



This Month's Sunday Services

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

902-429-5500
uuchurch@eastlink.ca
uuch.ca

Rev. Israel Buffardi
Interim Minister
minister@uuch.ca

Jessica Friesen
Music Director

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

Pam Griffin-Hody
President

Etta Hamm
Newsletter Editor

Sunday services
10:30 am

All are welcome

Everyone is welcome in the sanctuary in person but please respect the space of those who are wearing masks and/or social distancing, both of which are encouraged. Services start at 10:30 am.

You can also join us via **Zoom** between 10:20 and 10:30 am using this link:
<https://us02web.zoom.us/j/666004431?pwd=RjQvVEtjUjM1MEdnMDgxU0VSRzVLQT09>
Meeting ID: 666 004 431 Password: 010670.

Or you can watch the service (live or later) on our UUCH **YouTube** channel at:
<https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw>

Our Theme for October: Courage

October 2

Broken-hearted Courage

Together we reflect on the ways we can break our hearts open to begin to heal and love anew in our complex world.

October 9

Grief and Gratitude

We will explore the complexities of grief and gratitude as we mark the season of Thanksgiving.

October 16

Courage to Change

We will reflect on how sometimes we might choose to empty ourselves in order to truly be filled.

October 23

Guest Dan McKay

Our guest speaker, Dan McKay will celebrate the past and present of 2SLGBTQ+ community Inclusion in Halifax, including the longtime connections and support of UUCH.

October 30

Samhain and All Souls

Together, we will participate in a ritual of remembrance for all our ancestors, from the beloved to the imperfectly human.

Theme for November: Change

Our mission is to provide a community that nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective commitment to community service and social justice.



OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: center; align-items: center;"> <div style="text-align: center; margin-right: 20px;"> <h2 style="color: red; margin: 0;">MI'KMAQ</h2> <div style="background-color: gray; color: white; padding: 5px; margin: 5px 0;">HISTORY MONTH</div> </div> </div>						1 <div style="background-color: orange; color: white; padding: 5px; display: inline-block; margin: 5px 0;">Treaty Day</div> 10-11:30 am Brunch
2 10:30 am Service Rev. Israel	3	4 Evening Yom Kippur begins	5 8 pm Religious Exploration team meeting Evening Yom Kippur ends	6 7-8 pm Online gathering 7 pm Shared Ministry meeting	7	8 10 - 11:30 am Brunch
9 10:30 am Service Rev. Israel	10 Thanksgiving Dinner 	11 7 pm Worship team meeting	12 6:30 pm Board Meeting	13 Building Team meeting Time? 7-8 pm Online gathering	14	15 10 - 11:30 am Brunch 
16 10:30 am Service Rev. Israel 12:15 pm Lunch Bunch	17	18 2 pm Caring Team meeting	19	20 7 pm Climate Crisis (this month) 7-8 pm Online gathering	21	22 10 - 11:30 am Brunch
23 10:30 am Service Guest speaker Dan McKay	24	25 7:30 pm Reconciliation & Dismantling Racism meeting	26 Newsletter deadline <div style="border: 2px solid red; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> OCTOBER 26 </div>	7 7-8 pm Online gathering 7:30 pm Membership meeting	28	29 10 - 11:30 am Brunch
30 10:30 am Service Rev. Israel	31 					





Greetings from Your Interim Minister

The courage of autumn

There's just something about October for me. It has always been my favourite month of the year. Maybe it is the comfort of putting on a soft cozy cardigan, the simple pleasure of the snappy bite of a freshly picked tart apple, or the earthy sweet aroma of fallen leaves. And of course, who could forget the spectacular array colours our trees are about to awe us with!

In New England, where I grew up, autumn is a collective religious experience for so many, and I suspect that is not unique to New England. What really makes autumn such a moving time of year is not just a result of the feast for the senses, it is the more complex wisdom and subtle courage that the trees offer us.

The brilliant colours and sweet smells of the leaves are the result of decay and decomposition, yet we are inexplicably moved to celebrate them rather than mourn them. Perhaps it is because this paradox of nature shows us the joy of letting go as life yields to the peace of pa^{using}.

Remember, in letting go of its leaves, the tree itself is not destroyed. Instead, it is participating in the fullness of the cycles of life, rest, and renewal. It is only by letting go that the tree might begin to make way for new growth. That is the approach to courage, our theme for the month, that I present to us. I also believe that our work together as a congregation would do well to incorporate these ideas.

Along those lines, we had a congregational retreat planned that nature, by way of Hurricane Fiona, asked us to reschedule and rethink. Instead of cramming it all into one afternoon, I think we now have the opportunity to spread out the work of creating a new vision for our community.

More information will be sent out very soon about this, and in the meantime I would like to ask you all to think about some questions that I believe will be critical for moving into the future of UUCH:

What leaves are barely holding on?

What is it time to let go of, and how do we release it joyfully?

What kind of tree are we? What is at our core? What is at the heart of our identity as a community?

Where do our roots grow? What are the conditions of our soil?

In what new ways do we want our branches to reach, stretch, and grow?

Rev. Israel

A note from PAM

September flew by and the summer seems a distant memory.

It was with great trepidation and memories of Juan that I made my way downtown on Saturday, September 24 to see what havoc Fiona might have unleashed on 5500 Inglis Street. Apart from a small amount of tree debris, all was serene—and the power was still on!

We will, of course, be rescheduling the retreat, possibly with a different format—stay tuned.

My heart is warmed at the sight of the full sanctuary on Sundays, which still seems like a novelty. We still highly encourage the wearing of masks to keep us all safe in community.

The return to the sit-down Saturday Brunch has been welcome as well. We can still use volunteers, or just come and join in.

We look forward to the return of the Thanksgiving Potluck! And we have so much to give thanks for this year as a community, our emerging from the isolation of the Pandemic, our beautiful new deck, our new minister, Rev. Israel Buffardi, and many new faces to welcome in person.

Speaking of the deck, all construction projects take longer than originally anticipated. The deck, including the stairs, is completed so you can see its beauty. The ramp will be completed by the end of October. The landscaping project in the front of the building is still a work in progress but it is easy now to imagine the end result of making our building look more open and welcoming.

October is Mi'kmaq History Month, beginning on October 1, Treaty Day. Let us give thanks to the ongoing stewardship of the land we share, the unceded territory of the Mi'kmaq, here in Kijipuktuk or wherever you find yourself in Mi'kma'ki.

In peace and friendship,

Pam Griffin-Hody
President UUCH

NOTICE

Semi-annual General Meeting October 30



**The Semi-annual General Meeting of the
Universalist Unitarian Church of Halifax (UUCH)
will be held at noon on Sunday, October 30.**

The meeting will conduct the following business:

1. Business arising from the minutes of the May 2022 Annual General Meeting.
2. Receive and approve reports from the minister, various officers and committees.
3. Adoption of a budget for the 2022 calendar year.
4. Adoption of the Annual Financial Campaign.
5. Other business as may be raised before or at the meeting.

**Reports should be sent to Molly Hurd
by October 20.**

We will have limited paper copies of the agenda and reports at the meeting.

The reports and agenda will be sent electronically before the meeting.

The meeting will be also available by Zoom.

Members-only vote on motions, but non-members are most welcome to attend!

Molly Hurd
Secretary
UUCH Board of Directors

Thanksgiving Potluck!
October 10 at UUCH
Bring food for 3:00 pm — Eat at 4:00!



Page Wakarchuck has agreed to coordinate food & volunteers! Please let Page know how you can help at page.r.wakarchuk@gmail.com

- How many people in your party. Family and friends are welcome.
- What food you will bring. Pam G-H will have a sign-up sheet at church, October 2nd as well.
- If you or your party can help with set-up, take-down and/or clean-up.

We will need:

- Mashed potatoes
- Other veggie dishes
- Dressing/stuffing
- Gravy
- Rolls, butter
- Cranberry sauce
- Pickles
- Salads
- Dessert (pies, etc.)

Can't cook? Consider rolls, butter, cream, milk, juice, pickles, cranberry sauce or pies.

We already have volunteers to cook the turkeys!



Please bring your items, fully cooked, **at 3 pm**. We can warm them (or keep them warm) in the oven, but cannot cook them. We will eat at **4 pm**.

Let's party like it's 2019 but with one exception: **Masking** (except while sitting and eating at your table) is **STRONGLY** encouraged. Let us give thanks safely.

Importantly, you are still welcome even if you can't contribute to the meal.

Pam G-H
president@uuch.ca



Climate Crisis Team News

Unfortunately, Hurricane Fiona is still news. Many of us in the Halifax area breathed a sigh of relief last Saturday morning, knowing that our personal storm experience wasn't as bad as it could have been, or as awful as it was for many others in Atlantic Canada. For those of you reading this newsletter, I hope you have now recovered as much as possible.

But there is the anxiety, isn't there. Our "historic" storm is only our own personal example of the increasingly dangerous weather events that we know are coming. We can protect ourselves for the foreseeable future—maybe stock up on gas and cash next time, as well as the usual batteries, canned goods and storm chips. Perhaps double-check our roofs, trim potentially dangerous branches, and definitely charge all chargeables. But how do we reduce that fear of the future, of what is happening to the world as our climate changes irrevocably?



Taking action is one of the best ways to reduce anxiety. As Carl Duivendoorden, who spoke to our congregation a year ago and writes a regular e-newsletter, says in his latest issue <https://carlsgreenideas.wordpress.com/> what really needs to happen is that carbon emissions need to be reduced, and this is something we can all do. He lists a number of ways we can reduce our own emissions, which may not feel like very much, but every little bit reduces the total.

We can also attend an event this Saturday, October 1st, designed to create hope. Put on by KAIROS Canada, the ecumenical organization that works for social justice in Canada, it is called Building Hope for Atlantic Canada: Water, Land, Air and Food for All. It is a hybrid event, in person at St. Andrews United Church or on Zoom, from 2pm to 6pm. For more information and to register to attend either way:

<https://secure.kairoscanada.org/civicrm/event/info?reset=1&id=311>

We have just been through one of the strongest storms ever to hit our home, so far. We will work on our repairs, but we need hope. We need to reduce our own emissions and work together to improve everyone's future.

Margaret
for the Climate Crisis Team

UUCH SAH NEWS – September 2022



Once again we have pictures but these are only two of the many, many families who have arrived this year. The families shown here are Afghan. We have had two more Afghan families arrive in the last two weeks and many more are expected.

To date in 2022 we have welcomed 67 newcomers with 29 more expected to arrive in October and November. This is such a contrast to the prior two COVID-impacted years. We had only 10 people arrive in 2020 and 30 in 2021.

As always we are also busy submitting applications for the 127 spaces we were given this year, and still working on more Afghan families. Since the Taliban takeover in Afghanistan, there is a new stream for Afghans (Operation Afghan Safety), and families are arriving fairly quickly depending on which country they have fled to.

Many people ask about Ukrainians. We are not working with Ukrainians as they are arriving in a completely different way. They have been arriving very quickly with temporary work visas in hand and are able to begin work at once.

The refugees we sponsor through the Private Sponsorship of Refugees Program must wait in their countries of asylum until they are issued with permanent resident visas. This wait has been much extended due to the pandemic and for most, the wait is at least two years.

Marilyn Shinyei
Refugee Program Coordinator, UUCH SAH

From the Reconciliation and Dismantling Racism Team

The Reconciliation and Dismantling Racism team monitors events that UUCH members may be interested in, and we will organize some of our own. September was full of good possibilities with several films about Black and Indigenous people in the Atlantic Film Festival. If anyone was able to see any of these films, please let me know what you thought of them.

The month ended with Reconciliation Day on Friday, September 30th and Treaty Day on Saturday, October 1st which some of our members planned to attend.

October is Mi'kmaq History Month with many activities. See <https://mikmaqhistorymonth.ca/> The website's full-page poster, too large to copy here, is shown below in reduced form. Please go to the website for the fine print and so much more.

We hope to organize a visit to the Africville church and museum in the near future and will inform members of opportunities.

We have changed our regular meeting date to 7 pm on the 4th Tuesday of each month. All are welcome. Please contact me if you are interested.

Brian Gifford
brian.gifford@eastlink.ca
902-454-1656

Regular Monthly Meetings

Group	Recurrence	Group Lead
Religious Exploration	1st Wednesday 8 pm	Marie-Claude Leroux
Shared Ministry	1st Thursday 7 pm	Israel Buffardi
Worship Team	2nd Tuesday 7 pm	Israel Buffardi
Board of Directors	2nd Wednesday 6:30 pm	Pam Griffin-Hody
Climate Crisis <i>this month</i>	Thursday, Oct 20 7 pm	Margaret Galbraith
Building Team	2nd Thursday Time TBA	Troy Saulnier
Caring Team	3rd Tuesday 2:00 pm	Sylvia Mattinson
Reconciliation & Dismantling Racism Team	4th Tuesday 7:00 pm	Brian Gifford
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.

U-U & you



Newsletter Deadline

The deadline for contributions for the November newsletter is **Wednesday, October 26.**



Please send your items to Etta at braeside@eastlink.ca

From the Caring Team



On September 8th a Celebration of Life was held for **John Paterson**, a long-time member, officiated jointly by Rev. Norm Horofker, our former minister, and Rev. Don Shephard, a friend of John's over many years, with music by Jessica Friesen. Along

with friends and family of John's, a number of people from UUCH also attended. Besides John's generosity to UUCH, he founded the John Paterson Indigenous Student Bursary at Mount Allison University (65 York Street, Sackville, NB E4L 1E4). You may donate to this fund in John's memory or to the charity of your choice.

We're happy to report that another long-time member, **Barbara Harsanyi**, has finally been transferred back to Halifax after 8 months in Lunenburg. She is happy to be settled in her single room at Northwood (#314 on 3Centre) and looks forward to telephone calls and visits from friends. Her phone number is 902-493-5678.

John Baros-Johnson was admitted into hospital on September 13th and is awaiting transfer into a long-term care facility, hopefully in Halifax or Dartmouth. His wife Irene visits him in hospital often and says that he looks much better since he began using a wheelchair and also speaks more clearly than he had been doing.

With September the Committee has resumed its monthly meetings, now with Rev. Buffardi. If you or UUCH people you know might be in need of help that we might be able to provide we would be happy to hear from you, so please contact us.

Sylvia Mattinson
viasyl100@gmail.com

Masks are highly recommended in the sanctuary during Sunday services, as COVID rates in Nova Scotia are still high. Let's keep each other safe.

The Lunch Bunch

Oh look, the third Sunday-of-the-month dining-out people are now calling themselves The Lunch Bunch!



Our first scheduled dining-out event at "the Rez" took place on Sunday, September 18th with Pam GH, Colin, Amy, Linda, Shripad and Etta attending.

Over lunch we learned, among other fun things, how to deal with a neighbour who is overly-sensitive to music even in daytime, how to find out how trustworthy a boyfriend really is, why the bus service between Wolfville and Halifax requires passengers to stay overnight in Wolfville, and how to call yourself from your own telephone.

If you are thinking of coming on the third Sunday in October (the 16th), please let Shripad or Etta know early.

Shripad Pendse
shripen@yahoo.ca 902-225-9663

Etta Hamm
braeside@eastlink.ca 902-443-8779

Music at UUCH

Welcome to a new month of music where we celebrate and lift each other up through song.

Currently, with the many changes in church, comes change within our music. This month we explore new genres of music, and enjoy music as a spiritual and meditative experience. Let us come together as a community and express ourselves through song!

Jessica Friesen
Music Director
jessicafriesen876@gmail.com
204-330-8165

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."
— Sarah Dessen

Religious Exploration for Children & Youth

We've made it through the storm and look forward to enjoying the traditions of autumn as well as connecting to the religious exploration program.

I look forward to celebrating the change of seasons when our families gather together for an afternoon of apple picking and a picnic in the orchard. The Thanksgiving dinner potluck will be an opportunity to celebrate the season's harvest as a community once again after such a long hiatus. Here is a lovely photo of Miranda when the RE group went apple picking in 2020.



As for Sunday programming, throughout this month, we'll explore the challenges and paths of *Courage* and how these will help us to live into our Eight Principles.

We will honor the courage of Indigenous communities in their continued quest for truth and reconciliation. We will find the courage to look at our country's past honestly and take steps to heal the damage done.

We will reflect on the path of social courage – the courage needed to take action to make changes in an unjust world. We will honor the courage of being true to ourselves, everyday bravery that challenges young and old.

This will be a great month of connecting for our youth, while we gather in celebration and as we find the courage to look within ourselves.

Marie-Claude Leroux
Director
RE Program for Children & Youth

We are Canadian Unitarians and Universalists

We are people of many paths who are brave, curious, and compassionate thinkers and doers. We are diverse in faith, ethnicity, history, and spirituality, but are aligned in our desire to make a difference for the good.



We have radical roots and a history as self-motivated spiritual people. We think for ourselves, and we recognize that life experience is the strongest influence on our beliefs.

We live our values in our work for social justice. Unitarian Universalists have advocated for affordable housing, choice in dying, and world peace. We sponsor refugees and seek truth, healing, and reconciliation between Indigenous and non-Indigenous peoples. We work for racial justice, criminal justice, and climate justice. And for more than forty years we have been at the forefront of lesbian, gay, bisexual, transgender, and queer inclusion.

We are called to love and justice through our interdependence on each other and on the world around us. We aspire to be deeply connected, radically inclusive, actively engaged, theologically alive, and spiritually grounded.

We seek to welcome you: your whole self, with all your truths and your doubts, your worries and your hopes. Find out what it means to live your deepest values out loud. Join us on this extraordinary adventure of faith.

The Canadian Unitarian Council

www.cuc.ca



Happy Halloween