



This Month's Sunday Services

Universalist Unitarian
Church of Halifax
5500 Inglis Street
Halifax NS B3H 1J8

902-429-5500
mail@uuchurch.ca
uuch.ca

Rev. Norm Horofker
Minister
Cell 902-229-9239

Jessica Friesen
Music Director

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

Troy Saulnier
President

Etta Hamm
Newsletter Editor

Sunday services
10:30 am
Presented Online

All are welcome

Children & Youth
Education

Note: All services for the beginning of May are online with Zoom or YouTube only, subject to Department 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 on our UUCH Channel. <https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw>

Our Theme for May: Story

May 2

Anti-Black Racism Service — Rev. Pat Trudeau (Unitarian Fellowship of Northwest Toronto) will speak from a white UU perspective on why and how we are called to the work of dismantling racism in Canada. How does the first principle inform our work? How do we become allies in the struggle? This service is part of our anti-black racism workshop series.

Presenter: Rev. Rev. Pat Trudeau; Service Leader: Pam Griffin-Hody

May 9

Mother's Day — What does the stereotype celebration of Mother's Day say about us and our relationship to diversity? **Service Leader: Rev. Norm Horofker; Service Assistant: Pam Berman**

May 16

Multi-Generational Service... live from the Canadian Unitarian Council Conference at 2 pm

As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy – a spark – to fuel living into our aspirations and values no matter the struggle or the celebration. We will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark. The service (which will be close captioned) will be live-streamed on Zoom at <http://bit.ly/NationalWorshipMay16> . Meeting ID: 885 0018 9706. Passcode: 595025. You can also watch live, or later on the [CUC's YouTube Channel](#).

May 23

The Importance of the Stories We Tell Ourselves — There is no meaning in life beyond the stories we tell ourselves. Today we explore the importance of our personal stories.

Presenter: Rev. Norm Horofker; Service Assistant: Mary Lu MacDonald.

May 30

Changing the Narrative — Bryan Stephenson, acclaimed social justice lawyer, proposes four steps to change the world, and they all relate to the stories we tell.



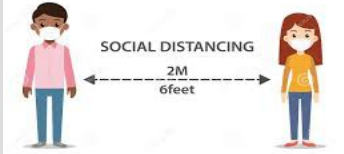














Presenter: Rev. Norm Horofker, Service Assistant: Marie Welton

The Theme for June: Play

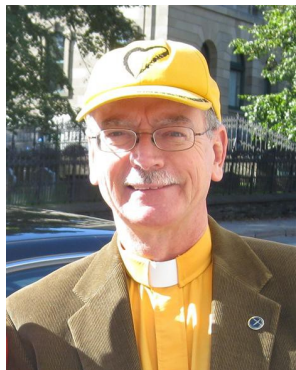
Our mission is to provide a [joyful] community that nurtures personal and spiritual growth, practices inclusiveness, celebrates diversity and affirms individual and collective commitment to community service and social justice.



MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Nova Scotia in provincewide lockdown until at least May 12		 4th Annual Jewish Heritage Month in Canada Jewishcanada.org		 SOCIAL DISTANCING 2M 6feet		1 Beltane starts 10 - 11:30 am Brunch Take-out 10 am - 4 pm Anti-Racism workshop
2 10:30 am Anti-black racism service, guest speaker	3  Stay the blazes home!	4 	5 7 pm Religious Exploration team meeting	6 7-8 pm UUCH online gathering	7 3 pm Truth & Reconciliation meeting	8 10 - 11:30 am Brunch Take-out 
9  Mother's Day 10:30 am Sunday service Registration deadline for CUC Conference	10 National Nurses Week 	11 7 pm Worship team meeting	12  6:30 pm Board meeting Ramadan ends at sundown (started Apr 12)	13 2 pm Building committee meeting 7-8 pm UUCH online gathering	14 CUC National Conference  14th to 16th	15 10 - 11:30 am Brunch Take-out 12 noon Gardening group meeting
16 2 pm National CUC service 	17  COVID-19	18 5 pm Caring committee meeting	19 7 pm Climate Crisis team meeting 8 pm Elders' Circle	20 7-8 pm UUCH online gathering	21 1 pm Brunch team meeting	22 10 - 11:30 am Brunch Take-out 2 pm CUSJ AGM
23 10:30 am Sunday service	24  Victoria Day long weekend	25 7:30 pm Dismantling Racism session	26 Newsletter deadline 	27 7-8 pm UUCH online gathering 7:30 pm Membership meeting	28 	29 10 - 11:30 am Brunch Take-out 7 pm Soulful Sundown 
30 10:30 am Sunday service 12 Noon UUCH Annual General Meeting.	31 National Smile Day 	<p>Worry less. Smile more. Listen carefully. Take responsibility. Accept what you cannot change. Embrace the lessons. Love your life.</p>				

Minister's Notes



May's theme: Story

The one word to describe a good story is “engaging.” To engage is to interlock, to enmesh, to become connected with in some way. A story is a good story when it draws you in. A good book is the one you find hard to put down despite the other things calling for your attention.

It is said that consciousness begins with story. Our lives don't make any sense, do not have any meaning except as a story that we tell ourselves about ourselves. Our stories are not just a random series of episodes. They follow an arc that we have created that explains who we are, how we got here and where we are going... for better or worse.

The reason we gather as a congregation is to figure out what it means to lead a good life, and to develop the courage to follow that goal. I am not referring here to the idea of a comfortable life, or a life without pain, or a life of achievement.

A good story is engaging and connects us personally in some way with the story line—so a good life is one that engages with the world in some way, or better yet, in many different ways. A good life is one of engagement with the amazing universe in which we find ourselves.

We engage with the universe when we stop to take in a sunset, risk falling in love, raise children, study nature in all its variety of forms, write poetry, or paint or sing or engage in political processes and grapple with the issues of our time.

We succeed as a congregation, when you engage with the life of the congregation. This is admittedly much harder to do during this time of pandemic. But we are working hard to provide interesting opportunities to draw you in, to help you find meaning and to add to your own story.

Without the blessing of person-to-person social interaction, we have found new ways to engage using the miracle of the internet, the software and hardware that somehow makes us able to at least see one another, hear one another and engage with one another. Our Sunday services and the discussion time that follows are the main source of engagement for many of us.

We have also been working to provide more opportunities for engagement, creating and keeping active online committees and task teams... 10 at last count. We are re-imagining what a church committee is, and that change will be permanent.

I would like you, for a moment, to forget your impression of church “committees,” because we are working on a new model. Take for example our Truth Healing and Reconciliation Team. This team, like most of the others, meets virtually for 90 minutes once each month on the first Friday of the month.

I feel called to engage with the questions around the relationship between our indigenous and settler peoples. This group provides an opportunity to listen and learn and begin to understand the issues that face us in this regard, and to do so with a community I trust.

The committee is not structured to solve problems or to assign tasks... it is simply a way to learn about, to engage with the issues, and there is always something new to be considered every month.

It seems to me that many more people in our congregation would benefit from 90 minutes a month spent in this way. If you participate you do not need to worry that you will be overwhelmed with demands on your time. Your commitment is to the 90 minutes of engagement and learning.

I use the Truth Healing and Reconciliation Team only as an example. I could have chosen the Climate Crisis Team, or the Anti-Black Racism Team or the Caring Team or any of the others.

I hope that In the month of May you will find new ways to engage with the congregation and to enrich your own story.

With Love – Rev. Norm Horofker

NOTICE

The Annual General Meeting of the UUCH will take place virtually at 12 noon, Sunday, May 30, 2021.

The meeting will conduct the following business:

- Business arising from the minutes of the October 2020 Semi annual General Meeting.
- Receive and approve reports from the Minister and various officers and committees.
- Nominations for the Board of Directors for the 2021-2022 church year.
- Other business as may be raised before or during the meeting

Members only may vote on motions but non-members are most welcome to attend.

Details of the process will be sent out closer to the date.

*Pam Griffin-Hody
Secretary
UUCH Board of Directors*

UUCH Board Members 2020 – May 2021

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

Important Annual (online) Events of the Canadian Unitarian Council starting May 6



Plenary Conversation with the CUC Board

Thursday, May 6 at 8 pm AT

Join the CUC Board to discuss broad-ranging national topics from finances to priorities and the future of the CUC and Canadian UU communities. Registration is not required

More: <https://cuc.ca/events/plenary-agm2021/1620327600/1620333000/>

CUC Annual General Meeting

Saturday, May 8 at 2 pm AT

The AGM will consider two motions, and recipients of grants will be named. The 2021 Knight Award recipient will also be revealed—you won't want to miss this one! Scott Wood and Pam Griffin-Hody are the UUCH appointed delegates. Everyone is welcome but only delegates can vote on motions. More: <https://cuc.ca/events/agm-2021/1620478800/1620491400/>

CUC National Conference: Sustaining our Light

Saturday May 14 to Sunday May 16

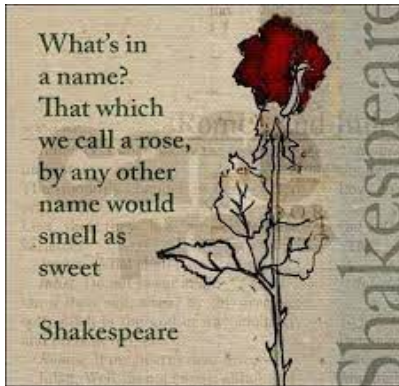
Now more than ever we need to be grounded in connection, in hope, and in love. We all need to tend to our spirits and our relationships so we can continue to tend to our world.

Our virtual conference will celebrate how our UU faith and our connections are crucial to **Sustaining Our Light** through engaging workshops, meaningful connections, and moving worship services. Join us to renew your spirit, reconnect with friends and celebrate what it means to be a Unitarian Universalist. Sliding scale fees start at \$5. **Registration is open until May 9.** Program and registration information is available on the [CUC Conference site](#).

Conference features:

- **Opening Ceremony** with original music
- **Confluence Lecture** in three-parts on "A New Premise"
- **Workshops** on reconciliation, dismantling racism, soulful singing, defunding the police and more
- **Social events** including **Comedy Night** on the Saturday
- The **National Sunday Service** on how we keep our spark energized. (See front page for more details.) The service starts at **2 pm AT** and is available to everyone.





What's in a name?

What should we call ourselves? Of the 47 Canadian UU congregations, 12 of them (25%) are called "Church" and 35 of them (75%) do not call themselves "Church", this from a CUC source. The dictionary definition of church is "a Christian place of worship".

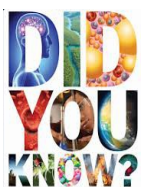
An initiative to drop the word "church" from our name is afoot. The group of members currently studying this topic consists of Colin Kerr, Shripad Pendse and Wietske Gradstein.

The group's purpose is to research all aspects of changing the name, and to submit a fully documented proposal to the board and members. Another purpose is to offer a number of possible names for consideration, selecting a name by polling, and finally to offer a motion to implement this change at a future general meeting.

The current favourite name is Universalist Unitarian Community of Halifax, thus retaining the abbreviation UUCH, as well as describing the organization for what it really is.

Any interested member or friend of UUCH is welcome to join our group—or simply to suggest a name change for consideration. Let us hear from you.

Colin Kerr



Did you know that www.cuc.ca gives you access to the websites and newsletters of 46 UU member congregations across Canada? An interesting, inspirational way to spend a couple of hours.

Regular Monthly Meetings		
Group	Schedule	Contact
Religious Exploration	1st Wednesday 7 pm	Marie-Claude Leroux
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 2 pm	Norm Horofker Colin Kerr
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	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.



The deadline for submissions for the **June newsletter** is **12 noon WEDNESDAY, MAY 26th**

Please submit your contributions to Etta Hamm, braeside@eastlink.ca

Sorry. Yesterday was the deadline for all complaints.



From the Climate Crisis Team

Energy and Carbon Emissions – a happy Nova Scotia story

The release of carbon dioxide, methane and freon into the atmosphere through human activities has resulted in a steadily increasing concentration of these gases. These concentrations are approaching a level that will lead to irreversible changes in human societies, natural ecosystems, sea level, and more energetic storms, floods and drought. We are fast approaching a climate crisis.

The scientific community responded by focusing their efforts on understanding how the climate system works and how much our planet has warmed. They also joined a huge intergovernmental effort to assess our knowledge of climate change every 5 to 7 years. The first assessment in 1990 could only report temperatures at the warm end of natural variability; a decade later we could report that the current decade was the warmest in 1,000 years.

The policymakers and heads of state were meeting on a semi-annual basis seeking a protocol which would define what emissions would be reduced in developed nations. Each time an agreement was found a change of government in one of the parties would bring it crashing down. Fortunately in Canada, some provincial governments continued to work on their goals, even when the federal government had left the table.

Canadian emissions increased from 600 megatonnes (MT) in 1990 to 752 MT in 2007, followed by a drop to 694 MT in 2009. During the last decade, emissions rose slowly to 730 MT by 2019. With the exception of Newfoundland. Ontario and all provinces east showed a decrease of emissions from 1990 through to 2019. The western provinces all showed increases, Alberta and Saskatchewan being the highest.

The oil and gas industry and transport each contributed about 25% of the total. Emissions from oil and gas production increased from 102.2 MT in 1990 to 191.4 MT in 2019, reflecting the expansion of the oil sands.

Under transport, the emissions attributed to passenger cars decreased from 42.47 MT in 1990 to 33.63 MT in 2019. This was more than offset by the increase in that of light trucks from 21.58 to 55.06 MT. Passenger cars are subject to fuel efficiency standards, pickup trucks are not, and their power and size are the focus of heavy advertising.

Heavy duty trucks hauling freight had their emissions increase from 19.39 MT to 64.77 MT. Is this the result of the creation of mega manufacturer and warehouse plants serving whole continents?

The Paris Agreement called for 30% below 2019 GHG levels by 2030. Nova Scotia and PEI have already achieved this target through reducing the use of coal and oil to generate electricity, as well as promoting building efficiency programs. The new target of 40 to 45% reduction by 2030 is probably achievable in Nova Scotia. We could replace the electricity obtained by coal burning thermal plants in Cape Breton by tapping in to hydro from Labrador or Quebec.

45% by 2030 is only the first baby step towards no-net-carbon. This will require an investment in renewables. Nova Scotia Power has invested in wind power and biomass burning, but hasn't yet done a large scale solar project. Solar is the cheapest source of renewable energy and should be deployed in Nova Scotia.

Allyn Clarke
on behalf of the Climate Crisis Team

The Caring Column

The Caring Committee has recently been in touch with church members and friends who we had not heard from in a while, or seen on Zoom. All are coping well with our current pandemic restrictions and many say they really miss coming to the church in person. While waiting for that day to come, we hope these pictures from the church's back deck (courtesy of Mike Belland, gardener and photographer) will bring you some cheer.



Mike says "Wish you were here!"

Sylvia Mattinson

Garden Group Meeting

**Saturday, May 15, 12 noon
at 5500 Inglis**

This will be a brainstorming session for those who love gardens and well-tended grounds. It is important to have our church property looking good for the passing public. 😊

Kath has kindly promised a gourmet bagged lunch.

Workers and/or idea people welcome. We will be wearing masks and social distancing.

**Call or email Elinor
elinorrey1935@gmail.com
902-492-0283**



Directory Update



Barbara Dacey, one of our long time members, has moved along with all of her Berkeley resident mates on Green Street to The Berkeley's brand new residence on Pepperell Street. She loves the new building and its great amenities.

Barbara's new address:
311-6240 Pepperell Street
Halifax, NS B3H 2N9

Why We Belong

Column formerly named *Meet a Fellow UU*

Pam Berman, our Membership chair, invites members to submit brief personal statements about themselves for publication in this monthly newsletter, particularly in relation to their affinity for, or connection to UUCH. Marilyn's responses to 'Pam's four questions' (below) are perfect examples for the column. Please submit your piece to Pam Berman at: bermanpj@gmail.com



From Marilyn Shinyei

When did you become a UU?

I was raised in the United Church of Canada, went to church camp, was in CGIT, sang in the Junior Choir, and then, like many adolescents, balked at attending church. I later attended weddings (including my own) and funerals there. I remember an uncle's funeral in 1988 (by which time I was a UU) where I changed the words as I sang the hymns. Granted, by then the United Church was changing its own words but apparently not in that small town church!

We had moved our children to an alternative school in the late 1970s and it was there that I met a couple of UU women who must have been proselytizing (gasp!) because I soon started attending the Unitarian Church of Edmonton and joined in the early 1980s. I do remember wanting to give my children some grounding in religion but also I think I was looking for a place to explore my own spirituality.

What attracted you to this community?

When we moved to Nova Scotia in 2008, pulled here by a new granddaughter, I was leaving 32 years of connections and friendships behind. I would need to find a community here and I knew where to find "my people". I came to UUCH a month after our arrival.

What has kept you here?

The Seven Principles just completely fit my belief system even before I became a UU. Two of the six core values of the Social Work Code of Ethics (social work was my career) are: *social justice*, and *the dignity and worth of the person*. Sound familiar?

Years ago while hiking with Allyn Clarke, I asked him what kept him here through changes of ministers, internal conflict and congregational controversy, and

his answer was, "I stay for the people". Exactly! These people are my friends, my chosen family, this is my community.

Also, as most of you know, my volunteer positions within the church keep me busy and happy—but the refugee sponsorship work I do has become my *raison d'être*.

Tell us something about yourself that some people may not be aware of.

I have a tattoo!

Other CUC Online Events in May

Elder's Circle with Stephen Paquette Wednesday, May 19, 8 pm AT (90 minutes)

This respected educator and cultural mediator will share his Anishnawbe perspectives and teachings about the Creator, and expand our understanding of how to be in stillness and deep connection with the land and with each other.

Cost: \$25. Students \$10.

Registration deadline: May 19



AGM of the CUSJ (Canadian Unitarians for Social Justice) Saturday, May 22, 2 pm AT

The event opens with keynote speaker Seth Klein, adjunct professor with Simon Fraser University's urban studies program and former BC director of the Canadian Centre for Policy Alternatives. Klein's book *A Good War: Mobilizing*

Canada for the Climate Emergency (ECW Press) was published in September. sethklein.ca

The CUSJ AGM follows at 3 pm AT.

To register and receive the Zoom login details, go to cusj.org/register-for-the-ag/



Religious Exploration for Children & Youth

The Religious Exploration program has been celebrating Earth all year, and this month we learned and explored creative ways to be stewards of Earth while continuing to recognize the interdependence of all existence.



Exploring a cob structure at the Deanery

We were treated to a tour of the Deanery Project, a not-for-profit organization with a focus on the environment, the arts, youth and community. Located in Ship Harbour, the center has a variety of natural buildings, creative examples of permaculture and simple, innovative green technology. We walked the natural brush spiral fence to a native tree nursery, into the woods to check on the maple sap buckets, and saw and touched examples of natural buildings. The children particularly liked running a blender by pedaling a bicycle, and the clay animal creatures molded into the walls of the cob structure.

We also learned about indigenous water protectors and water walkers of various traditions, including that of the Mi'kmaq. Indigenous peoples around the world consider and treat water as sacred and recognize its connection to the land and to all life. Through various cultural forms of ceremony and protest, water protectors bring attention and defense to the world's water and water systems. Being inspired by water protectors, we discussed how we are intimately connected with water and ways to respect it.

The youth were treated to a virtual visit with Edie Whittington (with connections to UUCH), an engaged and impassioned youth activist for the environment and climate justice. Young and old alike do well to pay attention to, and to be inspired by the work and passion that youth are bringing to the forefront of the environmental movement by demanding system change. One of the many ways to be stewards is to add our voices to demand change.

As we continue into the latest wave of the pandemic and meeting virtually for our Religious Exploration program, this coming month we will learn about and celebrate Beltane. We may not be dancing around the maypole after all, but we will honour the continued cycle of the seasons and nature around us.

While we wait to meet in person again, we are planning an overnight camping trip in Kejimikujik in June that we are all excited about!

Marie-Claude Leroux
Director
Religious Exploration for Children & Youth

The Music Page

Welcome to a new month of music!



This May we will explore various stories through musical preludes. Whether it be Tchaikovsky's *The Dance of the Sugarplums*, Vivaldi's *The Four Seasons*, or Dave Brubreck's *Take 5*, each note depicts a story. Our lives are one big opus, a medley, a mash-up of heartbreak, joy, hate, and love! Let us explore the story of life and our world around us through music!

I would appreciate the congregation's musical involvement as we move forward into the year. If there is an appropriate song based on the theme of "story" you enjoy, please contact me and I'll try to incorporate it in a Sunday service.

As Mother's Day approaches, I will be composing the second annual *UU Mother's Day Medley*. Please send me a song your mother favoured or sang to you, and I'll add it to the compilation. It will be played on **Sunday, May 9th**.

Please stay tuned for the announcement of who our musician headlining Soulful Sundown will be this month. Contact me if you would like to feature your artwork (animation, quilting, painting, sketch, etc.). Soulful Sundown will take place Saturday **May 29 at 7 pm**.

Thank you to the Afterchoir members, James Morris and Paul Galbraith for contributing music on April 25th.

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



Jessica Friesen
Music Director

