



Universalist Unitarian  
Church of Halifax  
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Sunday services  
10:30 am

All are welcome

Children & Youth  
Education

### *This Month's Sunday Services*

**See page 2 for this month's message regarding services in relation to COVID-19.**

Services are intended to be online only. Services start at 10:30. Join us via zoom or YouTube between 10:20 am and 10:30 on Sunday. 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 on our UUCH Channel at:

<https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw>

### *Theme for January: Living With Intention*

#### ***January 2 — A Minister's Reflections – New Year's Intentions***

On this, the first service of a New Year, your minister will share ideas about intentions, personal and congregational, for the year ahead. **Service Leader: Rev. Norm Horofker**

#### ***January 9 — "I didn't mean to offend you!"***

As UUs across the continent have begun the work of dismantling racism we are becoming more aware of our responsibility, not only for what we say and do, but for how our words and actions affect others. What really matters... our intention or our impact? **Service Leader: Rev. Norm Horofker**

#### ***January 16 — Intention Deficit Disorder***

Attention and intention are closely related concepts. Most of us are familiar with ADD, Attention Deficit Disorder, a well documented medical condition. This morning we will explore the idea of IDD, Intention Deficit Disorder (not a medical condition.) IDD raises the question...do we pay enough attention to why we do what we do? **Service Leader: Rev. Norm Horofker**

#### ***January 23 — A Shared Service***

In Norm's absence, this service will be built around a stimulating pre-recorded service from one of our sister congregations. Stay tuned for more details. **Service Leader: TBD**

#### ***January 30 — UU Principles as Intentions***

We now have eight principles adopted by the Canadian Unitarian Council. What is the role of our principles in our governance and our ever-evolving faith tradition? This morning we look at this question through the lens of intention. **Service Leader: Rev. Norm Horofker**

### *Our Theme for the month of February: Widening the Circle*

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 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 10 - 11:30 am Brunch Take-out</p> 
<p>2 10:30 am Service</p>	<p>3</p> 	<p>4</p>	<p>5 8 pm Religious Exploration team meeting</p>	<p>6 7-8 pm Online gathering 7 pm Shared Ministry meeting</p>	<p>7 3 pm Truth &amp; Reconciliation meeting</p>	<p>8 10 - 11:30 am Brunch Take-out</p>
<p>9 10:30 am service</p>	<p>10 6:30 pm Board meeting (date change this month)</p> 	<p>11 7 pm Worship team meeting</p>	<p>12</p>	<p>13 2 pm Building Team meeting 7-8 pm Online gathering</p>	<p>14</p>	<p>15 10 - 11:30 am Brunch Take-out</p> 
<p>16 2 pm</p> 	<p>17</p>	<p>18 7 pm Caring Committee meeting</p>	<p>19 7 pm Climate Crisis team meeting</p> 	<p>20 7-8 pm Online gathering</p>	<p>21 1 pm Brunch team meeting</p>	<p>22 10 - 11:30 am Brunch Take-out</p>
<p>23 10:30 am Service</p>	<p>24</p>	<p>25 <b>Newsletter deadline</b></p>  <p>7:30 pm Dismantling Racism</p>	<p>26</p>	<p>27 7-8 pm Online gathering 7:30 pm Membership meeting</p>	<p>28</p>	<p>29 10 - 11:30 am Brunch Take-out 5 pm Order of Good Cheer</p> 
<p>30 10:30 am Service</p>	<p>31</p> 	<p><b>Church Services and COVID</b> From the Board: We have decided, with regret, that it is best to not have congregation members in attendance at the church for the time being. It seems wise to be cautious in view of the rapidly spreading Omicron variant of the COVID virus. Any changes will be sent out on uuinfo. The service will be on Zoom and YouTube as usual (see page 1).</p>				



## *Minister's Notes*

*On January's theme:  
"Living with Intention"*

I am writing this on the cusp of a new year when our lives, to a large extent, are dominated by the latest developments related to the COVID-19 pandemic. But you didn't need to hear that.

Our theme for the month of January is "Living with Intention" but it seems hard to focus on our intentions when the rules governing how we interact with each other keep changing. How can you make plans in these times?

Yes, there are a lot of things outside of our control despite our best intentions, but the important things remain a choice for us... not always and easy choice, granted. The choice to be compassionate in our dealings with one another, the choice to be patient, the choice to be generous, the choice to look for the good. The choice to exercise a sense of humour.

I interact with colleagues regularly who are really concerned for the future of their congregations following two years of this pandemic. I feel very fortunate to be the minister of UUCH where I think we have managed to preserve the important sense of community, although I realize that as COVID rages on, things are not the way they used to be, or the way we would choose.

My hope for the New Year is that each and everyone reading this message will maintain their firm intention to ride out the pandemic and hold on to the connection with our congregation and treat each other with love and respect.

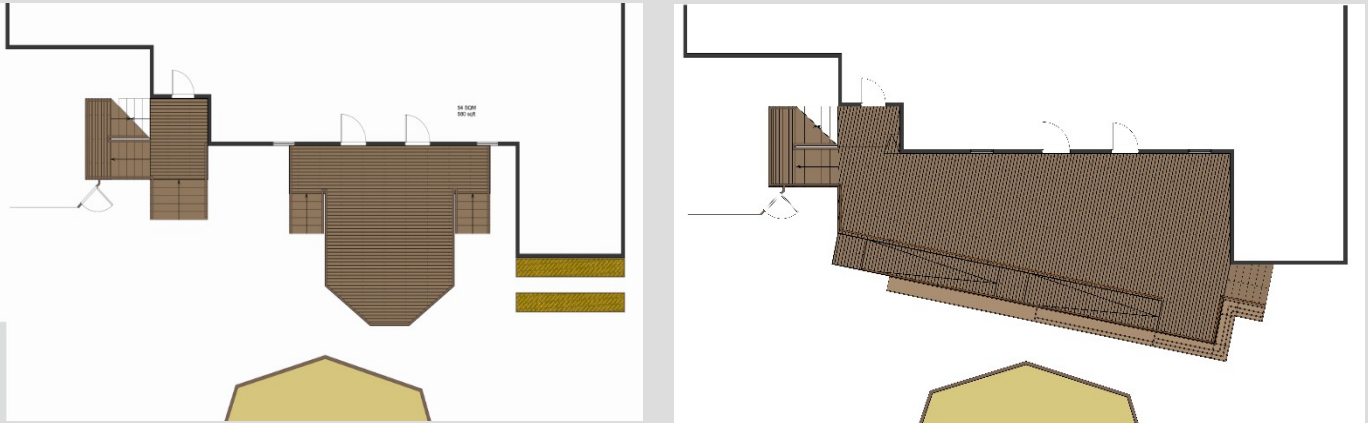
One tangible example of this has been our pledge drive this year. You will note elsewhere in this newsletter that we exceeded our goal for this year... wonderful affirming news!

Thank you all and may the New Year bring you joy!

***With Love, Norm***

## Building Team Projects – Something to Look Forward to in 2022

**New Rear Deck:** The building permit has been submitted and fundraising will begin in the new year. The existing deck is unsafe. The new deck will span from the kitchen door to the ballroom doors and will include a fully accessible ramp to the ground and an automated door for access from the ballroom. *Imagine the parties we'll have when this is complete!* Fundraising begins shortly.



**Front Yard Landscaping:** We have received a grant of \$10,000 from a participatory democracy program administered by our city councillor, Wayne Mason. We are planning to landscape the West end of our front yard, including paving stone and benches to make our space and street scape more inviting. Details of the design will require input from the congregation. Two concepts are shown below.



Check out this link for a fun animated and somewhat nostalgic video.

<https://www.dropbox.com/s/hdm096b85ark491/UU%20Church%20Landscape%20Proposal%20Movie.m4v?dl=0>



## From your Climate Crisis team

### *New Year's Resolutions for the Earth*

We are at a crucial time in the calendar most of us use—the end of 2021 and the beginning of a new year, 2022. One day to the next means little to the planet, but it is our society, fueled by capitalism and the energy of fossil fuels that has brought us to the state we are currently in. Let's put our society's traditions to good use and make plans for the "new year" that will help to reduce the emissions causing global warming. Here are some suggestions from Carl Duivenvoorden's newsletter, Green Ideas: [www.carlsgreenideas.wordpress.com](http://www.carlsgreenideas.wordpress.com)

- **Resolve to drive less.** This is the biggest single thing most of us can do to reduce emissions. Emissions from transportation are 25% of Canada's total, as of 2017, and emissions from oil and gas are 27%, so reducing how much we drive gas-burning vehicles can make a significant difference. Some of us can work from home more, or easily walk, bike, or take public transit for many of our needs, but if you have to drive, plan to accomplish several errands at once. Resolve to never idle or use drive-throughs, and drive with a gentle foot.
- **Resolve to use less electricity in your home.** The many small things we do at home can add up significantly. Turn off lights and appliances when not using them; use a clothesline or rack instead of a dryer; take shorter and/or fewer showers; turn down your thermostat and open the curtains on sunny days; turn down the temperature on your hot water heater; seal drafts with weatherstripping. Larger dividends can result from getting an energy audit and following the recommendations.
- **Resolve to make your next vehicle electric.** Even in Nova Scotia where much of our electricity is still from coal, the fuel efficiency is so much greater that the over-all emissions reduction is significant. The average electric vehicle will travel 6 to 8 times as far as a typical pickup truck on the same fuel energy. EV prices are decreasing, the selection is increasing, and government rebates are available.
- **Resolve to become politically active.** Our elected representatives need to know that we think urgent climate action is really important. It is government actions and policies that will impact the emissions that are beyond the influence of individuals. They also need to know that we want a just transition, involving good replacement jobs for the workers affected, and Indigenous peoples included in the process. There are street demonstrations to join and petitions to sign—or just write a letter or email or telephone. The key is to let your representatives know what you want.

*New Year's resolutions for the earth! Let's go for it!*

**Margaret Galbraith**  
**for the Climate Crisis Team.**



## Saturday Brunch Take-out: How we do it



The lunch bunch, as we call ourselves, is a group of dedicated volunteers who prepare bagged lunches for our neighbours in need, who come by every Saturday morning. Every week one of us (usually Kath) shops at various stores looking for the best deals so that we can provide a nutritious lunch. As well, food is collected from several food banks to supplement our purchased items.

Every Friday we gather to prepare the lunch bags. Two people fill the bags with juice boxes, treats, raisins, granola bars, fruit, etc. Others make the sandwiches, e.g, meat slices, egg salad, tuna or ground meat. Every week a volunteer purchases and minces parsley, carrot and celery to add a special flavour to the sandwiches—which are individually wrapped before they go into the bags. Thanks to a generous donation, a turkey was purchased and baked for our Christmas Day sandwiches. We are currently making 40 sandwiches a week. We also make soup to give as requested. Bones go to happy dogs.

Another sub-group of volunteers are our bakers who bake or buy sweet treats and wrap them into 40 individual packages. On Saturday another group finishes packing the lunch bags with the sandwiches and yogurt. They then pass out the bags to the grateful recipients along with cups of hot coffee. Adhering to health guidelines, when possible a few tables are set up so that some recipients can eat indoors and talk with their neighbours.

The cost of preparing Saturday lunches is much higher than when we had the *in-church* hot breakfast program. Juice boxes, for example, are more expensive than a jug of juice. As well, we have to pay the deposit on each container which we do not recover.

Formerly, the Sunday collection twice a month helped to subsidize the breakfast, but due to the pandemic, that no longer brings in much money. So while we do receive generous donations, we are always scrambling to cover costs.

***The winter months are the worst for hunger, and our numbers and costs are increasing. Any amount that***



**Stephen Butler, one of our volunteers, hands out lunches at the door.**

***anyone can contribute is gratefully received and carefully spent. You can send a contribution to [treasurer@uuch.ca](mailto:treasurer@uuch.ca) – or mail a cheque to the church.***

This past Christmas, in addition to the regular lunches, we packed 40 special holiday bags filled with enough food for a meal or two—plus candy, socks, treats, tissues, and various useful items. It cost roughly \$40 just for the cloth bags so this is an expensive but necessary activity. Our patrons were delighted with these gift bags.

Any extra food items are put into the food box in the front porch. ***You can drop off non-perishable items in the food box any day of the week.*** Some of our neighbours depend on the food box for their daily needs.

***We are always in need of new volunteers.*** A commitment of even one Saturday a month would be a big help. When we open up for eat-in service (hopefully soon), we'll need volunteers for clean-up.

If you don't want to be around people (although we are all double-vaccinated), you could be an emergency baker, maybe just for the odd fifth Friday of the month. There are jobs big and small for everyone. Contact Kathy Anthony; there will be a spot for you. Our clients are so appreciative that it makes it all worthwhile. Please consider how you can help. Thank you!

***Michael Smith  
for the lunch bunch***

## The Caring Column



The committee sent Christmas cards to some of our more isolated members and friends. Sometimes, all it takes to cheer someone up is a greeting card from someone who remembers them.

To start off a new year I contacted several UUCH people who I hadn't spoken with for quite a while. All said they were fine.

Among them was Muriel Rosevear who spoke about what fun she and Jessica had building a big snowman on the front yard of the church.

Michael Smith is still looking for another dog to live with her and her four cats (two of them from Alison.)

Thank you to all those who helped us carry out our tasks over the 2021 year. Both the members of the Caring Committee and those who benefited from your help are truly appreciative of the support you provided.

Best wishes to all for a healthy, peaceful and happy year in 2022!

**Sylvia Mattinson**  
for the Caring Committee

## Canvass Wrap-up



I am thrilled to announce that the 2022 UUCH Pledge Campaign has wrapped up and we have reached our goal! In fact we have done even better than that and

surpassed it! Our goal was \$120,000 and the campaign brought in \$120,813!

Big thanks to the canvass team: Marilyn Shinyei, Margaret Galbraith, Molly Hurd, Darla Muzzerall, Etta Hamm and Scott Wood.

Everyone in the congregation should give themselves a pat on the back for this achievement during a pandemic!

**Pam Berman**  
2022 Pledge Campaign Chair

## Regular Monthly Meetings

Group	Recurrence	Group lead
Board of Directors	<b>This month only:</b> 2nd Monday 6:30 pm	Troy Saulnier
Religious Exploration	1st Wednesday 8 pm	Marie-Claude Leroux
Committee on Shared Ministry	1st Thursday 7 pm	Norm Horofker
Truth and Reconciliation	1st Friday 3 pm	Wietske Gradstein
Worship Team	2nd Tuesday 7 pm	Norm Horofker
Building Team	2nd Thursday 2 pm	Norm Horofker
Caring Committee	3rd Tuesday 7 pm	Sylvia Mattinson
Climate Crisis Team	3rd Wednesday 7 pm	Margaret Galbraith
Saturday Brunch Team	3rd Friday 1 pm	Kath Anthony
Dismantling Racism	4th Tuesday 7:30 pm	Pam Griffin-Hody
Membership	4th Thursday 7:30 pm	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 February newsletter is **TUESDAY JANUARY 25th.**

Please submit your articles to **Etta at [braeside@eastlink.ca](mailto:braeside@eastlink.ca)**

# ***Religious Exploration for Children & Youth***

Happy New Year! I hope everyone found moments of connection and joy over the holiday season.

Although the RE program was short with only two Sundays together in December, we ended 2021 in the spirit of giving. Children and youth came together for festive activities to serve others over the holidays.



We decorated heart shaped ginger cookies to include in the Saturday bagged lunches, with colourful images and thoughtful wishes drawn on the paper bags themselves. The children were excited about their creations, knowing that guests receiving lunches would have a treat made especially for them.

We once again participated in the annual UUCH tradition of the Christmas Hamper program for the Canadian Mental Health Association. The Saulnier family prepared hampers full of goodies for 31 local, marginalized people and families who experience severe social exclusion. Our children and youth crafted Christmas cards with warm greetings to be included in each gift bag. They put so much creativity and thoughtfulness into their cards, I'm certain they were much appreciated by the recipients.



We are excited about beginning a new year, although Sunday services will be online only during January. As we continue our program of alliance and activism with some of our church committees, we will be learning about the refugee experience and the work of the refugee sponsorship committee. Although we are dealing with large-scale issues, the children are being taught that working together makes a difference, one person and one family at a time.

***Marie-Claude Leroux***

***Director***

***Religious Exploration for Children & Youth***



# *The Music Page*



We've made it! January 2022. A fresh start, a time to make promises to ourselves, to do and to be better than before. This New Year's, let us make resolutions that will not be abandoned, let's think about changing the world. Let us help one another, exchange kind words, love not hate, and remain positive. Importantly, let's lift each other up through songs of good cheer!

## **Music Appreciation Team**

Due to COVID regulations, live concerts and events may be moved to Zoom—but If you know of a concert or musical event going on in Halifax, please let me know.

## **Order of Good Cheer**

To keep our spirits up in this cold season, Soulful Sundown is temporarily changing its name to *The Order of Good Cheer*. Similar to the settlers' *Order of Good Times* at Port-Royal, Nova Scotia, in 1606, we will have a potluck dinner and music by Robert Campbell. Come out **January 29th at 5 pm**. Due to COVID, the event may be changed, canceled, or moved to Zoom.



***Jessica Friesen***

***Music Director***

[jessicafriesen876@gmail.com](mailto:jessicafriesen876@gmail.com)

204-330-8165

*“Some days there won't be a song in your heart. Sing anyway!”*

*~ Emory Austin*



Etta Hamm