



Newsletter of the
Universalist Unitarian
Church of Halifax

Vol. 59, No 6
February 2023

This Month's Sunday Services

Universalist Unitarian
Church of Halifax
5500 Inglis Street
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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

You are invited to services in the sanctuary in person while respecting the space of those who are wearing masks and/or social distancing, both of which are recommended. Services start at 10:30 am.

You can also join us via **Zoom** between 10:20 and 10:30 am using [this link](#).
Meeting ID: 666 004 431 Password: 010670.

Or you can watch (live or later) on our UUCH **YouTube** channel using [this link](#).

Theme for February: Love

February 5th

**Beloved Community Beyond the Clichés
& Interfaith Harmony Neighbours Visit**

We begin the exploration of our theme for the month of February, Love, by considering both the gentle and courageous aspects of Love that call us to build beloved community.

We will also celebrate UN Interfaith Harmony Week by welcoming our interfaith partners to join us as part of the Sacred Spaces Neighbours tour for an experience of Unitarian Universalism. After the service we will join together for a dialogue about our faiths.

February 12th

Beloved Community Café

We will continue our exploration of love both fierce and gentle, as we engage in community conversation. We'll wonder what love looks like in public, and share perspectives of what it feels like to be lifted in love.

February 19th

Fiercely Loved Into Being: Heritage Day & Decolonization

We celebrate NS Heritage day by honouring the wisdom and beauty of the work of Mi'kmaw poet Rita Joe. We'll also address the calls by the Canadian Unitarian Council to engage in public discussion about the ongoing effects of the Doctrine of Discovery.

February 26th








Lay-Led Service, Reconciliation and Dismantling Racism Group

Members of the Reconciliation and Dismantling Racism group will share a service for African Heritage month.

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.



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>February is CUC Month & Black History Month</p>  			<p>1</p> <p>Interfaith Harmony week begins</p> <p>7 pm RE meeting</p>	<p>2</p> <p>Groundhog Day</p>  <p>7 – 8 pm Online gathering</p>	<p>3</p> <p>2 pm Service of Remembrance Barbara Dacey</p>	<p>4</p> <p>10–11:30 am Brunch</p> 
<p>5</p> <p>10:30 am Service Rev. Israel</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>6:30 pm Board meeting</p>	<p>9</p> <p>7:30 pm Building Team</p> <p>8:30 pm Communications</p> <p>7 - 8 pm Online gathering</p>	<p>10</p>	<p>11</p> <p>10–11:30 am Brunch</p>
<p>12</p> <p>10:30 am Service Rev. Israel</p>	<p>13</p>	<p>14</p> <p>Valentine's Day</p>  <p>7 pm Worship Team meeting</p>	<p>15</p> <p>Flag Day</p>  <p>7:00 pm Climate Crisis Team meeting</p>	<p>16</p> <p>7 – 8 pm Online gathering</p>	<p>17</p>	<p>18</p> <p>10–11:30 am Brunch</p> 
<p>19</p> <p>10:30 am Service Rev. Israel</p>	<p>20</p> <p>Nova scotia Heritage Day</p>  <p>World Day of Social Justice</p> 	<p>21</p> <p>4:30 pm Shared Ministry meetomg</p> <p>7 pm Caring Team meeting</p>	<p>22</p>  <p>Newsletter Deadline</p> 	<p>7 – 8 pm Online gathering</p> <p>7:30 pm Membership meeting</p>	<p>24</p>	<p>25</p> <p>10–11:30 am Brunch</p>
<p>26</p> <p>10:30 am Service Lay-led</p>	<p>27</p> 	<p>28</p>				





From your Interim Minister

Visions and Goals for Our Future

Now that we are five months into the interim ministry period, the time has come to identify the areas for development and intentional change that we will address in our work together as a congregation. Based on my observations and on discussions that the board and I have had over the last five months, we have created a list of goals and priorities to guide us during the next phases of the interim ministry period. The goals and priorities list is as follows:

Communications, Outreach, & Hospitality

We have identified that the ways in which we tell our story to the community, invite people in, and create an atmosphere of welcome will be critical to moving into the next phase of the life of this congregation. Some key areas that are being addressed:

- Updating and Eventual Redesign of our UUCH website

- A communications task force is meeting and welcomes interested people to join

- Coordinating Sunday morning welcome/hospitality and membership efforts

- Incorporating more fellowship and fun gatherings

Spiritual Development & Revisioning our RE program

As some may know, Marie-Claude, our RE Director, will be moving on from her position after the end of the programming year. This presents an exciting opportunity for our congregation to evaluate what it needs and wants in the area of lifespan spiritual development programming and staffing. We're looking for people who would be interested in joining a task force to create this new vision for our community.

In the meantime, I'll also be offering two opportunities for spiritual development:

1. A 6-part workshop on exploring your personal beliefs and spiritual practices
2. Soul Matters groups; these are small groups that commit to meet with each other monthly for facilitated discussion on our monthly spiritual themes.

Sunday Morning Format and Other Worship/Programming

Lastly, I will continue to explore, experiment, and workshop the format for our Sunday morning gatherings. The Sunday morning Spiritual Cafe will be offered once an month, making adjustments as needed, and I will also be making plans to offer food-ministry I call Soulful Suppers.

I'm looking forward to all of these areas for exploration, experimentation, and visioning as we move into the future of Unitarian Universalism In Halifax. I welcome your feedback and collaboration as we move forward!

Rev. Israel

From the Caring Committee



At the January 15th service **Mary Ellen Onno** spoke of the years she and Peter lived here (since 1998) and how grateful she felt for the UUCH and the friends she made who were such a strong part of their lives here. She is moving on February

2nd to Ottawa to be near family. Mary Ellen led the Caring Committee for years with wisdom and kindness. Many of us will miss her but we can stay connected through Zoom. Mary Ellen, we extend our best wishes and love to you as you move on in your life's journey. Please keep in contact with us!

Further to the news of the passing of **Barbara Dacey** in the January newsletter, the memorial service to honour her will be held at UUCH on **Friday, February 3rd at 2 pm**. For Barbara's obituary and to leave a messages of condolence please go to tjtracey.com

A warm Celebration of Life was held on January 21st in honour of **Rodney Vaughan**, Barbara Harsanyi's husband. Rodney died March 22nd, 2022. He was a member for many years and had served as member and president of the Vestry (now "the Board"). Attendees spoke of the various interesting facets of Rodney's life, some of which were most entertaining. Read about Rodney's life at arimatheafuneral.ca

Finally, we pass on the sad news of the death of **Allyn Clarke** on January 23rd.

Allyn was a pillar of our church since 1971. He contributed much to UUCH, both in terms of building maintenance and the continuing health of the church as a member and as Vestry/Board president. He knew (and repaired) every nook and cranny of our beloved building and was often consulted for knowledge of the church.

Allyn was an avid wilderness hiker and we'll long remember the invigorating hikes that he and his wife Sandra led on Sunday afternoons.

Allyn's academic and professional achievements (which are considerable to say the least) and his love of family are well told in his obituary published in the Herald on January 26th.

Donations may be made to the Nova Scotia Nature Trust or a charity of your choice. To leave words of

condolence for the family please visit tjtracey.com

We extend our sincere sympathy to Allyn's family.

A Celebration of Life for Allyn will take place on January 29th, at 2:00 p.m. at the church.

Sylvia Mattinson
for the Caring Committee



Hospitality by All

The Sunday Support Team calendar is only lightly filled, yet tasks are being handled. This is happening through the commitment of those who have officially joined the Team and many members and friends who simply pitch in where needed. So we are recognizing this fortunate reality and appointing the entire congregation as the Hospitality Committee of the Whole.

This means please keep up what you've been doing. If hymnals aren't on seats yet, kindly distribute a few. If you are first in the building, you will find instructions in the kitchen for making coffee. A bit of clean-up always helps.

Most importantly, if you see new faces, welcome them, invite them to sign the guest book, make them a name tag, and introduce them around during greeting time.

Merci, mahalo, gracias, and thanks.

Linda Cherry



From the Climate Crisis Team

Last week I was forwarded a very interesting article from the opinion section of the New York Times: *Quiz: What's the Best Way to Shrink Your Carbon Footprint?* by Sander van der Linden, a professor of psychology at the University of Cambridge. The article can be reached at [this link](#) but let me highlight the main points for you.

As part of the author's research (in association with IPSOS and Times Opinion) he asked 1,000 Americans to rate 10 popular actions for reducing one's carbon footprint as having a small, moderate or large effect, and then he showed what share of Americans got the answers right.

There isn't room here to include the quiz, but I can summarize it this way: buying less, lowering the room temperature, using energy-efficient appliances, car-pooling and recycling all have at best a small effect on carbon emissions. Installing heat pumps, eating vegetarian and eating organic food have a moderate effect. But the actions having the largest effect are by living car-free, avoiding air travel, eating vegan or using renewable energy. Most of us seriously underestimated the effectiveness of actions that are harder to take, while overestimating the results of the actions that we find more easily doable.

Let's look at a highly recommended activity: recycling, which has been listed everywhere as a primary action to reduce emissions. In actuality it has been a decades-long disinformation campaign by plastic manufacturers, who know that the majority of plastics cannot be recycled and end up in the landfills. Initially collecting their products did clear up the environment to a certain extent, but this action does extremely little to reduce carbon emissions. The fossil fuel and petrochemical industries have always known this. They have used the campaign to divert attention from their own carbon footprint.

The other less effective actions are not based on such egregious misinformation; they are just less effective. So let's shift our attention to the most effective ways to affect climate change.

Not even on the top 10 list in the quiz but extremely important is holding our governments and businesses to account. They have the most power to take action. It is also very important that we work to dispel influential misinformation, like the myths about recycling. And we know now, thanks to Mr. van der Linden, that by personally switching to clean energy, adopting a plant-based diet, flying less and living car-free we are participating in some of the most effective ways there are to help save our planet.

Margaret Galbraith
For the Climate Crisis Team

From the Reconciliation and Dismantling Racism Committee




FEBRUARY IS AFRICAN HERITAGE MONTH

Events include:

A Calypso Celebration Feb 2, 7:00-9:00 pm
Museum of Immigration, Pier 21, Halifax.

Portia White, a Vibrant Presence Feb 9, 7:00-9:00 pm:
Video screening and panel discussion with George Elliott Clark, Sylvia Hamilton and others. University of King's College KTS Lecture Hall, 6350 Coburg Rd., Halifax. Free admission.

A Black Peoples History of Canada presents:



Video Screening and Panel Discussion
Celebrating the life and legacy of renowned Canadian Contralto Portia White
February 9, 2023 - 7:00 pm
University of King's College - KTS Lecture Hall
6350 Coburg Rd. Halifax, NS
Free admission and refreshments

Panelists:
Dr. George Elliott Clarke
Dr. Afua Cooper
Dr. Sylvia Hamilton
Sheila White
Abena Beloved Green
Dawn Harwood-Jones

Portia White
A Vibrant Presence

Photo: Youssuf Karsh 1946, Karsh Foundation

P.J. Dr. Afua Cooper
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COMMUNITIES
IN MOTION

UNIVERSITY OF
KING'S

DALHOUSIE
UNIVERSITY

B.P.H.C.
A BLACK PEOPLE'S
HISTORY OF CANADA

For more information see: <https://bccns.com/>

In the news:

In late January HRM Council approved Heritage Designation for the former North Street home and medical clinic of Dr. Clement Ligoure, Nova Scotia's first Black doctor who served many victims of the Halifax Explosion – a welcome decision!

Coming up at UUCH:

The RDR Committee will present the February 26th service to help UUCH celebrate African Heritage.

Brian Gifford
For the RDR Committee

Imbolc Event

February 4 at 6:30 pm

To members and friends of the Universalist Unitarian Church of Halifax:

You are warmly invited to attend our Imbolc Ritual at your church on the 4th being presented as part of the annual Interfaith Harmony Week of Halifax. This is a celebration of the awakening of the earth and the approach of spring.



Snowdrops, one symbol of Imbolc

A few Pagan groups will be there to greet you, and if you are interested they will have displays of pamphlets and information. We hope to meet some of you there.

Barb Coates
for Earth Spirit Society of Nova Scotia

Moving Notice from Mary Ellen Onno

As most of you know, I'm moving to Ottawa. My movers come on Monday, January 30th, and a few days later I'm off! My new contact info is valid now:

21 Marlowe Crescent
Ottawa, ON, K1S 1H3
Cell: 902-497-6534
Email: meonno@outlook.com

UUCH Gathering, Thursdays at 7 pm

Join us for an opportunity to connect with UU friends through the dark nights of winter and share signs of the coming spring.

[Zoom link](#)

Leslie Robinson

Recurring Monthly Meetings		
Group	Recurrence	Group Lead
Religious Exploration	1st Wednesday, 8 pm	Marie-Claude Leroux
Worship	2nd Tuesday, 7 pm	Israel Buffardi
Board of Directors	2nd Wednesday, 6:30 pm	Pam Griffin-Hody
Building	2nd Thursday, 7:30 pm	Troy Saulnier
Communications	2nd Thursday, 8:30 pm	Troy Saulnier
Shared Ministry	3rd Tuesday, 4:30 pm	James Morris
Caring	3rd Tuesday, 2 pm	Sylvia Mattinson
Climate Crisis	3rd Wednesday, 7 pm	Margaret Galbraith
Membership	4th Thursday, 7:30 pm	Pam Berman
<p>This is the <u>standing</u> schedule of recurring monthly meetings. One-off scheduling changes are to be passed on to group members, and any permanent changes to the newsletter editor.</p>		
<p>Any member or friend of the congregation is welcome to attend these meetings (except for Caring) as observer or participant.</p>		

Newsletter Deadline

The deadline for your contributions to the March newsletter is

Wednesday

Feb 22nd

Please send your articles
on **or before** this date
to Etta at braeside@eastlink.ca



Hiking with Allyn
photo taken at Jack Lake
February 21, 2015