



### *This Month's Sunday Services*

Universalist Unitarian  
Church of Halifax  
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Halifax NS B3H 1J8

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Rev. Norm Horofker  
Minister  
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Jessica Friesen  
Music Director

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Etta Hamm  
Newsletter Editor

Sunday services  
10:30 am  
Presented Online

All are welcome

Children & Youth  
Education

**Note:** All services in March will be available online and 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>

### *This Month's Theme: Commitment*

#### **March 7**

***International Women's Day: A Commitment to Safe and Sacred Space*** — We invite you to reflect on the metaphorical and real space occupied by women and marginalized people, explore ways to create a safer and better space for all beings, and enjoy poetry and artwork on the theme of sacred shelter. **Presenter: Jo-Anne Elder Gomez; Service Leader: Mary Lu MacDonald**

#### **March 14**

***Commitment—What does it require of me, and what does it give back?*** — Living up to a commitment can be demanding and difficult, but commitment also makes our lives richer and more meaningful in many ways. To what are you committed, and how does that enhance your life?

**Service Leader: Rev. Norm Horofker; Service Leader: Marie Welton**

#### **March 21**

***A Maple Syrup Communion with the UU Society of Bangor Maine*** — This Sunday our congregation will link cross-border with our spiritual neighbours in Bangor Maine to celebrate that most beautiful herald of spring... maple sap and maple syrup. We will share music, poetry and reflections, along with real maple syrup. **Service Leaders: Rev. Norm Horofker and Rev. Andrew Moeller and others**

#### **March 28**

***The Omission and Exclusion of Black People from Canada's Past*** — This service is an introduction to the workshop series to follow this month when we will unpack racism in Canada and explore ways of becoming allies in the struggle to dismantle the racial barriers in our congregations and the wider community. Dr. Hayden is a retired professor emeritus who has studied the history of people of African heritage in Canada, and Nova Scotia in particular. His wife the Rev. Pat Trudeau is the minister of the Unitarian Fellowship of Northwest Toronto. **Presenter: Dr. Wilburn Hayden; Service Assistant: Rev. Norm Horofker**

### *The Theme for April: Becoming*

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.



# MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3  7 pm RE Committee meeting	4 7 pm UCH online gathering	5 3 pm Truth & Reconciliation meeting	6 10-11:30 am Neighbourhood Brunch Take-out 
7 10:30 am Online Service	8  International Women's Day	9 7 pm Worship Team meeting	10  6:30 pm Board meeting	11 2 pm Building Committee mtng 7 pm UCH online gathering	12	13 10-11:30 am Neighbourhood Brunch Take-out <i>Spring forward!</i> 2 am ↶
14 <i>Daylight Saving Time in effect</i> 10:30 am Online Service	15	16 March break!  5 pm Caring Committee meeting	17 Saint Patrick's Day  7 pm Climate Crisis Team meeting	18 7 pm UCH online gathering	19 1 pm Saturday Brunch Team meeting	20 10-11:30 am Neighbourhood Brunch Take-out <i>First day of spring</i> 
21 10:30 am Online Service	22 Back to school  WORLD WATER DAY March 22	23 7:30 pm Dismantling Racism session	24 Noon Newsletter Deadline 	25 7 pm UCH online gathering 7:30 pm Membership meeting	26	27 10-11:30 am Neighbourhood Brunch Take-out
28 10:30 am Online Service on racism with Dr. W. Hayden 7 pm Soulful Sundown 	29	30	31 			



Daylight Saving Time starts at 2 am, Sunday, March 14th.  
Good idea to 'spring ahead' at bedtime, Saturday night.

# Minister's Notes



## *March's Theme: Commitment*

First the good news... we are leaving February behind and entering March! And that means the spring equinox (March 20), the first day of spring and maple syrup season. You will notice in the list of services for March that we are planning a joint Sunday service with the congregation in Bangor Maine where every year they celebrate a "Maple Syrup Communion."

Our March services will also include a celebration of International Women's Day with Jo-Anne Elder Gomez from the UU Fellowship of Fredericton—and we will end the month with a special service to kick off a very special program on anti-black racism.

That doesn't leave much space in the month to address the theme for this month, "Commitment." Seems like I may have over-committed!

As restrictions on "normal" life brought on by the pandemic continue to weigh us down, it can be hard to think in terms of commitment. Each month I endeavour to create something inspiring for you in these monthly notes. But as Etta waits patiently for my contribution to the newsletter, I will confess to a certain COVID malaise myself.

And so rather than offer something original but sub-par, this month I am presenting for you a piece that inspires me, written by Howard Thurman. During the malaise of the pandemic may it help you to maintain your commitments.

***With Love – Rev. Norm Horofker***

From *The Inward Journey*, by Howard Thurman

Despite the dullness and barrenness of the days that pass, if I search with due diligence, I can always find a deposit left by some former radiance. But I had forgotten. At the time it was full-orbed, glorious, and resplendent. I was sure that I would never forget. In the moment of its fullness, I was sure that it would illumine my path for all the rest of my journey. I had forgotten how easy it is to forget.

There was no intent to betray what seemed so sure at the time. My response was whole, clean, authentic. But little by little, there crept into my life the dust and grit of the journey. Details, lower-level demands, all kinds of cross currents—nothing momentous, nothing overwhelming, nothing flagrant—just wear and tear. If there had been some direct challenge—a clear-cut issue—I would have fought it to the end, and beyond.

In the quietness of this place, surrounded by the all-pervading Presence of God, my heart whispers: Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed.

Keep fresh before me the moments of my high resolve.

## Climate Crisis Team: First Report



UUCH's new Climate Crisis Team held its first two meetings via Zoom on February 3rd and 17th with Margaret Galbraith chairing. Future meetings will be on the 3rd Wednesdays of the month.

Others contributing so far are Rev. Norm, Andy Blair, Allyn Clarke, Robin Stinson, Edie Whittington, Anne Walker, Elinor Egar-Reynolds, Marie Welton, Leslie Robinson and Marie-Claude Leroux. Andrea Currie has since joined.

### **Meeting summaries:**

- We passed a motion to support Fridays for Future and Happy Atmosphere (student's groups) however possible, such as providing meeting space and promoting activities.
- The team will do an Earth Day Sunday service in April.
- Norm was to arrange an energy audit on our building in consultation with the UUCH Building Committee.
- The team's mission is being discussed by email prior to the next meeting.
- Brainstorming resulted in many ideas; no decisions yet.
- The team will prepare a 2-minute presentation for every second Sunday service.

If you have ideas that you feel the Climate Action Team might consider, please email Margaret.

### **Next meeting, March 17, 7 pm.**

Anyone is welcome.

### ***Elinor Egar-Reynolds for the Climate Crisis Team***

The human race is challenged more than ever before to demonstrate our mastery, not over nature but of ourselves. — Rachel Carson

## Dismantling Racism: Upcoming Workshop Series



The UUCH Dismantling Racism Task Force is excited to offer this program as a concrete first step in addressing the many faceted issues of anti-black racism in our community—both locally and otherwise. The purpose of this workshop series is to unpack anti-black racism in Nova Scotia and Canada and to learn how to be effective allies.

The Task Force felt that in the Nova Scotia context it was important to have someone with expertise in the layered, complicated, and uncomfortable issue of the Black Nova Scotian experience. It was also felt that it was important to have a UU perspective. The presenters of this bring both. Dr. Wilburn Hayden is a professor emeritus of Social Work at York University who has done extensive research into historical black communities in Nova Scotia. His wife, Rev. Patricia Trudeau, is the minister of the Northwest Fellowship in Toronto. Both are pictured above. The *tentative* dates (to be confirmed with Dr. Hayden and Rev. Trudeau) are as follows:

Sunday, March 28:	1st church service
Friday, April 16, 7-9 pm:	Intro
Sat, April 17, 10 am-4 pm:	1st Saturday session
Sat, May 1, 10 am-4 pm:	2nd Saturday session
Sunday, May 16:	2nd church service

There is, of course, a cost to putting on this workshop series and a freewill donation of \$50 is requested. A freewill donation means simply that if you wish to participate, please do so donating as much as you think you can—even a few dollars help. If you are able to donate more, every dollar is welcome.

Please note that there is a limit as to how many people can be accommodated in the program, so we encourage you to register by emailing me as soon as possible to reserve your place.

### ***Pam Griffin-Hody***

pam\_griffin-hody@carleton.ca

## Truth, Healing and Reconciliation

At our meeting in January, we approved as the basic purpose of our group the four points following here.

1. Educate UUCH members about Indigenous rights and issues and the history of Indigenous/Settler relations and facilitate open exploration and discussion of these issues
2. Find ways for UUCH members and the Church to practice reconciliation and build good relationships with Mi'kmaw and other Indigenous neighbours (or residents of Nova Scotia)
3. Explore what it means to be an ally and engage in actions to support Mi'kmaw and other Indigenous Nova Scotians as allies
4. Use the reports from the Royal Commission on Aboriginal Peoples, the Truth and Reconciliation Commission, the Murdered and Missing Indigenous Women inquiry as well as the UN Declaration of the Rights of Indigenous Peoples as guides to assist in our work

For the meeting in February, we read two short documents by Bob Joseph, Founder and President of Indigenous Corporate Training Inc. The documents were called 21 tips and 27 tips for interactions with Indigenous people. We commented that we should take these tips to heart in all our communications. They reminded us about being respectful, observant, sensitive to internal differences, important traditions and values. Also that deep listening is important, especially in the case of cross-cultural contacts.

Before the meeting in March, we agreed to read the executive summary of a report produced in 1989 called **Breaking Barriers**, on Access to Dalhousie for Black and Native People. We will also read a recent article in Dalhousie Magazine, called **Breaking Barriers, 30 years later**. A member of our group, Scott Wood, was one of the co-authors of the original report 30 years ago.

On Saturday February 27 the CUC is organizing the next film viewing, of which you all have received an invitation to register. The film's synopsis follows here:

*On February 28, 2006, members of the Iroquois Confederacy blockaded a highway near Caledonia, Ontario to prevent a housing development on land that falls within their traditional territories. This short documentary is about the crucial role of the clan mothers of the community, who set the rules for conduct, leading to a cultural reawakening in their traditionally matriarchal community.*



As Debbie Eisan of the Mi'kmaw Native Friendship Centre told us last year at one of our Reflection Circle meetings, that nothing happens in Mi'kmaw without the knowledge and approval of the Mi'kmaw Grandmothers. I had the privilege of taking the above picture of them at a showing of Liza Knockwood's documentary, "The Water Protectors Journey - Along the Sipekne'katik River"

The Zoom meetings of the Truth, Healing and Reconciliation Group take place on every first Friday of the month, at 3 pm. The invitation will go out in the beginning of that week. If you don't receive one, but would like to attend, please contact me or Norm.

**Wietske Gradstein**  
**Chair, Truth Healing & Reconciliation Group**  
wietske@ns.sympatico.ca

## A REFUGEE SPONSORSHIP AGREEMENT HOLDER STORY

On Friday, February 5th we were very happy to have a family of four arrive at Halifax International. It is almost two years since we submitted their application. Here, with permission, is how one of the members of their sponsorship group, Sister Allies, described the event:

*“Sister Allies put on a wonderful welcome party for Saida and family. Singing, flag waving, and tears flowing into our face masks.*

*S&G were crying also but maybe that was just the sight of 18 women in full winter garb, standing in the cold winter night and celebrating with gusto. Perhaps they were thinking "crazy Canadians"! The little kids peered out from the back seat of the car with eyes wide in wonder.*

*We gave them all tiny Canada flags and sent them on the way to what I hope was a good night's sleep. I know that I slept better knowing that they had finally reached journey's end.*

*The big welcome banner from UUCH was just great. Perfect size to reflect the grandeur of the occasion.*

*Some funny things happened. When we were gathering at the Irving parking lot, unfurling the banner and practising songs, Security came up to us and asked, "Are you protesting?" We said, "No, just a welcoming committee." They left with relieved grins on their faces.*

*The limo driver was from Lady Drive-her service. She told us that her husband is from Iran and they had welcomed his family to Canada. She said that it was very emotional for her to be part of the arrival.*  
— Diann Graham, Sister Allies”

The pictures above right, tell it all.

**Submitted by**  
**Marilyn Shinyei**  
**UUCH SAH Co-chair**



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 & RE committees can help you to prepare to present a 5-minute story to be shared during our **Time for All Ages**.

Themes coming up:

March: Commitment

April: Becoming

May: Story

Do you have a little something to share on *Commitment* for a March service? Or on *Becoming* for an April service? We'd love to hear it.

Contact  
**Marie-Claude Leroux**  
dre@uuch.com

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

Spring is nearing, according to Shubenacadie Sam—and the Religious Exploration program is pleased, with relaxed restrictions, to be enjoying it outdoors.



We closed off January with our participation in the Interfaith Harmony Halifax Youth Engagement collaborative art project. This project was youth led, and children and youth of various faiths across the city participated. Everyone from our RE program joined by painting a small 4"x 4" canvas that was included. As shown here, It turned out beautifully! We are looking forward to visiting the final piece in person.

For most of the month of February, we have once again been meeting outdoors. It's been refreshing to come together, clad in our winter gear, to enjoy the snow, the wildlife and the early rising of the moon. We searched and found tracks of birds, squirrels, neighborhood dogs, and possibly mice and hares in the fresh fallen snow. We enjoyed an afternoon at the Shubenacadie Wildlife Park where an Arctic fox did rounds along its enclosure; a lynx surveyed us from the upper branches of a tree; a bobcat played in its den; and deer chased each other-- to name

but a few of the animals we observed. If you've never been to the park during the winter, it's a completely different experience from the summer.

Since September, the RE program has focused on all ages programming every week, with our nature-based outings including parents, and children from ages five to thirteen. We continued with all ages programming when meeting virtually—however I felt the youth could use some connection time with each other without interruption from their younger siblings. Our first such meeting was this past month, when led by Pam Berman we explored the Mi'kmaq cultural influence of the newly approved design for the Art Gallery of Nova Scotia. Thanks to Pam, the youth (and I) learned about the importance of eels to the Mi'kmaq, and the fascinating life cycles of eels.

We will wrap up the month by learning about moon times as known traditionally by the Mi'kmaq, and how their Mi'kmaq names are intimately connected with the natural phenomena of the seasons. This will be capped with an evening walk under the Snow Blinding full moon. In the end, it's in the being outside, surrounded by nature, that we are connecting with the cycles of the seasons.

***Marie-Claude Leroux***  
***Director***  
***Religious Exploration for Children & Youth***

# ***The Music Page***

*Welcome to a new month of music!*



**This March we celebrate Women's History Month through music.** Many talented, hardworking women have influenced this world through creativity and music. This month, UUs will celebrate strong women through inspirational musical preludes.

Guest musician singer-songwriter and music therapist, Sarah McInnis will be singing and playing the fiddle and guitar in a Sunday service this month.

## **Soulful Sundown**

Thank you to Jocelyn MacNeil aka Tall Poppy, for headlining our first Soulful Sundown of 2021! This reflective and creative service successfully brought the community and our congregation together. For future services, please contact me if you want to submit art, or recite a poem or reading for the next Soulful Sundown on March 27th.

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



***Jessica Friesen***  
***Music Director***



## The Caring Column

**Glenda Butt** reports that her medical team are continuing experiments to determine the best method to use for her home dialysis; there may be a change for the better. In the meantime she tries to walk each day and hopes she'll soon be able to go skating! All best wishes. Glenda!



After a long struggle, **Peter Onno** passed away very peacefully at home on Sunday, February 21st, with his wife Mary Ellen and a family friend at his side and his daughter Alex connected by phone. Peter and Mary Ellen were long-time, strong members of UUCH, and before that, of other Unitarian churches where they lived previously. We extend heartfelt sympathy to Mary Ellen and the family. It is hoped that a service to celebrate Peter's life will be held at a future date, virtually, so that his friends and family will be able to participate together, wherever they are. Mary Ellen asked me to pass along the following: *"I would like to thank the many church members and friends who sent positive thoughts, called or visited, prepared meals, ran errands and performed many other kindnesses. You have truly been our family in these difficult times and I am grateful for it."*

**Sylvia Mattinson**  
Caring Committee Chair

### Newsletter Deadline

The deadline for submissions for the  
**April newsletter**  
is **12 noon**  
**Tuesday, March 23rd.**

Please send your submissions to  
Etta Hamm, [braeside@eastlink.ca](mailto:braeside@eastlink.ca)

## Regular Monthly Meetings

Group	Schedule	Contact
Truth and Reconciliation	1st Friday 3 pm	Wietske Gradstein
Worship Team	2nd Tuesday 7 pm	Norm Horofker
Board of Directors	2nd Wednesday 6:30 pm	Troy Saulnier
Building Committee	2nd Thursday 7 pm	Norm Horofker Colin Kerr
Caring Committee	3rd Tuesday 5 pm	Sylvia Mattinson
Climate Crisis Team	3rd Wednesday 7 pm	Margaret Galbraith
Saturday Brunch Team	3rd Friday 2 pm	Kath Anthony
Dismantling Racism	4th Tuesday 7:30 pm	Norm Horofker
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.

## 2021 Church Directories available

If you are an *active member or friend* of the congregation and did not recently request a **PDF** copy of the new 2021 church directory, please feel free to do so.

Some hard copy **booklets** are still available as we received fewer requests for them than expected. If you prefer a booklet, please don't delay in requesting your copy. We will send it to you by mail. We have a limited supply; first come, first served!

Etta Hamm  
[braeside@eastlink.ca](mailto:braeside@eastlink.ca)  
902-443-8779

## Meet a Fellow UU

*Pam Berman, our Membership chair, invites members to submit brief personal statements about themselves for publication in UU&U, particularly in relation to their connection to, or affinity for UUCH. Below are James's responses to 'Pam's four questions'. Please submit your piece to Pam at [bermanpj@gmail.com](mailto:bermanpj@gmail.com)*



### From James Morris

#### When did you become a UU?

My path to UUism started many years before I joined the church. My great great grandfather, Robert T. Holman, was brought up in a Baptist home in PEI, but his father separated from the church in 1835

“following a doctrinal disagreement with a clergyman”. Robert had his father’s independent streak and was listed in the 1861 Island census as a “Universalist”. Ten years later he departed further from organized religion and became a self-described proponent of “free thought”.

Robert was not satisfied to remain quiet about his beliefs, despite exposing differences with the prevailing religious sentiment of the Island community. Rather he organized speakers to come to Summerside “to preach humanism” (e.g., Colonel Robert Green Ingersoll).

In Robert’s Memorial Booklet, he is described as having an interest in “modern thought” without mention of Christianity. The main Island paper stated that “Holman was not in the ordinary acceptance of the word a religious man”, but he was praised for his “philanthropic activities”.

Jump ahead 100 years and my father and mother were influenced by a collective of parents who were searching for a quality nursery school, religious education and private school experience for their children. During the 1960’s this group helped acquire our church building (housing UUCH and the Halifax Early Childhood School) and the Halifax Grammar School and I attended all three institutions. During their time at UUCH, my mother

was the church pianist and my father served in many Board roles, including President of the congregation.

So, I was essentially born a UU and I recall playing in sandboxes (my secular communion) then located in the church Ballroom.

#### What attracted you to this community?

When I graduated from law school, I felt the need to expand my social connections and decided to attend a service at the church. Within the first few Sundays I was convinced by the late Diana Mills to help musically with a Fellowship event, by Heather Watts to join the Property committee, and by the Worship Committee to give a service talk. Regarding the latter, I was so green that I didn’t appreciate how the elements of the service were developed and after being introduced and giving my talk I sat down. The late Nancy Meinertzhagen saved me by jumping up and leading the congregation in an A Capella rendition of “Morning Has Broken”. By that point, I was hooked and despite being a younger person in the church it became for me my extended family.

#### What has kept you here?

Making music with the Afterchoir has been a big part of my church life. I also resonate with the description of UUism in Rev. Tom Owen-Towle’s book: “Freethinking Mystics with Hands: Exploring the Heart of Unitarian Universalism”. I must get the freethinking component from my great great grandfather and I have always had mystical sensibilities (being a spiritual humanist). When I sense that the three aspects (rationality, spirituality and justice making) are in balance and I feel part of the extended church family as a beloved community, I am most at home at UUCH.

#### Tell us something about yourself that you don’t think many people are aware of?

I play alto saxophone in a community jazz show band—and love cold water lake swimming in the spring and fall.



## Our Board of Directors

### **Officers**

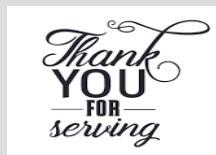
President	Troy Saulnier
Vice-president	Jean-François Turcotte
Past President	Margaret Galbraith
Secretary	Pam Griffin-Hody
Treasurer	Avard Woolaver

### **Members at Large**

Jim Morrison	Katelyn Everson
Michael Belland	

### **Ex-officio**

Rev. Norm Horofker





Sugar Moon, rising March 28