



This Month's Sunday Services

You are invited to services in the sanctuary in person while respecting the space of those who are wearing masks and/or social distancing, both of which are recommended. Services start at 10:30 am – except for May 21st, starting at 11:30 am.

You can also join us regularly via **Zoom** between 10:20 and 10:30 am using [this link](#). Meeting ID: 666 004 431 Password: 010670.

Or you can watch (live or later) on our UUCH **YouTube** channel using [this link](#).

Theme for May: Creativity

May 7

We begin exploring creativity this month with a service on the power of reimagining stories that shape our world.

May 14

Taking Jazz to Church. Our James Morris, a saxophonist, will lead this service on the spiritual dimensions of jazz. Two of James's jazz combo friends and Jessica will play and improvise with him over 4-5 pieces.

May 21

At 11:30 am Atlantic time we join other UUs across Canada to view the Canadian Unitarian Council's National Service, which will ask us to reflect on how we are creating a more just and loving world.

May 28

We reflect on the creative process of change and growth.

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.



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Rev. Israel Buffardi
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Jessica Friesen
Music Director

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



Pam Griffin-Hody
President

Etta Hamm
Newsletter Editor

Sunday services
10:30 am

All are welcome

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Registration deadline for in-person attendance at CUC National Symposium	2	3 7 pm RE Committee meeting	4 7 pm Online gathering	5	6 6:30 am Coronation Tea Pam B's house 10 - 11:30 am Brunch 
7 10:30 Service Rev. Israel	8	9 7 pm Worship Team meeting	10 6:30 pm Board meeting	11 7 pm Online gathering 7:30 pm Building Team 8:30 pm Communications	12	13 10 - 11:30 am Brunch
14 10:30 Service Taking Jazz to Church!  Mother's Day Noon Humanist Group	15	16 4:30 pm Shared Ministry meeting 7 pm Caring Team meeting	17 7 pm Climate Crisis Team meeting	18 7 pm Online gathering	19 Ottawa 7:30 pm AST CUC National Symposium opens	20 10 - 11:30 am Brunch 
21 11:30 Atlantic. CUC's National Symposium service. Watch at home or at the church.	22 	23	24 Newsletter Deadline 	25 7 pm Online gathering 7:30 pm Membership meeting	26	27 10 - 11:30 am Brunch 
28 10:30 Service Rev. Israel Noon UUCH AGM	29	30	31 	<i>Worry less. Smile more. Listen carefully. Take responsibility. Accept what you cannot change. Embrace the lessons. Love your life</i>		

Minister's Availability

Rev. Israel is available to meet Tuesdays, Wednesdays and Thursdays from 11 am to 4 pm, and Sundays from 12-1:30 pm. To schedule an appointment email minister@uuch.ca. Monday is usually his day off, and Saturday is usually reserved for writing and reflection. He makes every effort to respond to emails within 48 hours, although emails received over the weekend might not receive a response until the next week.



From our Interim Minister

On this month's theme: Creativity

Creativity and change are fundamental aspects of human existence. Humans have always sought to create and change the world around them, driven by a deep spiritual and sacred impulse that is at the core of our being. Yet the repetition of the daily grind can sometimes obscure the deep sense of purpose or calling that we might experience in moments of clarity.

Those of us who travel the spiritual path are a bit like carpenters tasked with building a beautiful temple in an ancient forest. We receive our commission, and head off to practice our craft, working day and night, cutting and shaping the wood, hammering the nails, and building the walls. But as we work, our humanness might incline us to focus more and more on the minutiae of the tasks at hand, losing sight of the purpose of the greater project itself.

Cultivating spiritual community is a bit like inviting a trusted friend or a teacher to come and observe our craft. They approach us to ask, "What are you building?" "I'm building a temple", we might reply. "But why are you building it?" comes the response. And so, we are forced to think for a moment. "I'm building it because I was tasked to build it."

Our teacher must remind us "You're not just building a temple—a building—my friend. You're creating sacred space where people will come to connect and make meaning. You're creating a place of healing and transformation. Don't forget the sacredness of your task."

It's easy to become so focused on the physical act of building that we can forget the deeper purpose behind the work. When we approach our creative endeavours and our efforts to effect change with a deep sense of purpose and meaning, we tap into a powerful source of inspiration and motivation. We then focus not just on creating something, but on creating something greater than ourselves.

Rev. Israel

Notes from Pam

Life has been exciting around UUCH of late and it's wonderful that Etta has come out of her moving hibernation to produce the May newsletter!

This 'n that

We finally have a date from the City of Halifax for the removal of the lead pipes in our building – July 4!

We've been enjoying monthly fellowship events; pie on Pi Day in March and a Soulful Supper in April.

You don't have to be a rampant royalist to come to our Coronation Tea on the 6th. It's enough to want to witness a historical event in the company of others.

If you have any ideas of things we might do over the summer, e-mail Linda Cherry or Pam Berman.

The Humanist Group is back to meeting monthly. If you are interested, please contact Mary Lu MacDonald.

Our new choir is sounding more beautiful as we welcome back the voice of Barbara Harsanyi after far too long an absence.

We now have a defibrillator. Although we are taking the special collection for it on Sunday, April 30, donations can be made at any time. If you need a reminder, you can e-transfer to treasurer@uuch.ca.

We are looking into plans for the completion of landscaping at the front of our building. Stay tuned.

Watch your inbox for news of a Spring Clean Up Day.

Ministerial Search Team

I am very pleased to announce that we have a full team of six who are willing to commit to the work in the second year of Ministerial Transition leading the congregation in its search for a new settled minister. (Possibly that's part of the search process as well, deciding on what road to take.) This team brings together a wonderful mix of talents as well as diversity of age and experience.

The fulsome thanks and wholehearted cooperation and support of the entire congregation goes out to the following as they begin their work on our behalf:

Angela Van Amberg
Joe Britto
Troy Saulnier

Sawyer McMahon
Linda Cherry
Amy Moonshadow

In addition, Mary Lu MacDonald has offered herself as consultant to this team.

You may not know all these passionate team members. Sawyer and Joe are our two newest members (April 30) and Linda joined a year ago. Some have been involved with UUCH for many years. Others are more recent. Some have UU experience in other places. They all bring a wealth of different life experiences and talents. You will get to know them over the next several months. But for now, join me in welcoming our Ministerial Search Team!

Pam Griffin-Hody

President

UUCH Board of Directors

NOTICE



The Annual General Meeting of the UUCH will take place in person and virtually at 12 noon, Sunday, May 28th, 2023.

The meeting will conduct the following business:

- Business arising from the minutes of the October 2022 Semi-annual General Meeting.
- Receive and approve reports from the Minister and various officers and committees.
- Nominations for the Board of Directors for the 2023-2024 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.

Molly Hurd

Secretary

UUCH Board of Directors

CUC Symposium and AGM Ottawa, 2023 May 19–21

After a five-year hiatus, from May 19 - 21, UUs across Canada will gather again in person. Of course, Zoom and YouTube are here to stay as well.



May 1 is the deadline to register for in-person attendance at the symposium. You can also follow [this link](#) to register for the symposium workshops via Zoom.

There are also several opportunities for free participation via live streaming on YouTube or via Zoom, the opening ceremony on Friday evening, and the National Worship Service on Sunday morning by following [this link](#). This service will also be on Zoom, live at 11:30 am in our sanctuary at the church. The Confluence Lecture, given this year by Albert Dumont, will also be available on YouTube.

The CUC AGM is being held via Zoom and in person on Friday afternoon. The UUCH delegates, Pam Griffin-Hody and Kath Anthony will be attending in person. You can also attend the AGM as a Zoom observer.

See the Symposium site [here](#) for all the details.

If you notice that our beautiful banner is missing from above the coffee service table in the Ballroom, rest assured that it is in Pam's trunk and going to Ottawa. You will see it during the opening ceremony. The soil from the last 2018 CUC Conference in Hamilton also is going to Ottawa. The soil was presented to Halifax in 2018 because the 2020 conference was supposed to take place in Halifax.

Pam Griffin-Hody



From the Climate Crisis Team

The Conversation We Need to Have

Saturday was a lovely day, with a crowd of people of all ages representing all aspects of life on Earth marching along in the sunshine by the water. It was a day to celebrate the world we love.

There were also protest signs, to save the encroachment of powerful people onto land that we now realize we need to protect: wetlands, waterfrontage, coastal ecology. These are battles carried out in town halls and council meetings, for local issues.

But there are far worse situations looming on the horizon as we try to change our lifestyles for a greener future. You may have heard rumours that our technological world relies on rare metals, and that Canada is planning to mine and sell them to our allies. What you may not have heard is the degree to which we are already dependent on rare metals, essential to cell phones and EV's and solar panels and batteries. Since most of these metals have been mined in China we have heard nothing about the terrible costs of this type of destruction to the landscape and the poison in the waters and the air, killing people, plants and animals.

Mining companies are now in a race to develop similar huge destructive projects around the world, wherever rare metals are found. Our consumer society will still be relying on extractive industries, which may do more damage to the Earth than fossil fuels. Mining rare metals will not be the green solution to our future that we had anticipated. For more information on why not, read Andrew Nikiforuk in *The Tyee*. Click [here](#) for the article.

It may not be the most cheerful article, but it is the start of a conversation that we need to have. We need to find ways to live with less on our earth, not just switching fossil fuel extraction for rare earth minerals extraction.

Margaret Galbraith
for the UUCH Climate Crisis Team

From the Reconciliation & Dismantling Racism Committee

We were so happy to hold our first in-person meeting in April that we spent the time learning what inspired each of us to join the committee, and set up a second meeting to continue the discussion.

In the works: We are considering a plan of action that member Scott Wood proposed, arising from advice provided by our Interim Minister, Rev. Israel Buffardi; and three recent service presenters: Andrea Currie, a Nova Scotian Indigenous leader and UUCH member; and Robert Wright and Dr. Lynn Jones, both leaders in the Nova Scotia Black community.

Sunday May 21, National CUC service re 8th principle: UUCH members are encouraged to participate in a national Canadian Unitarian Council (CUC) service at 11:30 Atlantic time as part of the annual CUC gathering. The service will celebrate our approval of the 8th principle last year about seeking to dismantle racism. From the CUC website: "This is a promise worthy of this time and the fullness of our creative energies". [See more here.](#)



Volunteers needed for the North American Indigenous Games, July 15-23.

The games need 3,000 volunteers. They will host competitions in 16 sports at 21 venues across Kijipuktuk (Halifax), Dartmouth and Millbrook First Nation. They ask volunteers to agree to a

minimum total of 18 hours or 3 shifts during the week of the games. All volunteers will receive cultural awareness training. [See more here.](#)

Thank you!

Brian Gifford
for the RDR Committee



Recurring Monthly Meetings

Group	Recurrence	Group Lead
Religious Exploration	1st Wednesday 8 pm	Marie-Claude Leroux
Worship	2nd Tuesday 7 pm	Israel Buffardi
Board of Directors	2nd Wednesday 6:30 pm	Pam Griffin-Hody
Building	2nd Thursday 7:30 pm	Troy Saulnier
Communications	2nd Thursday 8:30 pm	Troy Saulnier
Shared Ministry	3rd Tuesday 4:30 pm	James Morris
Caring	3rd Tuesday 2 pm	Sylvia Mattinson
Climate Crisis	3rd Wednesday 7 pm	Margaret Galbraith
Membership	4th Thursday 7:30 pm	Pam Berman

This is the standing schedule of recurring monthly meetings. One-off scheduling changes are to be passed on to group members; any permanent changes to the newsletter editor.

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 June newsletter is

Wednesday, May 24.

Please send your items to Etta at
braeside@eastlink.ca

Generous Donations for the Saturday Brunch



In the space of a few days in mid-April we received three donations for the Brunch that are worth telling you about.

A neighbour on South Bland has sent a cheque for \$250 with this letter:

Kwe' - Hello:

*This cheque is a donation to the Brunch program at UUCH. A couple of years ago I ran out of food and went to the Church for a hot brunch. The staff were very kind and compassionate. And most importantly, the system they had for distributing food was not shame-based. I hope my donation can help you to continue doing this work in a good way. M'sit No'kmaq - All my relations
Wela'lin - thank you!*

The second donation was thanks to the advocacy of Robin Smith-Armstrong, Michael Smith's daughter. Robin was aware that her company, Bureau Veritas Canada, had leftover Christmas money that needed a home and she convinced them to give it to our Brunch Program. And that was a whopping \$1,070! So huge thanks to Robin and to Bureau Veritas Canada.

Scott Smith-Armstrong, Michael's son-in law, applied to his company, Bluedrop Training & Simulation, for a grant of up to \$500 for our Saturday brunch and it has been approved.

And thanks also to Robin, her husband Scott and their two daughters, Brynn & Evelyn who have been helping most Saturday mornings.

Submitted by Marilyn

From the Caring Committee

A Celebration of Life for **Reginald David Hody**, who died on March 18th, was held at UUCH on April 22nd. Along with the eulogy presented by Rev. Israel Buffardi, various others in attendance spoke of times they had shared with Reg over the years. Condolences go out to Pamela Griffin-Hody and all the family. (Reginald was Pam's brother-in-law). An informal reception followed.



The role of the Caring Committee is to foster a caring church community by thoughtful response to the needs of individuals within the congregation. Along with the minister, we facilitate support and celebration of life events for those in our church.

If you, or someone you know would benefit from help from the Caring Committee, please contact us.

Best wishes for happy days during the spring season of bright flowers and fresh new leaves on our trees, and warm sunshine too.

Sylvia Mattinson

*No act of kindness,
no matter how small,
is ever wasted.*
Aesop

Coronation Tea and Viewing Party

Saturday, May 6

Live at 6:30 am, AST

(Coronation Ceremony
starts at 7:00 am)

Pam Berman's house
17 Ryland Ave, Dartmouth

Royalist or not, come and
witness this historical event with friends.

RSVP by May 3

to bermanpj@gmail.com





NURTURING WISE WOMEN CUUWA Pink Tea invitation

*A hybrid event – Zoom participation
available for distant registrants.*

***Please join us at
the Ottawa UU Fellowship,
Sunday afternoon.***

May 21, 2–4:30 pm

***Guest speaker is El Jones,
a Halifax-based professor,
activist & former poet laureate.***

***AGM convenes after
the presentation***

- Free Transportation provided at 1:15 - 45 from Algonquin College if requested.
- No charge but donations will be cherished.

Register: CUUWA.CUC@gmail.com

More event info at website: CUUWA.CA



Facebook: Canadian UU Womens Association

The Canadian Unitarian Universalist Women's Association (CUUWA)

We are the Atlantic representatives on the Council of the CUUWA, the CUC feminist organization.

Our main activities this year have been offering the online course, Rise Up and Call Her Name, preparing a resource package for International Women's Day services, and organizing the annual Pink Tea and AGM, held in May during the CUC Symposium.

The CUUWA also has a Feminist Watch and a meditative poetry group.

Our upcoming *Pink Tea* will be ***in person*** in Ottawa (***and available online***) on Sunday, May 21, from 3 to 5:30 pm Atlantic time.

We are excited to have El Jones as our guest speaker.

All are welcome. It is free and you don't have to be a member to participate.

More information is available online, starting with our website: CUUWA.CA

How to join virtually, [here](#).

We welcome new members. Membership forms are available online on the CUUWA website. We invite you to join!

***Joan McFarland and Najat Abdou-McFarland,
Unitarian Fellowship of Fredericton***

Humanist Nuts and Bolts May 14 at noon



Mary Lu will lead discussion on "A How-to-Guide to the Ethics of Humanism" from Greg Epstein's book, ***Good without God***, at noon on Sunday, May 14. Bring a chair to the office for a Humanist take on the ten commandments and more.

Contacts:

Mary Lu MacDonald
jbmlmac@eastlink.ca

Linda Cherry
linda-cherry@att.net

Religious Exploration for Children & Youth

Thanks to the Climate Crisis team and Margaret Galbraith, our families had the chance to participate in the People's Parade for Life on Earth with other members of UUCH on Earth Day.

Taking place on the Halifax waterfront, we took part in the joyful community parade to celebrate Mother Earth, water, our neighbours and our continuing work for love, justice and life on this planet. We were a crowd of elders and youth, drummers and artists, students and activists, puppets and costumes, representing all that can be found on earth.



The parade opened in ceremony with the Mi'kma'ki Water Walkers led by Doreen Bernard, who shared with us a beautiful way to have our own personal water ceremony every morning on waking, by having a glass of water by our bed, and honoring that water – intentionally thanking and loving that water.



It was a beautiful, sunny day, and we are grateful to be joined by many UUCH members and friends. Our group message was our [7th Principle](#): Respect for the interdependent web of all existence of which we are a part.

The RE families joined in costume or face paint, each of us representing one of the many elements within this complex web. We were a group of animals (rabbits, deer, turtle, frog, hedgehog, foxes) as well as a beekeeper and a blade of grass. Margaret came bedecked

as the entire ocean! With maypole in hand, and ribbons attached as the many strands of the complex web, we marched among so many others to celebrate the web of life.

Community members came in incredibly creative costumes including a stilt walker and larger-than-life marionettes, all dancing to drumming beats that set the tone for the march. What a great opportunity for RE to witness that so many people share our vision of a sustainable future.

At the end, there was a post parade festival in the continued spirit of celebration at the Peace & Friendship park. The festival ended with a round dance, a traditional event in First Nations culture that brings people together "to heal, to honour and to celebrate life," the perfect way to end a parade for all our relations.



What we honour, celebrate and cherish, we work to protect. I hope this becomes an annual celebration and a reminder to all of us.

Marie-Claude Leroux
Director
RE for Children & Youth

Photos: Paul G., Marie-Claude. Banner art: Miranda Hutka, Alice Bent

Canadian Unitarian Council National Symposium
Living into the 8th Principle
May 19 - 21



At Algonquin College, Ottawa
Click [here](#) for all the details.

