



Universalist Unitarian
Church of Halifax
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uuchurch@eastlink.ca
uuch.ca

Rev. Norm Horofker
Minister
Office Hours
Tues, Wed, Fri 10-3
Cell 902-229-9239

Jessica Friesen
Music Director

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

Margaret Galbraith
President

Etta Hamm
Newsletter

Sunday services
10:30 am
Online this month

All are welcome

This Month's Sunday Services

Note: All services in July are online only. Please join us between 10:20 and 10:30 am on Sunday. The service starts at 10:30. Use this link:

[https://us02web.zoom.us/j/666004431?](https://us02web.zoom.us/j/666004431?pwd=RjQvVEtjUjM1MEdnMDgxU0VSRzVLQT09)

[pwd=RjQvVEtjUjM1MEdnMDgxU0VSRzVLQT09](https://us02web.zoom.us/j/666004431?pwd=RjQvVEtjUjM1MEdnMDgxU0VSRzVLQT09) Meeting ID: 666 004 431 Password: 010670. You can also watch the service live on YouTube on our UUCH Channel.

<https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw> . Services are posted to the YouTube channel for later viewing after a day or two.

July 5

Music as Therapy — Why is music so powerful? Why do we find emotional connection and comfort through songs? Living in these times of crisis, we can find love, equality, and strength through powerful anthems and songs. Guest music therapists will share their own experiences, the benefits of music therapy, and how we can use music to navigate this new world together.

Service Leader: Pam Griffin Hody; Presenter Jessica Friesen

July 12

Religion and Disruption — Our service will begin live in Halifax and will then transition to the balance of the service presented by the North Shore Unitarian Congregation of Vancouver led by the Reverend Ron Phares.

Service Leader: Margaret Galbraith

July 19

An Interfaith Celebration of Pride Week During a Pandemic — July 19 is the first Sunday during Pride Week in Halifax. We will miss the annual Pride Parade and all of the associated in-person events, but will take joy in coming together online to recognize the spiritual message of Pride Week with speakers from a variety of faith backgrounds. Come celebrate!

Service Leader: Rev. Norm Horofker and others

July 26

Hope and Perseverance: Genocide Memorial — Our service today will begin live in Halifax, then transition to the balance of the service presented by the Unitarian Church of Edmonton led by the Reverend Audrey Brooks.

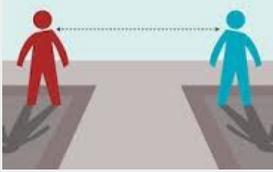
Service Leader: Marilyn Shinyei

Our services over July and August are not tied to any one theme.

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.



July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>No crowding!</p>	<p>Social distancing continues</p> 		<p>1</p>  <p>Canada Day</p>	<p>2</p> <p>7 – 8 pm Thursday Night Online Gathering</p>	<p>3</p> <p>Atlantic province borders open to each other</p>  <p>Safe travels!</p>	<p>4</p> <p>10–11:30 am Neighbourhood Brunch take-out</p> 
<p>5</p> <p>10:30 am Online Church Join us for this musical service</p>	<p>6</p> <p>Continue frequent handwashing</p> 	<p>7</p>	<p>8</p>	<p>9</p> <p>7 – 8 pm Thursday Night Online Gathering</p>	<p>10</p>	<p>11</p> <p>10–11:30 sm Neighbourhood Brunch take-out</p>
<p>12</p> <p>10:30 am Online Church Part of this service from Vancouver Unitarian</p>	<p>13</p>	<p>14</p>	<p>15</p> 	<p>16</p> <p>7 – 8 pm Thursday Night Online Gathering</p>	<p>17</p>	<p>18</p> <p>10–11:30 am Neighbourhood Brunch Take-out</p>
<p>19</p> <p>10:30 am Online Church Our Pride Week service.</p>	<p>20</p> 	<p>21</p>	<p>22</p> 	<p>23</p> <p>7 – 8 pm Thursday Night Online Gathering</p>	<p>24</p> 	<p>25</p> <p>10–11:30 sm Neighbourhood Brunch Take-out</p>
<p>26</p> <p>10:30 am Online Church Part of this service from Edmonton Unitarian</p>	<p>27</p>  <p>12 noon Newsletter Deadline</p>	<p>28</p>	<p>29</p> 	<p>30</p> <p>7 – 8 pm Thursday Night Online Gathering</p>	<p>31</p>	

Minister's Notes



Best wishes for summer

Last month I began my notes this way: "I would like to share something with interested members of the congregation. It is something that I have been asked to share at different times and in different ways. I would like to share with you, a deeper understanding of what it means to live your life as a Unitarian Universalist and to participate in the shared ministry of our congregation."

I liked that so much I am using it again this month!

What are we to make of the times we are living in? It is certainly a time for change, a time for action, a time for involvement and truth telling.

But we all feel pulled in multiple directions and we all need time to reflect with friends that we can trust. The challenges that we all face to make sense of the world, and to give meaning to our lives need not overwhelm us if we can share and grow in community.

July is my study month. It is my intention to use this time to make more detailed plans for a program that I hope to offer to the members and friends of the congregation beginning in September. That program is intended to delve more deeply into the questions I raised here and in my opening paragraph.

I have already heard from some members and friends who are looking forward to participating in

this program, and I hope you will consider participation as well. I expect to be releasing more details over the summer on uuinfo.

Those participating in the program will be able to meet in person regularly, but online participation will be available to everyone who has internet access.

But July is July in Nova Scotia!

After eight years in Nova Scotia, I have come to realize how glorious and precious the summers are here... and how short. I have learned that it is not wise to plan to accomplish a lot of things during July and August. These months are a gift to us that we should cherish and enjoy and savour.

I am reminded of the story in Jewish midrash of a rabbi who, appearing before G-d after his death, is asked only one question... "Did you enjoy the many gifts that I made available to you in your lifetime?"

The message in the story is that the world is a beautiful place. It would be a terrible waste to turn our backs on this marvelous gift. We are called to appreciate, enjoy, and give thanks for the many blessings in our life... savour them all.

And so, my hope for you, and for me, in the month of July is that we will get to savour the season, enjoying it to the fullest. Let's do what needs to be done but let us not spend any time worrying about schedules and timetables. September will come soon enough!

With Love,

The Reverend Norm Horofker



Board Buzz



The last few months the Board has been using a new method of meeting, with monthly reports being sent in ahead of time so that Board members can read them before the meeting. They are not discussed unless there are questions or issues raised in them. We have then used the extra time for discussion of more strategic matters.

With most church activities closed down for the Coronavirus precautions we have taken the opportunity to have some broad discussions about the role of the Board and the Minister and the future direction of UUCH.

The Board does not plan to meet in the summer, but talks will continue between Rev. Norm, Troy Saulnier the incoming president, and Margaret the outgoing one.

We did also agree to have our Annual General Meeting on Sunday August 30th, to authorize the new Board for 2020-2021. It will probably be a combined online/limited in-person arrangement, but there will be more information coming out closer to the date. Because of the uncertainty of the group gathering guidelines over the next few months we decided not to have a full in-person AGM. We also won't have a congregational retreat this summer.

We discussed options for anti-racism work at UUCH, but it was decided that we would participate in the CUC roundtable call on June 25th before making any decisions. The topic has come up at our Board meetings several times in the past, but with today's demonstrations and public outcry we are considering more specific action for members and friends of the congregation We will send out uuinfo messages with more information shortly.

Margaret, for the Board

UUCH Board of Directors June 2019 - May 2020

Officers

President	Margaret Galbraith
Vice-President	Troy Saulnier
Past President	Kim Turner
Secretary	Pam Griffin-Hody
Treasurer	Marilyn Shinyei

Members at Large

Jim Morrison	Katherine Hutka
Michael Belland	Jean-François Turcotte



CUC Online Events

The Canadian Unitarian Council (CUC) continues to offer online events via the Zoom platform.

Events include webinars, roundtables, and friendly gatherings as part of their commitment to help Canadian UUs become "more deeply connected, radically inclusive, actively engaged, theologically alive, and spiritually grounded". *

Watch your inbox for weekly CUC communications and for UUCH 'uuinfo' messages for themes, dates and times of great offerings over the month of July.

The CUC website (cuc.ca/events) has all the details along with instructions for accessing each event, and a calendar to see all the events at a glance.

* Reference: *The Five Aspirations* that form a part of the CUC's Vision Statement.

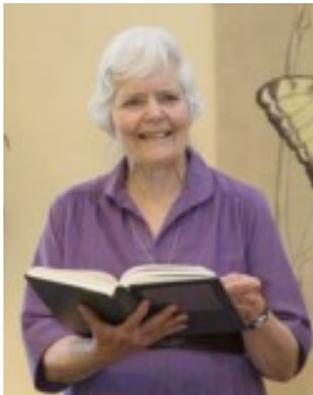
The Caring Column

We are saddened to learn that **Alison Chipman**, a long-time member of UUCH, died in the evening of June 25, three weeks after arriving at the Halifax Hospice she appreciated so much. She died peacefully, surrounded by the love of her brother Steve and his wife Mary, and her dear friend Sass Minard, as well as her special staff. Sass said the room was full of love.



Alison, 2008

Alison was kind, generous and loving. She was also very witty! She truly will be missed. Our sympathies go out to Steve and Mary, to Sass and all of Alison's friends.



We offer condolences to **Margo Lindener** and her family on the recent death of her mother, **Gertrude Lindener-Stawski** who was an illustrious UU minister in the US for many years. She moved to Halifax in 2016 to live with her daughter, Margo, a longtime UUCH member. Gertrude officially joined the church as a

member, and with Margo's assistance, attended UUCH services for almost two years. We were blessed with Gertrude's sweet, gentle spirit.

Lastly, a few words about yours truly: In December I started a two-year process (hopefully not longer despite COVID!) of meeting with various health professionals including eight weeks of sessions currently with a physiotherapist, all to prepare for successful knee replacement surgery (date TBA) followed by a successful recovery. It's a very thorough process!

Best wishes for a summer that is COVID-free and full of sunny days.

Sylvia Mattinson

Church Directory Updates

Correction

DAVIS, Marie
Room 419A

Change

ONNO, Mary Ellen & Peter
206-5450 Kaye Street
Halifax, NS B3K 0G7
New land line: 902-404-2936

Have you a contact info change?

Call or email to have your change published in this monthly newsletter.

2020 directories available

We have lots of 'new' directories still available—let's not allow them to go to waste! Please feel free to call or email to request your copy by mail.

Etta
braeside@eastlink.ca
902-443-8779

DEADLINE

The deadline for submissions for the **August 2-4 page newsletter** is **12 noon** **Monday, July 26th.**

Please send essential-only submissions to
Etta Hamm, braeside@eastlink.ca

The Music Page



Throughout this trying time we have been blessed to stay connected through our online services. We may be struggling and feel alone at times but through the power of music, we find comfort in the fact that we are stronger together. Around the world, communities, musicians, friends, and families have been moved through anthems of change, equality, and love. We need each other more than ever right now and as we navigate this new world together, let us heal, grieve, and uplift each other through song!

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

Soulful Sundown and Harmony Singers are postponed until further notice.

Please contact me for any questions or concerns.

Jessica Friesen
UUCH Music Director

Religious Exploration 2019 - 2020



Wearing youth-designed anti-bullying T-shirts



Making greeting cards for the Caring Committee



Visiting the Shaar Shalom Synagogue



Quilt art by the children; quilt assembly by Marilyn



Visiting the Hindu Temple



Creating birthday joy for food bank clients

