

Universalist Unitarian
Church of Halifax
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Minister
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Jessica Friesen
Music Director

Marie-Claude Leroux
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Sunday services
10:30 am
Presented Online

All are welcome

Children & Youth
Education

This Month's Sunday Services

Note: All services in February will be available online and (except for February 7) in person in our sanctuary, subject to Dept. of Health COVID-19 regulations. Please join us between 10:20 am and 10:30 on Sunday. **Services start at 10:30. To join online, 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 at: <https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw>

The Theme for February: Beloved Community

February 7

A Faith Worth Failing For — This is a national service and will be online in Halifax at 2pm. **There will be no morning service on this day.** We often talk about Unitarian Universalism as a transformational faith – and yet to be transformed means to take a risk. How is it that we are averse to taking such risks when it comes to widening the circle of who we are as a community? Join us for a service that explores mistakes we've made and considers how we can learn from them to become the transformational faith we proclaim to be. **Service Leaders: Revs. Shana Lynngood (Victoria BC), Samaya Oakley (South Fraser BC), and others from across the country.** http://bit.ly/SOF_2021 The service will also be viewable on the [CUC YouTube channel](#).

February 14

Beloved Community – Not Your Happy Place — The concept of Beloved Community is probably not what you first envision when you hear those words. Today we explore the origin of that phrase and the revolutionary potential it holds. **Service Leader: Rev. Norm Horofker; Service Leader: James Morris**

February 21

Beloved Community – Not a Community — Beloved Community is an attitude, an orientation of the heart; it's a disciplined understanding of your own relationship to other people, to everyone else on the planet, to every living thing. **Service Leader: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei**

February 28











Beloved Community – Not a Destination — What changes if we see our lives as a journey toward Beloved Community. After all the poetry and wishful thinking, what concrete steps can move us in that direction? **Service Leader: Rev. Norm Horofker; Service Assistant: Pam Berman**

The Theme for March: Commitment

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.



FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>February is CUC Month</p> 	<p>1 February is also Black History Month</p> 	<p>2</p>  <p>Groundhog Day</p>	<p>3</p> <p>7 pm RE Committee meeting</p>	<p>4</p> <p>7 pm Interfaith Service online from UUCH</p> <p>7 pm UUCH online gathering</p>	<p>5</p> <p>3:00 pm Truth & Reconciliation meeting</p>	<p>6</p> <p>10-11:30 am Neighbourhood Brunch Take-out</p> 
<p>7</p> <p>No morning service</p> <p>2 pm CUC's online Sharing our Faith Service (Cross Canada)</p>	<p>8</p>	<p>9</p> <p>7:00 pm Worship Team meeting</p>	<p>10</p>  <p>6:30 pm Board meeting</p>	<p>11</p> <p>2 pm Building Committee mtng</p> <p>7 pm UUCH online gathering</p>	<p>12</p>	<p>13</p> <p>10-11:30 am Neighbourhood Brunch Take-out</p>
<p>14</p> <p>Valentine's Day</p>  <p>10:30 am Online Service</p>	<p>15</p>	<p>16</p> <p>5:00 pm Caring Committee meeting</p>	<p>17</p>	<p>18 NS Heritage Day</p>  <p>7 pm UUCH online gathering</p>	<p>19</p>	<p>20</p> <p>10-11:30 am Neighbourhood Brunch Take-out</p> <p>Saturday Brunch Team meeting</p>
<p>21</p> <p>10:30 am Online Service</p>	<p>22</p>	<p>23</p>  <p>Noon Newsletter Deadline</p> <p>7:30 pm Dismantling Racism session</p>	<p>24</p>	<p>25</p> <p>7 pm UUCH online gathering</p> <p>7:30 pm Membership meeting</p>	<p>26</p>	<p>27</p> <p>10-11:30 am Neighbourhood Brunch Take-out</p>
<p>28</p> <p>10:30 am Online Service</p> <p>7:00 pm Soulful Sundown</p>						



Minister's Notes

February's Theme: Beloved Community

Welcome to February! I felt compelled to Google temperature charts for Halifax and I am pleased to report that on a historical average basis the coldest days of the winter are now behind us. (Yes I know those are statistical averages and February may make us pay for the mild January, but still...)

I would like to continue in the optimistic vein, but I realize that I am writing these notes to a diverse audience, and the ups and downs of our lives follow cycles much more unpredictable than the seasons of the year.

And yet we need to know that spring will return, that the COVID-19 virus will eventually be controlled, that our *beloved congregation* will be here to sustain us.

We have an active and engaged congregation and we are finding more ways to connect and support one another almost every week. Last month I listed the committees and task teams that are meeting monthly, and in the past month we have added an Anti-Racism team and a Forum for Climate Action. You will be hearing more shortly on both of those initiatives and I encourage you to find a role for yourself in one of these teams.

I will conclude my notes for February with some news that immediately made me smile. Just moments ago I received an unsolicited email from a colleague, Rev. Andrew Moeller of the Unitarian Universalist Society of Bangor Maine. He suggested that we do a joint Zoom service with his congregation this year to celebrate the running of the maple sap and the associated blessing of maple syrup. That, for me, is the ultimate symbol of hope in the darkest days of winter.

So who wants to sign up for the Maple Syrup Service planning team?

I hope you each have something in your lives that provides sustaining hope and that your congregation and your minister may be a part of that.

***With Love,
Rev. Norm Horofker***



Sharing our Faith Service
“A Faith Worth Failing For”
Sunday, Feb 7 at 2 pm AT

Sharing Our Faith is a Canadian Unitarian Council initiative which offers funding for growth projects and initiatives. Usually, we encourage congregations to hold an annual Sharing Our Faith service supported by worship packages from the CUC.

This year, we are inviting you to come together with UUs across the country for the service titled *A Faith Worth Failing For*, coordinated by Revs. Shana Lynngood and Samaya Oakley. You are warmly welcome. There will be a Time for All Ages, reflections on Indigenous and racial justice, and music. [You may have read a description of the service on the front page of this newsletter as well.]

Zoom link: http://bit.ly/SOF_2021 The service will also be viewable on the [CUC YouTube channel](#)

The virtual collection taken during the service will be allocated to successful congregational applicants for growth initiatives. The fund consists of these monies, supplemented by a Foundation Fund administered by the First Unitarian Congregation of Toronto.

For those who are accessing the service on their telephones (landlines without computer screens or smartphones), we suggest a buddy system where someone in your congregation or community registers at the Zoom link above and then shares the meeting ID and passcode.

Two more National Services are planned for 2021:

- May 15 during the National Conference
- in November for the National Fall Gathering

Vyda Ng
Executive Director
Canadian Unitarian Council



Interfaith Harmony Halifax

Interfaith Harmony Halifax Week: Feb 1-7

World Interfaith Harmony Week, is a UN resolution for a worldwide week of interfaith harmony proposed in 2010 by King Abdullah II and Prince Ghazi bin Muhammad of Jordan.

The United Nations resolution reaffirms that “... mutual understanding and inter-religious dialogue constitute important dimensions of a culture of peace.”

The World Interfaith Harmony Week falls in the first week of February of every year and aims to promote harmony between all people regardless of their faith.

Interfaith week (including here in Halifax) is an intensive, experiential engagement with the people, places, and practices of world religions.

On Thursday, February 4th at 7 pm UUCH will present an Interfaith service online from the church. Only the service presenters will be in the church.

Zoom link for the UUCH service:
<https://us02web.zoom.us/j/89164133865?pwd=NHFaV1diS1RoOVp5TkxhYz0hVZ25DQ0T09>

Meeting ID: 891 6413 3865 Passcode: nXjK78

For details, and access to the presentations listed below, visit ihhalifax.ca and click on schedule dates:

Mon Feb 1	Brahma Kumaris Meditation
Tue Feb 2	Mi'kmaq Ceremonial Life
Wed Feb 3	Jewish Spiritual Quest
Fri Feb 5	Muslim Jummah Prayer
Sat Feb 6	Baha'i Community Devotional
Sun Feb 7	Christian: Presbyterian Church of St. David

The Climate Crisis



UUCH has an active Truth, Healing and Reconciliation group—and is now working on a program to raise our consciousness about dismantling racism. We have a team who are diligent about

providing a bag lunch on Saturdays to our indigent neighbours. We are involved in social justice.

However, some of us feel that there is an overriding issue that we need to pay more attention to as Unitarian Universalists, and that is the climate crisis. We have not been active in this area for a number of years, but the situation, as we all know, is becoming increasingly critical. The Worship Committee has very recently introduced a closing statement in the Sunday services to draw people's attention to the changing climate, and now the Board has also made a statement:

In light of the extreme seriousness of the changing climate, affecting all aspects of the environment: the atmosphere, the oceans, the earth and all life therein—and in light of the Seventh Principle which we all affirm, "Respect for the interdependent web of all existence of which we are a part—the Board of UUCH recognizes the urgency of the climate crisis and encourages the congregation to act in whatever ways they can to mitigate the situation.

We will hold our first meeting to discuss possible involvement on Wednesday evening, February 3 at 7:00 pm. It could be reading reports, writing letters, planning demonstrations; join our meeting to let us know how you would like to participate. The Zoom link will be sent out on uinfo next week.

**Margaret Galbraith
for the Board**

Canadian Unitarian
eNews



Here are the CUC online events happening over the next 6 weeks. Information about all the events, *including forms for registered events* can be found at cuc.ca/events/

Regular events

Connect and Deepen
Sundays, February 14 and 28 at 5 pm AT

Leaders Roundtable
Saturdays, Jan 30 and Feb 27 at 4 pm AT

Gathered Here
Thursday, Feb 11 at 3 pm AT
Monday, March 8 at 9 pm AT

Special events

Caring for One Another: Together and Apart –
CUC Roundtable Saturday, Feb 6 at 1:30 pm AT

Sharing Our Faith National Service
Sunday, Feb 7 at 2 pm AT

Rising Together: UU Youth and Emerging Adults
of Colour Saturday, Feb 13 at 5:30 pm AT

Lay Chaplain Question and Answer Session
Thursday, Feb 18 at 8 pm AT

AGM Motions Roundtable
Saturday, Feb 20 at 1 pm AT

The Power of Dialogue With David Campt
Monday, Feb 22 at 8 pm AT

Elder's Circle With Stephen Paquette
Wednesday, Feb 24 at 8 pm AT

David Campt Workshop Part I
Saturday, March 6 at 3 pm AT

The Caring Column



Roasted chickens available: The Caring Committee and friends have been roasting chickens, provided to us by the Parker Street Food Bank, to be given to anyone in need. Please contact

Faith Piccolo for more information if you'd like to receive one of these chickens.

We are sorry to learn of the passing of **Elvira Welch** on January 8th. Elvira was a retired Associate Professor of Voice at Dalhousie University and well known for her musical performances in the Maritimes. Our sympathies go out to her husband, Dr. Philip Welch, a long-time member of our church, and to all her family.

We are happy to report that **Glenda Butt** continues to regain strength on her long road toward recovery. She took a 2-hour walk with friends recently and is generally becoming much more active. With some help she is learning to do dialysis at home rather than having to go to the hospital for three sessions weekly. Best wishes Glenda!

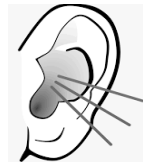
Sylvia Mattinson



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

Newsy Bits picked up while updating the church directory with permissions ...



Shripad Pendse left Halifax 13 months ago intending to be gone 3-4 months to visit India and Australia. He made it Down Under before the pandemic hit, and has now been there for many months—enjoying the stay and the time with his family. He will return when international flights resume which may be months from now.

Colin Kerr is waiting for travel to the US to open up so that he can visit his daughter in Vermont. Well before the US election he had hoped for a change of administration in the White House in order to feel comfortable about moving back to Vermont permanently—but with the country still divided and so much political unrest, he is reserving judgement on such a move. He hopes that his visit in Vermont may provide some answers.

Susan Stephen and Michael Jensen have moved near Tatamagouche, and have decided to make Nova Scotia their permanent home. The rest of the family are back in the States. Susan and Michael are *very happy* to be here.

Deborah Wiggins and Devin have moved from Hamilton to Fredericton. Deborah's parents were both from New Brunswick, and she had spent a lot of time there as a child. It feels like coming home, she says—and sends hugs.

Bob Frederickson who always spends winters in Florida is home-stayed by the pandemic. He went out and bought long pants, a tuque, a windshield scraper and winter tires—and settled in.

Inga Lawrence who also spends winters in Florida misses the warmer climate but is making the best of it in Bedford.

Etta Hamm

Endowment Fund: Good News!



The UUCH Endowment Fund stood at just over \$90,000 in recent days—and in mid-January we transferred \$10,000 into it, many thanks to Georges Merinfeld's sister and brother-in-law in Belgium. So at seven years since its inception, at last, the fund is over \$100,000. This is the amount required before the church can start considering disbursements from the fund. The principal is to be maintained on an ongoing basis.

The fund's by-laws, struck in 2013, state that “The purpose of the Endowment Fund is to establish long-term financial stability and to support special projects related to congregational growth and outreach activities in order to fulfill the mission of the The Universalist Unitarian Church of Halifax.”

To inquire about leaving a legacy to this great vision of our church, please contact one of the fund's trustees named here.

***Kathy Anthony, Mia Huh,
Allyn Clarke, Martha Wilson***

We have a great new sign!



The Neighbourhood Brunch Take-out crew puts this fancy new sign out front on Saturday mornings. Pictured are the Friday “preppers”: Michael Smith, Anne Walker, Kathy Anthony and Pam Griffin Hody.



In keeping with our monthly themes around which our Sunday services are built, we invite members and friends to submit a short, inspirational piece (a presentation of approx 5 minutes) about your life and/or personal experiences.

The Worship and RE committees can help you prepare to present your story to the congregation.

Themes coming up:

February: Beloved Community

March: Commitment

Do you have a little something to share on Beloved Community for a February service? Or on Commitment for a March service? We'd love to hear it.

Reach out to

Marie-Claude Leroux

dre@uuch.com

DEADLINE

The deadline for contributions to the

MARCH NEWSLETTER

is 12 noon

Tuesday, February 23rd,

(just 3 weeks into the month!)

Please submit to

Etta Hamm, braeside@eastlink.ca

Religious Exploration for Children & Youth

Religious Exploration has continued as a virtual program, meeting via Zoom throughout January. We began the new year by celebrating winter and snow with the age-old craft of cutting paper snowflakes, being inspired by microscopic snowflake photography. The intricate crystals in a snowflake are reminders of the awe-inspiring creation of nature.



We also learned more about the myriad ways a tree is vital in the interdependent web of existence. We explored the ways in which live trees provide habitat with shelter and nourishment. We also explored the ways in which decaying logs provide yet another micro habitat for thousands of micro-organisms. A rotten log may not be as traditionally beautiful as a snowflake, but it may have beauty in it none the less. A rather lofty goal of mine for this year is to have the children look upon trees as anything but humble. I would like to think we are on our way.

And what of the role of growing UUs in this interdependent web? We learned about a few youth from around the world who are leading and inspiring environmental action. This included a nine year-old Nigerian girl who is making waves teaching children and adults to live more sustainably; an indigenous water protector and clean water advocate, and our own Nova Scotian youth whose science project at the age of 11 was the impetus for funding the cleaning of the LaHave River. These youth show us that you are never too young to make a difference, and by working together we can each take care of the part of the Earth we stand on.

We will be wrapping up the month in participation with the Interfaith Harmony Halifax Youth Engagement committee. The children and youth will be part of a collaborative art project with youth of various faiths across the city. The theme and question we've been asked to ponder is: How do our spiritual traditions connect us with the earth? I'm hopeful that our time together has answered that question.

Marie-Claude Leroux
Director
Religious Exploration for Children & Youth

The Music Page

Welcome to a new month of music!



This February we celebrate Black History Month through music. We will visit various musical preludes based on the history of black people worldwide.

As we celebrate all cultures and walks of life, let us sing the iconic melodies that have been words of comfort for generations before us. As Universalist Unitarians, let us use our voices to effect change and move forward in positive ways.

Soulful Sundown, February 27, 7 pm

This reflective and creative service will feature Jocelyn MacNeil a.k.a. Tall Poppy. Please contact me if you want to submit art or recite a poem or reading.

Always remember, music accepts everyone, does not judge, and welcomes you into a safe, therapeutic space of creativity and community.



Jessica Friesen
Music Director

Refugee Sponsorship Agreement Holder News: Young man looks forward to a safe home in Nova Scotia

This heart-warming email arrived in the uurefugees@gmail.com inbox on Jan 12th from a woman in Rome, part of an NGO there, who has been working with us on a refugee case of a very young LGBTQ man in terrible circumstances in Africa. It is a wonderful example of all the amazing people we meet and connections that happen while doing this worthwhile work.

"When a colleague reminded me yesterday that it was international Thank You Day, I thought of all the things I was able to be thankful for in 2020 despite everything. YOU, this extended support group for Xxxx, is one of the things I am very grateful for. Why? It shows me on a personal level that despite all the craziness and injustice in the world, if people come together on the common ground of empathy, we can make quite a big difference for people who are less fortunate than us. And what a difference we made:

When I talked to Xxxxx yesterday, I could see tremendous improvement in his self-confidence. A few years ago, when I first met him, his whole existence was so very fragile that it was no surprise that it was the same for his outlook on life. But now, although his life in XXXX is still anything but easy, he doesn't let himself be defeated by the difficult circumstances. Instead, he tries to be proactive and hopeful about his future. This is where I want to give you all a big shout-out and thank you for giving him a perspective of a life in which he can live without hiding who he is and to his full potential.

An additional big THANK YOU goes to [Jubilee] (his sponsorship group in Halifax) for providing him with a safe-place to sleep already in this transitional time between now and Canada and the very generous covering of his rent! Not having to daily worry about one of the most essential things—a safe haven to return to at night (particularly

We are still ...



standing on the side of love. (2016 pic)

during times of COVID and curfews)—reduced his vulnerability, including towards others who took advantage of his situation before. It provided a small stability on which he was able to build the increased self-confidence and agency in his life.

From my work in education, I learned one thing: Knowing that you are not alone, but that there are people who accept you as you are and believe in you, showing you options of possibilities in the future, is a true game-changer!

So, thank you all once more, for being such incredible game-changers in this difficult situation!

Hoping that this year will be the year in which we will get a handle on COVID and celebrate Xxxxx's arrival in Canada, I am sending warm regards and best wishes from Italy,
Valentina"

We hope this young man will arrive this year, too. In other news, we have an LGBTQ case arriving the first week of February. This is a couple with two children. They too have been supported generously by their Halifax sponsorship group, Sister Allies, for more than one year. This is the first glimmer of hope that refugee travel is starting up again and that we will see many arrivals this year.

Marilyn Shinyei,
UUCH SAH Co-chair

Truth Healing & Reconciliation Group is Re-grouping

The Truth Healing and Reconciliation group in our church is going full out! This month we are reading two downloadable mini-publications by Bob Joseph, founder and president of an organization called Indigenous Corporate Training Inc. Here are the links for the short publications.

"23 Tips on What NOT to Do or Say":

<https://www.ictinc.ca/23-tips-on-what-not-to-say-or-do>

"27 Tips on What to Do or Say":

<https://www.ictinc.ca/27-tips-on-what-to-say-and-do>



The great part of Bob Joseph's approach is that he gives a no-nonsense account of how Indigenous people have been treated by settlers in the past and how it is for them to deal with the consequences of that treatment in the present.

Encouraged by the CUC, our minister Norm Horofker set up a Truth and Reconciliation Task Group in 2017, in order to hold a pilot series of reflection circle meetings based on the new Truth, Healing and Reconciliation Reflection Guide (THRRG), to be produced by the Canadian Unitarian Council. In my case, being part of that group kindled my latent interest in what has happened and is happening with the Indigenous people in Nova Scotia. It was only ten years after I moved here, in 1984 during the first Parade of Sail, that I had even heard of them. Since then I heard a lot more about the Mi'kmaw people, even making friends with a Mi'kmaq family in Bear River, but by

joining in the Reflection Circle meetings in our church in 2017, I learned a lot more.

When Norm asked me to start up a group again, I was eager, because I wanted to learn more. The real education for me happened, however, when Norm asked the members of our new group to take care of the acknowledgement each Sunday, that our services take place in the ancestral lands of the Mi'kmaq. The idea was that we would use the two minutes allotted to us, talking about something we had learned about Indigenous people that had touched us in some way. By taking that on, we are bound to reflect a lot more on what we know and are learning during the lively discussions of the new Truth, Healing and Reconciliation Group in our church.



If you want to be part of the group, or if you feel the urge of telling the rest of the congregation about something Mi'kmaq that has touched you, in the 2-minute acknowledgement statement at the beginning of a Sunday Service, I urge you to attend our meetings.

The meetings at the moment take place on Zoom, on each first Friday of the month at 3 pm. The invitation will appear on the UUInfo list, or you can contact me or Norm, in order to get on our email list.

Wietske Gradstein



Our own backyard