



Universalist Unitarian
Church of Halifax
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Rev. Norm Horofker
Minister
Office Hours
Tues, Wed, Fri 10-3
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Sandra Jamieson
Office Administrator
Office hours
Mon, Wed, Fri 10-3
Lunch 12 to 1 pm

Jessica Friesen
Music Director

Marie-Claude Leroux
Director, Religious Ed
for Children & Youth

Margaret Galbraith
President

Etta Hamm
Newsletter

Sunday service
10:30 am

All are welcome

Children & Youth Education
Child care available



Our Theme for January is *Integrity*

January 5

Living Our Principles with Integrity — One definition of integrity is the characteristic of consistently acting on the values and principles that one claims are important to them. The first service of a new year is a good time to look at how our congregation acts on the Seven Principles of Unitarian Universalism that we covenant to affirm and promote.

Presenter: Rev. Norm Horofker; Service Assistant: Marie Welton

January 12

Balancing Saving the World and Enjoying the World... with Integrity — E. B. White has said: 'I arise in the morning torn between a desire to improve (or save) the world and a desire to enjoy (or savour) the world. This makes it hard... in a world seemingly always in crisis Norm will offer a way to both save and savour the world.

Presenter: Rev. Norm Horofker; Service Assistant: Elinor Egar-Reynolds

January 19

Wounding and Healing — Artist Regina Coupar shares a personal story about the instrumental value of making art in the struggle with depression and loss. Her latest works will be featured in the Ballroom Gallery.

Presenters: Regina Coupar; Service Leader James Morris

January 26


An Examination of Emerson's Ideas on Living with Integrity — Every UU should know a little about Ralph Waldo Emerson, a 19th century pivotal figure in the history of Unitarian Universalism. Today we take a 21st century look at his ideas on living with integrity as expressed in his essay titled "Self Reliance."

Presenter: Rev. Norm Horofker; Service Assistant: Pam Griffin-Hody

The Theme for February will be *Resilience*

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.

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4 10 am – 11:30 am Neighbourhood Brunch
5	6	7 1 pm Caring Com.	8 4:45-6:15 pm Afterchoir 6:30 Board Meeting	9 9:30-11:30 am Parents & Tots Noon Tai Chi	10	11 10 am – 11:30 am Neighbourhood Brunch
12	13 9 pm Young Adult online check-in	14	15 4:45-6:15 pm Afterchoir	16 9:30-11:30 am Parents & Tots Noon Tai Chi	17	18 10 am – 11:30 am Neighbourhood Brunch
19 12 Noon Humanist Group 12 Noon COSM 1-4 pm Theme song writing circle for Making Waves, John Lindsay-B.	20	21	22 4:45-6:15 pm Afterchoir	23 9:30-11:30 am Parents & Tots Noon Tai Chi	24	25 10 am – 11:30 am Neighbourhood Brunch
26 12 Noon Intro to UUism with Rev. Norm	27 12 noon Newsletter Deadline	28	29 4:45-6:15 pm Afterchoir	30 9:30-11:30 am Parents & Tots Noon Tai Chi	31	

NEW YEAR'S DAY PANCAKE BRUNCH Wednesday, January 1 — 10am-12 noon

Start 2020 in a relaxed gathering with good friends and good food. Once again this year, you are invited to our Annual New Year's Day Pancake Brunch. Nothing fancy... just good food, good people, and a fresh start on a New Year.

If you can help with set-up, cooking or clean-up, please contact Faith Piccolo at fpic@gmail.com



Minister's Notes



January and Integrity

Your Worship Team meets every month, usually in the evening on second Tuesday of the month. It is a pleasant time spent exploring spiritual ideas in the context of the upcoming monthly themes. These discussions directly shape the Sunday services that are so important to our congregation. The work of the Worship Committee has been very helpful to me, keeping me on track and usually on schedule.

We have a wealth of information to work with each month provided by the Soul Matters association of congregations that we participate in.

The theme for January is Integrity and I am attaching a link here to some of the material that our Worship Committee has used to explore that theme. I encourage you to have a look, and maybe consider coming out to join the Worship Team. If you would like to do that, please send me an email, or contact me in person. Here is the link:

https://theuniver-my.sharepoint.com/:w/g/personal/nhorofker_the_univer_onmicrosoft_com/EU51RWYVfk1AmlRzJMv-QU4Bj4Ccsn17YuVh_bWM33hMEA?e=ubrcYB

(Let me know if you have trouble opening the link. I can provide hard copies.)

In an ideal world, living with integrity means living in a manner that aligns your daily activities and interactions with the values that you hold dearest in life. We are living in a time of unprecedented change and transition. How do you live with integrity when the guideposts to a good life are changing every day?

One of my guilty pleasures has been watching the Netflix series “The Good Place.” It is a comedy based on the idea that you go to “the good place” or “the bad place” after death, based on how many points you accumulate in your life for the good you have done, minus the points you have lost for the harm you have done. I am still catching up on episodes from last year, so please don’t tell me anything that will give away the plot of future episodes.

One article I read did give away part of the story that I had not yet seen. Apparently nobody has made it to “the good place” for several decades. The problem, according to the story line, is that life is so complicated that there is a positive side and a negative side to almost everything we do.

Life is indeed complicated. The issues of Global Warming are the poster child for the complexities of life in the world today. The incredible achievements of humanity in extending human life expectancy, in educating the masses, in linking the world with instantaneous communication, in lifting millions out of poverty etc... all of these have been the direct result of an industrial revolution powered by fossil fuels.

(For those who doubt my rosy assessment of human progress I refer you to Steven Pinker’s books ‘The Better Angels of our Nature’ and ‘Enlightenment Now.’)

Today we are facing the consequences of burning fossil fuels in the form of Global Climate Change. How are we to live with integrity in a period of transition? Integrity and transition seem almost incompatible. We have to hold on to some modes of operation that are inconsistent with our values, while we transition to a new vision of a green economy. What is the appropriate timing of our personal transitions?

I have got some ideas for you on this topic thanks to our Worship Committee and I will certainly be sharing them with you, in Sunday services in January. See you there!

Happy New Year!

With Love,
Norm

LET'S HELP EACH OTHER TO ATTEND MAKING WAVES!



Hosting the CUC Biennial Conference is a huge shared commitment for our UUCH community, and also a very proud time for us. Community implies that we should all be able to attend Making Waves and to contribute to its success.

Unfortunately the cost of attending is significant, close to \$300 per person. Some of our members just don't have \$300 extra, though they would love to attend and volunteer and be part of this major event for UUCH. Please... would anyone who can contribute to a fund to provide financial help with registration let Darla Muzzerall (Host Committee treasurer) know what you can contribute? Darla will administer the fund confidentially. Anyone who would like to attend but needs financial help should let Darla know, privately.

Some congregations hold fundraisers for this purpose. Fredericton has held a yard sale and a congregation dinner to raise money to help their people come to Making Waves. UUCH has a lot on its plate right now, and we are hoping that this appeal will be enough. By the way, **we need to know soon about contributions**, to get the early bird discount on the "assisted" registrations.

Thank you for any help you can provide to ensure that our community can share in this event.

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"MAKING WAVES" Conference Four Months Away and Counting!

Here it is 2020 already and UUCH is into the **final few months of preparations** to shine on the national Unitarian Universalist stage by hosting a really great time for UUs from across our country. We certainly have what it takes to be great hosts, make people welcome, and provide lots of fun activities for them. Of course our guests will enjoy the various workshops and meetings and so on, that are the business of Making Waves, but the Host Committee role is to make sure they have a good time and lots of fun while they are with us.

The CUC also continues its planning ...

The CUC has announced Alex Okrainetz, Vancouver, as **CanUUdle Coordinator**, who will work with our **Marie-Claude** in planning the multi-generational program. The CUC has created the **detailed schedule** for Making Waves—and has contracted for **accommodations and food** requirements. They are close to publishing the list of **workshops and the registration forms** for Making Waves. There will be a **significant early bird discount** for registering by the end of March. We will let you know when registration forms can be accessed.

The UUCH Host Committee team is filling out. A separate article follows listing all the required Host Committee functions—**and still-open positions**. **Please look at it and decide where you can help.**

Other needs identified ...

Does anyone have a **wheelchair** they could loan for use during the conference? Please let **Glenda** know.

Is anyone willing to **offer home hospitality** during the conference? Some attendees are on a tight budget, and others like a home stay instead of the dormitory. If you can offer accommodation, please let **Elinor Egar-Reynolds** know. Even a tentative commitment to be later confirmed would be helpful to Elinor.

We have had good feedback on the Vacation Planning letter from the Host Committee sent out to the entire CUC email list of 3000 names, and to other Canadian UU congregations. Our next Host Committee letter, planned for January distribution, **will feature the music aspect of Making Waves** to help entice UUs to come to Halifax for a good time.

We have an **email account for inquiries** about Host Committee activities and local information:

MakingWavesHalifax2020@gmail.com

This email account augments the CUC address:

conference@cuc.ca

for inquiries to CUC about workshops, registration, etc. As always, if you want information please feel free to ask your Communications team and we will share it with you and others.

Karen Woolhouse and Etta Hamm
Host Committee Communications



MAKING WAVES Conference

Still some openings on our Host Committee Team



There are only four months left until we are hosting Making Waves, the biennial CUC conference, right here in Halifax. UUCH's responsibility as Host Committee is to make sure that our visitors have a great time, as well as to provide certain local support to the CUC team. The list of responsibilities (from CUC) below shows the range of activities which UUCH is handling.

The list below includes (to the best of our knowledge) all the UUCH people who have volunteered to date, and the area where they will be working during Making Waves.

- If you have already volunteered, would you please check to make sure that we have you in the right place. And, if you want to contribute some time in another area as well, that's great.
- If you have not yet volunteered, please select the area where you would like to help and let Glenda or Molly or the team lead for that area know. Remember that you can contribute a few hours during the conference and still be a full participant in the event.
- Thanks very much for checking the list below and thinking about what your contribution to Making Waves will be.

HOST COMMITTEE CO-CHAIRS: Glenda Butt, Molly Hurd

TREASURER: Darla Muzzerall

COMMUNICATIONS TEAM: Karen Woolhouse, Etta Hamm, Kim Turner (photographer)

GATHERINGS TEAM: (coordinates Ingathering, Sunday morning worship, social events):

Team lead: Troy Saulnier

Ingathering: Troy Saulnier

Saturday night Ceilidh: John Lindsay-Botten (coordinator), Pam Berman, Mia Huh

Sunday morning worship: Norm Horofker, Vanessa and John Lindsay-Botten

MULTI-GENERATIONAL TEAM:

CanUUdle: (program at UUCH for youth 14–19)

Coordinator: (Provided by CUC) Alex Okrainetz

Kitchen team (shops, prepares and serves meals to youth): Needs a coordinator and 3-4 helpers

Overnight monitors working in two hour shifts: Needs a coordinator and 4-6 helpers

UUCH building liaison: needed

(MULTI-GENERATIONAL TEAM continued ...)

Children's Program: (provides care and programming at King's for children 13 and under)

Team lead: Marie-Claude Leroux (working with Alex Okrainetz)

Caregivers and facilitators: need 6

MUSIC TEAM: (all music for conference events, including choir for Sunday worship)

Team leads: John and Vanessa Lindsay-Botten

Choir director: Vanessa Lindsay-Botten

Saturday evening Ceilidh coordinator: John Lindsay-Botten

SITE SUPPORT TEAM: (accessibility, room/event setup, signage, transportation)

Team lead: Molly Hurd and Troy Saulnier

Accessibility coordinator: Wietske Gradstein, plus 2 helpers

Transportation and Safety coordinator: needed

Signage Coordinator: needed, plus 3 helpers

Setup Coordinator: needed, plus 2 helpers

Helpers for the above: Stephen Butler, 4 more needed

VOLUNTEER TEAM: (helpers to work onsite – gofer's, runners, ushers, etc.)

Team Lead: Glenda Butt

Helpers: Kath Anthony, Stephen Butler, Sylvia Mattinson,

Shripad Pendse, Mary-Lu MacDonald

5 more needed to work shifts

TECHNICAL SUPPORT TEAM: (assists CUC Tech team with technical infrastructure, setup, teardown, etc.)

Host Committee support for CUC team: Troy Saulnier and Paul Galbraith

Helpers: 3-5 needed

WELCOME AND INFORMATION TEAM: (coordinates all activities at Welcome Table; compiles information and materials)

Team lead: Etta Hamm

Home Hospitality coordinator: Elinor Egar-Reynolds

Welcome Table volunteers: Marilyn Shinyei, Faith Piccolo, David Lewis,

Wietske Gradstein, Dean White, Pam Griffin-Hody

Exhibits coordinator and setup : Team lead provided by CUC (Jo-Anne Elder Gomes) and helpers by Unitarian Fellowship of Fredericton

REGISTRATION TEAM: (onsite registration and payments; staff Registration Table through conference)

Team lead provided by CUC (Jo-Anne Elder Gomes) and helpers by

Unitarian Fellowship of Fredericton

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The Caring Column

Sandra Elaine Clarke, wife of Allyn and mother of Michelle, Rebecca and Nancy, died on December 13th after a period of deteriorating health. Sandra was involved in many UUCH and community organizations over the years, and along with Allyn, was an integral member of our church. Their daughters and other family members, and friends from near and far attended visitations on December 17th and the celebration of Sandra's life the following afternoon. The daughters spoke of their memories of their mother, as did her six grandchildren of their grandmother. Sandra will be greatly missed.



More recently, on December 23rd **Cea Connors' mother, Ann**, died in Cole Harbour where she had been living in more recent times. Cea had been visiting her mother three times a week at her Cole Harbour residence and daily at her previous residence in Halifax. We extend our sympathy to Cea and other members of her family at this sad time.

Anne Knight-Gorman was happy to report that her niece and great-niece from Wales had visited her in early December.

Wietske Gradstein was pleased to introduce her brother and sister-in-law, visiting from Holland. They attended both the Sunday service and the Blue Christmas event.

Troy Saulnier reported that his wife **Danielle** had aced all the courses in the first term of her Masters in Education degree program.

And finally, congratulations to **Giulia Bonasio and Daniele Turchetti** on the birth of their son, Cosimo! All are fine and they plan to communicate directly with us soon.

Best wishes to everyone for a happy and healthy year in 2020!

Sylvia Mattinson

Refugee Update: Never a Dull Moment!

It has been three months since our last update—and a lot can happen in three months!

In just the last two days a baby was born to one of our Somali families—and we received word from the embassy in Amman, Jordan stating that a young Iraqi refugee destined for Halifax will have his interview on Jan 15th. He will still require a medical and a security check, and there is no predicting how long those might take, or when he will have the green light to travel to Canada.

We had three individuals arrive in October, one more in November—and of course the wedding of Nawras and Nairouz in late October. Two families we were hoping to see in 2019 are still waiting in Turkey for their “green light”. Hopefully they will both be on their way soon.

In November our 12-month settlement period ended with our 37 African newcomers (now 40 thanks to three births). Wrapping up with them meant making sure that our great team of local settlement helpers were trying to find subsidized housing, helping them apply for income assistance and making sure that all was well with all family members. Even when the 12 months are up, the connections and friendships remain.

In December Molly and I both brought some of the kids and parents to church for the Gingerbread Decorating which was a fun event. Also in December Kathy Spencer, Claude Hotten and Frank and I went to Musquodoboit Harbour for lunch at 'our very own' Noor Althyab's new Mediterranean Kitchen.

In 2019 we filed applications for 63 people—49 through the Private Sponsorship of Refugees Program, 8 through Rainbow Refugees, 4 through BVOR and 2 more as a One Year Window application for two little boys who need to join one of the Somali families.

We thought we would then have a 3-month hiatus as usually the new spaces are not allocated until the end of February. However, we have been told to expect new spaces in early January; within days we will be gearing up for that. So, we face 2020 with excitement and some dread. Here we go again!

Marilyn Shinyei
Co-chair, Refugee Committee

Board Buzz

December, not surprisingly, had a few storms, one of which resulted in a cancelled Board meeting. Happily things are fairly stable right now, no urgent issues to resolve, so we felt we could wait for January to meet.

Some good news at year end is that our Annual Canvass was very successful. We have pledges totaling \$111,924 — only \$600 less than our goal. So there will be no late-night, hair-pulling session on "what more can we possibly cut?" from the 2020 budget.

Equally good news is that we have received almost \$111,000 in pledged money in 2019. This is somewhat short of the 2019 goal and it is too early to predict the bottom line as all the expenses are not yet tallied. There will be a deficit for sure but we had budgeted for that.

As we wrap up 2019, you can expect your tax receipts by email in early January or in the mail if you do not have email. Have I ever told you how much I love the DONATION Software program from Software4nonprofits.com? I enter your donations each week as the year unfolds and then it just takes a click of my mouse to send those receipts out at year end.

Wishing everyone a happy and healthy 2020.

Marilyn Shinyei

UUCH Board of Directors June 2018 - May 2019

Officers

President	Margaret Galbraith
Vice-President	Troy Saulnier
Past President	Kim Turner
Secretary	Pam Griffin-Hody
Treasurer	Marilyn Shinyei

Members at Large

Jim Morrison	Katherine Hutka
Michael Belland	Jean-François Turcotte

Religious Exploration



A new year has begun and there is much to look forward to. Youth will continue to explore ethics and spirituality with the Amazing Grace program, while the children will continue to explore the Seven Principles with the Love Surrounds Us program. We will continue our interfaith house of worship visits, beginning with a visit to a synagogue in January.

We ended 2019 in the spirit of giving throughout December, with children & youth coming together to create gifts & treats for strangers and loved ones. We kicked off the season with the RE program's annual tradition of making Christmas crackers, an activity much loved by the children. The crackers were filled with trinkets to be given to family and friends over the holidays.

We learned a little about the various seasonal celebrations, and decorated winter solstice cookies to be offered during the Saturday brunch.

We participated in the UUCH Christmas Hamper program for the Canadian Mental Health Association by making Christmas cards to be included in each gift bag. The kids also made loving cards for the Caring Committee to use throughout the year.

I am especially grateful to our volunteer helpers: Leslie & Allan Shaw joined us twice in December; Kate Everson joined our Christmas cracker assembly line; the never-ending help and support of Katherine Hutka and Danielle Saulnier who jump in whenever an extra set of hands is needed; and Pam Berman & Janet Horofker who help our youth thrive in their spiritual development. Thank you to all; I look forward to working together in the new year.

Marie-Claude Leroux

Director, Religious Exploration Program



Thank you so much

to all of you who contributed financially both in 2019, and with your pledges for 2020. We often speak of donating time, talent or treasure to our UU community: we know we have lots of talent and many people give their time, but none of it will work well without the treasure! On behalf of your Board, thank you!

Margaret

Heads up!



The Annual February COFFEEHOUSE is coming! Saturday, February 21

**Now is the time to get your act together!
We look forward to the usual varied,
fun, uplifting entertainment.
Questions? See Jessica Friesen
or contact her at
jessicafriesen876@gmail.com**



In keeping with our monthly themes, we'd love to hear a short story from you about your life and personal experiences.

The Worship & RE committees can help you in presenting a 5-minute story to be shared with the congregation.

Themes coming up are:

January: Integrity

February: Resilience

March : Wisdom

Have you a story to share? Reach out to
Marie-Claude Leroux
at marieclx@hotmail.com



FEBRUARY NEWSLETTER DEADLINE

The deadline for submissions for the February newsletter will be noon, January 27th.

Please send your submissions to both
Etta, braeside@eastlink.ca
and
Sandra, uuchurch@eastlink.ca



In the New Year, may your right hand
always be stretched out in friendship,
never in want.
~Irish Toast

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