



### ***This Month's Sunday Services***

See page 2 regarding regular (10:30 am) services in relation to pandemic restrictions.

### ***Theme for February: Widening the Circle***

#### ***February 6 — A National Sharing Our Faith Sunday – 2 pm Atlantic Time***

**Service title: “Celebration and Contemplation: The Path of an 8th Principle.”** Unitarians and Universalists have been on the forefront of social change and justice seeking for hundreds of years. In November 2021, congregations of the Canadian Unitarian Council once again stepped forward and committed to dismantling racism and systemic barriers to full inclusion for all people. Be part of celebrating this commitment as we begin to consider the steps we take to move into this commitment. **Service Leaders: Revs. Victoria Ingram, Hamilton and Meghann Robern, Winnipeg**

Join us live on Zoom for the this service. Registration in advance is required. Use this link anytime: [Zoom](#) — or watch on the CUC’s [YouTube](#) channel:

<https://www.youtube.com/channel/UCJ25IMWQwrXSnry11bdBS-g/featured> .

**Meeting ID 847 1005 5117 Passcode: 482463 Call-in toll-free: 1-855-703-8985**

***The following services are at the usual time of 10:30 am:***

#### ***February 13 — Widening the Circle – Whose Job is It?***

Widening the circle involves hard work, changing perceptions, getting out of comfort zones, and listening to voices from the margins that may tell us things that we don’t want to hear. For a UU congregation, whose job is it to undertake that work and why bother?

**Service Leader: Rev. Norm Horofker**

#### ***February 20 — Widening the Circle – the Role of Compassion***

Author Yuval Noah Harari has written “*Morality doesn’t mean following divine commands. It means reducing suffering. Hence in order to act morally, you don’t need to believe in any myth or story. You just need to develop a deep appreciation of suffering.*” Today we will explore what this might mean in a UU context. **Service Leader: Rev. Norm Horofker**

#### ***February 27 — A Shared Service***

In Norm’s absence this service will be built around a stimulating pre-recorded service from one of our sister congregations. Stay tuned for more details. In addition there will be information about options for ministerial transition related to Norm’s retirement.

### ***Our Theme for March: Renewing Faith***

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.

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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



## February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>CUC Month</b>		1	2  7 pm RE Team meeting	3 7 pm COSM meeting  7 pm UUCH Gathering	4  3 pm Truth, Healing & Reconciliation meeting	5 10 –11:30 am Brunch take-out  Celebration of Life for Wietske Gradstein Details TBA
						
6 2:00 pm Sharing our Faith National Service  	7  6:30 pm Board meeting	8  7 pm Worship Team meeting	9  	10  2 pm Building Team meeting  7 pm UUCH Gathering	11	12 10--11:30 am Brunch take-out  
13  10:30 am Sunday Service	14  	15  7 pm Caring Team meeting	16 7 pm Climate Crisis Team meeting  	17  7 pm UUCH Gathering	18  1 pm Brunch Team meeting	19  10 –11:30 am Brunch take-out
20 UN World Day of Social Justice  10:30 am Sunday Service  	21 NS Heritage Day   Family Day	22  7:30 pm Dismantling Racism meeting	23 <b>Pink Shirt Day</b>  Newsletter Deadline  	24  7 pm UUCH Gathering  7:30 pm Membership Team meeting	25	26 10 -11:30 Brunch take-out 6:30 pm Soulful Sundown ?  
27  10:30 am Sunday Service	28					

**Church Services in relation to pandemic restrictions** (same as last month): Your Board of Directors have decided that it is best to not have congregation members in attendance at the church for the time being. Services will be online only until further notice. Services start at 10:30. Join us via Zoom or youTube between 10:20 and 10:30 am. Use this link:

<https://us02web.zoom.us/j/666004431?pwd=RjQvVEtjUjM1MEdnMDgxU0VSRzVLQT09>

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>



## *Minister's Notes*

Did you hear that I was planning to retire? That bit of news calls for some elaboration I suppose. I have been extremely lucky and I am so proud to have served this congregation, the oldest UU Congregation in Canada. (Someone else will have to keep up the battle with Montreal on that point now.) At ten years, I believe that I am the longest serving minister in the 185-year history of our community.

I love what we have been doing, but to paraphrase one of my favourite colleagues, Rev. Fred Cappuccino, better to retire in good health than to leave due to illness... as in, when the congregation gets sick of you. To put it another way, best to leave when things are in good shape... and they are.

Together our community has weathered the pandemic and learned new skills in the process. The financial situation is solid thanks to the support of our members and friends and the careful stewardship of your Board. Our lovely old building has passed a structural assessment and is now recognized provincially and municipally as a heritage building making us eligible for grants to help with maintenance. (I should note here that our maintenance costs are minimal compared with rent that we would be paying elsewhere.) We have a solid connection and reputation with our neighbours and our neighbourhood, and with the wider community.

Despite COVID, we have a very active number of teams and engaged individuals dealing with social justice issues as well as other "church business." We have done and are doing good work together.

And we have great opportunities ahead of us. As COVID restrictions lift, people will need the types of connection that our congregation can deliver.

The loss of membership in traditional churches is an opportunity for us to grow.

The time to the end of June will be a time of transition, a time for me to step back and for others to step forward. Your Board will be seeking input from the congregation as to how you would like to move forward, and I trust in your judgement.

Janet and I plan to stay in Halifax but my participation in the life of the congregation will end at the end of June. This is important so that the new leadership can get established with a fresh vision for the future that is shared with the congregation. That is going to be difficult for me.

I have never felt compelled to follow traditional guidelines that say a minister should not become friends with the members of the congregation. I consider each and every one of you to be a personal friend, and that makes the parting difficult, but I would not change the way we have grown together.

This is the second time I have "retired," the first following a 35-year career as an engineer. Through two careers, Janet has been wonderfully supportive and patient, but grandchildren have a way of changing all priorities. I am taking a month's leave beginning February 17 to be with my youngest daughter and her family for the birth of our third grandchild in Wisconsin.

July seems a long way off, but I know how quickly time and life itself passes. I am looking forward to this summer more than any in recent memory with time to be with grandchildren and time to explore this beautiful province.

Our theme for the month of February is "Widening the Circle." Unitarian Universalism has important gifts to be made known. That is my hope for this congregation, that as COVID restrictions lift, you will find ways to widen our circle, bringing more people with diverse life experiences into our spiritual community.

I wish you all happiness and peace, love and a sense of purpose in your life.

***With Love... Norm***

# Board Buzz

Since January's Board meeting on the 17th was held later than the first Monday which would have seen us meeting on January 3, one would expect there to be very little "buzz"; however, a good portion of the meeting was spent in various discussions about **ministerial transition** following Rev. Norm's decision to retire at the end of June. We wish him all the best in this stage of his journey. The board meeting itself was held to two hours and was followed by another discussion on ministerial transition without Norm's presence and with the addition of various team leads and former Presidents.

We will be looking for a contract minister. The deadline for us to have our application in to the UUA (who have the responsibility for ministers in both Canada and the USA) is April. A contract minister is the usual procedure to fill in between settled ministers. Be on the lookout for a notice of a congregational meeting in late February to discuss all things transitional and our next steps.

The CUC had offered Halifax first refusal for the hoped-to-be first **in-person CUC Conference in 2023**. This conference (perhaps all in future) will be offered in a hybrid format for greater inclusion, and it is expected that the in-person contingent would be smaller going forward. There was much discussion about this, especially considering having an interim or contract minister and the number of volunteer hours that would be necessary, although the latter would mostly be in person on the weekend of the conference. The Board decided to defer their decision until February. If anyone has an opinion, please let a board member know.

The Board also reviewed the **Building Reserve Guidelines** which were approved by the congregation in May 2018. The original source of these funds came from a bequest from the estate of Cynthia Davis. The Reserve Fund has grown, and the guidelines are sometimes restrictive in seeking matching funding for any project costing more than \$10,000. The changes were proposed by the co-treasurers who are working with the Building

## UUCH Board of Directors 2021 - 2022

### Officers

President	Troy Saulnier
Vice-President	Pam Griffin-Hody
Past President	Margaret Galbraith
Secretary	Molly Hurd
Co-Treasurers	Marilyn Shinyei Darla Muzzerall

### Members at Large

Avard Woolaver One vacancy

### Ex-officio

Rev. Norm Horofker

Committee and have recommended that the Board revise these guidelines including that the requirement for matching funds can be omitted with the approval of the Board. These changes require congregational approval and will be presented at the May 2022 AGM.

In December, UUCH received an unexpected, unrestricted, and **generous donation** of \$58,800. The donor wishes to remain anonymous. The Board discussed how to allocate this donation, based on recommendation of the co-treasurers. It was recommended that none be allocated to the Endowment Fund since that was established to "support special projects related to congregational growth and outreach activities" and we already have \$12,271 in unspent grant funding for the purpose. It was decided to put \$20,000 towards the **new deck** which would mean that according to the current Building Reserve Fund Policy, a capital campaign would no longer be needed. It was also decided to keep some of the remainder in the Building Reserve Fund with the rest in savings for expenses such as the ministerial search.

Reminder: Any member is welcome to attend Board meetings. Simply e-mail the President for the Zoom link.



**Pam Griffin-Hody**  
**Vice-president**  
**UUCH Board of Directors**

## 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 Mary Ellen has done. Word count: max 270. Please submit your piece to Pam at [bermanpj@gmail.com](mailto:bermanpj@gmail.com)*

### From Mary Ellen Onno



#### When did you become a UU?

In 1964 Peter and I, and our one-year-old daughter moved from Montreal to New Jersey for his new job at Bell Telephone Laboratories. It was there we became UUs. Peter had attended the United Church in Gagetown, NB and I had been an Anglican in

Montreal West. In NJ we decided that we wanted to attend the same church, one with a Sunday school that taught all religions. We settled on the Morristown Unitarian Fellowship and loved it. Warm, welcoming people, good music, and a Sunday school—a minister in the pulpit once a month and many wonderful lay-led services. On one occasion Caroline McDade came and sang and played her harp.

**What attracted you to the UU community?** As teenagers our children joined the Liberal Religious Youth group where they learned the importance of thinking for oneself. They made wonderful friends and learned deep values. To this day they are still UUs.

Eventually we moved to Massachusetts and settled in the town of Harvard where we attended the Harvard Unitarian Church, a beautiful classic style stone church at the top of the Common. We stayed for sixteen years. The friends we made in both communities are still friends to this day.

#### What has kept you with this community?

In 1998 we retired to Nova Scotia and soon became active members of the UUCH. We both sang in the choir, Peter played the bass guitar in the Afterchoir and I joined the Caring Committee. As all our family is far away our church friends became our extended family and have been wonderfully supportive over the last 24 years. We could not have done as well without them.

In closing, I would particularly like to thank Rev Norm Horofker for his help and guidance in putting together Peter's Celebration of Life Service. It was all that I and our daughters hoped it would be.

## The Caring Column

Very shocking news to report:

**Wietske Gradstein** died on January 28th, 2022, just a few short days after being admitted to Palliative Care. Only the Sunday before she was our service leader, so her death is indeed a shock. Wietske was a UUCH member for 30 years and



contributed much to various committees and projects of the church, most recently the Truth and Reconciliation Committee. Her determination to remain active despite her challenging physical condition was an inspiration. We send our heartfelt sympathies to her family.

Tentative plans include an online Celebration of Life service on Saturday, February 5. In the words of her daughter Janneke, "This tenacious woman has won her fight and winged her flight. No more wheelchair for you mum, you're free."

Other surprising news:

**Rev. Norm Horofker** has announced that he is retiring from his position as our minister at the end of June. Norm has been with us for ten years and has certainly been very helpful to the Caring Committee as



well as other programs, some of which he started in our wider community. He will certainly be missed. No doubt, many more kind words will be spoken of him in the next few months.

On a more positive note, **Joan Czapalay** informs us that this past June 20th she and Gerard Cormier got married! The happy couple are living in Parrsboro. Congratulations Joan and Gerard!

We have also received this happy news from **Ralph Martin**: "My daughter, Mariah, is expecting a baby in February and I'm thrilled about becoming a grandfather. Mariah and her husband, Todd Sierens, live within a 30-minute driving distance so I expect to be knees-on." Best wishes to the parents, baby, and all.

**Sylvia Mattinson**



## From the Climate Crisis Team

### Another Climate Action Talk at UUCH, January 30

Following the service on the last Sunday of January at 11:45 am, our own Colin Kerr will have an online discussion with Rev. Norm about his history with alternate sources of energy. From early wind-mills through tidal power turbines to the generation of hydrogen, Colin has been at the forefront of development of these sources of power. Join us! We will use the same Zoom link as the service.

### Upcoming Climate Crisis Survey First Week of February

Coming soon to your inbox! The Climate Crisis Team wants to know how we can support the congregation at this challenging time in human history, so we are preparing a brief survey to be distributed through Survey Monkey in the next week. Watch for it!

*Margaret Galbraith*

## Music at UUCH

### *Order of Good Cheer Fête*

January 29th was our first Order of Good Cheer event. Thank you to our wonderful musician, Robert Campbell. Even though we had to move this event to Zoom, it was a success that brought us closer through conversation and entertainment, just as Samuel de Champlain intended.

To you, the congregation, if you have any appropriate song requests for future services, please contact me. Let's celebrate music together!



*Jessica Friesen*  
*Music Director*  
[jessicafriesen876@gmail.com](mailto:jessicafriesen876@gmail.com)  
204-330-8165

*There are no passengers  
on Planet Earth.  
We are all crew.  
~ Marshall McLuhan*

*After silence, that which comes  
nearest to expressing the  
inexpressible is music.  
~ Aldous Huxley*

## Thursday Night Zoom Gatherings

### You are invited!



Our friendly Thursday evening Zoom gatherings started at the beginning of the pandemic as a COVID-busting measure so that we could 'be together' but at a distance. That original intention has evolved beyond COVID-busting, however—because let's face it, everyone is tired of hearing that word.

The gathering is now more about sharing in community, much like the virtual coffee time after our Sunday services. We start at 7 pm and go until we feel it's time to say good night.

Speaking during a gathering is not absolutely necessary, so if you would like to drop by and just be in company with others, that is fine too.

We hope that more people will be showing up on Thursday nights for this friendly time. You will be more than welcome.

The Zoom link:

<https://us02web.zoom.us/j/85223268277?pwd=QTRrcTQ3eC9qbXdHMDJMUDZuMFJFZz09>

**Doug Fevens**



## Regular Monthly Meetings

Group	Recurrence	Group lead
Board of Directors	1st Monday 6:30 pm	Troy Saulnier
Religious Exploration	1st Wednesday 8 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
Building Team	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.

## Newsletter Deadline



The deadline for contributions for the March newsletter is **WEDNESDAY, FEBRUARY 23.**

Please send your articles to Etta at [braeside@eastlink.ca](mailto:braeside@eastlink.ca)

Thank you.

# ***Religious Exploration for Children & Youth***

The Religious Exploration program resumed as a mostly virtual program in January and will continue to do so during this latest pandemic wave. The rapidly changing expectations and constant uncertainty can be difficult to cope with, especially among children. Throughout January, we decided to change our focus towards the importance of our mental health and how to take care of it.

Before the children returned to school, we revisited our afternoon outings by taking a winter walk in the woods and playing together in the snow as shown here.

Studies have shown the benefits of spending time outdoors, both for kids and adults. Researchers agree that kids who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors. We didn't need studies to show us how uplifting it was to play in the snow—the joy in making angels and igloos, the squeals of delight as they slid down hills—this was a balm to adults and children alike.



Our virtual programming highlighted the various, unique ways our physical and mental health are linked. Laughter strengthens your immune system, boosts mood, and protects you from the damaging effects of stress. By seeking out more opportunities for humour and laughter, you can improve your emotional health, your physical health and find greater happiness. The children and I harnessed the powerful benefits of laughter by sharing jokes and doing laughter exercises. It's a greater challenge not to laugh when foolishly (yet intentionally) waving your hands around and making funny sounds as a group, even online.

Another practice that brings the mind-body connection to the forefront is Yoga. The practice of postures, breathing and meditation [helps achieve emotional equilibrium](#). Yoga helps young people sleep better and feel more positive and empowered as they learn to de-stress and increase awareness of their bodies and minds. Pam Berman generously shared breathing and Yoga practices with the children, and they in turn shared poses they enjoy doing.

These exercises as well as many others are important aspects to a healthy self-care practice. Our last Sunday in January will focus on creating self-care practices that speak to each child. Each child's unique personality and needs will guide these practices they can turn to when coping with the anxiety and stress which occurs throughout our lives. Recognizing the importance of our mental health and emotional well-being is foundational to living a full life. It is rewarding to be a small part of that journey with our children.

***Marie-Claude Leroux***

***Director***

***Religious Exploration for Children & Youth***

From CUC eNews, January 20-22

## A Message to Congregations

From Vyda Ng  
Executive Director  
Canadian Unitarian Council



Dear UUs,

As part of CUC Month, we offer a national Sunday Service on February 6th as the Sharing our Faith service. Coordinated by Revs. Victoria Ingram and Meghann Robern, the service is titled "Celebration and Contemplation: The Path of an 8th Principle."

Unitarians and Universalists have been on the forefront of social change and justice seeking for hundreds of years. In November 2021, congregations of the Canadian Unitarian Council once again stepped forward, this time to commit ourselves to dismantling racism and systemic barriers to full inclusion for all people. Be part of celebrating this commitment to foundational social change as we contemplate the steps we take to move forward in our commitment to justice in ourselves, our denomination, and our larger society.

Join us live on [Zoom](#) or the CUC's [YouTube](#) channel; the service will be made available early the following week for your congregation's use if you are unable to attend.

Call-in toll-free: 1-855 703 8985; Meeting ID 847 1005 5117; Passcode: 482463



I hope you'll be able to join us!  
Vyda

Canadian Unitarian Council  
@ Centre for Social Innovation  
#302-192 Spadina Ave., Toronto ON M5T 2C2  
1.416.489.4121 1.888.568.5723 cuc.ca

## CUC Online Events



The CUC is sponsoring the following online events in February through to mid-March. Find more information including dates, times and session details at [cuc.ca](#) under Events. Some of the sessions require registration, so please check early!

- Widening the Circle of Concern (our theme for the month of February)
- Connect and Deepen
- Gathered Here
- The MyceliUUm Youth Network of Canada (for Junior Youth, Youth and Adult Advisors)
- Lay Chaplain Information Session
- Inclusivity Forum, 2 sessions (on diverse relationships and families)
- Rising Together: UU Youth and Emerging Adults of Colour
- UU BIPOC Space
- Designing and Leading Rites of Passage
- UU Theology: A Renaissance Module

Sessions are for congregational leaders, aspiring chaplains, paid staff and volunteers, and for UUs who like to gather, connect and deepen.

**Canadian Unitarian Council**  
Interdependence. Love. Justice.

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### Minding our Q's and A's

**Q: In what year and where was the CUC founded?**

A: A meeting of Canadians met on May 14, 1961 in Boston, where they "brought the Canadian Unitarian Council formally into existence," elected a board, and made some early decisions. This was the founding meeting of the CUC. The first annual meeting of the CUC was in May 1962 in Toronto.

**Q: Who was the first woman President of the CUC Board?**

A: Mary Lu MacDonald [of the Halifax congregation], the fourth President, from 1970-72.

**Q: What original Universalist churches still exist in Canada?**

A: The Universalist Unitarian Church of Halifax, the Unitarian Universalist Church of North Hatley, Quebec, and the Unitarian Universalist Church of Olinda, Ontario.

February  
Black History Month



Image from the website of the Black Loyalist Heritage Centre  
at Birchtown, Nova Scotia.  
[blackloyalist.novascotia.ca](http://blackloyalist.novascotia.ca)