



Universalist Unitarian  
Church of Halifax  
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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 service  
10:30 am

All are welcome

Children & Youth Education  
Child care available

### Our Theme this month: *Wisdom*

#### March 1

*The Nature of Wisdom, Knowledge and Chocolate Cake* — Today we will explore the textural differences between wisdom and knowledge with a bonus of chocolate cake for everyone!

**Presenter: Rev. Norm Horofker; Service Assistant: Margaret Galbraith**

#### March 8

*Beyond Bread and Roses – International Women’s Day 2020* —“Bread and Roses” was originally a rallying call for working women within the women’s suffrage movement which appeals to the two natures of life—the practical which nourishes the body, and the beautiful which nourishes the spirit. In 2020 women are demanding fairness and equality beyond the dreams of working-class women of 100 years ago. How far have we come and how far have we yet to travel?

**Service Leader: Pam Griffin-Hody; Service Assistant: TBD**

#### March 15

*Wisdom and Religion* — UUs claim as our third source “Wisdom from the world’s religions which inspire us in our ethical and spiritual life.” What does religious wisdom look like throughout history?

**Presenter: Rev. Norm Horofker; Service Assistant: Anne Knight-Gorman**

#### March 22

*Ostara – the beginning of Spring* — Day and Night are equal as the sun’s warmth begins to melt the ice and snow of winter. Rivers and lakes run with fresh water; the sap runs in the maple trees as leaves begin to bud. Animals and plants shake off the heavy blanket of cold and explore the forests. In this time of wonder we are all children and are all eager to explore the little joys that nature has to offer. This multi-generational service will include a treat of real maple candy prepared that morning.

**Presenters: Sara Bent and Katherine Hutka**

#### March 29

*What Does Wisdom Look Like?* — What is your image of a wise person? What qualities do you seek when looking for wise counsel?

**Presenter: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei**

### *The Theme for April will be Liberation*

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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b> 4:45-6:15 Afterchoir	<b>5</b> Noon-1 pm Tai Chi	<b>6</b>	<b>7</b> 10-11:30 Neighbourhood Brunch
<b>8</b> Daylight Saving Time begins  International Women's Day	<b>9</b> Sundown Purim begins 9 pm local time Young Adult online check-in	<b>10</b> Sundown Purim ends	<b>11</b> 4:45-6:15 Afterchoir  6:30 Board meeting	<b>12</b> Noon-1 pm Tai Chi	<b>13</b>	<b>14</b> 10-11:30 Neighbourhood Brunch
<b>15</b> Noon Humanist Group  Deadline to apply for <b>CUC</b> MW subsidy	<b>16</b> March Break starts	<b>17</b>  St. Patrick's Day	<b>18</b> 4:45-6:15 Afterchoir	<b>19</b> Noon-1 pm Tai Chi	<b>20</b> First day of spring!  March Break ends	<b>21</b> 10-11:30 Neighbourhood Brunch
<b>22</b> World Water Day	<b>23</b> 12 noon Newsletter deadline	<b>24</b>	<b>25</b> 4:45-6:15 Afterchoir	<b>26</b> Noon-1 pm Tai Chi	<b>27</b>	<b>28</b> 10-11:30 Neighbourhood Brunch
<b>29</b> Intro to UU with Rev Norm  6:30 pm Soulful Sundown	<b>30</b>	<b>31</b>				



Daylight Saving Time starts at 2 am, Sunday, March 8th. Good idea to 'spring ahead' at bedtime Saturday night. You wouldn't want to be a whole hour late for church the next morning and miss all the good stuff!

# Minister's Notes



## March and Wisdom

Now that I am 70 years old, I want to associate wisdom with age and I am willing to do a little work to make the connection. It occurred to me that wisdom and wizen might have the same root... so that older folks like me could take pride in our "wizeness." Unfortunately, when I checked the etymology of wizen this came up: Old English *wisnian*, *weosnian* "to wither, dry up, waste away," from Proto-Germanic *\*wisnon* "to wither," Old High German *wesanen* "to dry up, shrivel, wither;" German *verwesen* "to decay, rot". Not at all what I was hoping for.

Well, I still want to believe in a connection between wisdom and age and definitions of wisdom generally include the idea of good judgement which I think is related to experience which in turn comes with age.

I now have 8 years of experience as your minister and I think I have gained some wisdom over that time. I am quite sure that if nothing else, I have gained wisdom about my own limitations and foibles. I thank the congregation for helping me in that regard.

So, all of this accumulated wisdom is at your service. We are now two and a half months away from hosting the Canadian Unitarian Council

Conference here in Halifax, and I am pumped. I am hoping that we will take full advantage of this event to raise the profile of our faith tradition in Halifax. We are in the process of engaging a media consultant to help us in this regard.

We have spent much time and energy over the years talking about what we can do to attract more people to our spiritual community. I think that the right formula has three main components.

**First, do good things:** Things like: excellent Sunday services... like helping refugees to locate in Canada... like serving a weekly meal to our neighbours... like our new Soulful Sundown Service the last Sunday of the month, focussed on music and poetry... like our coffeehouse... like our Blue Christmas service... like our support for Pride... etc.

**Second, make people in the community aware of what we are doing.** As part of the planning for hosting the CUC conference we have received a grant from the West Trust and matching funds from a generous donor, to among other things, hire a media consultant to help us to build "getting the word out" into everything we do.

**Third, make sure that we are the welcoming, tolerant, non-judgemental and friendly congregation that we profess to be.** If we do the first two steps well, we will attract people into our congregation. They will come back only if they feel truly welcome.

So there is a simple three-step program based on my accumulated experience and wisdom. What do you think?

With Love,  
**Norm**

# Board Buzz

The UUCH Board of Trustees met on February 12 and opened the meeting with Troy Saulnier in the Chair.

There followed a brief roundtable discussion of **Governance and Ministry** touching on the topics of Board Committees and the numerical composition of the Board. In light of this, a review of the by-laws and possible amendments is to be carried out.

**A variety of reports were received and accepted** from, respectively, Rev. Norm Horofker; Jessica Friesen, Director of Music; Marie-Claude Leroux, Director of Religious Exploration and Marilyn Shinyei, Treasurer.

In light of the **departure of Sandra Jamieson**, Office Administrator at the end of the month, various aspects of office management were discussed including voice mail, rentals and bookkeeping. A Board potluck in Sandra's honour was to be held at Rev. Norm's home on 15th February and a celebration of Sandra's tenure with the church was planned for 16 February following the Sunday service.

The **CUC Conference and AGM** to be held in Halifax in May, 2020, is well along in its planning and various aspects of the event were approved.

In terms of **property matters**, the Board considered the structural assessment of the church and the Municipal Heritage Registration.

Also discussed was the need for a **defibrillator** made available in the church.

In terms of **Refugee support** it was reported that a new sponsorship of a Rwandan family will be considered this year, for which a Go-Fund-Me campaign will begin as soon as possible.

Under new business, two items for the next meeting include holding a **Racism workshop** in the near future—and a consideration by the Board of an **internship appointment** in the new year.

Input to the board on these matters or any others noted above is encouraged.

## UUCH Board of Directors June 2018 - May 2019

### 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

The **closing words** were from Mohammed Rumi, thirteenth century Muslim scholar and Persian poet:

"Come, come, whoever you are.  
Wanderer, worshipper, lover of leaving.  
It doesn't matter.  
Ours is not a caravan off despair.  
Come, even if you have broken your  
vow a thousand times.  
Come, yet again, come, come."

*James Morrison*

*UUCH Board Member at Large*



***Be in the know – subscribe to eNews!***

**eNews** is the digital weekly newsletter of the Canadian Unitarian Council, connecting, informing and guiding Canada's Unitarian Universalists.

**eNews** seeks to highlight issues and events of regional and national interest—including the **CUC Conference MAKING WAVES being hosted by UUCH, May 15-17!**

Read **eNews** to find out what the CUC's board and staff are up to, get the latest social justice news, and learn what's coming up in your area.

Subscribe to **eNews** at [cuc.ca](http://cuc.ca), click on **News** and find the subscription form. Don't miss a single thing--take the plunge today!



## The Caring Column

**Mary Ellen Onno** was pleased to report recently that the house she and Peter have lived in for 15 years in Hatchet Lake has

been sold. They will move into an apartment at St. Joseph Square (pictured here) in North End Halifax on June 2nd. While their Hatchet Lake house and location on a lake outside the city are lovely, the move will make life easier, being closer to the church, concerts, stores, parks and services. Best wishes Mary Ellen and Peter, as you move into your new life in the city!

**Ella Wilson** recently enjoyed visits from Rev. Norm, Etta Hamm and Michael Smith. She will soon be joining UU friends at Northwood. Here is a picture of her with a bold new haircut. Ella is always keenly interested in what's going on at UUCH.



The hours of daylight have already increased noticeably and spring will soon be here! Happy Spring!

**Sylvia Mattinson**

## Fun, anyone?

Take heart UUs—spring is just around the corner! Doesn't that just make you feel like going out and having fun with



friends? Below is a list of fellowship suggestions to help you get going. If you see one you like, take it on and make it happen. It doesn't have to be complicated. All that's needed is a date, time, a little advertising on UUInfo, and *voila*—you have a fun event!

- A skate at the Oval, afternoon or evening
- A group outing to see the Egyptian mummies at the Museum of Natural History
- A board game night, either at the church or in your home
- A maple syrup outing. The sap could be running by the end of the month!

**Pam Berman**

## 2020 Church Directory Available

Copies of the 2020 UUCH directory are available to our members and friends who are 'in the book' as of Sunday, March 1st.

If you are unable to get your directory in person, we can mail your copy to you.

Contact Etta Hamm  
[braeside@eastlink.ca](mailto:braeside@eastlink.ca)  
or 902-443-8779

## Newsletter Deadline

The deadline for submissions for the April newsletter is 12 noon, Monday, March 23.

Please send submissions to  
Etta Hamm  
[braeside@eastlink.ca](mailto:braeside@eastlink.ca)

## “MAKING WAVES” Conference in Halifax—Two Months Away and Counting!!!



*Making Waves* is just two months away and the activity level has gone up several notches as the event gets close. It will be here before we know it.

What a wonderful time it will be for us all, to be hosting committed UUs from across Canada and to be experiencing a National Conference ourselves!

We now know many more details of the conference. **The CUC has just published the conference website with information on registration, workshops, costs, accommodation, forms for youth and adults, etc. You can access it at:**

<https://sites.google.com/cuc.ca/cuc-conference2020/home>

The conference schedule is on the website, with details on major events such as the **Confluence Lecture on Friday evening, the Annual Meeting on Friday afternoon, etc.**

**CUC has lined up six choices for the Saturday morning and afternoon workshop streams—and eight choices for the Multigenerational workshops on Sunday afternoon.** In the Networking Sessions late Sunday afternoon there will be **two UUCH offerings: Rev. Norm’s Ukulele Workshop and a session on Refugees led by Andy Blair and Marilyn Shinyei.** It is well worth spending time on the conference website to plan how best to use your time at the conference.

The UUCH Host Committee is responsible for the **weekend music, social events like the Saturday evening party, and the Sunday morning worship service.** A large team is meeting regularly to plan the music, which will involve Vanessa Lindsay-Botten’s “open to all” choir, musicians and a contra dance caller for the Saturday night ceilidh, and of course the UUCH Afterchoir and the ukulele workshop and the traditional Sunday evening singalong. The goal is to have music at every social

event during the weekend. One highlight will be the theme song composed by John Lindsay-Botten which will be introduced on Friday evening and sung throughout the weekend. It is going to be a memorable weekend of music! The Sunday worship service will include some special Maritime touches such as the presence of Mi’kmaq elders.

**CUC is trying some new payment approaches this year,** using a sliding scale where people choose what they can afford to pay, and eliminating the early bird registration discount. Details are on the registration form on the CUC website.

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. People who don’t feel up to attending the workshops or who have work or family commitments on Saturday or Sunday can still participate in a lot of the fun of the conference. **LET’S MAKE IT A GOAL** for every member of the UUCH community to get to at least one conference event.

**The Host Committee has established a fund to subsidize UUCH people of limited means** who want to attend all or part of the conference, and also has some discounted registrations available if people are able to volunteer. If you would like some financial help, please speak confidentially to Darla Muzzerall, Host Committee treasurer. And, if you can donate to the fund to help others in UUCH attend the conference, please let Darla know. CUC also has some subsidy funds available for adult and youth participants. The requirements and application forms for these are on the conference website. **Deadline for applying is March 15.**

CUC has appointed the leaders for the Chorus Youth program for ages 18-35 and the CanUUdle program for ages 14-19, and will soon appoint someone to lead the Children’s program for ages up through 13, working with Marie-Claude. **Lots more volunteers are needed to work with the Children’s program and CanUUdle.** A separate article in this newsletter

*Continued, next page ...*

*Making Waves, continued ...*

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!**

The **attractive, eye-catching cotton T-shirt** that Molly has designed in vibrant ocean colours will soon be available for purchase at a very reasonable price. We are hoping that UUCH people will buy a T-shirt and wear it around town to help publicize the conference. Watch for a table to be set up to sell T-shirts during Sunday morning coffee hour.

**We need more volunteers to provide homestay accommodation for out-of-town attendees.**

Requests for homestays will be coming in soon, with the registration forms. This involves providing a bed but NOT transportation and meals, as these are the attendee's responsibility. If you might be able to offer a homestay, please let Elinor Egar-Reynolds know. See Elinor's piece on this topic elsewhere in this newsletter. We hope you will be inspired to extend this welcoming gesture. Elinor will need to start making assignments. Your offer could well be crucial to that one last person needing a home stay.

To encourage people to attend *Making Waves*, the Communications team prepared a promotional piece on **Maritime music which went to the 3000 names on the CUC email list in early February. You can see the piece on the CUC website. The third of our promotional pieces emphasizes the warmth of a Maritime welcome and the great time we are planning for attendees;** this will be published by CUC in early March, as well as going on their website. We will also send it directly to Canadian congregations. After this we will concentrate on local promotion.

We have an email account:

[MakingWavesHalifax2020@gmail.com](mailto:MakingWavesHalifax2020@gmail.com)

for inquiries about Host Committee activities and local information, to augment the CUC email address [conference@cuc.ca](mailto: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.
- 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 information about the social activities or vacation possibilities or local arrangements, please refer them to:

[MakingWavesHalifax2020@gmail.com](mailto:MakingWavesHalifax2020@gmail.com)

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



## **February 25, 2020 - Issue 108**

### **In This Issue:**

- **CUC Fund Deadlines Approaching**
- **Opportunity to Donate to Dawning Future Subsidy**
- **Ministerial Profile: Rev. Brian Kiely**
- **And Now There is One: The National CUC Lay Chaplaincy Committee**
- **Marking CUC Month**
- **Five Practices Program Allows Congregations to Renew Their Welcome**
- **Upcoming Events**

***Read the entire issue online.***  
***Are you a subscriber?***

## SUBSIDIES AVAILABLE TO HELP WITH *MAKING WAVES* REGISTRATION COSTS!

There are two sources of subsidies for those needing financial help with the costs of attending Making Waves. One is the UUCH subsidy fund; the second is the CUC subsidy program. Information on both is below. The deadline for applying for a CUC subsidy is March 15, but a UUCH subsidy can be requested at any time.

First, **the UUCH Subsidy Fund:** In the January newsletter 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 close to a thousand dollars in the fund—a great 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. A BIG THANK YOU to those who have already donated to help others.

**Anyone wishing to attend Making Waves, or some of the social activities associated with it, but cannot afford it, is asked to speak confidentially with Darla so that a subsidy can be arranged. Please do this now, so that we know how much money will be needed.**

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.

**The CUC also has funds available** to subsidize costs for people who wish to attend CUC events such as Making Waves. The deadline for submitting an online application for a CUC subsidy for Making Waves is **March 15**.

For adults, there is the **Edward Bevan Ratcliffe Leadership Fund**. This subsidy helps leaders to attend regional, national, and continental conferences, and leadership development opportunities. Leaders who may apply for this financial support include religious educators, congregational board members, youth advisors, lay chaplains, and



**We are doing this together!**

ministers, as well as lay people of all ages who serve their congregations in other volunteer or paid capacities.

The application form is at:

[docs.google.com/forms/d/e/1FAIpQLSfWVshUj-DZ\\_TKjqRVHC3D\\_vJ23lx-XBAPQwJkul8K-Vrr\\_Uw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfWVshUj-DZ_TKjqRVHC3D_vJ23lx-XBAPQwJkul8K-Vrr_Uw/viewform) .

**The Dawning Future Subsidy** provides financial assistance to Unitarian Universalist youth (13-19), young adults (18-35) and youth advisors to help them attend regional, national and continental conferences and faith development events. Applicants must be a youth (13-19) or a young adult (18-35) who is active in a congregation or regional, national, or continental UU community. In addition, youth advisors of any age may apply for a subsidy to attend youth events or youth advisor trainings, but priority will be given to those who are young adults.

The application form for a Dawning Future subsidy: [docs.google.com/forms/d/e/1FAIpQLSc6ipZd-oKZE4Eiz3ooEoLtDtc9zsHEw2ux1NW1uP6XskxCNw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc6ipZd-oKZE4Eiz3ooEoLtDtc9zsHEw2ux1NW1uP6XskxCNw/viewform) .

Again, the application deadline for a CUC subsidy is March 15. If you believe that you meet the criteria, we hope that you will submit an application.

There are also some **discounts available for people who volunteer at Making Waves**. Look elsewhere in this newsletter for the latest list of open volunteer spots. And, if you are able to donate to the UUCH subsidy fund to help get us all to the event, please let Darla know.

Thank you.

**The Host Committee Team**





## STILL SOME OPENINGS ON OUR WONDERFUL MAKING WAVES HOST COMMITTEE TEAM!



There are only two months left until we are hosting Making Waves, the biennial CUC national conference, right here in Halifax. There are still plenty of openings for volunteers to help with many tasks at the Conference. We are repeating the list of Host Committee team responsibilities and volunteers 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 have not yet volunteered, please see the bolded areas below to decide where you can 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. By the way, doing some significant volunteering is a great way to **earn a discount on your conference registration fee**, as Glenda and Molly will have some discounts at their disposal.

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, Jessica Friesen

Sunday morning worship: Norm Horofker, Vanessa and John Lindsay-Botten, Jessica Friesen

MULTI-GENERATIONAL TEAM:

CanUUdle: (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, next page ...*

*Host Committee Team, 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 helpers 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-Lou MacDonald, Cea Connors. **4 more helpers 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 **3-5 more helpers 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) and helpers by Unitarian Fellowship of Fredericton

**Volunteering** provides opportunities to try something new, gain experience, develop skills, improve your career prospects, build confidence and meet new people. Volunteering satisfies a sense of purpose and fulfillment. Volunteers have more fun, too! 😊

**Needed: Home Stays for *Making Waves*  
conference attendees, May 15-17**



**Some attendees coming to Halifax from across Canada for *Making Waves* will be looking for Home Stays (billets) with UUCH members. We are now actively seeking Home Stay volunteers.**

Attendees will be requesting Home Stays on their conference registration form; the guest's information will then be passed on to me so that I can pass it on to you, the host.

You may be encouraged to offer this kindness by knowing that it is NOT a billet's responsibility to provide meals or transportation (although breakfast and the odd lift could be much appreciated by your guest—entirely up to you). You will be provided with a simple guide that outlines your responsibility as a billeter—and your guest will be informed of what is to be expected of the Home Stay.

Now is the time to start thinking ... Hmm, I do have that spare room... I too, want to be part of that great Maritime welcome... I'd love to have a new UU friend 'from away'... It's only for 2-3 days... How hard can it be?

Even if you are not sure just yet that this is for you, we would still like to know that you are at least interested and we can build on that.

Please do contact me soon—we don't want to disappoint even one Home Stay applicant!

**Elinor Egar-Reynolds**  
**Home Hospitality Co-ordinator**  
**[elinorrey1935@gmail.com](mailto:elinorrey1935@gmail.com)**  
**902-492-0283**



# *The Music Page*

## **Coffeehouse**

Thank you to everyone who came out and supported our annual coffeehouse! It was a wonderful event that brought the UUs and Halifax community together through music, poetry, and conversation!



## **Soulful Sundown**

Our second Soulful Sundown, featuring musician Jont, successfully brought many people throughout our community into a welcoming and inspirational service. If you haven't been to Soulful Sundown, please come out and show your support! It takes place every last Sunday of the month!

Our third Soulful Sundown will take place on March 29th and will feature local musician Jocelyn MacNeil. If you are a musician, poet, artist, author or know of others who would be interested in contributing to future Soulful Sundown services, we would love to hear from you. Please contact me for suggestions, questions, or comments on the previous service.

## **Jont's Musical Project**

One final shout-out to the energetic UUs who attended the taping of Jont's musical project, "I Think it Could Be Possible." The song and video will be released on [www.jontnet.com](http://www.jontnet.com) in April 22nd, Earth Day!

## **Harmony Singers**

Our Universalist Unitarian Choir will not be meeting for the month of March. I will send future updates to the Harmony Singers via email. Please contact me if you are interested in participating in the future. I would love to hear from you!

## **Jessica Friesen**

**UUCH Music Director**

[jessicafriesen876@gmail.com](mailto: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

The RE program has had another engaging month, thanks to the participation of the many who come forth and connect with our children and youth.

The children have continued with the Tapestry of Faith program “Love Surrounds Us”. This program aims to teach participants the Seven Principles of Unitarian Universalism through the lens of the love that surrounds us at home and in our communities. Since the fall, we have learned about the first, second and third principles with the overall themes of acceptance, kindness, and each person’s unique gifts. Thank you to Troy Saulnier for taking the helm while I was away, in leading the children’s program and teaching them about the flower communion ritual.

The youth have continued with the Tapestry of Faith program “Amazing Grace” through the able guidance of Janet Horofker and Pam Berman. The focus in February was the role of forgiveness in their lives—what it means, what it can bring for one’s self and others. As part of their community service project, Pam Griffin-Hody led the youth in a lively discussion about the impacts of bullying. They created designs about anti-bullying and treating others with kindness and solidarity onto tshirts for Pink Shirt Day. Started in Nova Scotia by high school youth, this campaign has become international. It’s encouraging to see youth stand up for the importance of treating each other with dignity and compassion.



For February’s Spirit Art session, Scott Wood gave the RE program a most interesting presentation about the idea and importance of communication, and how it relates to his nearly lifelong hobby of being an amateur radio operator. The children and youth learned and practiced Morse code—and were duly impressed at Scott’s “fluency”; he easily sent out our names in Morse code, without a second’s thought!

The church and RE program also received the beautiful gift of the completed quilt that Marilyn Shinyei put together with the squares designed by the children and youth. Marilyn generously spent considerable time in putting the squares together into a colorful, stunning design that she assembled, layered and quilted to be enjoyed by all. Thank you, Marilyn! See a close-up of the quilt on the back page.



The RE program is truly enriched by the collaboration of so many who join our children and youth in their growth within our church community. I am truly grateful and look forward to continued collaboration!

**Marie-Claude Leroux**  
**Director, Religious Exploration Program**

## KITCHEN REMINDERS



A lot of people work in the kitchen or pop in and out but very few people actually take the time to clean it up or think about how to keep it neat and tidy.

The church as a whole has limited storage space. Even our beautiful, almost-new kitchen. It was carefully planned to accommodate everything that might be needed—with a place for everything and everything in its place.

PLEASE pay attention to the labels on drawers and doors in the kitchen. Pretty much everything you might need is there and clearly labelled.

PLEASE put things back where they belong after you've used them.

PLEASE do not add pots, pans or anything else from your house (like the massive silver tray that just showed up) that you no longer want. We don't want it either. If we need something, we will let you know.



PLEASE be aware that surplus things that do show up, without the identity of the donor, will soon find their way to Mission Mart.

PLEASE take home your dishes after bringing in food for a special event.

PLEASE empty used coffee grounds at the end of your event. Finding the mouldy grounds several days later is not pleasant.

PLEASE take a minute to wipe up a mess, wash off the front of cupboards, clean the stove or straighten up the fridge. We are **all** the maid service here.





# The Children's Quilt



Original artwork by the the UUCH Children & Youth.  
Assembly and quilting by Marilyn Shinyei.