



Theme for March: Balance

Universalist Unitarian
Church of Halifax
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Rev. Norm Horofker
Minister
Office hours
Tues, Wed, Fri, 10-3
Cell 902-229-9239

Sandra Jamieson
Office Administrator
Office hours
Mon, Wed, Fri, 10-3
Lunch-12 to 1pm

Interim RE Director
Marie-Claude Leroux

Margaret Galbraith
President

Newsletter
Etta Hamm
Sylvia Mattinson
Sandra Jamieson

Sunday service
10:30 am

All are welcome

Children & Youth Education
Child care available

March 3 *International Women's Day – Balancing Different Gender Perspectives*

"Right now is a great and important time in history to do everything possible to help forge a more gender-balanced world. Women have come a long way, yet there's still more to be achieved."...
from the International Women's Day website. Presenter: Rev. Norm Horofker; Service Assistant: Pam Griffin-Hody

March 10 *"Free Thinking Mystics with Hands"*

Rev. Tom Owens-Towle wrote a book in 1998 with that title, subtitled "Exploring the Heart of Unitarian Universalism." How well is your portfolio balanced? Do you need to rebalance the rational (Free Thinking), the spiritual (Mystics) and the service/social justice (Hands) aspects of your life? Presenter: Rev. Norm Horofker; Service Assistant: James Morris

February 17 *"Don't Just Do Something – Sit There – In Defence of Imbalance"*

We can find ourselves thrown off balance in life by events beyond our control. The "off-balance" experience can be difficult, challenging, even soul destroying. But it can also be the source of personal and spiritual growth. This morning Amy Moonshadow will share some of her personal experience with being knocked off balance and finding her way back to balance. Presenter: Rev. Norm Horofker; Service Leader: Amy Moonshadow

March 24 *Medicine Wheel Teaching*

Medicine wheels, large stone constructions undertaken by Indigenous peoples of North America, survive today in sites across the continent. In many Native American cultures medicine wheels are metaphorically identified with a variety of spiritual concepts. Debbie Eisan is the Community Planner for the Mi'kmaw Native Friendship Centre. She has just finished co-facilitating a nine-session reflection series on Truth and Reconciliation for our congregation. Presenter: Debbie Eisan; Service Leader: Dean White

March 31 *Balancing Our Theology of Inclusion With Our Call to Social Justice*

Unitarian Universalists strive to respect the diversity of spiritual beliefs among people of good will. But, when it comes to social justice issues, we often resort to passing resolutions at our annual national meetings that may exclude people of good will, who hold minority opinions. Can we balance spiritual growth in community with diversity of opinions in matters of politics and social justice? Presenter: Rev. Norm Horofker; Service Assistant: Anne Knight-Gorman

Theme for April: Emergence

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.



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10-11:30 Neighbourhood Brunch
3 RE Committee	4	5	6 4:45-6:15 pm Afterchoir	7 9:30-11:30 am Parents & Tots 12 noon Tai Chi	8 	9 10-11:30 Neighbourhood Brunch 
10 Daylight Saving Time begins 12 noon Intro to UU with Rev. Norm	11 9 pm Young Adult Online Check-in	12	13 4:45-6:15 pm Afterchoir	14 9:30-11:30 am Parents & Tots 12 noon Tai Chi 6:30 pm Board Meeting	15	16 10-11:30 Neighbourhood Brunch
17 12 noon Humanists St. Patrick's Day 	18 March Break begins	19	20 4:45-6:15 pm Afterchoir	21 9:30-11:30 am Parents & Tots 12 noon Tai Chi Sundown, Purim begins	22 March Break ends Sundown, Purim ends	23 10-11:30 Neighbourhood Brunch
24 10:30 am Debbie Eisan, Medicine Wheel Teaching	25 12 noon Newsletter Deadline	26	27 4:45-6:15 pm Afterchoir	28 9:30-11:30 am Parents & Tots 12 noon Tai Chi	29	30 10-11:30 Neighbourhood Brunch
31						



Spring forward

Remember, on the eve of
Sunday March 10th, we set
our clocks ahead one hour.



Minister's Notes

Reconciliation

Last Sunday, February 24, our Truth and Reconciliation Reflection program concluded its 9th and final session. The process began over two years ago, and our first session, a Blanket Exercise, was held on September 9, last year. It has been a rewarding experience for me and for the members of the team that put it all together. The material for the program came from the Canadian Unitarian Council and was adapted for our congregation and the Nova Scotian context by our team, Anne Kuersten, Bonnie Coulombe, Heather Ritchie, Amy Moonshadow, and Wietske Gradstein with the indispensable help of Debbie Eisan, Community Planner for the Mi'kmaw Native Friendship Centre.

After catching our breath, we will be considering how we can continue this work within the congregation. It is important for our country, for our faith tradition and for our individual spiritual growth.

As a result of this initiative, I have been thinking a lot about reconciliation... in a general sense. I wonder if this might help someone.

I believe that reconciliation is possible between people of goodwill, and I believe that description applies to everyone at some level. I also know that some people will carry their grudges and resentments to the grave... and that is a tragedy.

I have been testing a simple model for the process of reconciliation. It requires three elements.

First, the parties to be reconciled must want to be reconciled. They have to want to have a healthy relationship. Too often the resentments we feel

are a defence mechanism to protect ourselves from our own sense of failure or shame. Reconciliation can often mean that we have to admit our mistakes, placing a moral obligation on ourselves to take action. And reconciliation can be hard work requiring spiritual growth... all reasons to avoid reconciliation.

Second, reconciliation requires that both parties share a common narrative describing the events leading to this point. If both parties cannot agree on what happened then they can not agree on what response is called for.

Third, both parties must come to an understanding of what response is appropriate from each given the desire to reconcile, the knowledge of what happened and the present circumstances.

This model applies to the reconciliation related to the residential school system in Canada and equally to reconciliation with a relative or a neighbour, or an estranged friend.

Final note: I want to express my thanks to everyone who expressed their condolences on the recent death of my sister Dawna Baker. Your support has been greatly appreciated.

With Love, Norm
902-229-9239
nhorofker@aol.com

Board Buzz

Your Board had to cancel February 13th's planned meeting due to a snow day, We decided to have a brief conference call meeting instead to deal with a few pressing items—and rescheduled our in-person meeting for February 28th.

What are the pressing issues? One was hearing from the Music Task Force and voting to move forward with a **Music Director Search Committee**. This Task Force has done an admirable job of gathering info, including your input on Survey Monkey, as well as looking at what other UU churches across the country are doing. It was clear that you definitely want a Music Director although almost no one wants to join a choir! The plan now is to have a new Music Director in place by mid-August or sooner.

Another topic was that of a planned **visit from Rev. Linda Thomson of the CUC** to take place during Norm's sabbatical in April. Besides doing the Sunday service on April 7th, we are hoping Linda will join us in a Congregational Conversation on Saturday April 6th. Stay tuned for details of that.

We also needed to get our ducks in a row prior to a **Congregational Meeting on February 24th** regarding the Resolutions being proposed for this spring's CUC AGM. By the time you read this, that will have happened and hopefully you will have been there to provide your input, especially on the topic of a proposed Eighth Principle.

Finally, the **Sabbatical Committee** would like you to know that there will be a full report coming to you next month just ahead of Rev. Norm leaving on Sabbatical. This committee's job is to ensure that all runs smoothly during the month of April while he is away. There are a lot of bases to cover but they're on it!



Marilyn Shinyei

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

2019 Church Directory Available

The 2019 UUCH directory is out and available to members and friends whose names are 'in the book'.

Be sure to get your copy next time you are in church.

If you are unable to come to church, we can mail your copy to you.

Sandra Jamieson

uuchurch@eastlink.ca

902-429-5500

Directory Updates

DACEY, Barbara *New apt. #, email address*
600-5266 Green St. barbdacey@icloud.com

EGAR-REYNOLDS, Elinor *New address*
412-5732 College Street, Halifax, NS B3H 0B3

ENGLISH, Inge *New email address*
inge.kurman@gmail.com

HINES, Gail *New friend*
itsabitstormy@hotmail.com 647-467-8144

SMITH, Michael *Missing land line number*
902-832-8056



The Caring Column

While February was a short month it was not short on sadness.

William Hody, husband of Pam Griffin-Hody and brother-in-law of Eileen Ross died on February 3rd. Our sympathies go out to the family.

Dawna Baker, sister of Rev. Norm Horofker, died on February 13th after a long struggle with the complications of radiation and surgery. We offer our thoughts and sympathy to Norm, Janet and Dawna's daughter Lindsay.

Sympathies are extended also to **Allan and Leslie Shaw**. Allan's sister-in-law died on Sunday February 17th.

We've received the sad news that **Bunty Albert** died on February 20th. Bunty was a very active Universalist Unitarian in PEI, and a friend of several of our members, especially through their singing together in the GAIA group led by Carolyn McDade. Many are feeling the loss of Bunty.

Now for some happier news. **Amy Moonshadow** reports that her mom is now home from hospital and is being assisted with lots of helpers to deal with her cancer care. We extend our positive thoughts to her.

After a fall a month ago, we're happy to see **Elinor Egar-Reynolds** on the mend and back into the swing of things.

Congratulations to **Margaret and Paul Galbraith** whose 50th wedding anniversary was on January 18th. Their son and daughter, each with one of their children, celebrated the happy occasion with them.

And finally, Margaret Galbraith passed on to us a newly revived ancient word she recently learned: "apricity", and we extend it on to you. It means "warmth of the winter sun." 😊

Sylvia Mattinson

Request from UU Cares

No one has ever become poor by giving. ~ Anne Frank

Speaking of giving... opportunity knocks:

We have church members who have needs that you might easily be able to fill.

For example ... someone needs a TV converter. Do you have one you don't need?

Someone living alone has limited cooking skills. He would love some homemade soup or a vegetarian casserole now and then.

Let us know if you'd like to help.

Faith Piccolo
fpic6@gmail.com



Newsletter Deadline

The deadline for submissions for the April newsletter is 12 noon, Monday, March 25th.

Please send your submissions to:
Etta Hamm braeside@eastlink.ca
and
Sandra Jamieson uuchurch@eastlink.ca

Religious Exploration

It's been nearly a month since I started as Interim Director of Religious Exploration, and I am incredibly grateful for the warm and encouraging welcome extended to me by the congregation.

Since we have recently welcomed some new families to the RE program, some congregants may not have first-hand experience with what we do and teach; here is an overview of our mission.

The Religious Exploration program strives to provide engaging, enriching, age appropriate activities and social experiences for children and youth that nourish their spiritual learning. Every week during the service, children and youth are encouraged to join us upstairs for these activities and lessons. By learning together, they are creating bonds with each other and as part of a faith community.



Children exploring the ritual of sharing joys and concerns.

These activities and lessons aim to nurture a Unitarian Universalist identity by helping them understand the seven principles and how to apply them. They also encourage a healthy openness to the variety of religious and spiritual experiences available to them.

Over the years, these activities have ranged from following the month's spiritual theme and discussion during the service, to following a rich

curriculum created by the Unitarian Universalist Association.

Since the fall, the children have continued to learn about the intangible gifts we all have inside us, such as kindness, love, forgiveness and empathy.

With stories, crafts and activities, the children are encouraged to recognize the gifts within themselves, how to share them with others, and how these relate to the Unitarian Universalist principles.

Through stories, activities and lively discussion, the youth have continued to be guided through understanding ethical questions and situations that may arise as they are launched through middle and high school years. Questions of right and wrong, and how a Unitarian Universalist identity and its principles can help lead them to independence and fulfilling their personal promise is the aim of the current curriculum.

Beyond the Sunday morning sessions offered during the services, the religious exploration program is here to promote fellowship within the UU Halifax church community. Experiences have and will continue to be planned to support meaningful involvement of families and children. From family outings to youth service participation, we hope to grow the connection between children, their families and the entire congregation.

All are welcomed to join and partake in nourishing the spiritual learning of the children. Ultimately, together we can promote for our children and ourselves a vision of our lives as a wondrous gift, wherein each of us is called to create our own meaningful contribution.

Marie-Claude Leroux
Interim Director



The CUC's March Events

Truth Healing and Reconciliation Through Film:

Trick or Treaty. Registration ends March 5. Watch the film and read the materials: March 6–20. Reflection Group: Wednesday, March 20, 8:00-9:30 pm AT—and Saturday, March 23, 1:30-3:00 pm AT.

Truth Healing and Reconciliation Through Film:

Angry Inuk. Registration: March 23–April 10. Watch the film and read the materials April 10–24. Reflection Group: Wednesday, April 24, 8:00-9:30 pm AT—and Saturday, April 27, 1:30-3:00 pm AT.

Virtual Gathering: Hope in Hard Times A Time for reflection and sharing (note the two separate events), Wednesday, March 6, 8:00–9:30 pm AT — or Saturday, March 9, 1:30-3:00 pm AT. Arising out of common concern and voiced by religious professionals, we invite people to join in this time of reflection and sharing—looking at the ways we find Hope in Hard Times.

Gathered Here: Young Adult Check-In Of special interest to Young Adults: March 11, 9:00 pm AT. Gathered Here is a monthly online check-in and gathering for Canadian Unitarian Universalist young adults.

A note to new UU friends and readers

The Canadian Unitarian Council is the national association of Unitarian Universalist congregations in Canada. We are a diverse faith community bound by a common commitment to equity and justice. We covenant to a set of principles, which calls us to seek peace, liberty and compassion, to search for truth and meaning, to respect the inherent worth and dignity of every person, and to uphold democratic processes. www.cuc.ca

The Ripple Effect: The CUC's Water Project



Be the pebble in the pond that creates ripples for change.

We are pleased to announce that our two-year water campaign, The Ripple Effect, is officially underway! We invite you to take a look at our Kick Off Video and the resources posted on the CUC website – The Ripple Effect, including our growing pool of resources that will help you learn about various issues impacting water and engage in action on personal, local, provincial, national, and international levels.

On the front page of our Resource Site, you will find a step-by-step guide to getting involved, including links to posters, surveys and FAQs. There is an introductory questionnaire that we urge groups to fill out as soon as possible as it allows us to know who is getting involved, their interests, and any knowledge or support they might need, or be able to offer other groups who are working on a similar water issue.

We also encourage everyone to join our [Facebook group](#) to follow the ripples of action that are happening across the country, ask questions, share resources, and highlight issues of importance. As people share links to resources we will add them to our resource site, which we hope will further facilitate connections between faith groups, communities and organizations across the country. Do you know specialty groups or organizations dealing with specific water issues? Please invite them to join the Facebook group as well, as their input is invaluable.

As the National Social Justice Team, we are committed to walking this journey with you and look forward to seeing what ripples of change we can create together!

Erin Horvath
CUC Social Justice Lead

Sunday Service Volunteer Roster – March 2019

TBF: To be filled. *Person named in bold italics is retiring, space to be filled.

		Greeter 1	Greeter 2	Early usher	Late usher	Early coffee	Late coffee
Mar 03		Anne K-G	Sylvia M.	Ron H.	Janet H.	Marilyn S.	Stephen B.
Mar 10		Elinor E-R.	TBF	Brian McD.	Mike B.	Peter B.	Krista L.
Mar 17		Margaret M.	TBF	TBF	TBF	TBF	Faith P.
Mar 24		Etta H.	TBF	Kathy A.	Sylvia M.	Janet H.	Stephen B.
Mar 31	5th Sunday	TBF	TBF	Dean W.	<i>*Margaret G. TBF</i>	Angela V.	Faith P.
Thanks a lot to our Sunday volunteers – we appreciate you!							

More volunteers needed

Please note that for **March 17th** we have urgent needs for an early usher, a late usher, and someone to make the early morning coffee.

Also note that we need at least one greeter for **March 31st**.

We in fact need to fill all “TBF” spots. Please contact me to sign up for one or more of these important roles. Pam Griffin-Hody pam_griffin-hody@carleton.ca

UU Chuckles

- Two UUs were sitting at the back of the room at a particularly raucous congregational meeting. One turned to the other and said, "We cannot possibly be mistaken for organized religion."
- For a UU, a "tradition" is something that was done last year. A "firmly established tradition" is something that has been done for the past two years. If it has been done for the last three years, it's "just the way we've always done it."
- You might be a UU if ... if you think a Holy day of Obligation is when it's your turn to put the coffee on.



About International Women's Day

Each year, March 8 is an opportunity to celebrate the contributions of women and renew our efforts in achieving gender equality – in Canada and around the world.

The beginnings of International Women's Day (IWD) trace back to the early twentieth century, emerging from the activities of labour movements in North America and Europe and reflecting a growing movement for women to participate equally in society.

The first International Women's Day was observed on March 19, 1911 in Austria, Denmark, Germany and Switzerland. That day, more than one million women and men showed their support by participating in public events. In the years that followed, other countries began to observe and celebrate this day.

The United Nations recognized 1975 as International Women's Year and began celebrating IWD on March 8, later adopting a resolution designating March 8 as International Women's Day.

Today, International Women's Day is celebrated around the world – in many countries, it is a national holiday. It has grown to become a global day of recognition of women's achievements and a call to action to support women's rights and advance gender equality.

This year's theme: Innovate for Change

Innovation and technology can help empower women and girls. Yet a growing digital divide means that women are underrepresented in fields like science, technology, engineering, and math (STEM). Let's reverse this trend and innovate for change!

This year's theme for International Women's Day, #InnovateForChange, is a call to action, asking everyone to harness the power of technology to create a more equal world. By removing the barriers facing women in STEM, we can unleash new ideas and solutions that will transform our society and strengthen our economy.

In Canada, only a third of graduates in STEM are women, a difference that's magnified in fields such as engineering and computer science. Meanwhile, Canada and other countries face major job shortages in many STEM fields. When women are held back from filling high-quality jobs like these, Canada's economy is also held back.

Increasing the number of women in STEM is a simple, direct and effective way to fuel change that improves the lives of people across Canada. Let's work together to create more opportunities for women and girls in STEM, where they can help shape our future into one of greater equality and prosperity for everyone.

Do you know a woman making a difference in STEM? This International Women's Day, celebrate her achievements using the hashtag #InnovateForChange!

INTERNATIONAL WOMEN'S DAY

#InnovateForChange



May
good luck
be your **friend**
In whatever
copyright © 2004-2005 you do
And may
trouble
be always
A **stranger**
to you.

