

# UU & you

newsletter of the universalist unitarian church of halifax

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Universalist Unitarian  
Church of Halifax  
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Vacation August  
Cell 902-229-9239

Sandra Jamieson  
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Most Fridays 12-3

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

## July 2

Presenter: Deborah Wiggins; Service Leader: Allyn Clarke

### *Our UU Principles*

This summer we'll be taking a look at our UU principles through a number of different lenses and perspectives. Our examination begins this week with some thoughts on why Unitarianism matters.

## July 9

Presenter: Irene Baros-Johnson; Service Leader: Martha Wilson

### *Upstaging Little Women*

Find out about Louisa May Alcott's only visit to Canada.

## July 16

Presenter: Troy Saulnier; Service Leader: Margaret Galbraith

### *Our search for a community that promotes acceptance and spiritual growth in a growing family*

A talk on the third UU principle, and the importance of consciously selecting a peer community that both supports and challenges your family to ignite spiritual growth. Our personal search was for a peer group outside of family and school that would offer another source of good moral feedback and challenge our family's thinking on "the big questions". Several experiments along the way led us to UUCH. Learn about this interesting family's journey and their experience since then.

## July 23

Service Leader: Dean White

*This will be our annual Pride Service; details to follow.*

## July 30

Presenter: Robin Humphrey; Service Leader: Allyn Clarke

### *Our Fourth Principle – a philosophical toolbox approach to finding a framework*

The talk will suggest 'philosophical tools' to help build a framework for five key philosophical questions contained within the Fourth Principle: 'A free and responsible search for truth and meaning.'



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.

# JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <b>Happy Canada Day!</b>  No UU Brunch, July and August
<b>2</b> No Choir Noon Worship Com Immed. after service: Pride Parade Meeting		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>  11-3 Giveaway at Kathy's	<b>8</b>
<b>9</b> 9:45 am: Summer Choir	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> No Choir Noon Humanists	<b>7</b>	<b>8</b>	<b>19</b>	<b>20</b>	1 pm Pride float decorating party	<b>22</b> <b>Pride Parade!</b> <b>Schedule below.</b> 
<b>23</b> No Choir	<b>24</b>	<b>25</b> 1:30-3:30pm Time to Talk	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 2 pm Celebration of Life of Kay Smith
<b>30</b> No choir	<b>31</b>					

## UUCH in 2017 Pride Parade Saturday, July 22 – 1 to 3:30 pm

Join UUs and friends to show your pride! UUCH members will once again show we can be Standing on the Side of Love, showing how we celebrate Pride, and have a lot of fun doing it! This year's parade theme again is "This is Why", and our float will be full of reasons why UUCH is marching and dancing and celebrating with the Pride community. So, wear your bright yellow SSL T-shirt or a yellow shirt or anything. Just join us!!



### The schedule:

Friday, July 21, 1 - 2pm

Meet at the church for float decorating.

Saturday, July 22, 10 - 1pm

Meet at HMC Dockyard, 16 Valour Way, for lots more decorating!

Enter by Barrington Street under the MacDonald Bridge.

Parade 1 - 3:30pm

The big event – join us!

After the parade, 3 pm on

Come to the church for an after-parade BBQ festival with music, bouncy castle, burgers and fun!

Pride activities are fun for everyone—bring friends and family along to participate! Let's make this the best.

## The Caring Column



Jocelyn Alexa Kathleen “**Kay**” **Smith**, longtime member of the church, died peacefully on June 13th at the QEII hospital after a brief illness. We send our condolences to Kathy Anthony, her spouse of 29 years, and all her family and friends.

Kay was an avid UUCH member and volunteer for many years, at various times as member of the Board of Directors, as West Bequest trustee, Endowment Fund trustee, treasurer, worship support volunteer, participant in the RE program for children, Dining for Dollars coordinator and much more.

A celebration of Kay’s life will take place at the church on Saturday July 29 at 2 p.m.

Congratulations to **Tanya Bilsbury** who has won a very generous 2-year Scotia Scholar Award from the Nova Scotia Health Research Foundation—and a second considerable award: a Nova Scotia Graduate Scholarship from the Province of Nova Scotia covering up to four years. Tanya starts PhD. studies in Industrial/ Organizational Psychology at SMU in the fall. She has also just started an internship in human resources with the Department of Fisheries and Oceans. What will she do next?!

**Etta Hamm** had a fall on her patio which did considerable damage to her face at the time but the good news is that she is healing well and expects to recover completely. Many friends have been sending healing thoughts and wishes her way.

Mary Spurr reports that she visits **Michael Seary** weekly and that he is content in his nursing home in Dartmouth. Thank you Mary.

**Ella Wilson** sends a hearty hello to all and reports that she is doing a little better. Ella is missed and we send her greetings in return.

**Mary Ellen Onno**

*We have been asked to REPEAT this recent important item:*

### No Scents, Please

Please consider those who are sensitive to scented products by not wearing highly scented products to church.



Some people, when exposed to strong scents, can experience symptoms such as breathing difficulty, headaches, dizziness, sneezing, watery eyes, nausea, fatigue, confusion and anxiety, among others. Children with these issues have extreme difficulties.

**Scented products include:** perfume, cologne (both women's and men's!), aftershave, body lotions, sprays, deodorant, and strongly scented bath soap. Scent that remains on clothes such as the smell of cigarette smoke is also a problem for some.

Several attendees have had to leave the room and even the building when exposed to some of these scents. Men's colognes and/or aftershave products are a serious problem for a couple of our people.

We can't control what visitors do, but we ‘regulars’ can certainly do our part. Your cooperation is greatly appreciated.

### Giveaway event at Kathy's Friday, July 7



Kathy Anthony invites UUCH women who might like to have some of Kay's clothing and/or footwear to come to her home at 2431 Davison Street, Halifax, any time between 11 and 3 on Friday, July 7th.

A couple of UU helpers facilitate the sharing, which ideally will result in some nice new-to-you outfits for those who stop by. This is a one-time opportunity as clothing not taken will be donated to a local charity.

Most of Kay's clothing is in the size 14-16 range. Hope to see you there—if it's a possible fit. Contact me or Kathy Anthony for more details.

**Kathy Spencer**

## Rev Norm Achieves Full, Final Fellowship



Our Rev. Norm Horofker with Janet and daughters Kayla and Marta following his achieving Full and Final Fellowship in UU Ministry at the recent UUA General Assembly held in New Orleans. Congratulations, Norm. We are most fortunate to have you as our minister – and very grateful Janet, for all you do! Photo by Tanya Bilbury.

## UUCH Staff Summer Schedule

**Rev Norm Horofker** will not be in the pulpit on Sundays in July during his study month and will be on vacation in August. He can be reached by cell phone for urgent matters.



**Sandra Jamieson**, Office Administrator, is on summer hours until the end of August. She is in most Fridays, 11:30 am to 3 pm, to perform certain necessary tasks including the printing of the Sunday order of service. **(Remember to submit your items by 10 am or you'll miss out!)**

**Deborah Wiggins**, Music Director, will be on vacation from July 26th to August 8th.

**Religious Exploration Program for Children.** There will be no organized program over the summer months, but childcare comprising indoor or outdoor play (depending on weather) will be available every Sunday. Do come and bring your children.

## The Halifax UU Humanists Change in format, July & August

The Halifax UU Humanists usually meet at 12 noon on the third Sunday of the month for one hour. The topic is normally chosen in advance. One person volunteers to prepare background information, to lead the discussion, and to be moderator for the day.



We will meet as usual in July and August, but will have informal discussions instead of the usual format. Regular meetings with pre-chosen topic and moderator will resume in September.

For more information please contact Mary Lu MacDonald, Andy Blair or any of the other Halifax UU Humanists.

## UUCH Board of Directors June 2017 - May 2018

### Officers

President	Kim Turner
Vice-President	Margaret Galbraith
Past President	Molly Hurd
Secretary	Pam Berman
Treasurer	Marilyn Shinyei

### Members at Large

Mia Huh	Shripad Pendse
Troy Saulnier	Ginny Girard

Monthly board meetings will resume in September

## No August Newsletter

There will be no August newsletter. Instead, we will publish one page to describe the Sunday services, the reverse side of which will be available for important or urgent notices.

Wishing us all a great summer!

***Your newsletter collective: Etta Hamm,  
Sylvia Mattinson and Sandra Jamieson.***

# Religious Exploration

June 18th was the last day of RE for the summer. That day also marked the end of my first 'term' as Director of Religious Exploration, a position I started January 1st.

During that time the children, the RE committee, and I have worked together to build a structured environment, with regular routines such as opening and closing circle times.

I continue to focus on improving organization and administrative efficiency around the DRE role, which I feel is a necessary foundation to a strong RE program.

In June the children have been engaging in activities on the theme of compassion and growth. For example, they engaged in a group discussion about the importance and impact of kindness, and they explored their greatest personal accomplishments and future goals.

Over the summer months, the RE committee will be reviewing UUA curriculum for implementation in September. Given our small numbers and irregular patterns of attendance, we have decided to pursue an all-ages 'combined classroom' approach.



I am very grateful to have had the opportunity to attend the Liberal Religious Educators' Association (LREDA) professional day and UUA General Assembly in New Orleans, Louisiana, with the Horofkors. This gave me the opportunity to network with other religious educators and learn about best practices for our children's programming. I am also navigating the issue of how to implement the Our Whole Lives sexuality and relationship education curriculum at our church.

## Thank you's

- Thank you to Danielle for her instrumental role in training the children to listen and communicate respectfully during circle time, and in helping the children articulate the ground rules that we follow during our time together.
- Thank you to Lindsay, Pamela, Allyn, Michael, Brad, Marilyn, and Margaret for their contributions to transforming the goutweed-ridden raised beds into a lovely fruit and vegetable garden for the children to enjoy during the summer. This was no small task.
- Thank you to Brad for making the wooden scroll crafts the children used to make their fathers' day gifts. The gifts demonstrated how the children felt their fathers' helped them grow.



I look forward to another great RE year starting in September.

**Tanya Bilbury**

# Music Montage

“You can find me  
where the music  
meets the ocean.”  
~ Unknown



## July's 'Singing as We Gather

The Gathering Hymn for July is #4, I Brought My Spirit to the Sea. This hymn has a beautiful melody, flowing like the ocean waves. It suits the first full month of summer here on the East Coast very well. This month, may we all feel as the author of these lyrics expresses, “I brought my spirit to the sea; I stood upon the shore. I gazed upon infinity, I heard the waters roar. And then there came a sense of peace, some whisper calmed my soul. Some ancient ministry of stars had made my spirit whole.”

## Themed Music Projects

There are no themes for the summer months.

We will resume in September for the 2017-2018 church year, with a whole new list of themes and more wonderful opportunities to make music together. However, see the next section!

## Summer Singing

There will be a couple of Sundays in the summer for opportunities to come out and sing. For this month, it will be Sunday, July 9th. All who like to sing, including children, are invited to arrive before the service (9:45 am or so) and run through one or two easy-to-learn pieces to be sung in that same service. I'm looking forward to making a joyful noise with you!

## Music Director Vacation

I will be on vacation for two weeks, from July 26th to August 8th inclusive.

I am wishing you and yours a glorious July!

*Deborah Wiggins*  
*Music Director*

## TALES FROM THE ESTATE & YARD SALE

(from a few of our 42 volunteers)

### **Marilyn:**

We are the ultimate recyclers. An ABROCKET (body-twisting exercise affair) and a particular Game Board set have changed hands again! I won't embarrass anyone by naming names but I can vouch for the fact that both have been sold at least twice before in our spring auctions. The ABROCKET was never used by the first owner, and tried twice by the second.

### **Janet:**

James, a wheelchair user, bought some tools in the morning—and returned in the afternoon for a small chair and three pressback chairs he hoped were still available. One shopping cart and three bungee cords later, James was happy on his way! A sight to behold.

**Etta:** Gobs of costume jewellery came in and sold like hotcakes. Our very first customer was a man buying pieces for his wife. He kept picking until they were dripping out of his hands. Later, another man came along and did the same thing. We (Anne, Mia and I) shook our heads in disbelief!

### **Martha:**

I gave out 140 information packets about UUCH, explaining a little about who we, what we're all about. At least 140 people/families passed thru our doors that day—wow!

### **Margaret:**

I had a great time with Marilyn's granddaughter and the plants. Maeve was clearly in charge of the process when I arrived, knew the prices and kept them looking tidy and attractive. This was an important part of selling since they had been totally drowned in heavy rain the night before. Plant people love to talk about plants! When I wasn't talking the ear off the customers, they were talking mine off me.

### **Deborah (clearly had the most fun of all):**

Working out front almost the whole time I learned and witnessed some interesting and fun things!

- The children, (Lia, Jane, Tristan, Louisa, Sabine and others) along with their adults, were Super Lemonade Stand Sellers.
- Troy should get the Salesperson of the Day Award. He was amazing at chatting up, promoting, and encouraging our customers—even making sales to friends by phone!
- Doug, Allyn, Troy and others, kept replenishing the furniture out front as we sold items, to keep up the attraction factor for passing traffic. It worked!

- I helped an engineer fellow travelling by hand-pushed wheelchair (having gotten run over by a car!), who was carrying a boxful of tools on his lap. We priced all the items and I helped him pack them up on the back of his chair, with the help of an old cloth bag I found, and he went away happy.
- A big dresser with mirror along with bedside tables went to a young couple who indicated they were on a tight budget. Smart negotiators they were, and got their coveted items!
- A dark wood coffee table and two matching end tables went to a couple who own a store down the street from the church.
- A big, old air conditioner was bought by a mother to be sent off to her son who needed it.
- A couple of young fellows set off on foot to Quinpool Road carrying their new leather sofa on their shoulders as though portaging between rapids with a canoe!

### **Marilyn:**

At one point, I was lectured by a man who said we USED to have some great yards sales in the back yard and we should do this again in the fall but include books!! Imagine my ashen face--my bitten tongue! LOL! Eight weeks of planning, 42 enthusiastic helpers, 7 days of set-up, selling and clean-up, approximately \$5,000 earned—and we should do it again in the fall? *Well, I don't think so.*

### **Last word goes to Deborah:**

A lot of good neighbourhood connections, great fun, and happy endings all around!

*Marilyn Shinyei*

### **And a “really really big” thanks goes to Marilyn**

I have not polled the congregation but I'm sure we would all agree that Marilyn herself was the driving force behind the Estate and Yard Sale and its great success. Marilyn applied herself (and engaged others) in a thousand ways to ensure that everything was covered, that (almost) every idea was brought to life, that things got moved, that every detail was in place, and that (almost) every little problem was solved. Marilyn, you're “something else” -- THANK YOU!

*Etta Hamm*

# Estate & Yard Sale Pics

by Kim Turner





CANADA 150