

# UU&you

newsletter of the universalist unitarian church of halifax

Vol. 48, No. 12  
August 2014

Universalist Unitarian  
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Christy-Lee Bojarski  
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President

Newsletter  
Etta Hamm  
Sandra Jamieson

Sunday service  
10:30 am  
All welcome  
Children & Youth Education  
& Childcare available

## August 3

Presenter: Allyn Clarke; Service Leader: Mary Spurr

### *Walks and Hikes via Metro Transit*

HRM has an amazing variety of parks and wild lands which provide walks and hikes of an hour or longer. Many are accessed by Metro Transit. Most are protected, but some gems are in private hands and could be developed in the future. UUCH's intrepid monthly-hike leader tells us of some of the wonderful hiking options available to transit users.

## August 10

Presenter: Philip Welch; Service Leader: Susan White

### *What is Life, Really?*

What is Life? Has it been on the planet here forever? If not, how did it start? Or, where did it come from? How much do we really know about it? Can we change it? And if we can, should we? These and other related questions will be presented and discussed.

## August 17

Presenter: Jim Morrison; Service Leader: Marilyn Shinyei

### *Challenge to Change: The Migrating Spirit*

We often call ourselves a nation of immigrants, but why do people migrate? Jim would like to share some of the voices of today and yesterday who made the decision to migrate, and also of some who had that decision made for them.

## August 24

Presenter: Tracy Boyer; Service Leader: Dean White

### *Community Resilience*

Life is full of surprises and as a community we face increasing social challenges. Resilience is an important topic to explore as we respond to what life throws at us. Tracy's presentation focuses on the topic of resilience, connecting it to her own UU experiences in order to better understand the link between the two.

## August 31

Presenter: Marilyn Shinyei; Service Leader: Margaret Galbraith

### *Open Adoption/Open Records: Replacing shame and secrecy with transparency and healing*

Closed adoption—the practice of placing children with adoptive families and sealing the records—is predicated on shame, guilt and secrecy. Does it have to be this way? Marilyn explores some alternative practices in adoption: open adoption and open records, and the joy and healing they bring.



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

**The Universalist Unitarian Church of Halifax**

Compassion is the doctrine of our church, the quest for truth its Sacrament, and Justice its prayer. To grow in understanding through dialogue and freedom, to support each other's dance with life, to engage the Earth in peace, to the end that we speak ourselves into Community and her each other into being. Thus do we covenant with each other and with the Universe.

## August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 D4\$ sign-up	4	5 11:30-3:30 Library	6	7	8	9
10	11	12	13	14	15	16 Yard Sale 10am-1pm
17	18 Karaoke @ the church 8pm	19	20	21	22	23 Leadership Retreat 10am-2pm
24	25 Newsletter Deadline 10am	26	27	28	29	30
31						



**Annual UUCH Leadership Retreat  
Saturday, August 23rd, 10 am - 2 pm**

Come one, come all — to our Annual Leadership Retreat at the church on August 23rd, 10 -2.

Whether you are currently in a leadership role, thinking about leadership or wanting to reflect on the direction of the congregation over the next year, please come join us.

A potluck lunch is planned and child care will be available. For more information, and to let us know you will be attending, please contact:

**Kim Turner, President**      **turnermorris@mac.com**  
**or Pam Berman, Secretary**    **bermanpj@gmail.com**

## Reminder to gardeners & friends of gardeners!



As described in the July newsletter, the Vesey's Fall Bulb Fundraiser has now officially begun. I have the catalogues and order forms for all those interested.

We are running this for the next 8 weeks only, ending September 20th, so don't delay—it takes time to contact all those potential customers!

See or contact me for information, forms, etc. [margalbraith@eastlink.ca](mailto:margalbraith@eastlink.ca) – 835-3767.

**Margaret Galbraith**



## UUUnclassifieds

**Reading Tutor.** "Words Work!" Many children have difficulty with language because they don't understand how the English spelling system works. I work with children for whom language "does not make sense." As we look at the structure and meaning of words and their phonology, spelling and reading snap into place. I will donate \$25 for every assessment resulting from this ad. Contact me for more info: 477-3707 or [www.tryortongillingham.com](http://www.tryortongillingham.com).

**Noreen Battaglia**

**"Joanne Spic and Span—Deep Cleaning and Decluttering: No clutter too complex; no dirt too deep"** (and accompanying counselling service on the philosophy of decluttering). \$20/hour for light work, \$25/hour for heavier work. Have Bachelor of Arts (Psychology) in the unbearable lightness of being, and references on the quality of my work. Will make a donation to UUCH. 429-1571, [jonilight3@yahoo.ca](mailto:jonilight3@yahoo.ca).

**Joanne Light**

## Summer-Fall



Sign-up sheets for the Summer-Fall Dining for Dollars will be on display at the church before and after Sunday services on **July 27th** and **August 3rd**.

See next page for all the exciting details—all of which are also online at [www.uuch.ca](http://www.uuch.ca).

Contact me to reserve your selections:

[kay.kathy@ns.sympatico.ca](mailto:kay.kathy@ns.sympatico.ca)  
or 429-9665

Dining with others adds interest to your life—Dining for Dollars benefits your church. Don't miss out on these great opportunities!

**Kay Smith**



**For enterprising UUs**  
**August 16**  
**10 am - 1 pm**

Yes, another mini yard sale! You can rent a table for \$10 and keep all profits or share with the church as you wish—or you can get a table for free and donate all profits to the church (and get a tax receipt).

The church will be open at 9 am for set-up. Plastic bags and change will be available. The sale will run from 10 am to 1 pm. If it rains, the sale will be held inside.

It would help if you'd let me know if you're planning to sell—we'll step up the publicity if there's enough interest. Contact us as above.

Come join the fun, help our church, and reclaim some space in your place!

The July yard sale, although small, worked very well, by the way.

**Kay Smith and Kathy Anthony**

## Dining for Dollars — Summer Fall 2014



### The Galbraith Spanish Dinner

**Date:** Friday, Aug 29th **Time:** 6pm

**Place:** 36 Landsberg Road, Bedford

**Hosts:** Margaret and Paul Galbraith

**Maximum number of guests:** 6 **Cost:** \$35

**Description:** Back by popular demand! You'll dine on classic paella with Spanish flan for dessert. Sorry, not suitable for vegetarians.

### Birch Cove Lakes/Blue Mountain Wilderness Area Hike

**Date:** Saturday, August 30th **Time:** 10:30 - 3:30

**Place:** Meet at the subdivision at the southwest corner of Kearney Lake

**Hosts:** Allyn and Sandra Clarke **Maximum number of guests:** 15

**Cost:** Adults \$20, children \$10. Not suitable for children under 6.

**Description:** Celebrate the waning days of summer by hiking through the Birch Cove Lakes/Blue Mountain Wilderness Area. The bugs will be diminished while the lakes will still be warm. Our trail will take us through mature forest that changes from coniferous to hardwood as one moves over a couple of ridges; past the famous John's Lunch (unfortunately closed for the season), up to the Fox Lake look-off, and on to the Fox Lake to Ash Lake portage for lunch and a swim. Hardy souls may wish to use this rest stop to visit Ash Lake about 1 km away. Depending on your wishes, we could visit Hobson Lake and its look-off on our return to our vehicles. Lunch & drinks provided—however, will need help to carry the load!



### Lunch in Martin's River

**Date:** Saturday, September 6th **Time:** Noon

**Place:** Martin's River (directions will be given)

**Hosts:** Laura Hody and Eileen Ross

**Maximum number of guests:** 6 **Cost:** \$20

**Description:** Enjoy barbequed burgers & salads at Laura & Eileen's "country estate."

### Gourmet Personal Pizza Night

**Date:** A Friday (date and time to be confirmed)

**Place:** 89 Purcell's Cove Road **Hosts:** Janet and Norm Horofker

**Maximum number of guests:** TBC **Cost:** TBC

**Description:** Janet and Norm will provide a perfect handmade individual pizza for each guest to complete with the finest of gourmet ingredients to his or her own specifications. Guests will create their own unique masterpiece and linger over a dinner that will include Norm's Famous Garlic Bread, bruschetta, fresh tossed salad and fine Italian wine, topped off with a delicious dessert. You will be serenaded by the Ukulele stylings of Norm—then you can take a beautiful walk along the Northwest Arm to Dead Man's Island or Regatta Point—and maybe have a drink at the bar in the Armdale Yacht Club.



### Dining with Dean

**Date:** A Friday in October or November (TBC) **Time:** 6 pm

**Place:** UU Church

**Host:** Dean White, with Bridgewater friends Sylvia Lonergan & Violet Bishop

**Entertainment:** Sing-a-long with a Bridgewater musician!

**Maximum number of guests:** 15 **Cost:** \$35

**Menu:** Green Pea Soup with white and wholewheat rolls, Salad, Bombay Chicken Casserole with Garden Stir-fry (vegetarian), Fruit Crisp and Ice Cream or Rice Pudding. Coffee, tea, juice. BYOB.



## UU cooks and "The Garden Incident"

It was in mid-May that a nasty accident over an armful of tulips brought me to my knees on my deck—and to a new and deeper appreciation of the “food ministry” at UUCH.

“Get lots of rest and stay off your feet” advised the medical folks. How am I to go about doing that?” I asked myself through the fog. A call to an old friend brought immediate help from her, along with a suggestion that my “church people” might be able to respond.

And you did! In an answer to a word from the Caring Committee that someone in the community needed emergency help, gifts of tasty dishes came to my fridge and freezer, often bringing a welcome visit with them. Owing to an infection setting in, it took, in total, six weeks of treatment before I could begin any serious attempt to walk again on two feet! The “food ministry” continued faithfully through that time.

I now know (perhaps thanks to my obsessive curiosity) that I was not the first person this year to be tended so carefully and discreetly—and I may well not be the last. Perhaps most of you knew that.

It's July 13th as I write that my leg is now almost completely healed. With love and gratitude,

**Elizabeth Greenhavens**

## Caring

Rev. Julie Denny-Hughes (pictured here), our minister from 2008 to 2010 loves receiving notes and cards. She may not be able to respond, but your gesture would be a kindness. Julie's **new** address is:

413-- 8905 Evergreen Ave,  
Indianapolis, IN 46240, USA.



**Mary Ellen Onno**

## Meditation Circle

Meditation gatherings went into semi-hiatus mode as of July 17th, and there are no set dates for the month of August as I will be out of province.

We have normally met on Thursday evenings but this is subject to change come September—and there may even be an extra group night at a Dartmouth location. We also plan to have spiritual outreach to those on the university campuses.

The Meditation Circle has used mantras, breathing exercises and visualization for the last couple of months. We look forward to expanding our practices in the fall to include chakras and tarot symbolism.



Anyone interested in participating ad-hoc before September (or in September when regular meetings resume) should contact Kathy Spencer, Deborah Wiggins or me.

**Lauren Larsen**



Half an hour's meditation each day  
is essential, except when you are busy.

Then a full hour is needed.

~ *Saint Francis de Sales*



## *Music Montage*

*Deep in our hearts there is a common vision;  
Deep in our hearts there is a common song;  
Deep in our hearts there is a common story;  
Telling creation that we are one.*

~ John Oldham



### ***No Rehearsals for Choirs this Summer...***

*The Chalice Singers, the Family Singers, and qUUartet* will be taking a break from rehearsals for the summer. All choirs will resume in September.

### ***Music for Fall 2014...***

There will be a surprise music guest for our ingathering service on September 7th. Don't miss it!

If you have an inkling that you might enjoy contributing to the music program in any way during the upcoming church year, either vocally, instrumentally, or as a volunteer for events, do let me know. It would be a joy to have you participate! I'll start planning music for the new church year in August.

### ***August's 'Singing as We Gather'...***

The *Gathering Hymn* for this month is #14, *The Sun at High Noon*. This hymn extols all the wonderful blessings of a summer day and evening, and so many things for which we can be thankful, including “the glad joys that heal the tears in our eyes, the longings we feel, the light of surprise, our night dreams, our day dreams, our thoughts ranging wide: we live with a whole world of wonder inside!”

### ***The Afterchoir...***

The *Afterchoir* (our folk/rock group) meets on most Wednesdays during the church year, from approximately 4:45 to 6:15 pm. Contact James at jamesmorris@morrisbureau.com for summer dates and times.

### ***Music Director Vacation...***

I am on vacation from July 21st to Aug 4th inclusive, and plan to enjoy summer fun with both of my sons, who are the 'suns' in my life!

Please use the following email address for things related to my position as Music Director: uuchmusic@yahoo.ca – or call 463-0988.

Check out the music pages on our website at: [uuch.ca/music](http://uuch.ca/music).

Have a wonderful August, everyone!

***Deborah Wiggins***

*Music Director*

## Sunday Service Volunteers

### Aug 6

Greeting	Kathy Anthony Anne Knight-Gorman
Ushering	Kay Smith, Kathy Anthony (e) Janet Horofker (l)
Kitchen	Norm Sabowitz (set-up) Anne Knight-Gorman (clean-up)
Audio	Devin Murphy
Library	Valerie Chapman

### Aug 13

Greeting	Sass Minard, Wendy Ozon
Ushering	Valerie Chapman (e) Avard Woolaver, Martha Wilson (l)
Kitchen	Norm Sabowitz (set-up) Sass Minard (clean-up)
Audio	Avard Woolaver
Library	Stephen Butler

### Aug 20

Greeting	Michael Seary, Margaret Galbraith
Ushering	Michael Smith (e) Margaret and Paul Galbraith (l)
Kitchen	Norm Sabowitz (set-up) Buddy Gale (clean-up)
Audio	Todd MacMillan
Library	Norma McPhee

### Aug 27

Greeting	Sandra Clarke, Sylvia Mattinson
Ushering	Andy Blair (e) Sylvia Mattinson (l)
Kitchen	Norm Sabowitz (set-up) Sandra Clarke (clean-up)
Audio	Jo-Anne Brown-Shimeld
Library	Jo-Anne Brown-Shimeld

Please contact Wietske Gradstein at 835-9272 to join the Sunday Service Support Team.



The deadline for submissions for the September newsletter is Monday, August 25th.



## Automatic monthly withdrawals

Tired of writing cheques or finding cash to put on the offering plate?

Did you know you don't have to wait until our Annual Budget Drive in November to switch to an automatic withdrawal from your bank account? It's very easy. Ask Darla or me for a form to complete and bring a void cheque. That's it!

*Marilyn Shinyei*

## Getting in the loop



Our listservs (community email), named **UUinfo** and **UUpeople**, are available to anyone including newcomers. The listservs are a great way to keep abreast of things between church visits.

**UUinfo** is a no-reply messaging service used by the church office and the minister for the dissemination of the weekly Order of Service, the monthly church newsletter, and important matters that come up during the week. Your Inbox is not swamped with unnecessary traffic.

**UUpeople** is an interactive email network for subscribers to informally share information, ideas, opinions and common interests.

**UUpeopledigest** allows you to see what senders are up to on UUpeople, but rather than receiving messages one-by-one, you get one email per day containing all the messages of the preceding 24 hours. The 'digest', being part of 'uupeople', allows you to respond to the group.

**Important tip re uupeople:** Pressing Reply to an incoming message sends your response to the entire group at the speed of light! To respond to the sender only, delete the group name in the To line, and replace it with the sender's personal email address.

To subscribe to one or both of the listservs, email Sandra at [uuchurch@eastlink.ca](mailto:uuchurch@eastlink.ca).



Etta Hamm