these funds, seeding a new initiative for our church. But now, with the recent approval of our Board we will be integrating this program into the fabric of the congregation. Beginning in March, one Sunday per month, the money donated to our collection plate, that is not otherwise designate for a pledge etc., will go toward funding our neighbourhood brunch.

Thank you all for your support to date, and if you haven’t been out for the Saturday Neighbourhood Brunch you would be most welcome.

Rev. Norm Horofker

P.S. We could use some help to generate a better digital sign (pictured here) to advertise our brunch.



Board Buzz

Something which is on many people's minds is the question of what we are doing about the building. Are we selling and moving? Or are we staying and renovating?

In January the Building Task Force submitted its report to the Board. You may recall that this group zeroed in on exploring four options for the future of our building:

- Occupy space in a new development on the present site that would incorporate neighbouring properties.
- Sell and buy elsewhere.
- Sell and enter into a space-sharing arrangement with another religious community.
- Stay at 5500 Inglis and make it better.

After nearly 18 months of in-depth exploration of all these options, the Task Force has made a final report.

The first option, while complicated, might still have possibilities for the future, but for now, talks with a developer have ended.

The second option is simply not viable in the current market situation.

The third could still work but is unlikely to happen quickly, as any other group involved has deliberate decision-making processes to go through just as we do.

Therefore the only really viable option at this point in our church life is the last one: to stay where we are and make it better. The last line of the report reads, "With a bit of cash and a dash of imagination, we hope that UUCH can recover even more of the beauty and potential of 5500 Inglis Street."

In accepting this report your Board of Directors began to plan for moving forward.

- First, we go forward with the expectation of being here for at least the next 5 to 10 years.
- Second, we will make a comprehensive plan for improvements to the building, both short-term and long-term.

UUCH Board of Directors June 2016 - May 2017

Officers

President	Kim Turner
Vice-President	Molly Hurd
Past President	Allyn Clarke
Secretary	Pam Berman
Treasurer	Marilyn Shinyei

Members at Large

Andy Blair	Mia Huh
Shripad Pendse	Margaret Galbraith

This will include the must-dos, the like-to-dos and the what-could-we-dos if the congregation grows.

- Priorities already highlighted are:
 - The front entrance (foundation repair under the vestibule, automatic front door, ramps, etc.).
 - The kitchen.
 - The back deck.
- Third, we will apply for grants for any or all of the things that might qualify for grants, including an elevator.
- Fourth, we will revisit the old architectural plans vis-a-vis expansion and that possibility kept in mind as we determine where best to spend money now, given that we might have to tear something down in the future should we expand.

In much more mundane news, at our February board meeting we reviewed the results of the survey from the recent canvass—and also learned that the Volunteer Job Fair has already had good results. Stay tuned to hear more on that front!



Marilyn Shinyei
Treasurer
UUCH Board of Directors

The Caring Column

Bernard Hamm, **Etta Hamm's husband** of 53 years, died peacefully at home on February 12th, 2017. A memorial gathering was held on February 18th where many friends and relatives shared their 'Bernie stories.' We send our love and condolences to Etta and her family.

Louise Malloch is continuing her chemotherapy on most Wednesdays. Her mother Susan White has returned to BC, and her sister Nora is arriving from BC on March 10th. Louise would enjoy visitors but please call ahead. Her cell number is 902-414-3408. If you would like to be added to the list of friends who help Louise, please ask her to add your name to her list. We continue to send healing thoughts her way.

Tanya Connor, **sister of Cynthia Connor**, died at home in Dartmouth at the age of 52 following a long battle with Crohn's and heart disease. A memorial service will be held at 2 pm on Friday, March 3rd at the Cole Harbour Funeral Home, 1234 Cole Harbour Rd. Dartmouth. We send our love and condolences to Cynthia.



On Sunday, February 19th, a party for **Elizabeth Greenhavens** (pictured above, seated), was held at the Penthouse room at Northwood Terrace to celebrate her move to her new home. It was well attended by many old and new friends (not all pictured here).

The Afterchoir played and sang for her. Rev. Norm connected with her daughter, son-in-law, grandson and son by Skype, so they joined her at the party. Many contributed delicious sandwiches, cheeses and sweets for the occasion. Elizabeth asked me to thank you all.

Mary Ellen Onno

Hike through Cole Harbour Heritage Park Saturday, March 18

Walk off some of that green beer by joining the UU hikers for a walk through the Cole Harbour Heritage Park on March 18th.



Maya & Andy Blair, Sandra Clarke, enjoying the view in this park while on a UU hike in September 2014.

This park encompasses the old Halifax County Poor Farm and is a wonderful mix of fields and forests providing glorious views of Cole Harbour. The trails in the Poor Farm part of the park are the old farm roads surfaced with crushed stone. The continuation to the Salt Marsh trail is an old unimproved cart road with some muddy sections. The gentle rolling landscape makes this park a good start to the spring-summer hiking season.

Meet at the church at 12:20 to carpool, or at the first parking lot on the left (overlooking a large field) on Bissett Road at 1 pm. If you want to be picked up in downtown Dartmouth, contact me by Friday evening. If you are lost or running late, you can reach me on my cell: 902 483-4731 around 1 pm.

Allyn Clarke

DEADLINE

The deadline for submissions for the April newsletter is **10 am, Monday, March 27th.**

Please submit to both braeside@eastlink.ca and uuchurch@eastlink.ca

Music Montage



“Beauty of style and harmony and grace and good rhythm depend on simplicity.” ~ Plato

March's 'Singing As We Gather'

The Gathering Hymn for March is #16 *'Tis a Gift to Be Simple*. Our theme this month is *Simplicity* so it is a perfect fit. We will keep turning this hymn around each Sunday morning this month until *“by turning, turning we come ‘round right’”!*

Themed Music Projects

This month's Music Project is on Sunday, March 5th.

The last rehearsal is on:

Sunday, March 5th, at 9:30 am

The next Music Project will be on Sunday, April 23rd. This will be a musical celebration of Earth Day, and I'm hoping to have a lot of participation. Further details below.

Rehearsals for this will be as follows:

Sunday, March 12th at 9:30 am

Sunday, March 19th at 9:30 am

Sunday, March 26th at 9:30 am (upstairs)

Sunday, April 2nd at 9:30 am

Sunday, April 9th at 9:30 am

Sunday, April 16th at 9:30 am

Sunday, April 23rd at 9:30 am

Many thanks!

I'm sending out a big thank you to all those who supported this year's *Winter Warm-Up Coffeehouse*, which took place on Friday, February 10th. There were many great performers from UUCH and beyond, and many helpers before and during the evening. It was another wonderful musical fellowship event. The coffeehouse is another step closer to spring.

Coming Up...

On Sunday, April 23, I will be hosting a musical celebration of Earth Day. I'm hoping that anyone who would like to participate will let me know right away, as I'll be planning the service soon.

Deborah Wiggins
Music Director

Religious Exploration



In February, Janet, Deborah and Norm worked hard to get the children interested in music and singing for their March 5th recital, the 'Seven Principles' song. I can't wait to hear them!

Pamela and Janet continued teaching the older children from our UUA curriculum on ethics, *Amazing Grace*.

My own focus has been on getting the children acclimatized to 'circle time', where we are working on listening to each other and building community. The 'gratitude jars' donated by the congregation and decorated by the children have become a staple of our 'glads and sads' ritual. The Saulnier family are gratitude stars; every evening before dinner the children write what they are grateful for on post-it-note pads. They bring their notes with them on Sundays to share with everyone before storing them in their jars.

Our young adults, Edie, Jane and Lia, have done excellent work with the younger children by sharing the much-needed babysitter role. They are truly indispensable, and I'm delighted that we are able to provide them with early work experience.

You are likely familiar with 'A time for all ages' when we read a story to the children before singing them upstairs. The story for the children is like a 'mini sermon' for them, and I work hard to find stories that reflect some of the core content of the sermon. I'm always looking for good books; if you have a favorite storybook with nice pictures and some moral flavor, please share it so that we can read it to the children (and the congregation) some Sunday.

I feel that our church is an extended family. Please do come and see the children. We would love to have you share an activity with (or give a presentation to) the kids.

Tanya Bilbury
Director of Religious Exploration

Volunteer Opportunities

THANK YOU to all who have signed up for volunteer positions the last two Sundays during our Volunteer Job Fair. Missed out? Don't fret, openings are still available!

Below, the ideal volunteer jobs, once a month, no meetings, no homework! and crucial in making our Sunday service time enjoyable for all. These operate on a monthly rotation basis. Detailed instructions are available from **Dean White**.

- **Kitchen set-up:** Be the most popular person at church, the coffeemaker. This important role involves starting the coffee about an hour before the service, setting out the hot water urn, mugs, etc.
- **Kitchen clean-up:** Clearing up after the coffee hour, operating the dishwasher, tidying the kitchen.
- **Ushers:** Working in pairs, early ushers prepare the Worship Room before the service and take up the collection. Late ushers tidy up afterward.
- **Audio operator:** Manages the audio equipment during the service. Training available.

Also monthly, no meetings, no homework ...

- **Library Monitors:** Also on Sundays, during coffee hour. Opens and closes the library, manages book borrowing. Contact **Alison Chipman** for details.
- **Updating the Wayside Pulpit:** Rev. Norm chooses the quotes for the sign on the church lawn and has them printed in Burnside. On the first day of the month, you pick up the printed signs in Burnside and install them in the Wayside Pulpit. Contact **Rev. Norm** for more info.

*Margaret Galbraith
for the Board of Directors*

