



Newsletter of the Universalist Unitarian Church of Halifax

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April 2018

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Sandra Jamieson
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(lunch 12-1)
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 2018 – Transformation

April 1

One Unitarian Universalist Minister's Reflection on Easter

The story of the death and resurrection of Jesus is fundamental to Western European, and by extension, Canadian culture. This morning Norm will share his thoughts on the importance of this story for our Halifax congregation at this time in our history. —
Presenter: Rev. Norm Horofker; Service Assistant: Carole McCarville

April 8

Foster Care: Families Protecting and Nurturing Nova Scotia's Most Vulnerable Children

This service will cover the challenges and rewards of fostering; the approval process; information on the training and support available; and insights about children who require homes. — Presenter: Susan Webber; Service Leader: Dean White

April 15

The Pain of Spiritual Transformation

UU Minister the Reverend Amy Zucker Morgenstern has written, "The teachers who help us to grow know that growth can't happen without pain. They don't save us from it—in fact, what they do usually intensifies it." Today Norm explores the connection between growth and pain in our spiritual lives. — Presenter: Rev. Norm Horofker; Service Assistant: Anne Knight-Gorman

April 22

Honouring our Survival Adaptations

Before you can be transformed you must first survive. But the ways we have learned to survive, the mechanisms we employ to protect our wounds, can limit our ability to grow. Today we explore ways to gently "lift the armour" that has protected our wounds so that we may continue our growth. — Presenter: Rev. Norm Horofker; Service Assistant: Brian Gifford

April 29

Are We a "Work in Process" or Have We Settled for "Good Enough?"

For the things that are most important to us, we should always see ourselves as a "Work in Process" ... never settle for "good enough." That is the proposition for our final service in this series on transformation. — Presenter: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei

Our Theme for Next Month (May): ***Embodiment***



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.

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 am Choir  Easter Sunday Noon Worship Committee	2 	3 	4 10 am Nick Baros-Johnson becomes a Canadian!  5 9:30-11:30 am Parents & Tots  Noon Tai Chi	6 		7 10 am – noon UU Brunch 7 pm Kitchen Party
8 9:30 am Choir	9 	10 	11 4:45-6:15 pm Afterchoir	2 9:30–11:30am Parents & Tots Noon Tai Chi	13 	14 10 am – noon UU Brunch 1 pm R.E. Family Outing to Body Worlds Exhibit
15 9:30 am Choir Noon Humanist Group Noon Intro to UUism with Rev. Norm	16 	17 	18 4:45-6:15 pm Afterchoir	19 9:30 – 11:30 am Parents & Tots Noon Tai Chi 6:30 pm Board meeting	20 	21 10 am – noon UU Brunch
22 9:30 am Choir 	23 10 am Newsletter deadline	24 	25 4:45-6:15 pm Afterchoir	26 9:30 – 11:30 am Parents & Tots Noon Tai Chi	27 	28 10 am – noon UU Brunch 12:30 pm Shubenacadie Hike
29 9:30 am Choir Minister's office Noon R.E. Committee	30 					

Not to be missed... the Kitchen Party... Saturday, April 7th, 7 pm. Guest bands, the Afterchoir, food, a good time with friends – a night to remember! Details inside.



Minister's Notes

Failing at sabbatical!

I humbly believe that I am pretty good at doing some things. But it turns out that doing sabbatical is not one of them. At the Board meeting in March, I was basically told that I had failed my sabbatical and that I would have to do it over again! It turns out that sabbatical is something you have to prepare for. Who knew that?!

I am grateful for the break I had in March from the preparation of Sunday services and I am thankful to the Worship Committee and all those who put together the excellent services in March. My problem was that I used the time away from preparing services to double down on other things that I love to do in my role as your minister. I just could not let go of many things that were “in the works” so to speak, long enough to do some serious reflection and study. So now Janet and I are starting to plan for a real sabbatical... sometime next year, a sabbatical will be proceeded by planning that will involve all members of the congregation.

Meanwhile there is a lot going on...

At our annual Leadership Retreat last August we realized that our congregation does not take enough time to celebrate the wonderful things we do. On April 7th we will remedy that! We will celebrate the complete reconstruction of our kitchen with a Kitchen Party that will honour the bequest of Cynthia Davis... a bequest that made the project possible. We will also celebrate with Nick Baros-Johnson on April 4th as he becomes a Canadian citizen. Both events are the culmination of many months of coordinated effort. I trust that more details are provided elsewhere in the newsletter.

We are a healthy, growing, loving and spirited congregation that I love to serve... but since I am on sabbatical, I will cut my comments short here and go to bed!

With love... Norm

P.S. One thing I am changing as a result of the aborted sabbatical is to get serious about taking Mondays off. I am adding this note as a way to solidify my commitment to Janet in this regard. I may need your help from time to time to remind me! I am just not very good at this sort of thing. ☺

We are having a ...



SATURDAY April 7th

Starts at 7 pm

**Help us celebrate our new kitchen
with music and food!**

LOCAL GUEST BANDS:

Stand Back The Sham-Rocks

—

**The UUCH Afterchoir
Open Mic**

Freewill donation at the door.

The Caring Column

John Paterson was hospitalized recently as he had pneumonia. He is feeling healthier and stronger and even returned to church last Sunday. Welcome back John.

Dawna Baker is very happy with the results of her first cataract surgery. She is looking forward to getting the second one done in the near future.

Nicholas Dale Baros-Johnson has received a notice to appear and "take the oath of citizenship" on Wednesday April 4th, The ceremony (from 10 am to 11) will be held at IRCC Halifax (Immigration, Refugees and Citizenship Canada), 1741 Brunswick Street, Suite B110, Halifax. Afterward there are opportunities for photos with family and friends, officials and Mounties, etc. Anyone may attend the ceremony.



Rev. Norm has invited Nick and John and Irene to a celebratory brunch following the ceremony—details from Norm are below.

Mary Ellen Onno

An Invitation to Celebrate with Nick, Family and Friends

To celebrate this important occasion with Nick and his family, we have reserved a private dining room for lunch at Salty's at the Historic Properties site by the waterfront for 11:30 am. Anyone wishing to attend is asked to contact me so that I can assure that the restaurant is prepared.

Norm

Good Times for UUs



Spring is (almost) in the air—it must soon be time for a Dinner for Eight! For our many new members and friends, these are potluck gatherings held in our private homes, the purpose being simply to nurture friendships, make new friends and enjoy one another's company in friendly conversation. Many an important friendship has begun at a UU Dinner for Eight.

Some hosts happily accommodate more than eight guests, but the idea is to keep the gatherings small(ish) and intimate. Dinners are commonly held on weekends during fair weather months.

A host volunteers, and the coordinator (currently yours truly) sends out the invitation via the UUinfo listserve for guests—who, you guessed it, bring potluck dishes, salads, dessert items, wine, etc., to the party.

If you 'don't do email' but are interested (in either attending or hosting), see or contact me and all will be easily arranged. If you need a lift to attend a dinner, that too can usually be arranged.

So first, we need hosts. Wouldn't it be nice to have a dinner each month over the next while? Any takers? See or contact me soon to reserve your month!

Etta Hamm

braeside@eastlilnk.ca

902-443-8779



RE Family Outing

Saturday April 14, 1 pm

In 2018, the RE Committee is running a pilot program of Family Outings. These outings are open to any individual or family involved with UUCH—not just those with young kids. However, the outings are facilitated with kids' interests in mind; adults are asked to largely facilitate their own religious exploration during the outings.

April's RE Family Outing will be to the **Body Worlds Exhibit at the Museum of Natural History**, Saturday April 14 at 1 pm. This exhibit artfully displays (real) human bodies in a way that is designed to teach people about the human body and human health. Since April's UUCH theme is Transformation & Change, we will briefly discuss, both before and after viewing, how these concepts apply to death and to the exhibit.



**Please note: Attendees are asked to pay their own way into the exhibit. If the cost of admission deters you from attending, please contact me at jesse_robson@hotmail.com regarding funding options.*

Jesse Robson
for the RE Committee



Hike the Shubenacadie Canal Trail

Saturday, April 21, 12:30 pm



A former UU hike on this trail.

The Saturday April 21 hike will be a visit to the part of the Shubenacadie Canal that joins Lake Charles with Lake William. Because Lake Charles is the high point of the canal system, the water in this stretch flows to the Bay of Fundy. This is a pretty section of the canal with rapids and wet lands, and the ruins of the marine railway that carried boats and barges between the lakes. I particularly like the spillway with its rapids on one side of the path and the stillness of the canal on the other.

Meet at the church at 12:30 or under the first overpass over the Waverley Road outbound at 1 pm. This location is also served by the Halifax Transit 55 service. Call my cell at 902-483-4731 if you are lost or running late.

Allyn Clarke



Online Church Directory Launch Coming Soon

Sign up!

Thank you to all who have signed up for inclusion in the upcoming online church directory. Some have not contacted me—but we must keep the project moving along.

Members who plan to use the online directory only (and therefore did not take a paper copy) will not have your contact information unless you have an online listing (password accessible only) on the UUCH website. To that end, on Sunday April 1st and again on the 8th, I will have a paper copy passed around through the congregation to have you initial your approval for your online listing.

At the time, if possible, we may either take your picture (or take your name for later photo-taking). That is, if you wish; a photo is not mandatory, but certainly helpful, as it too, is information, “putting a face to the name”.

Please be sure to look for the paper directory being passed around on the Sundays mentioned. Or even better, do email your approval to me—even today—and please attach a photo (a head shot) if you have a suitable one. Thanks!

Troy Saulnier
troy.saulnier@gmail.com
902-221-7338

Newsletter Deadline

The deadline for submissions
for the May newsletter is
10 am, Monday, April 23rd.

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



The congregation has responded very generously to the **Share-the-Plate initiative**. The Saturday Brunch has received \$732.55 since January, and \$1,098 has been donated to the other charities for a total of \$1,830. This is distributed as follows:

World Food Programme	\$114.35
Phoenix House	165.54
The CUC	253.00
The Ark	258.00
Barry House	160.00
YWCA Halifax	147.00

They all thank you very much!

By way of comparison, in 2017 when the plate was just going to our own coffers, the total for the whole year was \$2,014.

We are continuing with the initiative, but we would like to have the congregation more involved in choosing these charities. We are looking for ones that relate to the themes that Rev. Norm uses for each month: April will be about Transformation (change), May's theme will be Embodiment and June's will be Revelry. As a church we can only support registered Canadian charities and their purpose must fit in with our Seven Principles. We will give preference to local charities but all suggestions are welcome. Please send your ideas to:

Ginny Gerard: ggiard@bellaliant.net
Margaret Galbraith: margalbraith@eastlink.ca



Music Montage

"When I am singing lyrics that don't ring true for my own personal beliefs, I take joy in knowing they may for the person standing next to me." ~ Connie Jahrmarkt

April's 'Singing As We Gather'

The Gathering Hymn for April is #33 *Sovereign and Transforming Grace*. April's theme is *Transformation*. The lyrics of this hymn speak well to this theme.

*Sovereign and transforming Grace, we invoke your quickening power;
reign the spirit of this place, bless the purpose of this hour.*

*Holy and creative Light, we invoke your kindling ray;
draw upon our spirit's night, as the darkness turns to day.*

*To the anxious soul impart hope, all other hopes above;
stir the dull and hardened heart with a longing and a love.*

Monthly Music Projects

April's Music Project will be on Sunday, April 15th

Rehearsal opportunities for this are:

Sunday, April 1st, at 9:30 am

Sunday, April 8th, at 9:30 am

Sunday, April 15th, at 9:30 am

May's Music Project will be on Sunday, May 6th

Rehearsal opportunities for this are:

Sunday, April 22nd, at 9:30 am

Sunday, April 29th, at 9:30 am (minister's office)

Sunday, May 6th, at 9:30 am

Let April showers bring on the May flowers!

***Deborah Wiggins
Music Director***

Religious Exploration

March was an eventful and productive month for RE. An average of 7.25 children attended RE per week, a 12% decrease since 2017—so please, tell all your friends with kids about our wonderful RE program!



I am pleased to announce a pilot project in which Agne Kibiliute, a professional artist and art teacher affiliated with the Art Gallery of Nova Scotia, will be teaching an art class to our children based on the theme of the month. We kicked off the first session on March 18th when Agne's class pulled off some risky moves like blowing paint.

Jesse has started getting our raised vegetable garden ready for the summer; the seeds that the children selected have already been started. Last year volunteers helped us to weed, protect, and renew the soil in one of the garden beds (to wonderful results). We will soon be looking for help to repeat this process with the second bed.

I'd like to thank the following volunteers for their contributions to RE teaching in March: Danielle Saulnier, Pam Berman, Jesse Robson, and Troy Saulnier.

I'd also like to thank Jesse Robson for organizing our outing to the Oval outdoor skating rink, which was followed by an exploration and discussion of the Indigenous art exhibit on the Halifax Commons. Our next excursion will be to the BodyWorlds exhibit at the Museum of Natural History on Saturday April 14th at 1pm. Please consider joining us on this excursion to learn about anatomy and how to take good care of our bodies. Jesse has thoughtfully prepared a sensitive introduction to prepare the children for the material we will be examining.



In March we kicked off a program of inviting congregational volunteers to join the Sunday RE activities. This is a great way to create connections between the children and adults in the congregation, and for other adults not typically involved in RE to give us feedback on our programming. I'll be sending another call-out soon to fill out the April schedule.

Tanya Bilsbury
Director of Religious Exploration

