



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 services
10:30 am
Online this month

All are welcome

Children & Youth Education
Child care available

Sunday Services, April

Our theme this month: *Liberation!*

Note: Services in April will likely be done online. So, what follows is tentative, as are mentions of services on the calendar on page 2. Watch for updates. Service assistants are shown as TBD as we figure out their roles. Please join us between 10 and 10:30 am on Sunday to view the service online via Zoom. Instructions are being sent out to the congregation. For individual help please contact Rev. Norm Horofker at 902-429-5500 or nhorofker@aol.com.

April 5

Liberation, Freedom, and Collective Responsibility — When we can look back on the events of this current health crisis from a safe distance, how will our ideas of Unitarian Universalism and “doing church” be changed?

Presenter: Rev. Norm Horofker and team; Service Assistant: TBD

April 12

A UU Perspective on Easter... The Season — This Easter Sunday we will acknowledge our UU roots in Christianity and explore the evolving significance of Easter in Unitarian Universalism across the decades.

Service Leader: Rev. Norm Horofker and team, Service Assistant: TBD

April 19

Finding our Sea Legs — Our hosting of the Canadian Unitarian Council Conference “Making Waves” has been postponed until May of 2021. The expression sea legs refers to a person’s ability to keep their balance and not feel seasick when on board a moving ship. We are all on a metaphorical moving ship in rough waters. How do we avoid getting sea sick.

Presenters: Rev. Norm Horofker and team; Service Assistant: TBD

April 26

Liberation from Space, Time, and Matter — Many Eastern religions have taught for millennia that the material world around us is an illusion. Modern science is coming to the same conclusion on many different fronts. We will explore the implications of this quote by mathematician and physicist James Jeans: “**the universe begins to look more like a great thought than like a machine.**”

Presenters: Rev. Norm Horofker and team; Service Assistant: TBD.

The Theme for May will be *Thresholds*

Our mission is to provide a (joyful) community that nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective comm



April 2020: A few events – and things you can do this month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Stay away from crowds</p>	<p>Social</p> 	<p>Distancing</p>	<p>1</p>  <p>Fool someone!</p>	<p>2</p>  <p>Stay home 9pm Young Adult check-in</p>	<p>3</p> <p>Wash hands frequently</p> 	<p>4 10am –11:30 am Neighbourhood Brunch take-out</p>  <p>To your health</p>
<p>5</p> <p>10:30 am Join the church service via ...</p>  <p>for a virtual experience</p>	<p>6</p>  <p>Plant seedlings 9 pm Young Adult check-in</p>	<p>7</p>  <p>Call a friend.</p>	<p>8</p>  <p>Walk the dog more often Sundown: Passover begins</p>	<p>9</p>  <p>Don't horde toilet paper!</p>	<p>10</p>  <p>Say no to bullying</p>	<p>11 10am–11:30 sm Neighbourhood Brunch take-out</p>  <p>Colour eggs</p>
<p>12</p>  <p>10:30 am Church service via Zoom 5 pm CUC: Connect & Deepen, Virtual Gathering</p>	 <p>Do homework</p>	<p>14</p> 	<p>15</p>  <p>Get your spring clothes out</p>	<p>16</p> <p>Sundown: Passover ends 9 pm Young Adult check-in</p>	<p>17</p> <p>Hang in there!</p> 	<p>18 10am–11:30am Neighbourhood Brunch Take-out</p>  <p>Play board games</p>
<p>19</p> <p>10:30 am Church service via Zoom</p>  <p>Go fishing</p>	<p>20</p>  <p>Enjoy the April sun 9 pm Young Adult check-in</p>	<p>21</p>  <p>Make cookies</p>	<p>22</p>  <p>Read up on it at www.earthday.org</p>	<p>23</p>  <p>Splash in puddles! Sundown: Ramadan begins</p>	<p>24</p>  <p>Help a neighbour</p>	<p>25</p> <p>10 am – 11:30 sm Neighbourhood Brunch Take-out</p> <p>Write your newsletter article</p>
<p>26</p> <p>10:30 am Church service via Zoom 5 pm CUC: Connect & Deepen, Virtual Gathering 7pm Soulful Sundown via Zoom</p>	<p>27</p>  <p>12 noon Newsletter Deadline</p>	<p>28</p> 	<p>29</p>  <p>Read books</p>	<p>30</p> <p>9 pm Young Adult check-in</p>	<p>31</p>  <p>Deferred to June 1 this year for individuals (FYI)</p>	<p>May 23 >>> Ramadan ends</p>

Minister's Notes



April - Liberation

On Wednesday March 18 my younger daughter Kayla gave birth to our first grandchild... Millie Louise Preston a healthy 8 lb 7 oz baby. I am happy that I can lead this article with some good life affirming news.

The month's theme of Liberation is ironic. We are feeling anything but liberated as we hunker down in social isolation. I know that each and every member and friend of the congregation is grappling with the daily news related to the spread of the COVID-19 virus. I pride myself in my sense of optimism but that is becoming a daily challenge as I read the news and hear the worst-case scenarios.

But we can each be thankful for many things in the midst of this unfolding crisis.

First we live in a country where brave men and women fought overwhelming odds to create a national health care system. Although it will be put to the test in the weeks ahead, we know that we are in this together and being led by dedicated professionals who are above and beyond the profit motive. I believe that the same spirit of community over individuality is helping us now as we are each asked to sacrifice for the good of our neighbour.

Second, by sheer luck, our country was not among the first to deal with the invasion and spread of this virus. We have the benefit of learning from the experience of others. I am heartened to see that the

outbreak in China appears to be under control (for now at least) after 3 months due to strict public health initiatives.

Third, our religious heritage encourages us to look at the facts and to follow the science, while promoting compassion concern and care for every human being, including ourselves. Life is a mystery that creates little babies and corona viruses...

We are doing what we can in these difficult times, knowing that for some of us it is much easier to self isolate in comfortable homes with Netflix. Others are living in much more challenging circumstances.

We are continuing our Neighbourhood Brunch program, but we have converted to a takeout lunch, and the work to assemble the lunch is being done by volunteers working in their homes. We are taking every precaution to avoid spreading the virus but we are not abandoning our neighbours.

Our church is surrounded by a beautiful community of people. (We are situated on a sort of gritty Sesame Street!) The Basha restaurant just down the street from us is providing a free chicken and rice meal to anyone in need (takeout only.) The owner is a Palestinian who has made this kind of generosity part of his business over the years. To lend support we have donated some money to him and in return we have meal cards that we can give to those that come to our door. This is funded from the Minister's Discretionary fund that you, the members of the congregation, support so well.

In the days and weeks ahead we will need each other like never before... here in Halifax and across the world. I hope that our medical system will spare us from the worst ravages of this disease but other in other lands will not be so fortunate. May we as a country open our hearts and share our resources.

If anyone is feeling particularly anxious or just needs a non-anxious person to listen... I am available. Please lean on your minister if that will help. I love my work and will be there for you as best I can.

With love... Norm

Board Buzz

Hello, Friends and Members of the Congregation,

Normally a Board member would be writing the Board Buzz with an update on the activities at the last Board meeting—March 11th in this case. However these are not normal times, and events have moved very quickly since that date.

With our building closed and no in-person meetings for at least the next few weeks, it might seem that the life of UUCH has come to a halt and the congregation dispersed and isolated in their homes, and Rev. Norm relaxing with a good book. (Hard to imagine, isn't it?)

You would be quite right—Rev. Norm himself, elsewhere in this newsletter, tells you how busy he has been. The life of our congregation has not stopped, just shifted to a new plane, as has much of UUism across the country.

I know many of you joined us for our first online service last Sunday on Zoom. In spite of the technical issues of a first attempt, it was a great intergenerational service, and I heard many positive comments from the large number of people who tuned in for it. We will be doing our Sunday services on Zoom for the foreseeable future, so watch for the link that will be sent via uinfo each weekend—you do need a new one each time. If you had difficulty connecting to Zoom please let Rev. Norm know, and he will connect you with someone to help.

UUCH now has its own Zoom account so we can also use it for smaller groups and meetings. If you have a need for a virtual church-related event, contact Rev. Norm or me about doing it with Zoom. We are also in the process of setting up our own YouTube channel and will have more information soon about a sharing list, where we can each post news of our families and keep in touch.

There are a number of other resources as well. The CUC has collected a range of them in a folder called Resources for Congregations during COVID-19,

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

including meditations and children's activities, at the following link:

[COVID-19 Information - Canadian Unitarian Council Conseil unitarien du Canada](#)

There is a lot of other information on this same page for UU congregations, but the folder is accessed about mid-way down the page.

There is also the Church of the Larger Fellowship, a major international UU online resource—a “church without walls”, which is where we all are now. The link: www.questformeaning.org/clfuu/.

We have been touch with most of the congregation in the last week, to inquire how you are doing and whether you need any help with practical things like groceries, or with keeping in touch with others, especially through the internet. *If you have online connections but aren't very “tech-savvy” please get in touch with Rev. Norm or me, and we will get someone to help you. For those with no access to our uinfo list we are establishing a telephone tree and phoning people every week or so.* If you feel a need for more connection please contact one of the Caring Committee members: Sylvia, Faith or Mike.

At this difficult time of world-wide crisis and constant change, none of us should be alone, but we are being asked to stay home. Let's reach out virtually or by phone—we are a UU community, we are here for each other.

Stay safe, stay healthy, stay in touch.

Margaret, for the Board

A message from your Board of Directors: Generosity in the time of COVID-19



*Dear Members and Friends,
Just a reminder that in this
difficult time when we are
unable to meet in person,
UUCH will be counting on
your ongoing help and*

*generosity to accomplish three things in the weeks
and months ahead:*

- To continue to pay staff salaries and other expenses such as utility bills
- To keep the Minister's Discretionary Fund (MDF) topped up so that Rev Norm can keep the food box stocked and provide financial aid to people impacted by COVID-19 and,
- To continue to provide a Saturday Brunch of some sort.

There are 3 ways that you could assist with this.

- When you think about it, this really is a good opportunity to move, as much as possible, to the world of internet commerce. If you are not already fulfilling your pledge via Automatic Monthly Withdrawal, and would like to set that up now, please email treasurer@uuch.ca and someone will get back to you with instructions.
- If you would like to eTransfer either your monthly pledge, a donation to MDF and/or the Saturday Brunch, please send your email to treasurer@uuch.ca with the appropriate note to indicate what it's for.
- If you would like to mail a cheque for your monthly pledge amount, for the MDF and/or for the Saturday Brunch, you can send it to the church. Be sure to indicate on the memo line what it is for.

Any of the above is much appreciated.

*Sincerely,
Your Board of Trustees*

The Caring Column



We are sorry to learn that pneumonia has afflicted **Glenda Butt** over the last few weeks. Both the pneumonia and the ineffective antibiotics she was given have made her feel miserable and she anticipates a further time of recovery. We hope that each day finds her feeling better, and that she sees a turnaround soon. Get well soon Glenda!

Alison Chipman, a long-time member of our congregation, was taken to the hospital emergency department March 26th and is seriously ill. It appears to not be connected to the COVID-19 Virus but even family are not allowed to visit her. We are awaiting further news. Alison referred to UUCH as "my beloved church." Let us keep her in our thoughts and prayers.

COVID-19 has certainly stopped us in our tracks in terms of our daily lives. It was good to see so many people join the Sunday service by livestream on March 22nd, and I'm sure they were pleased to see the faces and hear the words and songs of the participants. Thank you to Rev. Norm and all those who contributed to that event.

Staying in touch: At the request of the UUCH Board, the Caring Committee members, along with some board members and other volunteers, have been checking in to see how our people are managing the COVID-19 crisis. The feedback is that people are doing well in making the required adjustments to their daily lives. However, we want to ensure that all our people continue to do well and not become too isolated, and so we will be checking with people again as time goes on. If, in the meantime, you need help that we might be able to provide—or maybe just to chat—please contact us.

And now for the good news! **Janet and Norm Horofker** are very pleased to report that their granddaughter arrived safely on the morning of March 18th. The baby, Millie Louise, and her mom and dad, Kayla and Andy Preston, are all doing fine!

Sylvia Mattinson

From the Making Waves Host Committee

The CUC convened a large conference call on Wednesday the 18th to discuss plans for the next "in person" CUC conference. The call brought in together CUC staff, ministers, board members, and conference presenters from across the country, as well as several members of the UUCH Host Committee.

The conclusion was that CUC would like to go ahead with rescheduling the 2020 conference for 2021 in Halifax, but in view of the uncertain times medically and economically, it is unable to make a definite decision at this time. They will revisit the question at the end of June, and if there is still no clarity, they will continue to revisit it until a firm decision is reached. People are concerned that the pandemic may still be happening then.

In the meantime, space at King's College and Dalhousie is available for May 21-23, 2021, (when next year's conference would be held) and is being held so as to keep options open. Furthermore, the Winnipeg congregation who are scheduled to host after UUCH are agreeable to hosting in 2023 rather than 2022 if the decision is made to roll the biennial CUC conference to odd years.

The 2020 AGM will be held at the scheduled time, May 15 at 1:00 pm Atlantic Time and voting will all be online. There was a lot of discussion about doing a few of the big events on the May 15-17 weekend online, since the in-person conference won't be held. Ideas included things like the Confluence lecture, a Sunday morning worship service, one or two streams, a virtual banner parade, etc. CUC will look at this further, recognizing that they do not have a lot of experience at holding really large events online, that time is short for making the necessary preparations, and that no one knows what lies between now and then given the coronavirus pandemic.

A couple of interesting bits of news: CanUdle registration for 2020 already was at the capacity of UUCH's building to accommodate them, which is a great response. Also, people on the phone call

repeatedly said how disappointed they were not to be coming to Halifax in May. There were even some requests for a taste of Maritime music to be included if some online virtual events are held May 15-17, 2020.



So right now 2021 is still up in the air, but present CUC board members and others support having the Making Waves conference in Halifax May 21-23, 2021 if it is at all feasible.

In the meantime, let's save those dates for 2021 so that we are all available if the conference happens.

And thank you again to the huge UUCH Host Committee team, especially team leads Karen Woolhouse, John and Vanessa Lindsay-Botten, Troy Saulnier, Marie-Claude Leroux, and Etta Hamm. We were so encouraged at the willingness of our members to step forward and volunteer. It's a disappointment to everyone that Making Waves 2020 had to be cancelled. However, the work won't be wasted as we will have a running start on a 2021 conference.

Glenda Butt, Molly Hurd
Co-chairs, Making Waves 2021

We are in this together ...

This pandemic and cascading crisis has shown us that we are all in this together – not in some philosophical sense, but in a very literal way. Our survival depends on each other and our willingness to self-isolate, heed warnings, help out neighbors, make sacrifices, and step up like never before. May we do so and take these hard learned lessons of interdependence to heart, one breath at a time.

Tynette Deveaux, Editor
Buddhadharma: The Practitioner's Quarterly

“MAKING WAVES” Conference in Halifax cancelled/postponed!



What a month March has been! At the time of the last newsletter, we were all getting ready to host the best CUC conference ever, here in Halifax. And now, Making Waves is cancelled for May 2020, a decision which was made by the UUCH Board and CUC in early March, when the extent of the Coronavirus pandemic and associated travel restrictions became clearer. It's a big disappointment for us all because we were ready!

There is however a pretty good chance that Making Waves will happen here in Halifax in May 2021. It all depends on how the pandemic develops. Please see elsewhere in this newsletter for a full report on a conference call which CUC convened with many people from across the country to discuss the options. Basically, the possibility of postponing Making Waves to May 21-23, 2021 in Halifax is on the table and will be decided by the CUC later in the year when more is known about the pandemic. The space at King's College and at Dalhousie is being held for those dates, to keep the possibility open.

Our co-chairs, Glenda Butt and Molly Hurd, will be in regular touch with CUC over the next months and will let us know as soon as there is a decision. In the meantime, they are tremendously grateful to everyone on the Host Committee who stepped forward to help with the conference, particularly the team leads Darla Muzzerall (Treasurer); Troy Saulnier (Gatherings); Vanessa and John Lindsay-Botten (Music); Norm Horofker (Sunday Worship); Etta Hamm (Welcome); Marie-Claude Leroux (Children's Program); and Karen Woolhouse (Communications).

The subsidy fund to make sure that we could all attend Making Waves had grown to \$1,075 including \$225 which was raised on a Sunday Share The Plate. The various donors have agreed that this money will be divided equally between the Minister's Discretionary Fund (to help with the Food Box and COVID-19 hardship) and the Saturday Morning Brunch Fund (being done as takeaway meals while the pandemic continues). Given the urgency of these immediate

needs, and the uncertainty about whether Making Waves will happen next year, this seemed to make sense. Thank you again to all those who contributed to the subsidy fund.

Thank you also to the 42 people in the congregation who responded to the survey which the Host Committee sent to 97 members/friends in early March. Of the respondents, over half planned to attend Making Waves. The Saturday evening Kitchen Party and Sunday morning worship were by far the most anticipated events, with over 80% of attendees planning to be there. Next were the Friday evening opening ceremony and the Sunday evening closing banquet, with about half of the attendees. The survey also generated 12 additional volunteers and 8 offers of home hospitality. Thanks so much to the people who offered to help.

The Communications team is winding down. We published our third promotional piece in early March, just in time for the conference to be cancelled. In case it's needed next year, we have a gmail account MakingWavesHalifax2021@gmail.com — and will be disabling the MakingWavesHalifax2020 account.

Thanks to everyone for your help and enthusiasm!

WHAT WE SHOULD ALL DO RIGHT NOW:

Save the dates May 21-23, 2021, just in case Making Waves happens in Halifax then.
You wouldn't want to miss it.

Karen Woolhouse and Etta Hamm
Host Committee Communications

What lies between us and what lies ahead of us are tiny matters compared to what lies within us. ~ R.W. Emerson



REFUGEE UPDATE

Heartbreaking news

COVID-19 has caused the whole world to grind to a halt and that includes refugee arrivals. With the cancellation of international flights, closing of borders and foreign visa office staff needing to take precautions for themselves as well, interviews are being cancelled and three arrivals we were anticipating in the next few weeks are cancelled.

I can't imagine how huge this disappointment must feel to the refugees it impacts.

Since there is little else to do, we have turned our attention to submitting applications for the spaces we have received from IRCC for 2020. In January I mentioned that we were expecting our first 25 spaces to be allocated immediately. That happened and we have now submitted the applications for those 25 spaces. If you are interested in more details, the refugees are as follows:

Eritrean – 6 single young men; 3 women, 1 child

Somali – 1 older woman

Syrian – family of 3, family of 5, family of 7

Our applications now tend to be family-linked. That is, people who have already settled here are attempting to bring family members.

We expect to have a total allocation this year of at least 60, and are now requesting our next 25 spaces. We have many more applications nearly complete and ready to go.

Marilyn Shinyei

Co-chair, Refugee Committee



The UUCH Refugee Committee: L-r Marilyn Shinyei, Solange Mudahogora, Molly Hurd, Andy Blair, Kathy Spencer, Marlo Shinyei, Margaret Galbraith, Michael Smith

Religious Exploration

As we continue to navigate these times, I hope everyone is in good health and finding ways to connect at home, with each other, and from home with your community.

It is in our collective action of self distancing that we act with compassion and respect for one another, and recognize the interdependent web of all existence. Though even in distancing ourselves, we are finding ways to come together.

Our first online, live feed service on March 22nd was a boon to our spirits with messages of hope, the resilience of nature, and that spring does burst forth after the winter. Our first intergenerational service of the year, Katherine Hutka and Sarah Bent blended readings, music and a presentation that resonated with all ages.

We will continue to offer Religious Exploration to our children and youth via zoom, online. The format will differ, but the children will have a chance to see and talk to each other. More importantly, they will be reminded that we hold them in our hearts and that they have a church community that cares for and supports them, whatever the situation we find ourselves facing.

I would like to thank Jim Morrison for joining us for Spirit Art this past month. Though it seems a lifetime ago, it was only a few weeks ago that Jim regaled us with snapshots of his travels in West Africa, and introduced us to unique Nigerian ceremonial masks. The connections we make between the youth and the congregation are one of the ways that our church community continues to grow and thrive, and weather the challenges we are faced with.



Learning about African masks with Jim Morrison



African ceremonial masks crafted in RE

I look forward to gathering together, in person, soon.

Stay safe, stay loving,

Marie-Claude Leroux

Director, Religious Exploration Program

The Music Page



Soulful Sundown

Thank you to Jont our featured musician, and to everyone who contributed and attended the Soulful Sundown service!

Soulful Sundown will be available through Zoom due to the COVID-19 restrictions. We may be stuck at home but by coming together, we can overcome the struggle, encourage and support one another, and continue to spread kindness through this reflective service.

Soulful Sundown will take place on April 26 at 7 pm. A Zoom invitation will be emailed to uuinfo members. If anyone has friends or family who would like to join please contact Jessica Friesen.

If you are a musician, poet, artist, or author, or know of others who would want to contribute to future Soulful Sundown services, we would love to hear from you. Please contact me for suggestions, questions, or comments on the previous service.

Harmony Singers

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

Soulful Singing by Wendy Luella Perkins

Wendy Luella Perkins is a Unitarian Universalist minister and singer who explores the interplay between singing and spirituality. She has developed Soulful Singing out of Kingston, Ontario which is now **available through Zoom every day, 11 am Atlantic time**. Soulful Singing is a joyful, meditative, singing circle that fosters creativity and nurtures living in the present moment. Contact me for further information and to learn how you can participate in these free 30-minute Zoom sessions.

Jessica Friesen

UUCH Music Director

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!



Many people across Canada find themselves geographically separated from Unitarian Universalist meeting places. This on-line opportunity connects you to kindred spirits in small groups to discuss matters of personal, spiritual, theological and lifestyle significance. Twice this month: 12th and 26th, 5 pm. Register at ZOOM: <https://zoom.us/j/937997524>



The deadline for submissions for the **MAY NEWSLETTER** is **12 noon** **Monday, April 27th.**

Please send your submissions to Etta Hamm, braeside@eastlink.ca

2020 Church Directory Now Available

New 2020 church directories were given out to members and friends present on February 23rd. If you missed the big giveaway and have an urgent need for a new directory, we can mail your copy to you.

Contact Etta
at braeside@eastlink.ca
or 902-443-8779

Church Directory Changes

New email address

BUTLER, Stephen butlerstephen@gmail.com

Correct phone number

CHIPMAN, Alison 902-493-5738

Correct unit number

DAVIS, Marie

421B–2630 Gottingen Street

Correct unit number

PATERSON, John

222–2630 Northwood Terrace

To have your contact info corrected or updated via this monthly newsletter, please contact:

Etta
braeside@eastlink.ca
902-443-8779



Generosity abounding. Our church is surrounded by a beautiful community of people. (We are situated on a sort of gritty Sesame Street!) The Basha restaurant just down the street from us is providing a free chicken and rice meal to anyone in need (takeout only.) The owner is a Palestinian who has made this kind of generosity part of his business over the years. To lend support we have donated some money to him and in return we have meal cards that we can give to those that come to our door. This is funded from the Minister's Discretionary fund that you, the members of the congregation, support so well. — Norm