

# U.U. & you

**Newsletter of the  
Universalist Unitarian Church of Halifax**

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November 2019

Universalist Unitarian  
Church of Halifax  
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Director, Religious Ed  
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Margaret Galbraith  
President

Etta Hamm  
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Sunday service  
10:30 am

All are welcome

Children & Youth Education  
Child care available



## **Our Theme for November is *Attention!***

### **November 3**

***Our Magnificent Inheritance*** — Each member and friend of this congregation is a beneficiary of the legacy of Universalism in Halifax. In today's we will celebrate our inheritance while considering the legacy we are leaving to those who will follow.

**Presenter: Rev. Norm Horofker; Service Assistant: Elinor Reynolds**

### **November 10**

***Pay Attention to What Is... and Even More to What Can Be*** — The title of today's sermon is an assertion of our faith tradition. How do we apply that simple idea in our daily lives?

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

### **November 17**

***The Spiritual Path of Shambhala Buddhism*** — Kathryn Heckman is a retired environmental lawyer and recently retired interim director of the Halifax Shambhala Centre. The vision of Shambhala vision is rooted in the principle that every human has a fundamental nature of basic goodness. This offers possibilities for a radical paradigm shift – not a utopia, but a culture in which life's challenges are met with kindness and courage. In action, Shambhala is both a spiritual path of study and meditation that helps us work with our minds, as well as a path of serving others and engaging with our world.

**Presenters: Kathryn Heckman; Service Leader: Rev. Norm Horofker**

### **November 24**

***Paying Attention to the Wonders and Realities of the World Around Us***


Rachel Carson, author of the ground breaking environmental book *Silent Spring* said: "The more clearly we can focus our attention on the wonders and realities of the world around us the less taste we shall have for destruction." Today we explore her life and work as someone Unitarian Universalists would like to claim as their own.

**Presenters: Rev. Norm Horofker; Service Assistant: Marie Welton**

**The Theme for December will be *Awe***

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.

## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10-11:30 am Neighbourhood Brunch
3 <b>Commitment Sunday</b>  After the service: Quick Christmas Choir meeting	4	5	6  4:45-6:15 pm Afterchoir	7 Diwali; Festival of Lights  9:30-11:30 am Parents & Tots  Noon Tai Chi	8	9 10-11:30 am Neighbourhood Brunch
10	11 Remembrance Day 	12	13  4:45-6:15 pm Afterchoir  6:30 pm Board meeting	14 9:30-11:30 am Parents & Tots  Noon Tai Chi	15	16 10-11:30 am Neighbourhood Brunch
17 12 noon Intro to UUism with Rev.Norm  12 noon Humanist Group	18	19	20 National Children's Day  4:45-6:15 pm Afterchoir	21 9:30-11:30 am Parents & Tots  Noon Tai Chi	22	23 10-11:30 am Neighbourhood Brunch
24	25  <b>12 noon Newsletter deadline</b>	26	27 4:45-6:15 pm Afterchoir	28 9:30-11:30 am Parents & Tots  Noon Tai Chi	29	30  <b>10 am-2 pm Bazaar, Book Sale &amp; Silent Auction</b>

### Commitment Sunday

**November 3, 12 noon**

**Theme: Ripples into Waves**

This will be the launch of our Annual Budget Drive, following the service.



The 2020 budget with a pledge goal of \$112,500 was approved at our SAGM. To attain this goal we are planning to reach out to every friend and member of the congregation, hoping for a pledge from each and every person. No matter how small your pledge, it will make a ripple and enough ripples build to be a wave. Together we can really make waves!

Over the last year a half-dozen members moved away, and another half-dozen disappeared from sight. With these dwindling numbers, we need each of you to increase your pledge by 2% if at all possible.

Please stay for a delicious Soup & Bread Lunch, entertainment from the Afterchoir, and the opportunity to meet with your canvasser to sign your pledge for 2020. If you cannot attend this Sunday, your canvasser will contact you in the weeks ahead.

**Canvass Co-Chairs:**

***Darla Muzzerall & Marilyn Shinyei***



# Minister's Notes

**Our theme this month: *Attention!***

**On the them of paying Attention:** It is important that we pay attention to what is happening around us to ensure our safety and to help us avoid disasters. At times this may seem like it is all that we can manage... the struggle to avoid disaster. But to live life focussed on avoiding disaster is to miss the point of living... and is a recipe for failure in the end. "Memento Mori" the ancient stoics warned us. Remember you will die, and there is no avoiding that reality.

Surely the point of living is to pay attention to more than possible disaster. The point of living is to joyfully create, to pay attention to what is not happening that should be happening... and then to go forward and bring that thing into being with the help of our friends.

There are some things that are now, and may be always, beyond scientific explanation. One of these is our free will. There is not scientific explanation for our free will... it is the ultimate gift in this amazing universe that we inhabit. We are each given the ability to exercise our free will and shape our future to some extent.

Our Universalist ancestors in Halifax realized this. At a time when other Christians were focussed on avoiding the disaster of a Hell of fire and brimstone, the early Universalists took a bold step of faith. They looked around and paid attention to the opportunities that rational scientific advance was providing... the opportunity for a faith based on optimism rather than fear. And they exercised their free will and courage in the face of condemnation and physical threat, to change the world for the better. Today, every person in Canada and beyond is the beneficiary of their courage. And we, the members and friends

of the Universalist Unitarian Church of Halifax in 2019 are charged with keeping that flame burning.

Universalists won that battle. The fear of Hell is no longer a driving force in our Canadian society. We turned our attention to what was missing in the way of inclusion and justice for women, for the LGBT and trans communities. Today we see the looming disaster of environmental degradation and we look for what is missing, a spiritual movement to recognize the sanctity of the interdependent web of life. We see the growing disparity in society and the polarization that is pulling society apart and we pay attention to what is missing, real human connection, love and compassion and justice and we are determined to exercise our free will to bring more of this into the world.

Every year in November, we pay attention to our church budgets and our pledge drive. At this time of year we may be tempted to pay attention to the problems of keeping our heads above water exclusively. Careful stewardship to avoid disaster is important... but that misses the point of church life. A shortfall in our budget is really a shortfall in our mission to bring more love and justice into the world.

In the months ahead the universe is presenting us with an exciting opportunity to expand the reach of Unitarian Universalism in Halifax, while hosting the Canadian Unitarian Council's "Making Waves" conference here in May. Now is the time to pay attention to the opportunities in front of us to expand on the vision of our Universalist Ancestors. And the best news yet is that it going to be a lot of fun!!!

***With Love, Norm***

## “MAKING WAVES” Conference, Halifax Six Months Away and Counting!



**Making Waves is starting to take shape! Molly and Glenda hosted the CUC planning team at King’s College and they loved the venue**—plenty of spacious breakout rooms, a couple of well-equipped large rooms for big meetings, the huge dining hall for meals and the kitchen party, and comfortable lounges for socializing, plus good office space for the event managers and plenty of hallway space for registration tables and exhibits. They also liked the modern and accessible residence at Dalhousie where the conference attendees will be staying.

**There will be six parallel workshops or “streams” of content on currently relevant topics.** One of these streams will be provided by the Ministers’ Association and the other five will be chosen by the CUC Program Committee from proposals submitted to CUC by UUs across Canada. Attendees will be able to attend a stream and also **participate in a choir** open to all who wish to join. Any of us can **submit a workshop proposal** for consideration, so if you have an idea which you think would be of broad interest, you should submit it right away via the CUC website.

While the streams and special events are happening at King’s, **the CanUuddle program for youth** will be held at the UUCH building, and a program for the younger children will be located in a residence at King’s. Since UUCH does not have a DRE who has been part of a CanUuddle program, the CUC team will bring in an experienced DRE to plan and lead the youth and children’s programs with Marie-Claude.

So far, these are the **UUCH people who have signed up to help Glenda and Molly host the conference:**

Treasurer: Darla Muzzerall  
Gatherings: Troy Saulnier  
Sunday worship service: Norm Horofker  
Multi-generational: Marie-Claude Leroux  
with a DRE provided by CUC  
Music: Vanessa and John Lindsay-Botten  
Site Support: Molly, with the help  
of Wietske Gradstein leading Accessibility  
Volunteers: Glenda  
Welcome and Information: This needs a  
team lead, although 7 volunteers have  
signed up to help, and Elinor Egar-Reynolds  
is leading Home Hospitality.  
Communications: Karen Woolhouse

**Members of the Fredericton congregation will be handling onsite registration processing and exhibits under the direction of a CUC staff member.**

**This is a great start on a team, but MOLLY AND GLENDA NEED MORE HELP.** Ideally volunteers will step forward to be team leads for Welcome, Site Support, and Volunteers, with Glenda and Molly to back them up. Many helpers will be needed to work shifts during the conference—everything from being an office gofer to helping prepare food for or supervise the youth at UUCH, working on the kitchen party, helping with room set-up, distribution of signs, and generally helping to make the event run smoothly.

Please look at the list of teams and think about what you would enjoy and can find time for, and make yourself known to Glenda or Molly or the team leader as soon as you can so that they know what resources they will have. It has not yet been decided whether the volunteers will be identified by T-shirts or aprons or buttons or ballcaps, but for sure it will be something colourful and attractive!

**Planning is also underway for communications to 46 UU congregations across Canada and 70 UU congregations in the Northeast Region of the UUA** to suggest that they save the date for a wonderful conference in Halifax and perhaps a vacation in lovely Nova Scotia.

*Continued, next page ...*

Speaking of saving the date, do be sure that you have marked your calendar to attend yourself (May 15–17, 2020) and have signed up for the team(s) of your choice.

**Our Roving Reporter asked more of our members why they are looking forward to at Making Waves:**

**Elinor Eggar-Reynolds:** I want to learn more about UUs and meet people from across Canada. It's going to be an exciting time!

**Faith Piccolo:** I'm looking forward to meeting UUs from across Canada and getting ideas on how other small congregations cope with an aging membership.

**Janet Horofker:** Our congregation is somewhat isolated here in the Maritimes. Bringing so many UUs here will create new energy and make us all more involved and aware of our faith tradition.

**David Lewis:** Meeting UUs from across Canada will be good. I am also looking forward to a great Ceilidh and the singing and dancing.

**FOR MORE INFORMATION,** please phone me at 902-821-2015 or send me an email to:

[MakingWavesHalifax2020@gmail.com](mailto:MakingWavesHalifax2020@gmail.com)

I will find out the answer for you and communicate it in future newsletters.

**WHAT WE SHOULD ALL DO NOW:**

- Let Molly and Glenda know now how you can help with Making Waves.
- Save the dates May 15–17, 2020, for attending Making Waves yourself.
- Let your UU contacts across Canada and elsewhere know that a terrific conference will be happening in Halifax and suggest that they attend for a whale of a good time. For more information about the conference or about vacation possibilities, please refer them to me at:

[MakingWavesHalifax2020@gmail.com](mailto:MakingWavesHalifax2020@gmail.com)

**Karen Woolhouse**  
**Making Waves Communications**

## Make Music for Making Waves



Come and help write the Making Waves theme song with John Lindsay-Botten, Musical Director for the CUC Making Waves Conference next May.

John will be hosting a song-writing circle on Sunday, January 19th from 1-4 pm at the church. No experience necessary, enthusiasm highly desired! Lunch will be provided.

**Molly Hurd**







## Christmas Bazaar    Book Sale    Silent Auction

**Saturday, November 30, 10 am - 2 pm**

(With any leftover food, books or giftables  
being available on Sunday, Dec 1st)

**NOW** is the time to start thinking about passing on those things in your dresser drawers and closets that are craving appreciation from new owners — new gifts and treasures for our bazaar shoppers! If it doesn't give you joy, it's time to pass it on.

**WHAT TO DO:** On Sunday, November 17<sup>th</sup> and 24<sup>th</sup> (no sooner!) please bring in any of the following items that you can contribute to this important fundraiser.

### **FOR THE BAZAAR**

"RE-GIFTABLE" ITEMS with resale values of \$5 to \$20—those gifts you've received or items you've bought that are still in the box, or never or barely used... such as décor, home or kitchen items. Luxe or glam pieces such as ladies' or gents' accessories, *special* jewelry, etc. (NO CLOTHES, PLEASE.)

### **FOR THE BOOK SALE**

LIKE-NEW BOOKS published in the last 10 years. **Two categories ONLY** to keep things simple: Literary **Fiction** and **Non-fiction**. Hardcover or trade (large) paperback.

PLEASE, NO COOKBOOKS, ART BOOKS, TEXT BOOKS, ETC.

CDS and DVDS — We have a large collection, but feel free to bring us more.

### **FOR THE SILENT AUCTION**

Here we are looking for items of higher value where the bidding could start at \$20 or more and climb from there. This could be works of art, home decor, small appliances, symphony tickets, things you are discarding as you downsize and so on.

*More details coming soon.*

## Althiab – Hamchou Wedding



We are thrilled to announce the wedding of **Nawras Althiab and Nairouz Hamchou** on October 25, 2019 at Sullivan's Pond, Dartmouth. The ceremony was officiated by our lay chaplain Marilyn Shinyei and witnessed by Margaret Galbraith and Sylvia Mattinson. Best wishes to the happy couple!



Here we are at the beautiful Sullivan's Pond on that loveliest of fall days.

Nawras and Nairouz are part of our Syrian family and it seems we are now part of their's.

Photo credit to Kim Turner who showed up with three cameras (and took tons of pictures) on her lunch break. — What a happy, exciting, love-filled day it was!

## The Caring Column



**Kathy Anthony** was in hospital for only one day following her surgery on October 10th and then Eileen Ross stayed with her for a day when she returned home. She is recuperating very well and says she is now free of pain for the first time in more than ten years.

Also on October 10<sup>th</sup> **Kathy Spencer** had her second surgery to correct optic cataracts and reports her vision is perhaps better than it ever was before.

After surgery for a broken leg **Wietske Gradstein** is hoping to have the various aspects of her life at home settled again, particularly the ongoing concerns related to home care which have not yet been completely satisfied.

**Marie Davis** was discharged from hospital on October 21st. She reports her broken arm is almost healed now and she is settling back in at Northwood.

And finally, **Troy Saulnier** recently received his third Masters degree, this one an Executive Masters in Business Administration from Smartly of the District of Columbia in Washington. Congratulations Troy! And currently Danielle is enjoying her work on a Masters in Education! Way to go Danielle!

**Sylvia Mattinson**



In keeping with our monthly themes, we'd love to hear a short story from you about your life and personal experiences.

The Worship & RE committees can help you in presenting a 5-minute story to be shared with the congregation.

Themes coming up are:

November: Attention

December: Awe

January: Integrity

Have you a story to share? Reach out to

**Marie-Claude Leroux**  
at [marieclx@hotmail.com](mailto:marieclx@hotmail.com)

## UU-UNO Membership, 2019-2020



I want to let you know about obtaining or renewing your individual membership in the UU-UNO. We support the UU-UNO because it's our denomination's channel to the UN and all the projects and work happening there.

To join or renew your membership, please give the money to the church office in the next few weeks. (You can put it in the offering plate as long as you mark it clearly as your UU-UNO membership.) Cheques should be made payable to the Universalist Unitarian Church of Halifax, with a note that the donation is for UU-UNO fees.

Our congregation has proudly maintained honoured "Blue Ribbon" status with the UU-UNO for many years. Last year our contributions helped support the Every Child Is Our Child (ECOC) program in Ghana, where the UU-UNO works with children who have been made vulnerable by AIDS.

As CUC director Vyda Ng explained, "With your support, the ECOC program helps the children reach their full potential by providing them with opportunities to attend school and receive medical attention. Your donations help buy school uniforms, books, school supplies, shoes and other items necessary for school attendance. ECOC also ensures that the children and families they live with are receiving basic medical attention. The Every Child is Our Child Program works toward achieving the United Nation's Millennium Development Goals of universal primary education, fighting HIV/AIDS, reducing hunger and poverty, and promoting gender equality."

Here are the various support levels available for 2019-2020 membership; please choose the one that makes sense for you.

- \$30.00 Retired/Student support level
- \$60.00 Individual support level
- \$150.00 Family/Household support level
- \$250.00 Global Equality support level

Thank you for keeping the UU-UNO in mind this fall!

**Jane Wilson**  
**UUCH-United Nations Office Youth Envoy**

## Christmas Choir



Christmas time is upon us once again! A time to gather and celebrate through music!

We will be starting a Christmas choir for the December 24th service. Rehearsals will begin the second week of November (date pending).

**We will meet after the service on November 3rd to pick a rehearsal date. Everyone is welcome.**

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

## Newsletter Deadline

The deadline for submissions for the December newsletter is 12 noon,

**Monday, November 25th.**

Please send submissions to both:

Etta Hamm [braeside@eastlink.ca](mailto:braeside@eastlink.ca)

& Sandra Jamieson [uuchurch@eastlink.ca](mailto:uuchurch@eastlink.ca)



## Interfaith Outing: Houses of Worship



As part of a series of interfaith outings for Religious Exploration, a guided tour of Saint Mary's Basilica will be offered on **Sunday, November 17th**. Father Brian McMillan will be leading the tour and offering glimpses of parts of the basilica not open to the general public.

This is an opportunity to visit one of Halifax's most treasured architectural structures and to learn its history.

If you'd like to join us,  
please RSVP to Marie-Claude at  
[marieclx@hotmail.com](mailto:marieclx@hotmail.com).

## Thanksgiving Dinner Huge Success!



At 3 pm on Monday, October 14th, over 80 people gathered for the Thanksgiving feast that had been contributed, potluck style, by the diners themselves. There were three turkeys, ham, veggie dishes, stuffing, gravy and much, much more. We could have had more mashed potatoes, gravy, and stuffing, and perhaps even another turkey, but there were lots of pumpkin pies, and several variations on chocolate cake, including a lovely decorated "Happy Thanksgiving" one!

Confession: We missed two pies in the fridge, but they were still delicious at the Pride Lunch two weeks later!

Faith Piccolo was the hero of the event: organizing, setting-up, serving, and getting the clean-up started. I don't think she ever sat at all!

The whole Saulnier family pitched in afterwards—a great kitchen team—and Stephen Butler helped throughout, as always.

Many others helped before, during and after the dinner. Many thanks to everyone!

*Elinor Eggar-Reynolds*

## Sharing the Plate

The collection taken up on October 27th for the Aphasia Association of Nova Scotia brought in a whopping \$425, the most generous collection received since we started Sharing the Plate over two years ago. This will send two people to Aphasia Camp next summer! The Association is most grateful.

*Thank you, Elinor,  
for coordinating  
this great event!*



## Endowment Fund Update

The UUCH Endowment Fund was established a decade ago with the goal of raising \$100,000 through legacy gifts to the church by members and non-members. Currently the fund stands at \$71,294. There were no contributions for 2018—or 2019 to date. Interest on our investments is our only source of increase during this time. As you are able, please be aware that gifts of any amount (e.g., \$10 to \$100+) would be helpful.

Once the minimum level of \$100,000 has been reached, the interest that accrues will be accessed for church purposes. The sooner we reach this goal, the sooner we can reap the fund's rewards.

For further information, please contact one of the Endowment Fund Trustees.

***Kathy Anthony, Mia Huh, Jim Morrison***  
***Fund Trustees***



***Time change!***  
***Fall back***  
***Saturday night***  
***November 2***

Set your clocks and watches back one hour before you go to bed Saturday night. Enjoy the extra hour's sleep!

**Spaces are still available for a delicious Dining for Dollars event coming up!**

**Saturday, November 16th**  
**Any time after 5 pm**



### **M e n u**

Appetizers

Moncton UU Fellowship

Heritage Seafood Casserole

with lobster, haddock, salmon & scallops  
(vegetarian on request)

with rice & rolls

Salad

Light dessert

Wine

### **H o s t**

**Pam Griffin-Hody**

**at 922 Herring Cove Road**

**Cost: \$30**

**For 11 fun people!**

**Don't miss out – be sure to sign up!**

**Contact [marilyn.shinyei@eastlink.ca](mailto:marilyn.shinyei@eastlink.ca) or add your name to the sign-up sheet after services, Sunday 3rd or 10th.**

# Religious Exploration



Our UU children receiving the tilak blessing at the Hindu Temple

From Diwali to Samhain, with plays and crafts, gathering at a Hindu temple and for a multi-generational service, October has been an engaging month of exploration, community and creativity.

Through skits, discussion and stories, youth have continued with the Amazing Grace program in exploring the role of their conscience as well as moral advisors as guidance. The children have continued with the Love Surrounds Us program in exploring the positive words and actions that can be used as they learn and live our First Principle. **Love notes have been made by the children and youth to give out to those who could use a little love. Some were taken home to be given to people they encounter in their day to day lives. Others are available in the ballroom for you to enjoy for yourself or deliver to someone else. We hope these will be shared to spread the love.**

In our collaboration with the Caring Committee, the children and youth continue to make cards for those who could enjoy their warm wishes. **We would also like to provide small care packages to those who are hospitalized and would welcome donations of lip balms, chapstick, travel-size lotion, aloe-infused tissues, mints, hand sanitizers and tea bags.** If you're able to provide even one of these items, it would be most helpful. The RE program will put these together into colorful packages with a card for those who could most use them.

**Our special thanks to Shripad Pendse** for his time and attention with our program this past month. For Spirit

November 2019



Universalist Unitarian  
Church of Halifax



## Religious Exploration For Children & Youth

Join us on Sundays from 10:30 for our one hour age-appropriate programs to explore questions that matter. Learn more about our current programming and schedule below.

### Schedule

- Nov 3 Spirit Art: Sugar Skulls for Day of the Dead
- Nov 10 Children: Love Surrounds Us | The Gift of New Friends  
Youth: Right & Wrong Together | Creating Right/Wrong Stories
- Nov 17 Children: Love Surrounds Us | What it Means to Forgive  
Youth: Right & Wrong Together | Creating Gods for Today
- Nov 24 Children: Love Surrounds Us | Many Kinds of Families  
Youth: Service Sunday | Service project for our community

### Children (Ages 4 - 8)

Love Surrounds Us curriculum connects the love inside the Unitarian Universalist Principles with the love children can find & create in their communities. Through story, activities, and relationships, children come to understand how they are fashioned to feel loved, as well as to surround others with love.

### Youth (Ages 9 - 13)

Amazing Grace curriculum helps youth understand right and wrong and act on their new understanding. Right & Wrong Together sessions let youth experience different paths to spiritual feeling, while exploring the idea that right & wrong often depends on many factors, such as circumstances and perception.

## Family Outing

### Interfaith Houses of Worship: Saint Mary's Basilica

On November 17th, we will be visiting a Catholic cathedral as an introduction to the rich diversity of world religions. We will also be shown areas generally closed to the public.

Art, he prepared a wonderful presentation of celebrating Diwali as a child in India. For the first in a series of interfaith outings, he arranged for a visit at the Hindu Temple of Halifax with the society's president. Multiple families from the RE program attended this tour during which we received a **tilak blessing**, learned about some of the deities in the Hindu pantheon and their importance in Hindu worship. We were also generously invited to partake in delicious Indian food from a potluck that was taking place that afternoon. It was a truly wonderful, welcoming experience.

I'm looking forward to more exploration and collaboration this coming month.

**Marie-Claude Leroux**

**Director**

**UUCH Religious Exploration Program**

**[marieclx@hotmail.com](mailto:marieclx@hotmail.com)**





## **CUC events, outreach, & more**

### **Gathered Here: Young Adult Check-In:**

Nov 4, 9 pm Atlantic. Gathered Here is a monthly online check-in and gathering for Canadian Unitarian Universalist young adults.

Zoom (<https://zoom.us/j/6792849010>)

### **Worship as a Beacon for Congregational Growth, Part 2:**

November 9, 1:30-3:30 pm Atlantic. Learn how to create and sustain a strong worship program for both clergy and lay led congregations in this online event. Our presenter is the Rev. Dr. Barbara Wells ten Hove. Registration deadline is October 31. *Ooh, better hurry!*

### **Connect and Deep-Virtual Gathering:**

Monthly, 2nd Sunday, November 10, December 8. 5:00-6:30 pm Atlantic time. Join us for the opportunity to discuss matters of spiritual and theological significance in small groups and connect with people across the country.

### **Serving With Spirit: Stronger Together, Planning for Partnership:**

November 23, 12:30 am to 5:30 pm Atlantic. Explore our potential for meaningful, creative congregational networking and partnerships. Together, develop strategies to support and sustain the growing number of small congregations. Rev. Joan Becelaere is the presenter for this event. Registration deadline: November 12.

**Rethinking UU Governance:** Saturday, December 7, 2019, 1:30-3:00 pm Atlantic. Many Canadian UU congregations struggle to find ways in which our very governance, style of organization, will reflect our values and resonate with the lives of those who engage within our communities. Join us for a conversation, beginning with two powerful stories and opening for all participants to share their

ideas, experiments and questions. Presenters will be Mr. Sanford Osler, North Shore Unitarian Church and Rev. Jessica Rodela, Grand River Unitarian. Registration deadline: November 28.

### **CUC's Pastoral Care Team Continues to Support Young Adults**

Young adults can now access pastoral care from anywhere, regardless of whether or not they are affiliated with a congregation. The three ministers on the Young Adult Pastoral Care Team are available to support Canadian Unitarian Universalists ages 18-35 by offering caring conversations and supportive listening – by phone, text, or Zoom video conference.

The Pastoral Care Team serves the young adult community – especially those young adults who don't regularly attend a congregation or don't have a relationship with a minister. Even young adults who are part of a congregation may not think that pastoral care is for them, or they may not know that they can reach out to their minister, if they have one, in times of need. Through the Pastoral Care Team, young adults can access support in times of transition, loss, relationship challenges, stress about school and work, decision making and more. If they are seeking connection, the ministers can also provide information about young adult events, like Gathered Here monthly online check-ins, and can make introductions to a nearby young adult group or congregation.

**Email: [pastoralcare@cuc.ca](mailto:pastoralcare@cuc.ca)**

**Confidential voicemail: 204-900-0150**

### **CUC's Weekly E-News—subscribe today!**

The CUC produces a weekly e-letter which is full of UU news and information, such as notices of the above online discussions, weekly news of interest to UUs—and much more. E-News replaces previous print versions of their newsletters. Many of our UUCH members subscribe. If you don't, and wish to be 'in the know' along with the cool people, the link to sign up for your free subscription is [CUCeNews@cuc.ca](mailto:CUCeNews@cuc.ca)



## SUNDAY SUPPORT NEEDS

At the October board meeting it was noted that we currently have 88 active members but that some of those members do not attend Sunday services on a regular basis. Each Sunday service requires the commitment of eight volunteers made up of the jobs below, as well as the audio visual volunteer and the service assistant, nearly 10% of our active membership.

Two Volunteer Fairs were held in September to encourage people to sign up for several congregational needs including Sunday Support. Most people who volunteered signed up for a specific Sunday although this is not necessary. The Afterchoir, for example, has volunteered for the last Sunday which can be the 4th or the 5th. It will be the 5th Sunday in December.

NOVEMBER SUNDAY SUPPORT							
DATE	WEEK	GREETER 1	GREETER 2	EARLY COFFEE	LATE COFFEE	EARLY USHER	LATE USHER
Nov 3	1	Anne K-G.	Ann W.	S. Butler		Sylvia M.	Janet H.
Nov 10	2	Elinor R.			Kyla S.		
Nov 17	3	Elinor R.	Etta H.	Marilyn S.	Tristan S.	Eileen R.	Dean W.
Nov 24	4	Destiny S.	Troy S.	Janet H.	Faith P.		Afterchoir

As you can see above, there are still many vacancies for November. This may not be apparent when you come on Sundays as someone always steps up. For ushers, this has often been Kathy Anthony who has in fact, signed up for the 2nd and 4th Sunday Early Usher, but is unable to do this for the next little while.

If you are able to volunteer to fill one of these gaps, please let me know.

***Pam Griffin-Hody    pam\_griffin-hody@carleton.ca***

### Little story ...

Three kids in the school yard are bragging about their parents.

Mikey says, "My Dad writes a few words on a piece of paper, he calls it a poem, and they give him \$25."

Katie says, "That's nothing. My Dad writes a few words on a piece of paper, he calls it a song, and they give him \$200."

Jimmie says, "I've got you both beat. My Mom writes a few words on a piece of paper, she calls it a sermon, and it takes eight people to collect all the money!"





**Cards made by RE kids & youth to send to our people when a little extra love is needed. A few are available in the Ballroom for your use. Spread the love!**