



This Month's Sunday Services

Universalist Unitarian
Church of Halifax
5500 Inglis Street
Halifax NS B3H 1J8

902-429-5500
mail@uuchurch.ca
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Rev. Norm Horofker
Minister
Cell 902-229-9239

Jessica Friesen
Music Director

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

Troy Saulnier
President

Etta Hamm
Newsletter Editor

Sunday services
10:30 am

All are welcome

Children & Youth
Education

NOTE: Please join us on Sundays through Zoom or YouTube between 10:20 and 10:30 am. All services start at 10:30. To join online, use this link: <https://us02web.zoom.us/j/666004431?pwd=RjQvVEtjUjM1MEdnMDgxUOVSRzVLQT09> Meeting ID: 666 004 431 Password: 010670. You can also watch the service live, or later on YouTube on our UUCH channel: <https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw> To attend in person, please see the next page about pre-registering.

Our Theme for October: Cultivating Relationship

October 3 — Cultivating Relationship in the Land of Mi'kma'ki

The philosopher and writer Jiddu Krishnamurti wrote "Action has meaning only in relationship, and without understanding relationship, action on any level will only breed conflict. The understanding of relationship is infinitely more important than the search for any plan of action." How might that inform us as we struggle with issues of Truth, Healing and Reconciliation with the original peoples of this land?

Service Leader: Rev. Norm Horofker; Service Assistant: Pam Berman

October 10 — Cultivating the Relationship Between Thanksgiving and Generosity

On Thanksgiving do we dare to consider our relationship with the homeless?

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

October 17 — Loneliness in the Midst of Community

Jodi Picoult wrote: "Let me tell you this: if you meet a loner, no matter what they tell you, it's not because they enjoy solitude. It's because they have tried to blend into the world before, and people continue to disappoint them." What can we do about the epidemic of loneliness in our midst? **Service Leader: Rev. Norm Horofker; Service Assistant: Margaret Galbraith**

October 24 — United Nations Day: International Relationships and Climate Crisis

United Nations Day has been celebrated on October 24 since 1948. Today Allyn will speak on the UN's role in addressing Global Climate Change issues. Allyn served on the Intergovernmental Panel for Climate Change and brings a wealth of personal insight and expertise to the topic. Jane Wilson, our Youth Envoy to the UU @ UN Office will assist.

Service Leaders: Martha and Jane Wilson; Presenter: Allyn Clark

October 31 Cultivating Anti-Racist Relationships

Donovan Hayden is a young Canadian black activist with deep connections to the UU faith tradition. We welcome his insight as our congregation prepares to participate in the decision of the Canadian Unitarian Council in relation to a new Anti-Racist 8th principle.

Service Leader: Rev. Norm Horofker; Presenter: Donovan Hayden



Our Theme for November: Holding History

October 2021

National Indigenous History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				September 30, Thursday: First National Statutory Holiday for the observance of Truth & Reconciliation. See inside for all-weekend celebrations.		1  Treaty Day 3 pm Truth & Recon meeting	10 – 11:30 am Brunch take-out 
				3 10:30 am service Rev. Norm Horofker	4 	5	6 7 pm RE Team Meeting
10 10:30 am service Rev. Norm Horofker 5 pm Connect, Deepen	11  7 pm Worship team meeting	12	13  6:30 pm Board meeting	14 2 pm Building Comm meeting 7:00 pm UUCH online gathering	15 1 pm Brunch team meeting	16 10 - 11:30 am Brunch take-out	
17 10:30 am service Rev. Norm Horofker	18	19 7 pm Caring Comm meeting	20 7 pm Climate Crisis team meeting	21 7:00 pm UUCH online gathering	22 	23 10 – 11:30 am Brunch take-out	
24 10:30 am  United Nations Day Service Martha, Jane, Allyn	25	26 Newsletter deadline  7:30 pm Dismantling Racism session	27	28 7:30 pm Membership team meeting 7:00 pm UUCH online gathering	29 	30 10–11:30 am Brunch take-out 7 pm Soulful Sundown 	
31 10:30 am Service with Donovan Hayden	<p>Donovan Hayden is a Black activist and artist, currently an MA student in Theatre & Performance Studies at York University in Toronto. He spent the last year in Pittsburgh, PA, where he participated in the Black Lives Matter protests after the killing of George Floyd. Through his experiences, Donovan has had the opportunity to engage with Unitarians and anti-racism work on both sides of the border. He remains committed to using theatre and activism to achieve black liberation and dismantle white supremacy.</p>						

ATTENDING SUNDAY SERVICES

At present, attendance is still **limited to 15 people in the sanctuary** since we must also continue social distancing. Please also wear a face mask. This is how we keep everyone safe! **To attend in person, please pre-register in advance** by contacting Margaret Galbraith at margalbraith@eastlink.ca or 902-835-3767. You will have to answer the COVID protocol health questions when you arrive and give your name to Colin Kerr, who is keeping track of the participants. Thank you, all.



Minister's Notes

*On October's Theme
Cultivating Relationship*

I am delighted that our theme for the month of October is "Cultivating Relationship." One of my all-time favourite quotes, and one you will hear more of this month is from the Indian philosopher Jiddu Krishnamurti:

"Action has meaning only in relationship, and without understanding relationship, action on any level will only breed conflict. The understanding of relationship is infinitely more important than the search for any plan of action."

This is a simple piece of advice that we ignore (all too often) at our peril. The problem here is that cultivating relationship requires intentionality, effort and patience.

To satisfy Krishnamurti's admonition, it is only necessary to understand your relationship to another. You can still follow his advice if you have a terrible relationship or no relationship at all. The important thing is that you understand that relationship before you act, and that you act in a way that will not make the relationship worse than it is already.

But surely it is much better to be cultivating good relationships with as many of your contacts as possible. This will make it more likely that any action you take will have a positive outcome. This is what I mean by intentionality... you make the conscious decision to develop the best possible relationship under the circumstances. This aspiration is a fundamental consequence of Unitarian Universalist theology.

So, when you are considering any "plan of action" your first consideration should be to intentionally cultivate a relationship with the person or the people who are being affected.

An example I often use is the noisy neighbour. Maybe the music is too loud, maybe the dog is

barking... Before taking action of any kind, you might ask yourself what is my relationship to that neighbour? What would I like it to be? How much effort have I made to develop a good relationship? In our modern society too often, we would resort to calling the police and lodging a complaint before we would put effort into cultivating the relationship.

Cultivating relationships can seem like hard work, and as a result we live much of our lives in limited social bubbles with people who have common interests, values, beliefs and socio-economic status. This is the easy path but it is not a strategy for personal growth or for taking action to make the world a better place. And whether it is hard work or not is as much a matter of our attitude as it is anything else.

Cultivating relationships with people much different than we are as individuals, can be a spiritual practice and a labour of love and joy... if we are willing to see it that way, and if we are willing to exercise the humility and the compassion that is required.

Our Universalist Unitarian community in Halifax is a place where we learn and practice the qualities that we would like to see adapted in the wider world. Cultivating good relationships within our congregation is central to our mission as a religious organization.

In reference to the Global Climate crisis our speaker last week reminded us that we may not be able to change the world, but that we can change our little piece of the world. That is the nature of a spiritual practice and it is the nature of living in covenant one with another in a UU congregation.

As members of a UU community, we are bound together by a covenant of "right relationship." Our community is a place for each of us to learn and practice the skills and to exercise the patience that is required to live together in harmony despite our many differences.

With Love... Norm

From the Climate Crisis Team with Carl Duivenvoorden

At noon on Sunday, September 26th, about 20 of us had the pleasure of hearing Carl Duivenvoorden present his case for climate action. It was an excellent presentation—informative, well-illustrated with facts and figures from Nova Scotia, and very compelling, delivered in his warm and friendly “everybody’s neighbour” manner. It is still available on the UUCH YouTube channel. I urge you all to listen to it.

Carl was one of the first 1,000 people, and one of the first Canadians trained by Al Gore and his team in 2007 to be a “climate change messenger” and to present in person his transformational work, *An Inconvenient Truth*. As a marketer for the Canadian seed potato internationally, Carl travelled the world and knows the value of the lifestyle of his home province, New Brunswick, and how precious life is, here in the Maritimes. He speaks from the heart.



Saltwire Corporation photo, used with permission.

He addressed three questions: Must we change? Can we change? and Will we change?

Must we change? The first section Carl addressed was the current state of the global climate and the effect climate change is already having, with local examples: hundreds of high temperature records set throughout the Maritimes, seawater flooding the train track on the Chignecto Isthmus (shown here), and drought on his friend’s potato farm in New Brunswick. We clearly must change.

Can we change? Carl showed a number of examples of technology we already have, with decreasing costs—particularly solar and wind power in Nova Scotia, and the necessary battery capacity to offset our coal-burning generating stations.

But will we change? Here we need everyone on side—a global epiphany. Carl pointed out how faith leaders from around the world are speaking out in support of climate action to save all of creation.

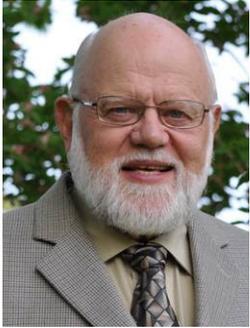
He selected three areas that we can all work on: Know our own carbon footprint and work to reduce it; for example, be prepared to change our paradigms. Do we need a car? Must we have meat each day? And get involved: Talk to people, join a group, find a way to influence politicians. He gave lots of examples for all three—tailored to our lives here in Nova Scotia.

Again I encourage you all to watch the YouTube presentation. Thanks to Carl’s talk, those of us who were there feel that there is still hope if we follow his direction. The Climate Crisis Team will be looking at how we can work with the congregation to promote this attitude and these actions.

Margaret Galbraith
for the Climate Crisis Team

Why I Belong

Pam Berman, our Membership chair, invites you, our members, to submit brief personal statements focusing on your connection to UUCH for publication in this newsletter. It's simple – just answer the four questions below as Scott has done. Word count: max 270. Please submit your piece to Pam at bermanpj@gmail.com



From Scott Wood

When did you become a UU?

I have been a UU since birth, but I just wasn't fully aware of it until I joined UUCH in the early 1970s. In my early years in Oregon, I tried out various denominations. It was a Congregational Church that I most identified with in my early teens. Its youth program was led by an inspiring woman and emphasized liberal social values, inclusion, and social activism.

What attracted you to this community?

When I came to Halifax in September 1964, I gravitated to the United Church which included Congregationalists. However, I was never successful in embracing Christian dogma and felt uncomfortable with their answers to life's big questions. When my marriage failed in the early 1970s and I needed a more open, inquiring and caring religious community, and found it here at UUCH. Moreover, our orientation to social action fit me well.

What has kept you here?

Belonging to UUCH has meant being in community with a wide variety of people from many walks of life. This group of supportive people, sharing spiritual journeys informed by our Principles and Sources of inspiration, moved me along a path to a fuller spiritual life and a greater understanding of my place in the universe.

Tell us something about yourself that you think most people are not aware of. During 1959-60, I worked as a seasonal US park ranger at Crater Lake National Park in Southern Oregon's Cascade Mountains. Had I not received a fellowship appointment to complete my master's degree thesis in Norway, I would certainly have chosen to make a career in the US Park Service.

The Caring Column

A lovely Celebration of Life for **Peter Onno** took place on Saturday, September 25th, followed by a COVID-careful reception. Peter, husband of Mary Ellen, died on June 24th. Family members participated in the service via Zoom and in person. Along with their two daughters, several friends had written in, and others spoke in person on how intelligent, musically gifted, loving, and shy Peter was, and of the obvious devotion he and Mary Ellen shared over 62 loving years. Peter and Mary Ellen were members of UUCH and previously other Unitarian Universalist churches over many years. We will miss Peter, including his considerable talent on bass guitar in our Afterchoir.



Glenda Butt attended the service to remember Peter Onno, and it was good to see her looking so well after such a long illness. She is gradually regaining good health as time goes on.

Further to last month's report we're pleased to report that **Rodney Vaughan** is happy to have returned home a couple weeks ago. All the best Rodney!

Best wishes also to **Colin Kerr** who will soon be moving into a new apartment in a new building in Central Halifax. See Directory Updates for his new address.

I will be **moving in October too**, from my 3-storey townhouse to an apartment at Almon Place. I won't miss the stairs! See Directory Updates.

Sylvia Mattinson

*Be kind whenever possible.
It is always possible.*

Dalai Lama

The Music Page

Welcome to a new month of music!



October's theme is *Cultivating Relationships*. Therefore we will dive into and sing songs about relationships: friends, family, romantic partnerships—about how they are formed—and sometimes broken. Sing along with me through this new month of music!

Music Appreciation Team

Do you enjoy music? How about attending concerts, talking with friends with a similar passion for music, or lending a hand in UU musical events? If this sounds like you, you may be interested in the Music Appreciation Team. We envision a friendly group of people interested in all genres and hope to arrange social outings to live performances as we explore possibilities to invite musicians to participate in our Sunday services and in our Soulful Sundown services. This team would help organize our Coffee House, Soulful Sundown services, Blue Christmas, and any other musical events for the congregation and community as a whole. If interested, please contact me by email, phone, or text.

Soulful Sundown

The first Soulful Sundown service of the new church year is on **October 30th at 7pm**. This reflective service is offered to the church and local community where we read poetry, enjoy music, and reflect on life's joys and sorrows of past and future months. Even though we are limited to 15 people in the church, we hope to have a live, in-person performance while broadcasting via Zoom and YouTube.

Stay tuned for a UUinfo message to find out who our musician will be—and how to get online.

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



Jessica Friesen
Music Director

Religious Exploration for Children & Youth

Justice is at the core of Unitarian Universalism. We are called to make a positive difference in our wider communities. In this church year, children and youth will spend several weeks at a time learning about the issues that are at the forefront of the UUCH social justice programs. These include Truth & Reconciliation, Refugee Sponsorship, Climate Crisis, the Saturday Brunch (food security), Dismantling Racism, and Pride.

Over the next few weeks, we'll focus on Truth, Healing & Reconciliation. This will include continuing to learn about Mi'kmaq culture and heritage. We will also begin learning about the Indigenous experience in Canada and the importance of the 94 Calls to Action.

We had the pleasure last Sunday, September 26th, of starting our year by exploring the Millbrook Cultural & Heritage Centre. The center has Mi'kmaq artifacts as old as 7,500 years. The children partook in a scavenger hunt, played a simple version of the traditional game Waltes, and heard about our interpretive guide's personal experiences.



We also gathered at the church ballroom for an introduction to Truth & Reconciliation Day, known to the children as Orange Shirt Day. The children wrote messages of love, caring and support on paper shirts in recognition of Indigenous communities being impacted by the legacy of residential schools.

Throughout October, designated as Mi'kmaq History Month, we'll explore the Seven Sacred Teachings, the reason for the land acknowledgments, and the importance of the Mi'kmaq language. By listening and learning, we will be starting the journey towards our role in Truth & Reconciliation.

Marie-Claude Leroux

Director

Religious Exploration for Children & Youth

Weekend of Reconciliation



National Day logo. Canada.ca > Heritage

On Thursday, September 30th we celebrate the new statutory holiday named the National Day for Truth and Reconciliation, recently passed by the federal government. This is welcome news!

We then celebrate Treaty Day on Friday, October 1st. Instead of a Powwow there will be an outdoor celebration from 1 to 3 pm at the Salter Wharf—with entertainment, lunch, and lots of Mi'kmaw dance, music and regalia. It will be a true “must participate” Mi'kmaw celebration!

And that's not all. Since Treaty Day falls on a Friday the Mi'kmaw Native Friendship Centre is throwing in a **Family Day on Saturday, October 2nd** to make it a full weekend of celebration!

The public is invited to these events.



Your UUCH Truth & Reconciliation committee encourages you to visit the new, beautiful Orange Shirt website at: www.orangeshirtday.org/

After that one should visit:

<http://trcreadingchallenge.com/get-the-report/>

On this site you'll find easier ways to “read” part of the summary of the Truth and Reconciliation Report.

I myself learned a lot from the audio files. The tone is unexpectedly uplifting and truly inspiring. Being responsible for the bringing up of many kids is a huge task, but Every Child Matters!

Wietske Gradstein
for the Truth & Reconciliation Team

CUC Online Events

Shown in Atlantic times



8th Principle Process: Forum 2

Dismantling Racism and 8th Principle series. Oct 3 at 8 pm, 90 mins.

Connect and Deepen

For meaningful discussion, connection and reflection. Sundays. Oct 10 & 24, 5 pm. Registration required.

Gathered Here. Monthly check-in for 18-35 year old UUs to share joys and concerns. Thurs Oct 14, 3 pm.

8th Principle Process: Forum 3

Dismantling Racism and 8th Principle series. Sunday, Oct 17 at 8 pm, 90 mins.

Media, Racism, and Censorship

Indigenous broadcaster Christine Genier speaks of her experience as a truth-teller in a predominantly white institution that promotes itself as multi-cultural. Wednesday, Oct 20 at 9 pm. 90 mins

Communicating from the Heart

Webinar, eight 90-min sessions over 2 weekends. This 1st weekend: multi-part advanced communications training focusing on effective listening. Oct 22–24, 7 pm. (2nd weekend Nov 5–7). Registration required.

Leaders Roundtables

Conversations will focus on the 8th Principle process, with opportunities to discuss and ask questions. (Started in June.) Oct 30, 1 pm.

Be sure to check cuc.ca for more information, registration deadlines and fees.



UUCH Board of Directors

2021 - 2022

President	Troy Saulnier
Vice-president	Pam Griffin-Hody
Past President	Margaret Galbraith
Secretary	Molly Hurd
Co-Treasurers	Marilyn Shinyei Darla Muzzerall
Members at large	Katelyn Everson Avard Woolaver

Church Directory Updates

Changes of address

KERR, Colin
The George
1003-6016 Pepperell St.
Halifax NS B3H 0C3

MATTINSON, Sylvia
Almon Place
209-5534 Almon St.
Halifax, NS B3K 6S4

Regular Monthly Meetings

Group	Recurrence	Group lead
Religious Exploration	1st Wednesday 7 pm	Marie-Claude Leroux
Committee on Shared Ministry	1st Thursday 7 pm	Norm Horofker
Truth and Reconciliation	1st Friday 3 pm	Wietske Gradstein
Worship Team	2nd Tuesday 7 pm	Norm Horofker
Board of Directors	2nd Wednesday 6:30 pm	Troy Saulnier
Building Committee	2nd Thursday 2 pm	Norm Horofker
Caring Committee	3rd Tuesday 7 pm	Sylvia Mattinson
Climate Crisis Team	3rd Wednesday 7 pm	Margaret Galbraith
Saturday Brunch Team	3rd Friday 1 pm	Kath Anthony
Dismantling Racism	4th Tuesday 7:30 pm	Pam Griffin-Hody
Membership	4th Thursday 7:30 pm	Pam Berman

Any member or friend of the congregation is welcome to attend these meetings (except for Caring) as observer or participant.

The Universalist Unitarian Church of Halifax

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.



Newsletter Deadline



The deadline for contributions for the November newsletter is Tuesday October 26th.

Please submit your articles to Etta at braeside@eastlink.ca



Oh, how we love this!