



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 1 pm

Jessica Friesen
Music Director

Marie-Claude Leroux
Director, Religious Ed
for Children & Youth

Margaret Galbraith
President

Etta Hamm
Newsletter Editor

Sunday service
10:30 am

All are welcome

Children & Youth Education
Child care available



Our Theme this month: *Resilience!*

February 2

The Resilience of Universalism in Halifax — *The* Universalist Church of Halifax was founded in 1837 and since that time it has bounced back from many setbacks. Today we will explore that history and look at what it takes for a congregation like ours to continue as a beloved, resilient and spiritual community in challenging times.

Presenter: Rev. Norm Horofker; Service Assistant: Mary Lu MacDonald

February 9

Engaging the Resilience of Nova Scotians — *Nova* Scotians are committed to making Nova Scotia a better place – and they are willing to change – but many don’t feel able to be part of the solutions or know where to begin. This is where Engage Nova Scotia comes in. Danny Graham is the “Chief Engagement Officer” of **Engage Nova Scotia**. He is also Founding Chair of the Nova Scotia Restorative Justice Program, Former Chief Negotiator for the Nova Scotia Government on Aboriginal Rights and Advisor to United Nations Development Programme on justice reform.

Presenter: Danny Graham; Service Leader: Marie Welton

February 16

Sharing our Faith Sunday — *Every* February the Canadian Unitarian Council encourages congregations to plan a Sharing Our Faith service to celebrate our faith in Canada. This year’s theme is “Making Waves” which is the same as the theme for the National Conference and Meeting that UUCH is hosting here in Halifax in May when we will be Sharing Our Faith in a big way. Come out this Sunday and gain an appreciation for our identity as Unitarians coast to coast.

Presenter: Rev. Norm Horofker; Service Assistant: Elinor Egar-Reynolds

February 23

Learning from Each Other—An Example of Personal Resilience — *Wietske* Gradstein, a member of our congregation since 1992, is an inspiration to us all with her indomitable resilience. This service will be a personal exploration of resilience and the lessons there for all of us.

Presenters: Wietske Gradstein and Rev. Norm Horofker

The Theme for March will be *Wisdom*

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.

FEBRUARY 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
|  Feb: CUC Month | | | | | | 1 10 – 11:30 am Neighbourhood Brunch |
| 2  Groundhog Day | 3 | 4 | 5 4:45 - 6:15 pm Afterchoir | 6 9:30 - 11:30 am Parents & Tots Noon - 1 pm Tai Chi | 7 | 8 10 – 11:30 am Neighbourhood Brunch |
| 9 | 10 9 pm Young Adult online check-in | 11 | 12 4:45 - 6:15 pm Afterchoir 6:30 pm Board Meeting | 13 9:30 - 11:30 am Parents & Tots Noon - 1 pm Tai Chi | 14 St Valentine's Day  | 15 10 – 11:30 am Neighbourhood Brunch |
| 16 12 Noon Humanist Group | 17 | 18  Heritage Day | 19 4:45 - 6:15 pm Afterchoir | 20 UN World Day of Social Justice 9:30 - 11:30 am Parents & Tots Noon - 1 pm Tai Chi | 21 | 22 10 – 11:30 am Neighbourhood Brunch |
| 23 Noon: Intro to UU with Rev. Norm 6:30 pm Soulful Sundown | 24 12 Noon Newsletter deadline | 25 | 26 4:45 - 6:15 pm Afterchoir | 27 9:30 - 11:30 am Parents & Tots Noon - 1 pm Tai Chi | 28 | 29 Leap Year Day 10 – 11:30 am Neighbourhood Brunch |

Danny Graham

Our guest speaker
 Sunday, February 9

Read up on Danny Graham
 and Engage Nova Scotia at
engagenovascotia.ca

Be inspired!



Minister's Notes



February and Resilience

The story of the Universalist Unitarian Church of Halifax is a story of resilience. Ministers and members and buildings come and go, but our congregation continues on.

As I write this for the February newsletter the transitions in the life of our congregation are foremost in my mind—because our Office Administrator of 25 plus years of service will be retiring at the end of February. Sandra Jamieson has been an island of calm and consistency as minister's and board members, treasurers and committee members came and went. She has been a source of resilience through it all. I think her resilience was born in her Cape Breton childhood.

I can personally attest to her patience in adapting to the changes that new board members and new ministers bring. I will always be grateful for her support and for her long service to our congregation and I wish her many long and happy years in retirement.

The people that our congregation has helped to find refuge in Canada are another powerful lesson in resilience. Last Sunday Abdul Jalab attended our service to express his appreciation. This young man had to flee Syria to South Korea and live there for three years facing possible deportation back to Syria. He is now starting a new life in Canada thanks in no small part to our congregation. Could any one of us match his resilience?



We acknowledged in church last Sunday our pride in the fact that members of our congregation, Leslie and Allan Shaw made possible the creation of a new Wilderness Park within the borders of Halifax, a park twice as big as Point Pleasant park. Nature is amazingly resilient when given a chance, and this new park, within city limits is the kind of chance it needs.

My wish for each of you is that you may find a source for resilience in your life that helps you through the inevitable blows of fate and mortality. May our loving and supportive community at UUCH be a resource for the resilience we all need to to see us through to the other side.

With Love,

Norm

MAKING WAVES CONFERENCE, HALIFAX THREE MONTHS AWAY AND COUNTING!



MAKING WAVES

Making Waves is just three months away now, and lots is happening. The details for the event are taking shape and it's pretty exciting!

Much more will be known when CUC opens up its website for the conference, with information about the workshops, the costs, the registration forms, etc. This will happen in early February. You will be able to connect to the CUC conference website (when available) by going to the CUC home page: cuc.ca, and following the links to the conference information. Norm's proposal for a ukulele workshop has been approved by CUC and has been scheduled for Sunday afternoon.

We don't know the details yet of the pricing for the conference, but we do know that CUC is looking at some new approaches on this. Also, **there are options for people who are not registering for the whole conference, to buy tickets to specific social events like the Saturday night dinner and ceilidh or the Sunday night closing banquet. And of course the Sunday morning worship service is free and open to all.** So people who don't feel up to attending the workshops or who have to work on Saturday or Sunday can still participate in a lot of the fun. LET'S MAKE IT A GOAL for every member of the UUCH community to get to at least one conference event.

Molly has designed an attractive T-shirt featuring the Making Waves logo and using seaside colours. It will be on sale as a wonderful memento of the conference. CUC will provide aprons to be worn by volunteers to identify them during their shifts.

The UUCH Host Committee team is filling out. There is a separate article in this newsletter which lists all the required Host Committee functions and open positions. Please look at it and decide where you can help. **REMEMBER, VOLUNTEERS HAVE MORE FUN!**

Is anyone willing to offer some home hospitality during the conference? Some attendees are on a tight budget, and other attendees like to have a homestay

instead of the dormitory. If you might be able to offer accommodation, **please let Elinor Egar-Reynolds know what you can offer.** The requests for homestays will be coming in soon, with the registration forms, and Elinor will need to start making assignments.

The communications team has provided Making Waves content to go on the UUCH website, and once it is in place we will be using that in future promotions. A promotional piece on Maritime music and the terrific line up of music which we will have at Making Waves has been created as a follow-up to the vacation planning piece which went out in November. **The piece on Maritime Music will appear in the CUC eNews which goes to about 3000 people and will be on the CUC conference website.** We have also sent it directly to UU congregations across Canada. The purpose, as with the vacation planning piece, is to let people know that Making Waves in Halifax will be a really great time. We are planning one more promotional piece for February.

We have an email account:

MakingWavesHalifax2020@gmail.com

for inquiries about Host Committee activities and local information, to augment the CUC email address conference@cuc.ca for inquiries to CUC about workshops, registration, etc. As always, if you want some information please feel free to ask your Communications team and we will share it with you and others.

WHAT WE SHOULD ALL DO RIGHT NOW:

- Look at the team volunteer list in this newsletter and decide where you can help.
- Save the dates May 15–May 17, 2020, for attending Making Waves yourself.
- Consider whether you can offer home hospitality.
- Let your UU contacts across Canada and elsewhere know that a terrific conference will be happening in Halifax and suggest that they attend for a whale of a good time. If they want information about the social activities or vacation possibilities or local arrangements, please refer them to MakingWavesHalifax2020@gmail.com

***Karen Woolhouse and Etta Hamm
Host Committee Communications***

LET'S HELP EACH OTHER TO ATTEND MAKING WAVES!



Last month we launched an appeal for funds to enable subsidies for people in the UUCH community who would like to attend part or all of Making Waves, but who cannot afford the cost of \$300 plus for registration. So far we have a few hundred dollars in the fund, which is a start.

If anyone can contribute to this fund, it would be much appreciated. Darla Muzzerall (the Host Committee treasurer) will administer the fund confidentially, and tax receipts will of course be issued.

Anyone who would like to attend Making Waves, or some of the social activities associated with it, but cannot afford it, is asked to speak privately with Darla so that something can be arranged.

Registration for the conference will open at the beginning of February, and then we will know more about the costs of various portions of the conference.

Some congregations do special fundraising for this purpose. Fredericton, for example, has held a yard sale and a congregation dinner to raise money to help their people come to Making Waves. UUCH has a lot on its plate right now, and we are hoping that this appeal will be enough.

Thank you, everyone, for any help that you can provide to make sure that everyone in our community can share this major event for UUCH.



Dining for Dollars 2020

2020 got off to a great start with a fun evening at the Saulniers and their Souper Spaghetti!

Wouldn't it be so much fun if we could go on to have one D4\$ event every month throughout the year!



These meals are a great way to fundraise for UUCH and they are true fellowship gatherings where we can get to know each other better. You decide how many people you can host, what meal/activity you want to offer and how much you want to charge. The guests pay the church and enjoy your event!

If you would love to offer a Dining for Dollars event but need ideas, here are a few from past offerings:

Ethnic-themed dinners: Thai, Italian, Irish, Spanish, Korean, Portugese, Indian, etc.

Event-themed gatherings: St. Paddy's Day, The Triple Crown, English High Tea, Wine Tasting, Pi Day, Tarot Readings

Seasonal meals: Summer Barbeque, a Hike & a Picnic, Blueberry Picking & Lunch

Diet-themed meals: vegan, beans, lobster

You can also team up with someone else—always fun! Cook in your partner's kitchen, use the church, etc.

You are only limited by your imagination. Think about it and get in touch with me with your proposal!

Margaret Galbraith



MAKING WAVES CUC CONFERENCE

Still some openings on our wonderful Host Committee Team!



There are only three months left until we are hosting Making Waves, the biennial CUC conference, right here in Halifax. We have added **only two** names to the team since the January newsletter. There are still plenty of openings. We are repeating the list of Host Committee team responsibilities, volunteers, **and needs (bolded)** in this newsletter, so that people who have not yet signed up can look at the list and see what is appealing.

Would you please:

- If you have already volunteered, check to make sure that we have you in the right place. And, if you want to contribute some time in another area as well, that's great.
- If you haven't yet volunteered, please select the area where you would like to help and let Glenda or Molly or the team lead for that area know. Remember that you can contribute a few hours during the conference and still be a full participant in the event.
- Thanks very much for checking the list below and thinking about what your contribution to Making Waves will be.

HOST COMMITTEE CO-CHAIRS: Glenda Butt, Molly Hurd

TREASURER: Darla Muzzerall

COMMUNICATIONS TEAM: Karen Woolhouse, Etta Hamm, Kim Turner (photographer),
Avard Woolaver (photographer)

GATHERINGS TEAM: (coordinates Ingathering, Sunday morning worship, social events):
Team lead: Troy Saulnier
Ingathering: Troy Saulnier
Saturday night Ceilidh: John Lindsay-Botten (coordinator), Pam Berman, Mia Huh
Sunday morning worship: Norm Horofker, Vanessa and John Lindsay-Botten

MULTI-GENERATIONAL TEAM:

CanUuddle: (program at UUCH for youth 14–19)

Coordinator: (Provided by CUC) Alex Okrainetz

Kitchen team (shops, prepares and serves meals to youth): needs a coordinator and 3-4 helpers

Overnight monitors working in two hour shifts: needs a coordinator and 4-6 helpers

UUCH building liaison: needed, someone very familiar with the building

Children's program: (provides care and programming at King's for children 13 and under). Team lead: CUC and Alex Okrainetz working with Marie-Claude Leroux

Caregivers and facilitators: need 6

Continued ...

Volunteers, openings, continued ...

MUSIC TEAM: (all music for conference events, including choir for Sunday worship)

Team leads: John and Vanessa Lindsay-Botten

Choir director: Vanessa Lindsay-Botten

Saturday evening Ceilidh coordinator: John Lindsay-Botten

Ukulele workshop: Norm Horofker

SITE SUPPORT TEAM: (accessibility, room/event setup, signage, transportation)

Team lead: Molly Hurd and Troy Saulnier

Accessibility coordinator: Wietske Gradstein, plus 2 helpers

Transportation and Safety coordinator: needed

Signage Coordinator: needed, plus 3 helpers

Setup Coordinator: needed, plus 2 helpers

Helpers for the above: Stephen Butler, Margaret Galbraith, **3 more needed**

VOLUNTEER TEAM: (helpers to work onsite – gofer's, runners, ushers, etc.)

Team Lead: Glenda Butt

Helpers: Kath Anthony, Stephen Butler, Sylvia Mattinson, Shripad Pendse, Mary-Lu MacDonald – **5 more needed to work shifts**

TECHNICAL SUPPORT TEAM: (assists CUC Tech team with technical infrastructure, setup, teardown, etc.)

Host Committee support for CUC team: Troy Saulnier and Paul Galbraith

Helpers: 3-5 needed

WELCOME AND INFORMATION TEAM: (coordinates all activities at Welcome Table; compiles information and materials)

Team lead: Etta Hamm

Home Hospitality coordinator: Elinor Egar-Reynolds

Welcome Table volunteers: Marilyn Shinyei, Faith Piccolo, David Lewis, Weitske Gradstein, Dean White, Pam Griffin-Hody

Exhibits coordinator and setup : Team lead provided by CUC (Jo-Anne Elder Gomes) and helpers by Unitarian Fellowship of Fredericton

REGISTRATION TEAM: (onsite registration and payments; staff Registration Table through conference)

Team lead provided by CUC (Jo-Anne Elder Gomes); helpers by Unitarian Fellowship of Fredericton.



Kings College Campus, site of MAKING WAVES Conference

Sandra Jamieson retires ... staffing changes ...



Sandra Jamieson, our Office Administrator for the last twenty-five years, will be retiring at the end of February. We will be sorry to see her go!

There will be more information later about the potluck we are planning for her and how to contribute to a congregational gift. I know a number of you will want to be involved in some way.

The board has decided we will now be using a part-time bookkeeper, Mary Banks, and a volunteer, Astrid Sieger-Pesina, in the office on Fridays only, starting in March. It will be a new way of working for us – more efficient financially but requiring some rethinking of roles. More details to come on that too!

Margaret, for the Board

The Caring Column

Two members of our congregation recently lost close family members...

A Celebration of Life for **Ann Connor, mother of Cea Connor**, was held on January 7th in Dartmouth.

Wendy Ozon's brother Corey died on January 10th in Truro. A private celebration of Corey's life will be held at a later date.

We extend sympathy to Cea and Wendy in this time of sadness.



No other news, good or otherwise, has reached the Caring Committee during January. However, should anyone connected to UUCH have need of help of some kind, or knows of others who could use some help that we might be able to offer, please don't hesitate to contact one of us.

Best wishes for a year in 2020 that brings you all that you hope for.

Sylvia Mattinson, Chair, Caring Committee
Mike Belland, Faith Piccolo, Shripad Pendse, and Rev. Norm Horofker (ex-officio)



In keeping with the different month's themes, we'd love to hear a short story from you about your life and personal experiences.

The Worship & RE committee can help you in presenting a 5-minute story to be shared with the congregation.

Themes coming up are:
February: Resilience
March: Wisdom
April: Liberation

Have you a story to share? Reach out to:

Marie-Claude Leroux
at marieclx@hotmail.com

The Music Page



Soulful Sundown

Thank you to everyone who contributed to our first (and successful!) Soulful Sundown service. Musician George Woodhouse was an amazing addition to this reflective and inspirational service. We would also like to thank Terry Choyle for her wonderful reading.



George



Jessica



Terry

Soulful Sundown will be held the last Sunday of every month at 6:30 pm. The next service is February 23, 2020. If you are a musician, poet, artist, author or know of others who would want to contribute to future Soulful Sundown services, we would love to hear from you. Please contact Jessica Friesen or Rev. Norm Horofker for suggestions, questions, or comments on the previous service.

Harmony Singers

Our Universalist Unitarian Choir will not be meeting for the month of February. I will send future updates to the Harmony Singers via email. If you are interested in participating in the future, please contact me!

Coffee House

February's coffee house will take place on February 21st (time pending). This will be a wonderful evening full of music, coffee, tea, and conversation! Further details will be provided as the date approaches.

Jessica Friesen

UUCH Music Director

jessicafriesen876@gmail.com

204-330-8165

Always remember, music accepts everyone, does not judge, and welcomes you into a safe, therapeutic space of creativity and community!

Religious Exploration

We are well into the new year, and hopefully the end of Sunday storms! With the inclement weather this past month, RE was only offered twice. It has been especially nice to welcome new children

The children have focused on the many ways of spreading kindness – at home with family, at school with friends, and out in the world with strangers and community. Along with their standard program on ethics & spirituality, the youth engaged in their own act of kindness with a service project. They put together birthday bags to be donated to a local food bank. These bags contain the makings of a birthday – including cake mix, icing, cake pan, candles, treats and noisemakers. Each youth put together colorful birthday banners to be included in the bags, adding a nice personal touch. If you have any suggestions for future service projects, I will happily incorporate them.



Our RE families were also gracefully offered a tour of the Shar Shalom synagogue by Rabbi Gary Karlin. The children exhibited their usual spirited curiosity and much was learned and discovered. It is quite an opportunity to be offered a glimpse of the sacred spaces within our community and the many ways to worship.

We will be entering February with another exciting Spirit Art session. Scott Wood will be presenting the idea and importance of communication and how it relates to his nearly lifelong hobby of being an amateur radio operator. Among other things, participants will be sending out Morse code and using walkie talkies.

It is such a gift to have the children and youth connecting with the congregants during Spirit Art. In the past two years, congregants have shared their hobbies, heritage and special celebrations with the program. This has included multicultural celebrations, cooking, creating a quilt, dancing, and many crafts. I am always looking to find ways to engage the adults with the children as this opens everyone to new experiences and greater connection. I would greatly welcome any and all to open themselves to sharing a piece of yourself, your interest or your heritage with the RE program.

Marie-Claude Leroux
Director, Religious Exploration Program



MARCH NEWSLETTER

**The deadline for submissions for the
March newsletter will be noon,
Monday, February 24th.**

**Please send your submissions to
Etta Hamm braeside@eastlink.ca**

