



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 December: Wonder

December 4th & 11th, 10:30 a.m. — Two-part Series on (a) Cultivating the Path of Wonder, and (b) Nourishing New Ways of Being With a Post-Service Conversation on Sunday Format Experimentation.

On both Sundays we will explore ways to cultivate wonder and awe as we share our experiences with each other. After the service on December 4th, we'll also have some additional conversation about how we might experiment with different forms of gathering and what that means for Sundays.

December 18th, 4 p.m. — Honouring the Dark and the Light

We honour the complexities of this season of light and dark, knowing that we all may carry both joy and sorrow during the holiday season. Together, we will make space for grief, stillness, and hope through candle lighting, music, and ritual. We will also share the traditional Silent Night candle lighting ritual during this service.

December 21st, (Wednesday) 7 p.m. — Winter Solstice

We'll mark the Earth-based celebration of the winter solstice with an evening ritual of fire, light, movement, and music

January 1st, 2023, time TBD — New Year's Day Social

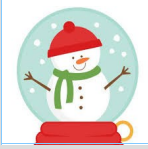





In the tradition of the New Year's Day levées, we will host a social gathering in lieu of a worship service.

Theme for January: Finding Our Center

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.



December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7 pm UUCH online gathering	2 10 am – 3 pm Bazaar set-up Drop off till 4 pm	3 10 am – 2 pm Holiday Bazaar 
4 10:30 service Part 1 of two-part series Rev. Israel	5 	6	7 8 pm RE meeting	8 7 pm UUCH online gathering 7:30 pm Building Team 8:30 pm Communications	9	10 10:30 – 11 am Brunch 2 pm Celebration of Life of John Baros-Johnson
11 10:30 service Part 2 of two-part series Rev. Israel	12	13 7 pm Worship Team	14 6:30 pm Board of Directors 7 pm Climate Crisis (date change)	15 7 pm UUCH online gathering	16 	17 10:30 – 11 am Brunch
18 4 pm Candlelight Service Rev. Israel	19 	20 4:30 pm Shared Ministry	21 7 pm Winter Solstice	22 7 pm UUCH online gathering Evening, Hannukah starts	23	24 Brunch? TBD 
25 Christmas Day 	26 Evening, Hannukah ends	27	28 January Newsletter Deadline	29 7–8 pm UUCH online gathering	30	31 Brunch? TBD 

New Year's Day Social Gathering



5500 Inglis Street
Sunday, January 1, 2023
Time will be announced





Greetings from your Interim Minister

***Making space for the stillness,
the wonder of the season***

We now find ourselves entering into the holiday season. This time of year can be a magical one for many, especially children, but for others it can also be lonely, stressful, and even overwhelming. This time of year demands much from us—it demands our time in the form of gatherings and special events; it demands our attention; and perhaps it also demands our financial resources as well. So, it's very easy to feel like we are not enough or we do not have enough to celebrate the season.

Yet, as the commercial calendar asks us to be faithful consumers and the social calendar asks us to rush and overcommit ourselves, the Earth reminds us the value of being still. This is perhaps the most valuable message that the season itself offers us.

You are enough, you have enough, and you only need to take a pause to notice how beautiful the quiet stillness of the darkest time can be.

Our theme for the month of December is wonder, and so we will spend some time this month reflecting on the miracles and the beauty that surround us everyday. We will also make space for the grief that so many carry in this season of imposed joy. We will offer some special services this month to help us slow down, make space for stillness, and honour the sacred balance of darkness and light.

We will also begin experimenting with and discussing different ways of gathering on Sunday mornings (as well as other times). These conversations will begin this month and continue in the New Year. The goal is to incorporate more social, interactive, and relational programming that will facilitate community connections and personal spiritual growth. I hope you will join these discussions and help shape the future of community life at UUCH.

Rev. Israel

A Note from Pam

The “Holiday Bazaar Anyone?” notice in last month’s newsletter generated a spontaneous post-church meeting of 20 people and our bazaar will be taking place Saturday, December 3. Volunteers will be at the church at 10 am on Friday, December 2 to price and put donated items out for sale (which you can drop off on Friday between 10 and 4.) We do need some strong volunteers on Thursday, December 1 to help put up tables, and bring some items down from upstairs and up from the scary—creepy exciting historical basement.

Many thanks to our custodian and friend, Stephen Butler for his years of service to UUCH. We wish him well as he moves on to different things.

For many years, UUCH RE families filled hampers for the Mental Health Association with funds donated by the congregation. This project has been discontinued. During the first Christmas of the pandemic, the Saturday Brunch Take-out volunteers started making up gift bags for our Saturday community guests. These were made possible by small donations of items from various sources as diverse as leftover Halloween candy and people buying small items while they were out shopping, such as socks, mitts, hats, treats, and canned foods. Even fresh food items (kept in our freezer) get put in at the last moment. Last year there were personalized cards from the RE children. Spearheaded by Kath Anthony and Michael Smith, these gift bags will be made up the week of December 10 and distributed on December 17. If you find any items in your travels that can go into these bags, please bring them to church and someone will get them to Kath and Michael. The bulk of these bags will be paid for from the Minister's Discretionary Fund—and the plate collection on December 18 will go toward topping up that fund.

Thanks to Pam Berman for heading the canvass team for the 2023 pledge drive. As I write this we are still under our visionary goal. If you haven’t been able to touch base with your canvasser, you can reach out to any Board member. If you’ve had another look at

your budget and think you could give a little more, please e-mail treasurer@uuch.ca.

Our building is becoming very popular for rentals! Yay! A reminder though, to check the online calendar for availability, and to always let Molly Hurd know if you need to use the building. There have been instances of double bookings.

As we head into the holiday season, I wish you all calm in the business, some small joys, and the love in our community.

Pam Griffin-Hody
President, UUCH Board



Board Buzz

As we wrap up this year's annual canvass, we are hopeful that our “visionary” budget that was roughly 10% more than last year’s, will bear fruit and allow us to reach our goal of paying our employees the current living wage for Halifax. We would also like to be able to hire a “tech” person to run the Sunday services so that we can continue to have our hybrid services without detracting from the in-person experience. Many thanks to Pam Berman and her intrepid team of canvassers for making this happen. We would not exist without the contributions, both financial and in volunteer time, of all of you—this is what makes us a strong community.

In other news, Rev. Israel is holding monthly “retreat/visioning” sessions following Sunday services. He is also planning for a winter solstice service for December 18th at 4 pm. This will replace the regular Sunday service that day.

Our deck has been completed, and with the exceptionally warm autumn we've enjoyed, we have already had many opportunities to enjoy it. Thanks to Troy Saulnier and the building committee for seeing this through.

Molly Hurd
Secretary to the Board



HOLIDAY BAZAAR

...**Saturday, December 3, 10 am–2 pm**...

To contribute sale items to the bazaar, please bring your gently used things to the church **on Friday, December 2nd from 10 am to 4 pm** (while we're setting up). Need help unloading your car? Text Pam at 613-897-1492.

We need:

Household items: Décor, dishes, kitchen goods, etc.

Books in good condition: Fiction and Non-Fiction only

Cookbooks in excellent condition, no stains

Games and puzzles with all pieces

Toys

Musical instruments

Christmas decorations

Jewellery

Home baked goods: sweets, breads, jams, pickles, chow

And plastic or paper or shopping BAGS for our shoppers. Thanks!

Please do not bring:

Clothes

DVDs , CDs, cassettes, 8-tracks, etc.

Textbooks, encyclopaedias, etc.

Magazines

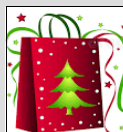
Furniture

Volunteers: We need a few strong volunteers on **Thursday, December 1st** to help put up tables, bring items down from upstairs and up from the basement. We seem fairly well-staffed with volunteers otherwise, but more are most welcome!

Sunday bargains: Sale leftovers will be moved into the Ballroom so people can shop after church on Sunday.

Questions? Text Pam at 613-897-1492.

Come to the bazaar! Find those amazing treasures! Bring your friends, relatives, neighbours, co-workers, etcetera.





From the Climate Crisis Team

Low Carbon Living, Holiday Edition!

Most of us observe Christmas at this time of year, or at least the parts of the celebration that work for us: decorations, food, gifts, charitable giving, social gatherings. Please consider some of the following methods of reducing your carbon footprint while enjoying the season.

1. Consider not travelling away for the holidays, i.e. Flying.
2. If you must drive for shopping or visiting, combine errands to reduce trips.
3. Travel in a circular pattern as much as possible (limit backtracking).
4. Avoid single person car trips, use a bus, car pool, or walk or bicycle.
5. Bring your own bags or containers (support Bulk Barn or The Tare Shop).
6. Consider locally made gifts, such as handcrafts or consumables.
7. Use reusable wrapping, such as newspapers, cloth bags, or clean tea towels.
8. Shop online from companies that will ship your gifts directly to distant relatives.
9. Donate to your loved one's favourite charity in their name.
10. Support the UU Hysterical Society online shop and seasonal fundraiser [here](#).
11. To see how to avoid having a tree [click here](#).
12. If you want a tree, here's the good news and the bad:

Natural

The good: traditional; natural look, woody smell; frequently planted on poor arable land, rural source of income; can get a small free one from roadsides, power lines; family fun; can get a live one, plant in the spring.

The bad: can't get it too early, needles will drop; can't cut without permission of landowner; need to find an ecologically safe disposal.

Artificial

The good: wide range of styles and materials; some come with decorations, lights; can be reused; best if used for at least 5 years.

The bad: made of plastics, impossible to recycle.

Thanks to the Climate Crisis Team for these suggestions. Happy Green Holidays!

Margaret Galbraith
for the Climate Crisis Team

From the Caring Team



Rev. Dr. John Baros-Johnson, 1997 and 2012

The Rev. Dr. John Baros-Johnson died November 10 at the age of 74. Originally from Jasper, Alabama, John graduated with a Doctor of Ministry degree from Meadville Lombard Theology School in Chicago in 1991. He was called as our minister 25 years ago and retired after nine years with early onset dementia. The Afterchoir band, the annual Coffee House and the Thanksgiving potluck were started during his time with us. John was a member of the Southend Clergy group and coordinated the Interfaith Council of Halifax. John had a sharp wit, a ready smile, and a great sense of humour and fun. He is survived by his wife, Irene and son Nick; sister-in-law, Joan Van Hull, her husband Richard, and their daughter Heather. We extend our sincere condolences to Irene and Nick.

A celebration of John's life will be officiated by Rev. Israel Buffardi on Saturday, Dec 10 at 2 p.m. at UUCH.

Donations in John's memory may be made to the UUCH Endowment Fund, 5500 Inglis St., Halifax, NS B3H 1J8--or by e-transfer to www.treasurer@uuch.ca

For the full obituary and to leave online condolences, please visit www.coleharbourfuneral.com

Barbara Dacey, a long-time member of UUCH, has been in hospital since the second week of November with cardiac and other difficulties. We send our best wishes to her.

Michael Belland recently had successful cataract surgery and is now on the mend. Glad to hear that Mike!

We wish our members and friends a happy and peaceful holiday season.

Sylvia Mattinson
for the Caring Team

From the Reconciliation and Dismantling Racism Team

There are two Christmas season events UUCH members may be interested in, that are sponsored by members of the African Nova Scotian community. In early December you can get into the Christmas spirit by attending A Gospel Christmas including the Nova Scotia Mass Choir, Saturday, December 3. Proceeds will support the Black Cultural Centre.



Tickets are available here:

<https://www.eventbrite.ca/e/a-gospel-christmas-tickets-465737000907>

In mid December, Reeny Smith launches her new Christmas album, "Reeny Does Christmas". Reeny was our featured guest at one of our Blue Christmases at Bearly's House of Blues. She will perform December 15 in Dartmouth.

Tickets can be purchased here:

<https://bit.ly/ReenyDoesChristmas>

We wish you all a cozy and meaningful December as the light dims.

Brian Gifford
for the RDR Committee
902-454-1656

Religious Exploration

December is upon us and the Religious Exploration program will be using the rest of the year in the spirit of giving.



A favorite December activity for our young ones is cookie decorating. The children will ice and sprinkle fresh cookies as homemade treats to be included in the Saturday Brunch neighbourhood gift bags. They will also craft seasonal cards with warm greetings to be included in each bag to ensure our neighbors know we are thinking of them and spreading some cheer.

We will end 2022 with the RE program's annual tradition of making holiday crackers, an activity much loved by the children. The crackers are filled with trinkets to be given to family and friends over the holidays.

A month of joyful activities to look forward to!

Marie-Claude Leroux

Director

RE Program for Children and Youth

Music to Warm Your Heart

The holiday season is joyful for those who get to enjoy family, friends, food, and traditions. For others, Christmas is a time of loneliness in an isolated world.



But no matter where you are emotionally or financially, this special season is a time for coming together and counting our blessings

This month, music will bring UUs and the community together. Whether you come to the Christmas Bazaar, the Saturday Brunch, or tune in to a Sunday service, may your heart be warmed with songs of love and holiday carols.

Jessica Friesen

Music Director

*Your heart is just a beatbox for
the song of your life. ~ Sandi Tho*

Prospect Road Spiritual Cafe

Zoom gathering, Thurs, Dec 1, 7:00-8:00 pm



I've been attending Sunday services with friends at the UUCH over the past several weeks and have enjoyed meeting and making new friends. We plan to keep up this good habit!

I am a member of the Prospect Road Spiritual Café, a Facebook group for people of any faith or no faith, where all things spiritual are discussed.

Rev. Israel Buffardi has kindly agreed to be our guest speaker at our next Zoom gathering on Thursday, December 1st from 7 to 8 p.m. "The wisdom of everyday moments" will be discussed. Please join us.

[Click here for Zoom](#)

Meeting ID: 844 9667 8478

Passcode: 613049

One tap mobile:

+17789072071,,84496678478#,,,,*613049# Canada

+17806660144,,84496678478#,,,,*613049# Canada

Also please join the Prospect Road Spiritual Café on Facebook. New participants are most welcome!

[Click here for Facebook](#)

Hope to see or meet you on Zoom, Facebook, or church!

Gillian Power

New to UU



UUCH Board of Directors

Officers

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

Members at large

Avard Woolaver	Page Wakarchuk
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CUC Online Events



Among the many CUC-sponsored online events coming up are the following from December 3 to January 7. Find all session details at cuc.ca under Events. Please note registration deadlines and fees where indicated. Shown in Atlantic times.

Rising Together: UU Youth & Emerging Adults of Colour Dec 3, 5 pm

Gathered Here: A Monthly Check-in for UU Young Adults (18-35) Dec 8, 3 pm

Connect and Deepen: Promises Within Community & Personally Dec 11, 5 pm

Lay Chaplains Chat Dec 12, 8:30 pm

UU Connecting Third Sunday, monthly Dec 18, Jan 15, 8 pm

Uncolonizing Climate Action Jan 4, 8 pm

Rising Together: UU Youth and Emerging Adults of Colour January 7, 5 pm

Canadian Unitarian Council
Interdependence. Love. Justice
cuc.ca

Regular Monthly Meetings

Group	Recurrence	Group Lead
Religious Exploration	1st Wednesday 8 pm	Marie-Claude Leroux
Worship Team	2nd Tuesday 7 pm	Israel Buffardi
Board of Directors	2nd Wednesday 6:30 pm	Pam Griffin-Hody
Building Team	2nd Thursday 7:30 pm	Troy Saulnier
Communications Team	2nd Thursday 8:30 pm	Troy Saulnier
Shared Ministry	3rd Tuesday 4:30 pm	James Morris
Caring Team	No meeting this month	Sylvia Mattinson
Climate Crisis	7 pm 14th this month	Margaret Galbraith
Membership	No meeting this month	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 January newsletter is Wednesday, December 28th.



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



Candlelight Service
Sunday, December 18, 4 pm



Winter Solstice Celebration
Wednesday, December 21, 7 p.m