

U.U.&you

newsletter of the universalist unitarian church of halifax

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Church of Halifax
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Music Director

David Ballum-Haftka
Interim RE Director

Molly Hurd
President

Newsletter
Etta Hamm
Sylvia Mattinson
Sandra Jamieson

Sunday service
10:30 am
All are welcome

Children & Youth Education
Child care available

Theme for January – Resilience

January 3

Presenter: Rev. Norm Horofker; Service Assistant: Louise Malloch

Would you rather be strong, or resilient? — Norm proposes that nothing and no one is so strong that they cannot be broken by life. And further, that just being strong in the face of life's challenges is not enough to bring joy into your life. Learning to live with vulnerability is the key to resilience, the key to spiritual connection and one of the keys to living a good life.

January 10

Presenter: Rev. Helen McFadyen; Service Assistant: Wynne Jordan

Resilience: The power that lies between us — Resilience can be defined as: *the power or ability to return to the original form, state, position, etc., or a person's ability to recover readily from illness or adverse conditions.* Our dominant culture frames resilience in terms of mental toughness and heroic inner strength, and Unitarians generally affirm this view. But, resilience does not have to be a solo project; its true path is one of connection. Indeed, as well as what is inside us, resilience has even more to do with what is between us.

January 17

Presenter: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei

Post-traumatic growth syndrome — We hear a lot about post-traumatic stress syndrome caused by the psychological effects of human trauma. This morning Norm will look at a condition triggered by life-altering events, but one in which survivors faced with the awful reality of what happened still manage to use the experience to help them give meaning to their lives. What qualities promote this kind of extreme resilience?

January 24

Presenter: Rev. Norm Horofker; Service Assistant: Margaret Galbraith

Druze experience and resilience — The Druze faith tradition originated in the Middle East over a thousand years ago. Shortly, our congregation will be welcoming a family of Druze refugees from Lebanon to Halifax. This service will present some of the history of the Druze peoples. In addition, members of the Druze community will help us to understand the experience of being Druze in Halifax. We will investigate how that faith tradition might help to foster the resilience needed for the traumatic life transitions experienced by refugees.

January 31

Presenter: Rev. Norm Horofker; Service Assistant: Marilyn Shinyei

Promoting resilience in others as a spiritual practice — There is a connection between our resilience and our vulnerability and between our vulnerability and our sense of self-worth, and between all of this and our capacity to love. Promoting resilience in others requires that we live our principle of promoting the inherent worth and dignity of every human being. What would it mean to make that a daily spiritual practice? Is that what love looks like?



JANUARY 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 am Pancake Breakfast	2
3 9:45 am Music 12 noon Worship Committee	4	5	6 4:45-6:15 pm After Choir	7 9:30 – 11:30 am Parents & Tots	8 7-9:30 pm Rev. Helen McF. farewell event See p. 6	9
10 9:30 am Music 12 pm Social Responsibility	11	12	13 4:45-6:15 pm After Choir	14 9:30 – 11:30 am Parents & Tots	15	16
17 9:45 am Music 12 noon Humanist Group	18	19	20 Deadline for Dining for Dollars Offerings. See p. 7 4:45-6:15 pm After Choir	21 9:30 – 11:30 am Parents & Tots 6:30 pm Board Meeting	22	23 Hike: Purcell's Cove back country. See p. 6
24 9:45 am Music Dining for Dollars sign-up ----- 31 9:45 am Music (upstairs) Dining for Dollars sign-up 12 pm Special Congregational Meeting	25 10 am Newsletter deadline	26 7 pm Theme Salon on Resilience See p. 3	27 4:45-6:15 pm After Choir	28 9:30 – 11:30 am Parents & Tots	29	30



Special Congregational Meeting, January 31

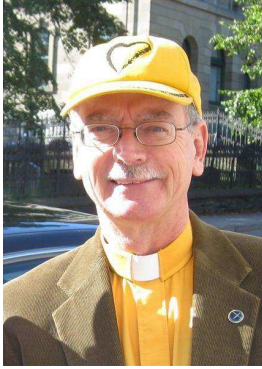
There will be a very special meeting of the congregation at noon, after the Sunday service on January 31st.

For several months, your board and a task force appointed by the board, have been investigating opportunities to maximize the value of our church property.

Recent developments provide us with a short-timeline opportunity with several different options for our church building, including on-site development and/or sale and relocation.

All members are urged to attend this important meeting to learn the details, and to help the board as it considers the way forward.

Molly Hurd
UUCH Board President



Minister's Notes

A brief year-end message

At the end of another calendar year, I am filled with metaphorical visions of sugarplums. I thank you all for your steadfast support and enthusiasm for many new initiatives in 2015, including a new website, our Themed Church initiatives, our new video screens, our efforts to connect with our neighbourhood and the absolutely amazing work of our Refugee Sponsorship Task Force.

I am grateful for our board, all our volunteers and for our staff. Deborah has brought us much wonderful music; David has stepped in to lead our Religious Exploration program when help was badly needed; and your board has recognized Sandra's over twenty years of consistently professional service as our office administrator. I am excited for our future together in 2016, a future that begins now!

On January 31st following the Sunday service we will have a special congregational meeting to provide guidance to our board regarding a possible expansive vision for our congregation. You can read about the details of that meeting elsewhere in this newsletter. The meeting has been precipitated by an opportunity to develop our church property, and that opportunity raises questions for us about our vision for the future of our church.

Unitarian Universalism has an important message for Halifax, for Canada and for the world. We proclaim the essential need for religious community at the same time that we celebrate religious and cultural diversity. Our vision for Canadian society is aligned with a renewed vision in the general population for Canada's future. The vision is one of a society where people of very different religious and cultural backgrounds can

learn from one another, live in harmony, and celebrate our diversity. This is a vision that the entire world needs to share.

The congregational meeting on January 31st could be the critical event for our church in 2016. The meeting could mark the moment when the congregation embarks on a bold new adventure in the history of Universalism and Unitarianism in Halifax. I hope to see you there.

Rev. Norm Horofker

Salon to discuss this month's theme: "RESILIENCE" Tuesday, January 26, 7 pm



The Theme Magazine for January has been released; you should have received a copy via UUinfo. Hard copies that you can make notes on will be available at church on January 3rd.

Note that I will be hosting a "Resiliency Salon" at the church at 7 pm, Tuesday, January 26th (with wine and cheese) to discuss this material and your ideas about resiliency. Please contact me if you need a lift.

Rev. Norm Horofker
nhorofker@aol.com



UUCH Refugee Sponsorship Update

“Our family”

L-R: Sarah, Diyaa, Noor,
Anwar, Sharifa

And now there are six! Noor and Diyaa's baby arrived on December 18th—a little girl named Lona. Both mother and baby are fine; Noor is just a little tired, but her mother Sharifa is there and taking care of her, according to Nawras who is in touch by phone. Nawras is Sharifa's older son, already here in Halifax. He helps wherever he can. *Ahlen*, welcome new baby! We all hope to see you and your family soon, maybe in January 2016. The UUCH Refugee Sponsorship Group has been busy preparing a place for you and your family. You won't have to lie in a manger; your parents won't be turned away like those of the historic Christ Child, whose birth many of us celebrate around this time of the year.

Paperwork, paperwork, mountains of paperwork have been successfully completed based on the ongoing activities of our group. Margaret Galbraith and Nawras Althyab sent the completed applications for our refugees by courier to April Hope at the CUC, our Sponsorship Agreement Holder in Ottawa, on December 22. With April's approval, it will be sent on to the CIC (Canadian Immigration Centre) in Winnipeg. Then the CIC forwards the applications to the Canadian Embassy in Beirut, Lebanon, who will contact the family, interview them and give them the necessary medical and security checks. This clears them for transport to Canada. Nawras will be in touch with them so we will know when they are arriving.

There is a plan for everything! The family will arrive in Montreal or Toronto and then be flown to Halifax. A delegation of our sponsorship group will meet them at the airport and drive them to an apartment on Glenforest Drive in Clayton Park, found for them by our housing task force, Wietske Gradstein and Faith Piccolo. Killam Properties is offering a substantial reduction in rent for these apartments. Several people are getting excited about renting a truck, gathering up all the offered household goods and furnishings, moving them to the apartment and setting them up prior to the family's arrival. The person in charge of collecting items is Sylvia Mattinson, new email address, viasy1100@gmail.com. It is now unlikely that we will have to take the family to temporary housing in a motel/hotel, though there is a contingency plan for that.

Brochure and its distribution: A wonderful brochure has been produced for ongoing fundraising. Amira Alkasem's father is paying for the printing of 10,000 copies that were distributed by the Chronicle Herald as an insert the week before Christmas. *Shukran*, thank you, to Amira's father.

Job search: Team leader Barbara Harsanyi. A paid work/study position for Diyaa has been offered by Andrew Watts, CEO of Black Diamond Builders, Spryfield. Andrew is the oldest son of Heather and Derek Watts, long-time members of our church, now living in Wolfville. We understand that if Diyaa's interests and abilities mesh with the type of work offered by Andrew there is a possibility for future training and employment.

Medical and dental care: Team leader Marilyn Shinyei. Two family physicians, originally from Egypt and located close to the Glenforest area of Clayton Park, will be contacted as soon as the holidays are over. Arabic is the *lingua franca* of Egypt, Syria and other Middle Eastern countries, so we assume they speak Arabic. This committee is also looking at dentists, optometrists, etc.

Schooling: Team leader Molly Hurd will deal with this in January.

Thank you to all who have contributed to our venture to this date, with particular thanks to Kathy Spencer who patiently filled out lots of CUC forms and kept track of finances.

HOW YOU CAN HELP FROM NOW ON:

Food Supplies: Amira Alkasem, Reem Al Husni and Nawras are putting together a list of basic foods that we hope the congregation will donate. Lia Woolaver and Jane Wilson will be coordinating that, so expect to hear more soon.

We are also creating a **list of individuals** who are **available during the day, who can help with drives, or accompany them** on bus trips for appointments, language lessons and errands. **Contact Faith Piccolo** if you didn't sign up earlier for this.

Potluck: there will be a potluck welcome meal within a few weeks of the family's arrival. We know you will all help with that!



Anwar (Sharifa's daughter, Nawras's sister) with her little niece, Sarah.



Anwar and her great snowman.

***Barbara Harsanyi, Marilyn Shinyei and Margaret Galbraith,
UUCH Refugee Sponsorship Committee***

Looking for information on Syrian refugees?

www.teslontario.net/uploads/news/ENSyrianPopulationProfile.pdf

www.syriancooking.com/about-the-site

Wondering what Syrians are learning about Canada and Canadians?

CIC videos on YouTube: www.youtube.com/watch?v=XSdxRzff01I

Your First Two Weeks in Canada

Day to Day Life in Canada

**Oh boy – pancakes, ham and games!
January 1, 10:30 am**



Our traditional **New Year's Day** pancake breakfast will take place **this Friday morning at 10:30 am.**

This is a **pay-what-you-can** fundraiser, not a potluck. There will be plenty for everyone, so bring a friend!

Bring a game that you enjoy playing and would enjoy playing with others. Let's eat and socialize in the grand old UU tradition!

Farewell party for Rev. Helen McFadyen UUCH, January 8, 7-9:30 pm



Helen has been a dedicated member of our congregation for eight solid years and has served us well in many capacities. Most remarkably, she has met the great challenge of becoming an ordained Universalist Unitarian minister, and still, the best is yet to be.

On January 12th Helen will wing her way across the vast miles to the rolling mountains of British Columbia to begin serving out her calling, as Developmental Minister of the Unitarian Universalist Fellowship of Kamloops, and contract minister to the UU Fellowship of Kelowna.

Let's turn out in good number to wish Helen well and 'see her off' at her farewell event that she describes as ***"a retro dance party get-together bash with 'DJ Ace' spinning the music."*** ***This all happens on Friday, January 8th, from 7:00-9:30 pm.***

Please email your attendance intentions to Helen (if possible) at **hmcfadyen101@gmail.com**. Party snacks and beverages for sharing would be much appreciated.

Purcell's Cove back country hike, Jan 16

On January 16th, we will explore the Purcell's Cove back country. We will begin our exploration by visiting the old quarries that were located on the cliffs above the village of Purcell's Cove. This location provides wonderful views of Halifax Harbour and Point Pleasant Park. The access to these quarries is along a steep railway bed that was used to transport the quarried rock to the shore. From the quarries we will follow a rough wilderness trail to the shore of Purcell's Cove Pond, a popular local swimming hole.

Depending on the strength and endurance of the hikers, we will circle the pond and pass through an area that was burned a few years ago, climbing to the tops of several granite ridges that provide a view over the back country to Spryfield.

We will return to Purcell's Cove via the access trail to Purcell's Cove Pond and a short walk along the road back to our cars.

Meet at the church at 12:30 or at Purcell's Cove at 1 pm. I can arrange pick up on Purcell's Cove Road. To get to the trail head, follow the Purcell's Cove Road to Purcell's Cove. As

you enter Purcell's Cove, you will see a sign for the Purcell's Cove Social Club on the right side of the road. Go right up the driveway and park in the parking lot by the small playground park. If you are lost or running late, you can reach me at 902-483-4731.

Allyn Clarke



Newsletter Deadline

The deadline for submissions for the February newsletter is

Monday, January 25th.

Please submit to both
braeside@eastlink.ca

and
uuchurch@eastlink.ca



**Dining for Dollars
kicks off
the New Year**

The good cheer of Christmas and the revelry of New Year's Eve need not end! D4\$ rises again in 2016! I'm looking for

food events for February to end-June, anything from skating to swimming to the more typical, sedentary soirées.

The list of offerings will be available at www.uuch.ca and at the church on January 24th and 31st, so please, gracious hosts, communicate the details of YOUR exciting event to me **no later than January 20th**. My contact info is below. Or, you may simply fill in the form and hand it to me at church.

Remember, there's strength in numbers, so perhaps three or four people would consider hosting a dessert party or some other event at the church or elsewhere. Kath and I would happily co-host with you, as long as we don't have to cook—we'll gladly donate beer and wine. Waiting with anticipation for your offer,

Kay Smith
kay.kathy@ns.sympatico.ca 902-429-9665

My D4\$ Offering(s)	
Name of event	_____
Host(s)	_____
Place	_____
Date	_____
Time	_____
Max. number of guests:	_____
Cost	_____
Description	_____

The Caring Column

We send our condolences to **Molly Hurd** and her family on the death of her father on December 27th at the age of 94. Robert Allan Hurd was an officer in the Signal Corps and served in Europe in WWII. He enjoyed a 35-year career as a research scientist with The National Research Council in Ottawa. Like Molly, he loved to travel.



We send our condolences also to **Genevieve Lehr and Brian Lehr** on the loss of their sister and aunt. Ramona Evelyn Lehr passed away peacefully on December 14th at the Palliative Care unit, VG Hospital, Halifax. Ramona lived life to the fullest, even during the past few months as she was dying, making every moment of every day sacred and beautiful and blessed. A service was held for her at the Shambhala Centre, Tower Road, Halifax on December 17th. She had lived in BC but visited our church when she was in Halifax and really loved it.

Thank you to Lia and Jane and Martha and Avard for shopping and filling the Christmas Hamper bags and to all our church members and friends who contributed gifts or money to make it happen again.



Peter and I again enjoyed having the family over for “the filling of the bags”, with gifts spread out on our large table—a happy ‘Christmassy’ time.

Marg Murray of the Halifax-Dartmouth Canadian Mental Health Association sent this note.

“Dear Members of the UU Church. Thank you so much for donating to our Building Bridges Program again this year. The hampers are so appreciated by members of our program. Merry Christmas and Happy New Year.”

Mary Ellen Onno

Music Montage

*“My life flows on in endless song
above earth's lamentation.
I hear the real though far-off hymn
that hails a new creation.
Through all the tumult and the strife
I hear the music ringing.
It sounds an echo in my soul.
How can I keep from singing!”
~ Early Quaker hymn*



January's 'Singing As We Gather'

The Gathering Hymn for January is #293 *O Star of Truth*. I'd like us to get better acquainted with this hymn, with its warm and welcoming Finnish melody and its lyrics written by a Unitarian named Minot Judson Savage (1841-1918). This hymn's message, as we enter a new calendar year, with this month's theme of 'Resilience', speaks of our ability to seek and trust truth as our guide. *“O star of truth, down-shining through clouds of doubt and fear, I ask beneath thy guidance my pathway may appear: however long the journey, however hard it be, though I be lone and weary, lead on, I follow thee.”* I especially like the line: *“I know thy blessed radiance can never lead astray”*. That speaks to the resilience theme, for me.

Monthly Music Projects

To participate in the January 10th Music Project, you need only to come out for two Sundays: at 9:45 am on January 3rd, for a first run-through of a couple of simple pieces—and at 9:30 am on January 10th for the final run-through.

Starting on Sunday, January 17th we'll be preparing for the next month's Music Project, which will be presented February 7th. The theme for February is 'Reconciliation'.

Rehearsal opportunities for the February 7th Music Project are:

- Sunday, Jan 17th, at 9:45 am
- Sunday, Jan 24th, at 9:45 am
- Sunday, Jan 31st, at 9:45 am
- Sunday, Feb 7th, 9:30 am for *final run-through*

Thank you to Vanessa Lindsay-Botten, director, and the singers of the *You Gotta Sing! Chorus* for their wonderful contribution to our December 13th service. All who attended were uplifted and delighted by their warm and enthusiastic singing.

I wish everyone health, joy and fulfilment in 2016. Have a very Happy New Year!

Deborah Wiggins

Music Director

uuchmusic@yahoo.ca

902-463-0988

Dying with Dignity: What's Next?

This fall, the federal panel on physician assisted dying held consultations with organizations and individuals on their opinions about implementation of legislation approved by the Supreme Court of Canada. The CUC presented a written statement in September, and additionally a verbal submission in early November. Shortly after, the panel's mandate was altered by the new federal government—instead of presenting recommendations for implementation, the panel was asked to share the results of the consultations. This is a step in the right direction, as there was some concern that the recommendations might not have led to good process.

However, there are also indications that there might be a delay in the implementation date of February 6, 2016.



Wanda Morris, CEO of Dying with Dignity, says, "An extension would be terrible news for desperately ill patients, especially those at end of life. A delay of six months may seem like nothing to Canadians in good health. But to those with unbearable terminal or chronic illnesses, it could mean the difference between a peaceful death and a nightmarish one."

A false choice

The government may say it needs to take its time to ensure we have clear and thoughtful legislation for physician assisted dying. But in fact, we are being asked to choose between the prompt recognition of patients' rights on one hand and well-reasoned laws on the other. The problem is, that's a false choice—we can have both.

Here's why

The Supreme Court's decision in *Carter v. Canada* does not require the federal or provincial governments to pass new legislation by February 6. And because existing laws and regulations are sufficient to ensure that assisted dying can be administered responsibly, Ottawa and the provinces can focus on the important work of developing thoughtful new rules that allow for timely, equitable access.

What you can do

Let our federal lawmakers know that asking for an extension is simply unacceptable. Use Dying with Dignity Canada's new federal Email-a-Rep tool to send a strong message to your MP as well as Prime Minister Justin Trudeau, Justice Minister Jody Wilson-Raybould and Health Minister Jane Philpott. Just plug in your name, email address and postal code to generate a tailored message. Then, you can either fire off the default text, or add your own personal touches.

Taking this step is one of the easiest, most immediate things you can do to defend the rights of Canada's most desperately ill patients."



Six-Month Pilot Project

In response to several requests and comments about the bi-monthly format of the eNews, CUC staff will be trying out a monthly publication schedule between January and June 2016. This should address concerns that the bi-monthly eNews is too long and daunting to get through, while providing more regular articles and announcements to readers.

Contact eNews with ENEWS in the subject line to share a story or upcoming event of regional or national interest that you think might be suited to eNews—or to pass along a practise that works for your congregation. The deadline for submissions is the 15th of each month.

Submit to: communications@cuc.ca

Subscribe at: cuc.ca/cuc-enews



From the board

Volunteer Opportunities

At the last board meeting we discussed adding a new section to the newsletter: "Volunteer Opportunities."

If you looking for a way to support and connect with UUCH, here are some opportunities you might want to consider.

- **Updating our wayside pulpit each month.** The Wayside Pulpit is part of the church sign and gets a lot of exposure to passing pedestrians. This involves selecting a quotation related to the Monthly Theme, preparing a layout using Word or other software (Sandra can help), arranging for printing, pick-up in Dartmouth and posting at the church. This is currently being done by Norm each month, but he could certainly use this help.
- **Interior painting.** We have water stains on the ceiling and walls of the church office and the minister's office. We would welcome volunteers who like painting to paint one or both offices.



Lay Chaplaincy program

The Canadian Unitarian Council has a program which provides training and support to lay members of our congregations who are willing and able to officiate at rites of passage including (but not limited to) weddings, child dedications and memorial services. Our lay chaplains

are pleased to provide this outreach service to those who want a religious ceremony. Lay chaplains provide rites of passage to members as well as to the public.

If you are curious to learn more about the Lay Chaplaincy program, you may be interested in reading "Celebrating 35 Years", a special 4-page supplement to *The Canadian Unitarian* from 2005, accessible at www.cuc.ca. There, you can view photographs that were displayed during the CUC's 2014 Annual Conference, representing the Canadian lay chaplaincy experience.

In the next couple of years, we shall be looking for a new lay chaplain, as our present lay chaplain, Wynne Jordan, will retire from that role.

Please let me know if you are interested in such a responsibility.

Dean White
Lay Chaplaincy Chair

Sunday Service Volunteers

January 3

Greeting	Kathy Anthony, Anne Knight-Gorman
Ushering	Andy Blair (e), Janet Horofker (l)
Kitchen	Devin Murphy, Stephen Butler (set-up) Anne Knight-Gorman (clean-up)
Audio	Devin Murphy
Library	TBA

January 10

Greeting	Alison Chipman, TBA
Ushering	Wendy Ozon (e), Dean White (l)
Kitchen	Louise Malloch Stephen Butler (set-up) (clean-up)
TBA	Avard Woolaver
Audio	Anne Knight-Gorman
Library	

January 17

Greeting	TBA
Ushering	Eileen Ross (e) Margaret and Paul Galbraith (l)
Kitchen	Paul Galbraith, Stephen Butler (set-up) Stephen Butler (clean-up)
Audio	Paul Galbraith
Library	Alison Chipman

January 24

Greeting	Sandra Clarke, Sylvia Mattinson
Ushering	Andy Blair (e) Sylvia Mattinson (l)
Kitchen	Nick B-J, Stephen Butler (set-up) Kathy Spencer (clean-up)
Audio	Nick Baros-Johnson
Library	Stephen Butler

January 31

Greeting	Alison Chipman, TBA
Ushering	Kay Smith, Kathy Anthony (e) Dean White (l)
Kitchen	Devin Murphy, Stephen Butler (set-up) Dean White (clean-up)
Audio	Devin Murphy
Library	Shripad Pendse

To join the Sunday Service support Team
please contact Wietske Gradstein: 902-835-9272.

Are You



**for the Coffeehouse
Saturday, February 20th?**

Questions?

Ideas?

Not sure?

Or are you good to go?

Call or email Deborah

uuchmusic@yahoo.ca

902-463-0988

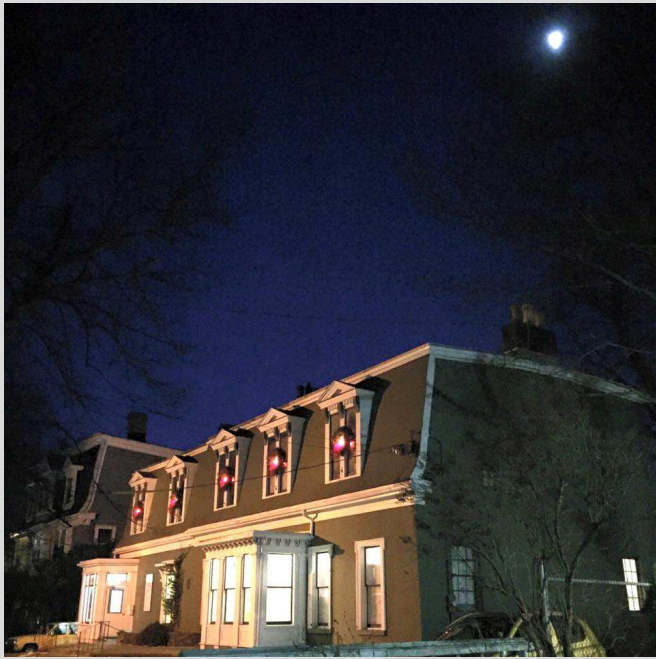


Photo by Kim Turner