

# U.U. & you

newsletter of the universalist unitarian church of halifax

Vol. 49, No 3  
November 2014

Universalist Unitarian  
Church of Halifax  
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Rev. Norm Horofker  
Minister  
Office Hours  
Tues, Wed, Fri 10-3  
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Sandra Jamieson  
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Deborah Wiggins  
Music Director

Christy-Lee Bojarski  
RE Director

Kim Turner  
President

Newsletter  
Etta Hamm  
Sandra Jamieson

Sunday service  
10:30 am  
All welcome  
Children & Youth Education  
Child care available

## November 2

Presenter: Rev. Norm Horofker; Service Assistant: Susan White

### *Frightened of the Future? – Congregations Adapting to Change*

We are fortunate to have UUs including UU ministers from across Eastern Canada to celebrate this service with us. Expect a joyous celebration of our vision for our shared future. Not to be missed!

## November 9

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

### *Five Bucks is Five Bucks!*

We launch our pledge drive this year during the month whose Sunday service theme is “deep listening.” Today Rev. Norm will ask, “What is the connection between listening and generosity?”

## November 16

Presenter: Christy-Lee Bojarski; Service Assistant: Dean White

### *If You Want to Sing Out, Sing Out!*

A multigenerational service exploring themes from the film "Harold and Maude" including love, letting go, and living life to its fullest. All outer and inner children welcome! The film will be available for viewing the Friday evening beforehand. Hope to see you there!

## November 23

Presenter: Rev. Norm Horofker; Service Assistant: Louise Malloch

### *Listen to Your Life!*

The universe is asking each of us questions in the form of experiences that challenge us. Listening to our life is a dangerous undertaking. There is content there that demands to be reckoned with or acted upon. How do we develop the skills of deep listening to our own lives, and what do we do with what we hear?

## November 30

Presenter: Steve Noel and Bob Williams; Service Leader: Wynne Jordan

### *The Role of the Breath in Emotional Well-being*

“Unless we have a stress-free mind and a violence-free society, we cannot achieve World Peace.” These words by Sri Ravi Shankar, founder of The Art of Living Foundation, reflect this humanitarian organization’s focus on stress management and community service. Steve and Bob will outline the Art of Living philosophy and lead us in breathing techniques and a guided meditation.



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

# November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 9-4:30pm ERG Sessions 8pm Halloween Social
<b>2</b> 9am-Chalice Singers 11:45 ERG Lunch Noon-Worship Cmte	<b>3</b>	4	<b>5</b> 4:45-6:15pm Afterchoir	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> 9am-Chalice Singers Canvass Kick-off Soup Lunch, noon	<b>10</b>	<b>11</b> 11:30-3:30pm Library	<b>12</b> 4:45-6:15pm Afterchoir	<b>13</b>	<b>14</b> 7pm Film: Harold & Maud	<b>15</b> Hike (see p.7)  7-9pm Dances of Universal Peace
<b>16</b> 9am-Chalice Singers Noon-Humanists	<b>17</b> 7-9pm Ukulele Group	<b>18</b>	<b>19</b> 4:45-6:15pm Afterchoir 6:30pm Board Meeting	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> 9am-Chalice Singers Noon-Soc.Resp.  ----- <b>30</b> 9am-Chalice Singers	<b>24</b> 10am Newsletter deadline	<b>25</b>	<b>26</b> 4:45-6:15pm Afterchoir	<b>27</b>	<b>28</b>	<b>29</b>

**Canvass Kick-off—Soup Luncheon  
Entertainment by the After Choir  
November 9th at noon**

Come join us for a delicious lunch of soup and bread on Sunday November 9th to celebrate together the many comforts and joys of belonging to this wonderful community of friends—all made possible by our combined generosity of spirit, vision, energy, and of course, our financial contributions.



Ours is a self-sustaining church; it's up to us to keep the building warm in winter, to support our dedicated minister, to keep making music with Deborah, to be an important presence in the community—and to pay the ever-present stack of bills. (But oh, the rewards we reap!)

We'll hear inspiring words from our leaders and rousing music from the After Choir. You wouldn't want to miss a minute of it. See you there.

**Laura Hody and Eileen Ross**  
Canvass Co-chairs



Daylight Saving Time ends at 2 am, Sunday November 2nd.  
Remember to set your clocks back the night before!



## Minister's Notes

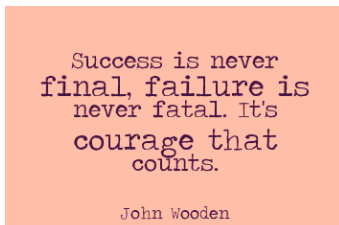
*Two things  
to pay attention to  
in November . . .*

**First:** I know you will all pay attention to our annual pledge drive. Laura and Eileen are co-chairs for this year's drive. They have a great cause to promote and they deserve your support. You will know from the budget discussions at the Semi-Annual meeting that we had a very good year last year, and that we have the potential to balance our budget in 2015 for the first time in many years, but it is only possible with your support.

**Second:** We are starting to experiment with the idea of "themed church." I will be leading a workshop on this topic at the Fall Gathering on October 31. This has the potential to dramatically improve the way we do church, by allowing us to go deeper into topics that move our lives and to share resources and perspectives with other UU congregations in Canada. I hope you will share my enthusiasm as we start the process. One benefit for me is that I will be planning services further in advance and that allows me to solicit more input.

The theme for the services in December is Courage. If you have a personal story about courage, a favourite reading, poem, or piece of music on this theme, please share it with me and I may be able to include it in one of the December services or share it in other ways with the congregation.

**Rev. Norm Horofker**



## Music Montage

*"Sing loudly till the stars have heard.  
In joy, feast on this bounteous word!  
Our praises call us to explore  
Till suns shall rise and set no more."  
~ Anonymous*

### **Music Stream at Eastern Regional Fall Gathering...**

I have been busy organizing the music stream, entitled Music: A Pathway to Community. I have at least two special guests lined up to contribute. I am also planning special music for Sunday, November 2nd.

### **November's 'Singing as We Gather'...**

The Gathering Hymn for this month is #33 *Sovereign and Transforming Grace*. In this month of shorter days and longer nights, and our Regional Gathering entitled *Frightened of the Future? Congregations Adapting to Change* the lyrics are apt; *"To the anxious soul impart hope, all other hopes above; stir the dull and hardened heart with a longing and a love."*

### **The Chalice Singers...**

*The Chalice Singers* are open to anyone who likes to sing, and contribute each month to the Sunday services. We rehearse each Sunday morning at 9:00 am. You do not need to be able to read music to join this welcoming choir.

### **The Family Singers...**

*The Family Singers* are for all ages and stages of singers, and offer music opportunities that are easy to learn and sing. *The Chalice Singers* provide a base of support, so relax and join in. Stay 'tuned' for this month's date.

### **The Afterchoir...**

*The Afterchoir* (our folk/rock group) meets most Wednesdays, from approximately 4:45 to 6:15 pm. Contact James at jamesmorris@morrisbureau.com to confirm dates and times.

### **Deborah Wiggins**

*Music Director*  
uuchmusic@yahoo.ca  
902-463-0988



## From the UUCH Board

There are many exciting things happening in the church this fall, and between them all, the Board has been busy.

The Open House in September, complete with bouncy castle, was a happy success, which we will repeat in some form next year. Thanks to everyone's efforts and enthusiasm!

Within the next three weeks, the congregation will have the opportunity to participate in the Semi-Annual meeting on October 26<sup>th</sup>, the Eastern Regional Gathering on the weekend of October 31<sup>st</sup>, and our every member Canvass Kick-off on November 9<sup>th</sup>. It is wonderful to have so many opportunities to participate in the life of the church and the broader Unitarian Universalist Community – and we are hoping to see people maximize their opportunities!

I would like to focus a moment on the financial campaign. Following the Canvass Kick-off, each member and friend of the congregation will have the opportunity to meet with a canvasser to discuss how things are going for them in the church, and to reflect on their ability to support the work we do in a tangible way. While we deeply appreciate all gifts to the church, whether it be attendance at events, participation in spirited discussion groups, or considerable gifts of time and energy, we still rely on the financial contributions of our members and friends to “keep the lights on” (even when following all the recommendations of the Green Team!).

We are still a relatively small congregation (90 members last count) that does a lot of good work, both within and outside of the congregation. We don't seek financial contribution just to support our present UU Community, but also to ensure that a vibrant UU community is here for those who are searching, but have not yet discovered us. Without the support and generosity of all of you, this simply wouldn't be possible.

The Board recognizes that many of our members and friends financially support a variety of vital causes that are near and dear. However, we hope that when deciding on their ability to contribute in 2015, members and friends reflect not only on what the church means to them, but also its important role in the broader community, and that giving to the UUCH will be a priority.

So as we move ahead into this exciting and busy time, we continue to be thankful for all that we have in the congregation, and hopeful for all that we can be.

I look forward to seeing you all at one or more of our fall events!

***Kim Turner***

President, UUCH Board



### Reaching Out to Pat

Pat Sarratt was a devoted member of the UU Church of Halifax for many years. She had a major stroke several years ago and had to give up her home and move to a care facility in British Columbia near her daughter's home. Pat has adjusted. She still has a few challenges but is enjoying the things she loves—books, dogs, gardens, coffee and family.

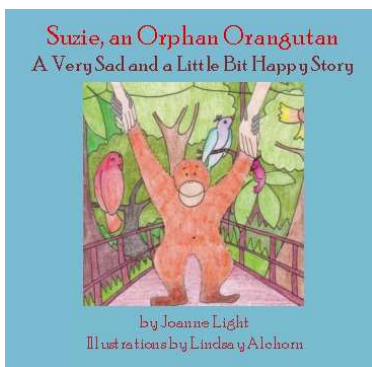
My daughter Kemi and I will be visiting her in November. We leave Nov 10th but will only get to Pat's on the 17th. For those of you who know Pat and would like to send her a card, a reminiscence, or a photo, I will be happy to deliver them. She has a digital photo display unit to which we can add photos from a memory stick. Call me at 902-429-8094 if you would like me to pick something up.

*Sheila Morrison*

### Caring

We send our condolences to **Alison Chipman** on the death of her uncle. Robert Douglas Ripley was 94 and lived in Truro.

Congratulations to **Joanne Light** on the publication of her beautiful, educational story, *Suzie, an Orphan Orangutan*.



Thanks to Rev. Norm's request, the **food box** for our neighbours was full last Sunday. One of the people who came for food reminded me that she could heat food but not cook, so please keep that in mind when you bring a donation. Thank you all.

*Mary Ellen Onno*

### It's Christmas Hamper time ...

This year we will once again be collecting funds and food for the Christmas Hamper Drive which delivers seasonal gifts to people in the Building Bridges program of the Canadian Mental Health Association.



For reasons that include mental health issues, social phobia and anxiety, the Halifax residents who receive our gift bags have limited contact with others. Many of them have expressed how much our gifts meant to them over the Christmas period. Cheques (made out to UUCH, clearly marked "Hamper Drive") can be given to either of us, or placed in the collection plate. Food donations can be left at the church. We will be collecting through December 7th. Thanks for your support.

*Martha Wilson & Avard Woolaver*

### Thinking Ahead – from your Endowment Fund Trustees

In September we told you about the great gift Kay Smith made to the Endowment Fund. Since we published that many people have been asking questions. We plan to host a seminar on long term financial commitments to the church in the New Year that should answer any questions you may have.

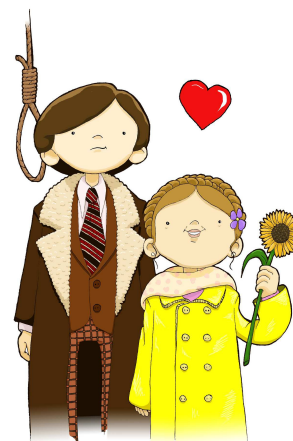
In the meantime if you are planning to write or rewrite a will in the near future and would like to include the UUCH Endowment Fund, please speak with us first. To ensure that the money goes to Endowment, you will need to specify Universalist Unitarian Church of Halifax Endowment Fund and provide the address.

Recently Sylvia Mattinson came forward to tell us that she named UUCH in her will this past June. She too is comfortable with making that public and we are delighted to do so. Everyone will have different circumstances and different favourite charities. In Sylvia's case, she has specified a certain amount for one charity and any remaining amount to UUCH. She warns that it might not be more than enough to buy a cup of coffee! Only time will tell, a long time let's hope. But we really appreciate the intention, and that she put her intention into action.

*Kay, Mary Lu & Marilyn*

## The Religious Exploration Page

*"A lot of people enjoy being dead. But they are not dead, really. They're just backing away from life. \*Reach\* out. Take a \*chance\*. Get \*hurt\* even. But play as well as you can. Go team, go! Give me an L. Give me an I. Give me a V. Give me an E. L-I-V-E. LIVE! Otherwise, you got nothing to talk about in the locker room." ~ From 'Harold and Maude' (1971)*



Hello all!

I'm excited to announce that on **November 16<sup>th</sup>** we'll be experiencing our most wonderful multigenerational service yet!

The service will be centered around the 1971 cult classic, *Harold and Maude*. For those of you who haven't seen the film, Harold is a depressed, death-obsessed 20-year-old man/child who spends his free time attending funerals and pretending to commit suicide in front of his mother. At a funeral, Harold befriends Maude, a 79-year-old woman who has a zest for living. She and Harold spend much time together during which she exposes him to the wonders and possibilities of life.

Our multigenerational service will feature family-friendly clips from the film and activities inspired by the themes in the movie. Themes such as **joy, individuality, social justice, and living each day to its fullest** will be explored and played with.

We'll also be presenting the **film on Friday, November 14<sup>th</sup> at 7pm**. This will be a special showing, complete with lots of delicious snacks themed around the movie, and bean bag chairs and pillows for those of you who want to opt out of plastic chairs!

This is a family-friendly event, **HOWEVER...** there are aspects of the movie that might be deemed too mature for some audiences. There are themes of suicide, and a cross-generational romance with a vaguely implied sexual encounter. Common Sense Media (<https://www.common sense media.org/movie-reviews/harold-and-maude>) gives it high reviews and has this to say: *'Parents need to know that this movie deals with strong adult themes, such as Harold's obsession with suicide, and makes references to the Vietnam War and the Holocaust. But the overarching message of embracing life is a good one, especially for moody teens.'*

I've let my 9-year old son watch this film and he loves it, but I understand all families have different standards when it comes to media. I would be thrilled to discuss the film with any concerned parents or guardians. Feel free to email me ([somewhither@gmail.com](mailto:somewhither@gmail.com)) or call (902-456-3802).

I hope to see you all at both the film showing and the following Sunday service. This will be my last multigenerational before I go on maternity leave so I want to make it extra-special.

In Joy and Kindness,

**Christy-Lee Bojarski**

Director of Religious Exploration

## Hike to Colpitt Lake Saturday, November 15

Colpitt Lake is located in Spryfield to the west of Williams Lake. A new development is being built on the high granite outcroppings above the lake but the construction is not visible from the path that follows the lakeshore. On my last visit, a beaver has raised the level of the lake by 30 to 50 cm, making this trail wet in spots. The hike is along undeveloped hiking and mountain bike trails.



Photo of Colpitt Lake: Allyn Clarke

We'll visit woodland brooks, waterfalls, granite barrens and a cave that is said to have been the refuge of an escaped prisoner from the penitentiary on the Northwest Arm.

Meet at the church at 12:30 or at the end of Colpitt Lake Road (off Williams Lake Road) at 1 pm.

Note that when you enter Colpitt Lake Road from Williams Lake Road, you almost immediately encounter a fork in the road. Colpitt Lake Road is the left-hand fork.

On Saturday call Allyn at 902-483-4731 if you are running late or are lost. We expect to return to the trailhead by 3 pm.

### Allyn Clarke



## Leadership Books for You

We have a lot of new books on leadership topics . . .



The CUC, with the aim of setting up regional libraries, gave a large number of books to one of the New Brunswick fellowships who then passed a lot of them on to us. The books, new and old, are now catalogued and shelved (alphabetically by title) in my office. All are welcome to borrow them. Here are a couple of examples of the books available:

***Bourinot's Rules of Order*** – Did you grow up with *Robert's Rules of Order* and ever wonder why the church uses Bourinot's? Would you like to be parliamentarian at our next AGM? Well, grab this and start studying!

***We've Never Done It Like This Before: 10 creative approaches to the same old church tasks*** – This sounds intriguing...

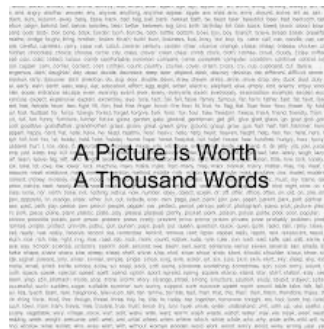
**Rev. Norm Horofker**

## Photographs Available

The photographs of UUCH activities and people that have been up on the Ballroom Gallery walls, taken by Allyn Clarke and me can be purchased for a minimum \$5.00 donation each, with all the money going to the church. If you like a photo and want a copy, ask Allyn or me.

We plan to have a sale of our photographs in the near future as a fundraiser. Please stay tuned for details.

**Avard Woolaver**



## UUs Join 'Right to Die' Rallies Across Canada



*"Who owns my life?" Dying with Dignity members and supporters of a compassionate change to the law rally on the steps of the House of Assembly, Oct 15, 2014*

After years of winding its way through the court system, on October 15th the landmark *Carter v. Canada* Supreme Court case on medically-assisted dying finally opened. As an Intervenor in the case – as it had in previous cases leading up to this day – the Canadian Unitarian Council carefully presented arguments before justices of the highest court. Canada's Unitarians argued alongside other organizations, such as Dying with Dignity, in favour of a compassionate change to the law, to allow competent individuals suffering with terminal illnesses to receive medical assistance to end their lives early. That same day, Unitarians joined other Canadians in St John's NF, Halifax NS, Ottawa and Toronto ON, Winnipeg MB, Lethbridge and Edmonton AB, and Victoria and Vancouver BC, all rallying in support of changing the law.

In Halifax, Canadian Unitarians for Social Justice (CUSJ) and UUCH Social Responsibility Committee members and UU congregants joined about 40 Haligonians on the steps of the provincial legislature on the Oct 15th national 'Rallies for Choice.' Dying with Dignity. Nova Scotia Director Sheila Sperry spoke on the need for compassionate change, in the presence of all major news media networks. Profoundly personal stories were shared, including from UUs, about suffering and the end of life of family members and loved ones.

Participants noted that, even though polling shows that a majority of Canadians (84%) support a choice in the right to die under the specific circumstances weighed in the court case (including 89% of Nova Scotians, the highest level in Canada), there is likely years to go before Canadians will see a change in the law. Even if the Supreme Court rules in favour of a

change sometime next year, the matter will likely be referred to the federal Parliament, with a deadline of a year or two to implement a change to the law... but the looming October 2015 federal election will mean that no change will be made before the end of 2015 at the earliest. It is expected that further mobilization of support will be made before Members of Parliament agree to change the Criminal Code to give every Canadian the right to die with dignity.

*Andy Blair*

### A Note from Scott

Hello! It's nice to stay connected with my UUCH friends. I think of you often. I'm sorry to miss checking-in with you when I was in Halifax this past August. Jovanna and I were on our way to a family wedding in Cape Breton and passed through to pick up Gabe, her son, who's been living in Halifax since January, studying at the art college. The wedding was great, and Halifax in August was spectacular, as ever. Gabe loves Halifax and I encourage him to drop by UUCH where he will be warmly welcomed, no doubt. He's been a UU youth leader for years so he knows the routine.



I'm back to Peterborough after an 18-month work position in Amherst, Massachusetts. I enjoyed my time there very much. Amherst is a university town (UMass), with four other colleges in close proximity, giving it an academic quality similar to Halifax. It's rich in history and progressive-minded liberals, which I liked very much, and felt quite at home. And lots of art, music and Unitarians galore! It was blissful, really.

My job with Kraus Fitch Architects ended, perhaps prematurely, but there was nothing to be done about the slow-down in work, so I moved on. I brought back to Peterborough cohousing experience with a renewed vigour. I'm presenting illustrated talks from the Kraus Fitch website to church groups and anyone else who will listen.

*Continued . . .*



We've got a small cohousing incubator group happening, and interest is growing.

I'm looking for a job in this town that is infamously known nationally as the small city of highest unemployment. At the same time I'm building a network to establish an architectural practice of my own. Things are moving slowly. I am learning the virtue of patience, perseverance, and hope.

Speaking of hope, I've been active in the campaign for a bright young (30 year-old) woman running for mayor in the upcoming municipal election. She, and a few others running for council represent great hope for the future in this town. For me it's about bringing young people, the next generation, and especially women, into public office. We're at a turning point and we need change and leadership with a new perspective, especially around sustainability. We're excited about the possibilities here.

I'm also active within the Unitarian Fellowship of Peterborough, as a Board member and leading a new committee looking into building options for a future home for the congregation. We currently lease space in the beautiful Beth Israel Synagogue, but many dream of a house of our own. There are, as above, possibilities. And we shall always continue to dream.

Yours in fellowship,  
**Scott Donovan**

<b>UUCH Board of Management</b> June 2014 to May 2015	
President	Kim Turner
Vice-President	Molly Hurd
Past President	Allyn Clarke
Secretary	Pam Berman
Treasurer	Darla Muzzerall
Members at Large:	
	Andy Blair
	Lauren Larsen
	Jim Morrison
	Faith Piccolo



**DEADLINE**

The deadline for the December newsletter is Monday, November 24th.

**Sunday Service Volunteers**

**Nov 2**

Greeting Kathy Anthony  
 Anne Knight-Gorman  
 Ushering Andy Blair (e), Janet Horofker (l)  
 Kitchen Norm Sabowitz (set-up)  
 Anne Knight-Gorman (clean-up)  
 Audio Devin Murphy  
 Library Valerie Chapman

**Nov 9**

Greeting Sass Minard, Sylvia Mattinson  
 Ushering Valerie Chapman (e), Dean White (l)  
 Kitchen Norm Sabowitz (set-up)  
 Sass Minard (clean-up)  
 Audio Avard Woolaver  
 Library Norma McPhee

**Nov 16**

Greeting Michael Seary, Margaret Galbraith  
 Ushering Kay Smith, Kathy Anthony (e),  
 Margaret and Paul Galbraith (l)  
 Kitchen Norm Sabowitz (set-up)  
 TBA (clean-up)  
 Audio Paul Galbraith  
 Library Stephen Butler

**Nov 23**

Greeting Sandra Clarke, Sylvia Mattinson  
 Ushering Kay Smith, Kathy Anthony (e)  
 Sylvia Mattinson (l)  
 Kitchen Norm Sabowitz (set-up)  
 Sandra Clarke, Sylvia Mattinson  
 (clean-up)  
 Audio Paul Galbraith  
 Library Alison Chipman

**Nov 30**

Greeting Alison Chipman, TBA  
 Ushering Wendy Ozon (e)  
 Dean White (l)  
 Kitchen Norm Sabowitz (set-up)  
 Dean White (clean-up)  
 Audio Nick Baros-Johnson  
 Library Alison Chipman

Please contact **Wietske Gradstein, 835-9272** to join the Sunday Service Support Team.

*Remembrance Day*



*November 11th*