

Universalist Unitarian
Church of Halifax
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Minister
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Deborah Wiggins
Music Director

RE Director
Tanya Bilsbury

Kim Turner
President

Newsletter
Etta Hamm
Sylvia Mattinson
Sandra Jamieson

Sunday service
10:30 am

All are welcome

Children & Youth Education
Child care available

Theme for May: Compassion

May 7

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

To live with compassion, you must give up control

When we feel compassion for another's pain we instinctively want to fix the problem. How many of our problems both large and small are caused by our need for control?

May 14

Presenter: Rev. Norm Horofker; Service Assistant: David Ballum-Haftka

Perspectives on compassion for Mother's Day

What can we learn about compassion from the relationship between mother and child?

May 21

Presenter: Dean White; Service Leader: Marilyn Shinyei

What does the phrase "liberal religion" mean?

Let's take a look at whether "liberal religion", specifically the Unitarian Universalist (UU) religion, has lost its center and its power to transform individuals. What is a deep UU?

May 28

Presenter: Rev. Norm Horofker; Service Assistant: Anne Knight-Gorman


The Muslim month of Ramadan and compassion

UUs identify six sources for our living tradition. The third source is "Wisdom from the world's religions which inspires us in our ethical and spiritual life." Saturday May 27th begins the month of Ramadan in the Muslim faith tradition. What can we learn about compassion from the month of Ramadan?



Our mission is to provide a community that nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective commitment to community service and social justice.

MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 4:45-6:15 pm Afterchoir	4 9:30-11:30 am Parents & Tots Noon Tai Chi	5	6 10am – noon UU Brunch
7 No Choir Noon: Worship Comm.	8	9	10 4:45-6:15 pm Afterchoir	11 9:30-11:30 am Parents & Tots Noon Tai Chi 7 pm Laura Smith at UUCH	12	13 10am – noon UU Brunch Prospect Hike 6-8 pm Dances of Universal Peace
14 Mother's Day  9:30 am Choir Noon: Social Responsibility	15	16	17 10 am Committee Reports Deadline 4:45-6:15 pm Afterchoir	18 9:30-11:30 am Parents & Tots Noon Tai Chi 6:30 Board Meeting	19	27 10am – noon UU Brunch
21 No Choir Noon: Humanist Group Noon: Intro to Uuism with Rev. Norm	22 Victoria Day 10 am Newsletter Deadline Cape Split Hike	23 1:30-3:30 pm Time to Talk	24 4:45-6:15 pm Afterchoir	25 9:30-11:30 am Parents & Tots Noon Tai Chi	26	27 10am – noon UU Brunch 
28 9:30 am Choir Noon: AGM	29	30	31			

**Notice of the 2017 Annual General Meeting of the UUCH
Sunday, May 28, 12 noon**

There will be reports from all committees, a financial update and a slate of nominations for the Board for the upcoming church year.

We need 20% of members for a quorum. Please try to attend to discuss the important business of your church. Bring your own lunch.

The meeting is open to all, including new people and visitors.

Pam Berman
Secretary,
UUCH Board of Directors



Deadline for AGM reports

The Annual General Meeting will be held on May 28th as per the notice on page 2.

Committee reports are due in my Inbox by 10 am, Wednesday, May 17th. Early submissions will be most helpful.

Your cooperation will enable me (on the 17th) to:

- (1) organize all reports in the right order
- (2) include all reports on the agenda
- (3) Print a number of hard copies of the complete agenda and all reports and staple them together in sets or 'packages'.

Don't miss the opportunity to have your report(s) included.

On May 19th, the entire package (complete agenda and all reports) will go out via UUinfo.

Complete AGM packages will be available on Sunday the 22nd, one week prior to the meeting.

These are normal business practices. Thank you for cooperating.

Sandra Jamieson

uuchurch@eastlink.ca

902-429-5500



Minister's Notes

Our church, and personal lives are exquisitely tuned to keep us exactly who we are today...

I am thankful to a member of our church (thanks Andy!) who reminded me of a quote that has its origins in the culture of industrial quality control... a culture I was immersed in for decades as an industrial mechanical engineer. The quote has been massaged in various ways but I believe the original version can be attributed to an organizational development specialist at Proctor and Gamble in the UK, Arthur Jones: "All organizations are perfectly designed to get the results they get!"

I know we are all busy and you are probably skimming this monthly blurb from the minister, but I urge you to take a few minutes to reflect on how true and powerful those words are. Whatever UUCH is today is the result of the way we do things—and over many years we have developed ways of doing things that define us. The results we get are a product of the way we do things (our systems) and the environment we operate in, but we cannot blame the environment if we fail to change our systems in response to a changing environment.

What is true for our congregation is also true for each member of the congregation. As we go through life, we develop certain ways of doing things, from the way we manage our money to the way we treat strangers. But circumstances change and if we don't change the way we do things, we become irrelevant. For example, many of us struggle to keep up with technology and the ever evolving ways we communicate. Change is difficult but unless we undertake to direct change, we will be the victims of change.

We cannot always predict the outcome of a change and this is a major reason that people resist change. But change, if undertaken carefully, (even if the result is a failure of sorts) provides an opportunity for growth and learning. To borrow another catch phrase from industrial engineering, our church and our individual lives, should be in a constant state of

continual improvement... implementing small changes and monitoring the results.

The church community provides us with a place where we can grow as community and as individuals. As community, for example, we have opportunities for improving our building and becoming an even more important resource and positive force in our community. One big opportunity in this regard is the redesign of our kitchen that is just starting. Should we look at how we have always used the kitchen as our template, or should we look to create a space that will result in new growth?

As individuals maybe you have always participated in some functions of the church and not others. If you are looking to add some meaning to your life, I can suggest getting directly involved with assisting others in need. The caring committee of our church can direct you in this regard. I am amazed at the effect that one person can have on improving the life of another. Not to say that it is easy. Remember, if you are going to change the results you are getting, it is best to start with small changes.

As your minister, my hope is that I can assist you in finding meaning and joy in your life. It is difficult to articulate that message in a newsletter article. Give me a call... I would love to explore this topic with you over a coffee...

Norm



Two hikes this month!

Prospect High Head Nature Reserve Saturday, May 13



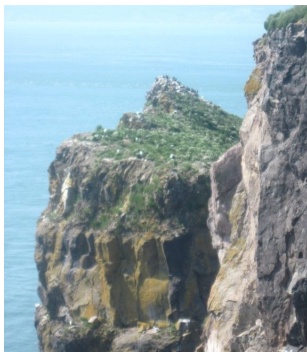
This month's regular hike will be to the new Nature Reserve at Prospect High Head. The trail allows views of eight different habitats as well as spectacular views over Shad Bay. The Nature Conservancy has built

boardwalks over muddy sections as far as the Head. The trail beyond still has muddy stretches but the views are worth it.

We will meet at the church at 12:15. We can carpool at the park-and-ride lot at the intersection of Prospect and St. Margaret Bay roads at 12:30. Otherwise meet at the end of Hages Lane in Prospect Village. To get to Hages Lane, follow Prospect Road and turn left on the Prospect Bay Road in the direction of Prospect. Enter the Prospect Village subdivision by turning right on Seligs Road, then left on Jamils Road, then right on Hages Lane. Call me at 902-483-4731 if you are lost or running late.

Hike to Cape Split, Monday, May 22

Spend Victoria Day enjoying one of the best hikes in Nova Scotia—through mature Acadian Forest to a meadow overlooking the split towers of Cape Split! The trail, a woods road, undulates up and down, but seems like an uphill climb both in and out.



The province has done some trail improvements but we can expect some wet and muddy places. The round trip hike is 16 km plus a fair bit of vertical—and takes 4-5 hours. Sandra and I did it in just under 4 hours last year.

We will have our lunch on the meadow overlook. We would plan to be back at the trailhead by 4 pm. If you plan to participate, email me at allyn420@aol.com so I can organize carpooling. Meet at church for 9:15, or pick-up at the Home Depot parking lot to carpool, or meet at the trail head in Scots Bay at 11 am. Bring water and a lunch. 902-483-4731 if lost or running late.

Allyn Clarke



National Interfaith Commuter Challenge June 2-11: Get to church a greener way

Transportation comprises more than 40% of an average faith community's carbon footprint, so traveling green is one of the most important ways we can be stewards of our planet.

Emma Norton, Energy Conservation Coordinator at the Ecology Action Centre, led a stimulating discussion on how UUCHers could join with Faith & the Common Good and other partners from across the country in the June 2-11, 2017 **Faith Commuter Challenge**. Doing so will see us putting our UU principles into action, and making our local communities greener and healthier.

We can be part of this worthwhile initiative—if we venture—and commit—to do so. Registering, and logging our achievements through the new Faith Section of the Commuter Challenge website is easy—but we'll need a goodly gang of participants to do ourselves proud.

Think of a personal commitment you could make to reduce your transportation carbon footprint, and be part of the fun while promoting active transport-ation!

Do whatever moves you, such as:

- Pick at least one day during the challenge week to leave your car at home.
- Travel with friends, family, and fellow congregants while getting around on foot, by bike, by public transit, or carpool.
- Make a list of recommendations for overcoming public transit deterrents that could be considered and further pursued by the Ecology Action Centre and others.
- Use postal codes in the church directory to see who lives in your area, and explore opportunities to commute together.
- Pinpoint your home's proximity to Metro Transit routes on the map displayed in the church.
- Challenge other UU congregations across Canada to compete as well.

Contact me if you are keen to get involved. Doing so promises to be "*Good for creation, your community, and your health!*"

Further details about this initiative can be found at: greeningsacredspaces.net.

Kathy Spencer

The Caring Column

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”
— LEO BUSCAGLIA

We send our condolences to **John Paterson** whose sister Margaret Kathleen Paterson passed away at home in Ottawa on April 3rd at the age of 70. She was a teacher in Halifax for thirty years, then continued to teach in Nunavut and China. She moved to Ottawa in 2014 to be close to her family.

Tanya Bilsbury has been accepted for PhD. studies in Industrial/Organizational Psychology at Saint Mary's University starting in the fall. Congratulations, Tanya!

We send our condolences to **John and Faith Piccolo**. John's mother, Rosina Piccolo, died peacefully in Hamilton, Ontario on April 17th. She was 94.

Glenda Butt had a total knee replacement on March 22nd. With the help of physical therapy, she is steadily improving and hopes to be playing golf again soon. We wish her a total recovery.

Irene Baros-Johnson has received a grant from the Helen Creighton Folklore Society to publish her three-part poem about the Reverend Richard Preston, and to revise her play about him. Both are called *To the Further Reaches*. Reverend Preston was the first minister of Cornwallis Street Baptist Church (now celebrating its 185th anniversary). Congratulations Irene.

On February 19th **Molly Hurd** launched her book, *Best School in the World*—about the Halifax Independent School's approach to education that enables kids to truly love learning. It is full of ideas big and small for how Canadian schools could do a better job of engaging, challenging and educating their students. Every teacher and every politician should read this book! Molly was a teacher and head teacher at this school for twenty years. The book is available in bookstores and online.

It was wonderful to see **Louise Malloch** in church this past Sunday following a 6-month absence for chemo treatments which finish in mid-May. She tolerated chemo well with only minor side effects—but is still looking forward to that last treatment! We hope to see Louise more frequently from now on.

Mary Ellen Onno



“Time to Talk” (about end of life issues)

Our first session (held on April 25th) had 18 people in attendance; many expressed how glad they were to have this happening. There is so much we want to cover that we are going to squeeze two topics into next month's session. Also, this is an open group, meaning that people are welcome to attend whenever they are able.

Next meeting:

Tuesday May 30, 1:30-3:30 at UUCH.

Topics: Sharing our beliefs (or disbeliefs) about an afterlife with Rev. Norm.

And with James Morris: Wills, executors, and appointing powers of attorney.

Marilyn Shinyei

Music Montage

“ ‘Compassion Through Music’ is an ongoing project created by violinists Edna Mitchell and Yehudi Menuhin, in which leading composers write works inspired by the theme of universal compassion. The project reflects Mitchell and Menuhin’s belief that compassion is critical to the fate of humanity and that, through music, listeners may be moved to connect more deeply with others.” ~ Wikipedia



May's 'Singing as We Gather'

The Gathering Hymn for May is #91 *Mother of All*. In the month in which we celebrate Mother’s Day, and our theme of compassion, this hymn fits well. The lyrics are very suited to these, and to the month in which April showers gift us with mayflowers and a plethora of other natural beauty. “Goddess of nurture and of love...teach us compassion’s gentle face...”

Themed Music Projects

This month’s Music Project is on Sunday, May 14th.

Since I am away the first and third Sundays of this month, and the *Afterchoir* will be presenting their special music on May 28th, this month we will do one or two pieces that will be very easy to pick up during our only rehearsal, which will be:

Sunday, May 14th. *Please arrive between 9:30 am and 9:45 am
I encourage everyone who likes to sing, including families with children,
to join us for this wonderful opportunity to learn something quick and easy,
and then make music together.*

The next Music Project will be on **Sunday, June 11th.**

Rehearsals for this will be as follows:

Sunday, May 28th at 9:30 am

Sunday, June 4th at 9:30 am

Sunday, June 11th at 9:30 am

This will be the last Music Project for the church year. We will resume in September with more wonderful opportunities.

I’m Away

I will be away from April 28th until May 11th, then again on the May long weekend (19th to 22nd).

Professional Development

I was very fortunate to attend a two-day course entitled ‘Music in Care’, presented by an organization called Room 217, which is instrumental in providing guidance and resources for using music in care situations.

See [www. room217. ca](http://www.room217.ca)

During the May long weekend I will get a different type of professional development, learning from expert choir directors and clinicians, at the Digby High C’s Choral Festival.

Deborah Wiggins

Music Director

Religious Exploration

In April, the children enjoyed painting wooden birdhouses, lovingly handmade by Allyn. Pam presided over the Easter ceremonies, teaching the children about the Norse goddess Oestre (the Norse goddess of spring who lent her name to Easter) and making festive bonnets.

Janet and Deborah had the children sing *Habitat* for the musical Earth Day service, and afterward the younger children planted seeds in egg cartons and drew posters about protecting the Earth. A big thank you to those who donated gardening supplies. I am looking forward to yummy vegetables and pretty flowers growing in our wooden garden boxes this summer.



Jane, Phebe and Ivy being creative ...



Edie, Lia, and Jane continue to support the RE program as childcare assistants. I am constantly impressed by their attentiveness and maturity.

As you may know was ill recently, and I extend my gratitude to Rev. Norm and the RE committee for holding everything together so well. I look forward to returning to my post as soon as possible.

Tanya Bilsbury
Director, Religious Exploration

From the Library Tea-Table



Greetings, all UUCH avid readers! On Sunday, May 14th immediately after the service, there will be presented for your interest and excitement a display of recent acquisitions to your beloved church's library collection.

Featured titles include (but are not limited to):

Through the Narrow Gate: A Memoir of Life in and out of the Convent, by Karen Armstrong, author of *A History of God*—and by the same author, ***Twelve Steps to a Compassionate Life***.

Man's Search for Meaning, Viktor Frankl's timeless, bestselling holocaust memoir—a new edition from Beacon Press.

My Stroke of Insight, by Jill Bolte Taylor, a memoir by a neuro-scientist who suffered a major stroke to the left hemisphere of her brain, and how this led her to new knowledge of living.

Books on display may be checked out after the display is over and everyone has had a chance to browse the offerings.

Alison Chipman

DEADLINE

The deadline for submissions
for the June newsletter is
10 am, Monday, May 22nd.

Please submit to both
braeside@eastlink.ca
and
uuchurch@eastlink.ca

★ HUGE ★ YARD SALE

Coming to UUCH

Our biggest and best yard sale ever will happen on Saturday, June 10th.

That's right—our famous South End yard sale is being resurrected!

Due to a windfall of items gifted to us from several households, we have a storage locker full in anticipation of this huge fundraiser.

Items include large things such as furniture and a myriad of new, unopened smaller items such as CDS, DVDs, electrical tools, appliances, electronics, etc.

When the time is right, we will be asking if ***you also*** have things to contribute. As you gather those things, please ensure that they are in decent condition and wash or dust them as appropriate.

Our first planning meeting is after church this Sunday, April 30th.

If you have time, energy and/or brilliant ideas for this biggest fundraiser of 2017, please plan to attend.

We will need lots of people power to pull this off, folks!



Green Electricity Fundraising Success

Thanks to the great, tasty food contributions from Allyn, Andy, Bonnie, Dean, Deborah, Janet, Kathy, Margaret, Mary Ellen and Sylvia—and the generous donations of church goers in attendance for the Earth Day service on April 23rd, the soup luncheon following the service generated \$240.25, sufficient to cover seven months of our green electricity (Bullfrog Power) premiums.

The UUCH pays Bullfrog Power \$29.25 (plus \$4.39 HST) monthly (in addition to our monthly NS Power bill) to subsidize costs involved in supplying 170 MWh of green electricity to the grid.

Bullfrog Power is continually working to develop and foster the use of environmentally friendly technologies throughout Canada. Our ongoing involvement as their customer helps to make this happen.

Kathy Spencer



Did you know, that no matter how desperate the situation may seem, there's no need to panic when you've inadvertently deleted your church newsletter or theme magazine from your computer and you don't have a hard copy at hand? Just bring up www.uuch.ca, scroll down to Quick Links at the bottom of the home page, click on Publications, and *voila!* your handy church website has saved the day.

UUCH Board of Directors June 2016 - May 2017

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