

UU & you

newsletter of the universalist unitarian church of halifax

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April 2017

Universalist Unitarian
Church of Halifax
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Deborah Wiggins
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 April: Resistance



April 2

Presenter: Rev. Norm Horofker; Service Leader: Brian Gifford

An Overview of the Role of Resistance in Our Lives

You can “go with the flow” or you can offer resistance. In which of these modes do you feel most alive?

April 9

Presenter: Rev. Norm Horofker; Service Assistant: Mia Huh

Invincible Summer

“In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger—something better, pushing right back.”—Albert Camus. How UUs nourish our sense of “Invincible Summer.”

April 16

Presenter: Rev. Norm Horofker; Service Leader: Allyn Clarke

How Can We Strengthen our Dis-ease Resistance?

We need a healthy biological immune system to resist disease, and so try to eat well and get enough sleep, etc. We also need a spiritual immune system to help us give meaning to our lives in a confusing and sometimes frightening world. How might we strengthen our spiritual immunity?

April 23

Presenters: Deborah Wiggins, Brian Gifford

A Musical Celebration of Earth Day

Come participate and enjoy a musical celebration of Earth Day, which officially marks its 47th year on April 22nd. The Afterchoir and UU Singers will present and lead a plethora of music, and there will be plenty of opportunities for you to join in.

April 30

Presenter: Tracy Boyer; Service Leader: Marilyn Shinyei

Unpacking the Invisible Knapsack

How do we become more aware of unconscious oppression so that we can see and deconstruct the walls and barriers that can stand between us. It's easier to pretend we cannot see them. However, our values call on us to see the walls and figure out what we can do about them. Inspired by Peggy McIntosh and "Unpacking the Invisible Knapsack"



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.

APRIL 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10am – noon UU Brunch
2 9:30 am Choir Noon Worship Com. Following RE: RE Com. meeting		4	5 CUC AGM registration deadline 4:45-6:15 pm Afterchoir	6 9:30-11:30 am Parents & Tots Noon Tai Chi	7	8 10am – noon UU Brunch
9 9:30 am Choir Noon Soc. Responsibility	10	11	12 4:45-6:15 pm Afterchoir	13 9:30-11:30 am Parents & Tots Noon Tai Chi	14	15 10am – noon UU Brunch Hike: Duncans Cove
16 Easter Sunday  9:30 am Choir Noon Humanists	17	8	19 4:45-6:15 pm Afterchoir	20 9:30-11:30 am Parents & Tots Noon Tai Chi 6:30 pm Board	21	22  10am – noon UU Brunch
23 9:30 am Choir	24 10 am Newsletter deadline	25	26 4:45-6:15 pm Afterchoir	27 9:30-11:30 am Parents & Tots Noon Tai Chi	28	29 10am – noon UU Brunch
30 No choir Noon Intro to UUism with Rev Norm						

Halifax Faith Communities Commuter Challenge: a Social Responsibility Engagement Opportunity

Did you know that “transport” typically comprises 40% of a faith community’s carbon footprint?

The Ecology Action Centre recently invited the UUCH to participate in the nationwide Faith Commuter Challenge taking place May 29 to June 12, 2017. This exciting initiative, aimed at promoting use of active and sustainable transportation, is nationally hosted by Faith & the Common Good in collaboration with Auto Recyclers of Canada, and coincides with the National Environment & Commuter Challenge weeks. Local teams are being organized in Halifax, Hamilton, Sudbury, Calgary and Vancouver. This fun, friendly competition provides an excellent opportunity for UUCHers to live our values.

Can you think of creative ways to help us get to church on time—using “low carbon” modes? Might you be willing to make a personal commitment to ride-share, or to use public transit when possible during the commuter challenge period?

A couple of volunteers are needed to help coordinate the church's involvement. If you have a bit of time, energy and interest in participating in this, please contact me for more details. — **Kathy Spencer**

Minister's Notes



*An invitation
from your
minister:
What do you
need to hear?*

I sat for a long time preparing this issue of my “Minister’s Notes.” I had probably a dozen false starts trying find the right message for the month of April.

The problem is not that there is a shortage of things to talk about. We have many exciting initiatives under way at UUCH.

Among those, I am particularly proud of the work of our Caring Committee led by Mary Ellen Onno. Because of the confidentiality involved, I can not share details with you here, but we are changing lives for the better.

In other areas, our initiative to improve our building is gaining momentum and we are, under the direction of Allyn Clarke, in the process of putting procedures in place and getting estimates for work that will make our congregational home even more welcoming.

Our work with refugees, led by a very committed group, is continuing to expand as we are helping others in the community to get involved in this important work. (See elsewhere in the newsletter about Andy Blair’s recognition for this work.)

We are continuing to link with other UUs in the Maritimes, sharing our Sunday service over the internet. We are building relationships with the indigenous community in Halifax to honour our commitment to the Truth and Reconciliation

process and to launch a Reflection Guide program in the fall. This list goes on.

The problem is that I want to use this column to say things that you need to hear to help you in your life. I see the role of our faith tradition as a quest to help each of us identify what it means to lead a good life, and to live into that vision. We are a diverse congregation and we are each in different situations and stages of our lives. One thing is certain... there is no one answer that suits every member of our congregation. We rightly treasure the fact that people of all faith traditions, all spiritual and theological orientations, are welcome and encouraged to share and enrich our collective experience as UUs.

That is what makes us unique, and makes the role of a UU minister unique. I do not claim to have the answer for you as to what it means for you to lead a good life. That said, I do see my role as one to challenge you and to encourage you to think deeply about the question.

Our congregation can provide you with many opportunities to become involved with the life and missions of our church. For many of us, this is part of living a good life. We are experimenting with ways to advertise those opportunities, beginning with a “Volunteer Opportunities Board” that will be up each Sunday during our coffee hour. Please watch for that.

I would very much like to hear from you, as to what you need from our congregation and from your minister. If you and a few other people send me your comments, concerns or questions, or leave them in our suggestion box on Sunday, I may not have to spend so much time trying to find a place to start my “Minister’s Notes” for May!

Rev. Norm Horofker
nhorofker@aol.com

News from the UUCH Refugee Sponsorship Committee



Andy Blair

Our co-chair, Andy Blair, has been recognized by the Nova Scotia Office of Immigration as an "exceptional volunteer". We learned that NSOI was offering grants of \$1000 each for either refugee group projects or to recognize exceptional volunteers, and we put forward Andy's name. We think you should know more about this person in your midst, so here is an edited version of the nomination we submitted:

Andy was first involved with sponsoring refugees in 2014 when he participated in the sponsorship by the Friends of Halifax of a group of Ethiopian refugees.

In the fall of 2015 he was a driving force behind the decision to form a Refugee Sponsorship Group at our church, the Universalist Unitarian Church of Halifax (UUCH). Andy has been one of our co-chairs ever since. (As you know, this resulted in settling a family of six and we are now awaiting two more family members.)

Andy has worked tirelessly to facilitate the process of bringing as many refugees to Nova Scotia as possible. He represents the Canadian Unitarian Council (CUC) on the Nova Scotia Private SAH Roundtable, and joined the board of the Rainbow Refugees Association of Nova Scotia. His name is known to Nova Scotia Immigration, ISANS, local immigration lawyers, and many of the groups in the Halifax area who are working to bring in refugees themselves. He maintains a list of potential Syrian and Iraqi refugees who are ready to be sponsored, tries to match them up with potential sponsors in Halifax, and then works to facilitate that process.

It was mostly due to Andy's insistence that, from the beginning, our own UUCH Refugee Sponsorship Group planned to assist outside groups, and through his intervention we are now co-sponsoring two more applications representing another five Syrian people.

Networking and facilitating are Andy's interests and strength, so on the UUCH Refugee Sponsorship Committee he has not been directly involved in organizing and participating in specific settlement tasks. Instead, he has been very involved in the actual application process, both with UUCH and our co-sponsors, and sharing the responsibility for completing/vetting all applications with his co-chair.

Above and beyond the processes, however, Andy has become a true friend to our Syrian family group. He bought them Costco memberships so they could save on groceries. He gave driving lessons to the young adults and dispensed advice as they shopped for cars. He often stops in to have a beer with the young men and has invited the whole family to his children's birthday parties.

A final update to this story is that in February Andy proposed to our group that we should apply to be a Sponsorship Agreement Holder (SAH). We have been working through the CUC in order to get spots for our applicants but all their spots for 2017 are already taken. If we become an SAH we would get our own spots and could carry on this good work. At the March Board meeting a motion was passed that we move ahead with an application to become an SAH in our own name.

***Marilyn Shinyei
for the UUCH Refugee
Sponsorship Committee***

Board Buzz

The CUC Annual General meeting this year will be an online meeting. The CUC has also broken its tradition of meeting over the Victoria Day long weekend. The 2017 Annual Meeting will be held in Toronto on Saturday, May 13th. The Board is looking for two people that would be interested in serving as our delegates to this meeting. If you are interested, please see or contact Kim Turner, Board president by Wednesday, April 5th.

The Board has established a task group to provide general oversight over renovations and modifications to 5500 Inglis Street, to be led by myself. Under this task group, we will establish a sub-group to plan improvements to the church kitchen.

The Board has noted that we have a number of new people regularly attending Sunday services. Kim Turner distributed the ideas collected during a recent workshop on ways to strengthen our programs to serve these newcomers.

Our sponsored refugees were brought to Halifax through the CUC Sponsorship Agreement Holder (SAH) status with Immigration Canada. The CUC, however, was awarded slots for only 30 refugees in the coming year, and these have all been spoken for by the various UU congregations across Canada. The Board has authorized the Refugee Sponsorship Committee to apply for SAH status for the UUCH. As a new SAH, we should expect to be awarded with at least 6 slots during the coming year.

Allyn Clarke, Past President
UUCH Board of Directors

For all details concerning
the CUC AGM
go to www.cuc.ca

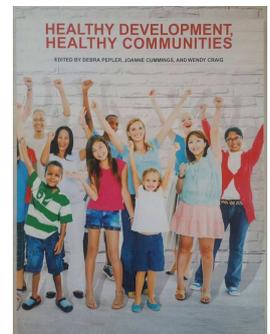


The Caring Column

Louise Malloch is half way through her chemo treatments and tolerating them OK. Her sister Nora visited her recently but has returned to BC. If you would like to be added to Louise's "helper list" to drive her to appointments or to do errands, contact her at lmalloch@gmail.com or call or text her at 902-414-3408. She also would enjoy visitors but be sure to call or text first.

Congratulations to **Tanya**

Bilsbury in having co-authored a chapter on the evaluation of school bullying programs in an edited book. The chapter (by Tanya and John LeBlanc) is titled *Does Your Bullying Prevention Program Really Work? 8 Steps to a Successful Evaluation*. The book is titled *Healthy Development, Healthy Communities*.



Mary Ellen Onno
Caring Committee Chair



The deadline for submissions
for the May newsletter is
10 am, Monday, April 24th.

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

Hike Duncan's Cove, Saturday April 15

Approaching Halifax Harbour from sea, your eyes are drawn to the high white granite cliffs guarding the harbour entrance. The hike along these outcrops from Duncan's Cove to Ketch Harbour is one of the greatest shoreline walks anywhere.



UU hikers at Duncan's Cove, June 2015

This hike usually includes watching seals basking on the offshore rocks, listening to the sound of waves forcing themselves into narrow sea caves 10 metres below your feet, views of harbour pilots boarding or leaving ships as they enter and leave the harbour. The trail is generally dry—and involves several steep slopes where we can pause at each level to admire the view.

Meet at the church at 12:30 or at the trail head in the village of Duncan's Cove at 1:10 pm. Contact me if you would like to share a ride from Herring Cove Road.

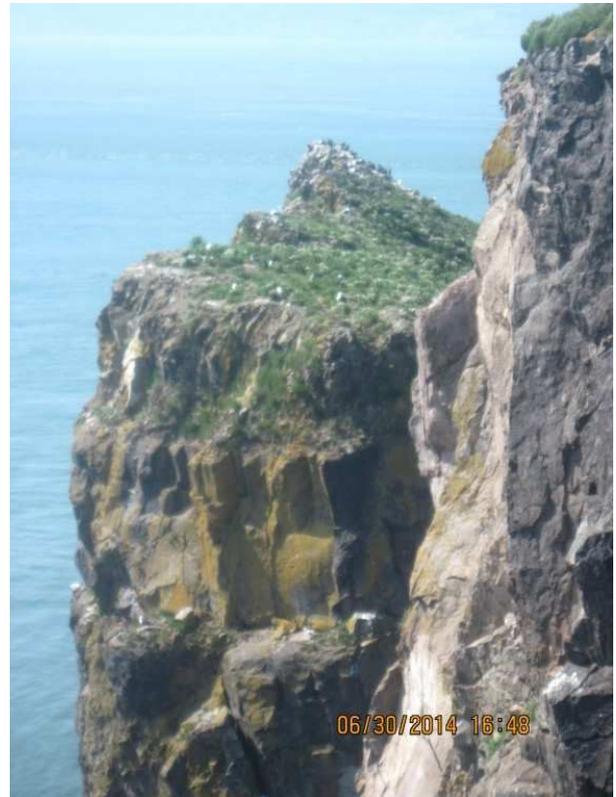
To get to the trailhead, follow Herring Cove Road past Herring Cove (road is renamed Ketch Harbour Road) and Portuguese Cove. Take a left on Chebucto Head Road, then a right on the gravel road to Duncan's Cove. Park at the entrance to the village.

You can call me at 902 483-4731 if you are lost or running late.

Allyn Clarke

Possible hike to Cape Split, May 22

Is anyone interested in hiking to Cape Split on Dominion Day?



We would meet at church for 9:15 or pick up at the Home Depot parking lot to carpool—or meet at the trail head in Scots Bay at 11:00.

The trail to Cape Split is a woods road that traverses mature hardwood forests. I am hoping the ladyslippers and trilliums will be in bloom for this hike. The trail goes up and down; it seems like an uphill climb both in and out. The province has done some trail improvements but we should expect some wet and muddy places.

The round-trip hike is 16 km plus a fair bit of vertical, and takes 4-5 hours; Sandra and I have done it in just under 4 hours. We would plan to have lunch on the meadow overlooking the Cape—and to be back at the trail head by 4 pm at the latest.

Allyn Clarke

Music Montage

Upton Sinclair, about Beethoven: He was "the defier of fate, the great yea-sayer." His music is "like the wind running over a meadow of flowers, superlative happiness infinitely multiplied."



April's 'Singing as We Gather'

The Gathering Hymn for April is #1071 On the Dusty Earth Drum. Like this hymn, we will beat the drum of greening spring. Our theme this month is Resistance, and I am thankful that Mother Nature never resists 'springing forth' gloriously again and again each year at this time. For me, it is a good time to examine what I am resisting, and when it feels right, like the description of Beethoven in the quote above, to be a "yea-sayer" more often, "like the wind running over a meadow of flowers"!

Themed Music Projects

This month's Music Project combines with our Musical Celebration of Earth Day on Sunday, April 23rd. Join the Afterchoir and the UU Singers, with a plethora of music to join in with and enjoy at this upbeat service.

The UU Singers' rehearsals for this follow:

- 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

Music Director away

I will be away on holiday for two weeks, from April 27th to May 11th inclusive, to celebrate my son Curtis' wedding April 29th in Montreal, and his graduation from McGill on May 10th with a Masters of Divinity.

I will also be away on Sunday May 21st (the long weekend) for some professional development at the 10th anniversary year of the Digby High C's Choral Festival.

Deborah Wiggins
Music Director

Religious Exploration

The past month has been an exciting time for congregants' engagement with the RE program. Experienced elementary school teachers Molly Hurd and Danielle Saulnier have observed RE sessions and offered assistance and advice to improve my success in managing our energetic youngsters.



During the March 5th service the children sang the catchy tune *Do Re Mi* (from *The Sound of Music*), set to lyrics about our Seven Principles. We then marked International Women's Day by making dolls from wooden spoons (found in a church kitchen cupboard) to represent women the children looked up to. The dolls were presented to the women with a note. This was covered in a *care.com* article by a reporter who reached out to us!

<https://www.care.com/c/stories/9743/in-honor-of-international-womens-day-spoon/>

On March 12th, Angela Leonard, a yoga teacher from Yoga Synthesis, (who recently began attending services after a hiatus of many years) selected and read a children's book during our Time for All Ages, and taught yoga to the children. It was a lot of fun!

On March 19th, Deborah Wiggins sang the Shaker hymn *Simple Gifts* to the children, and Kathy Spencer taught them to do the accompanying dance, a favourite of the 1850s. Kathy also taught us the worship dances *Gloria in Excelsis* from the Christian tradition, and *I Journey Around* from the First Nations peoples.



On March 26th, Mi'kmaq elder Marie Louie Bernard read to the children from her book, *Sweet Water Maiden*, and sang a traditional song to the beat of her drum.

Upstairs we held a children's version of the maple syrup communion, complete with maple donuts, waffles, banana, whipped cream, and of course, maple syrup. A big thank you to Troy Saulnier for making such delicious waffles. In order to comply with RE's Healthy Food Policy and the wishes of all our parents, we used whole grain and organic ingredients. I take parent's wishes around dietary restrictions very seriously and am happy to accommodate any reasonable requests, e.g., dairy free, organic. (Please do let me know your preferences for your child.)

Allyn helped the children bring in the spring with his lovingly constructed wooden birdhouses, which the children painted in order to bring home with them.

Lia Woolaver, Edie Van Amberg, and Jane Wilson continue to do an excellent job as our caring and mature childcare assistants.

I can't wait to see what April brings!

Tanya Bilbury
Director of Religious Exploration



**Do you have your
2017 church directory?**

We still have copies of the 2017 church directory available to members and friends whose names are 'in the book'. If you have not yet picked up your copy, be sure to ask for it next time you are in church. If you are unable to pick it up, we can mail it to you.

Sandra Jamieson
uuchurch@eastlink.ca
902-429-5500

