



Universalist Unitarian  
Church of Halifax  
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Rev. Norm Horofker  
Minister  
Cell 902-229-9239

Jessica Friesen  
Music Director

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

Margaret Galbraith  
President

Etta Hamm  
Newsletter Editor

Sunday services  
10:30 am  
Online this month

All are welcome

Children & Youth  
Education

### *This Month's Sunday Services*

**Note:** All services in October will be available online. Please join us between 10:20 am and 10:30 on Sunday. All services start at 10:30. 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 on YouTube on our UUCH Channel. <https://www.youtube.com/channel/UC3Lw1hW1n7z3mNapa6yY7Jw> . S

Services are posted on the YouTube channel for later viewing after a day or two.

**Beginning October 4, we will have limited access to the sanctuary for services.**

**See inside for details.**

### *Our Theme for October: Deep Listening*

**October 4 *Treaty Day 2020: A Time for Us to Listen*** Listen to this quote from the MRI web site: "The 'Mi'kmaq Rights Initiative is the group that represents the negotiations on behalf of the Mi'kmaq of Nova Scotia, with the Province of Nova Scotia and the Government of Canada. The Initiative was developed by the Mi'kmaq, for the Mi'kmaq. Through these negotiations, they hope to finally implement our Rights from the Treaties signed by our ancestors in the 1700's." Following Treaty Day celebrations, come prepared to listen. **Service Leaders: Rev. Norm Horofker; Service Assistant: Wietske Gradstein**

**October 11 *Deep Listening on Thanksgiving*** When we listen deeply to the plight of others, we expose our own vulnerability. To listen deeply is to risk breaking your own heart. How do we find the courage to take this risk? **Service Leader: Rev. Norm Horofker; Service Assistant: TBA**

**October 18 *Now More than Ever: UUCH and the UN*** The UN, established 75 years ago, is as relevant now as it has ever been, addressing political, social, economic, health, and climate issues. Our annual UN service will bring you up-to-date on the links our denomination and our congregation have with the United Nations, and on important UN projects underway globally right now. **Service Leader: Avard Woolaver; Service Assistant: Margaret Galbraith**

**October 25 *Listening to God*** Your minister took a specific course in seminary exploring the question: If there is a God, given the limitations of the inviolable laws of physics, how would they be able to change the course of events in the world? There is an answer to that question that calls on us all to listen deeply. Find out more this Sunday. **Service Leader: Rev. Norm Horofker; Service Assistant: TBD**



### **The Theme for November will be Healing**

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.

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>2020 Theme: Make an Impact!</b></p>				<p>1 Mi'kmaq Treaty Day 7-8 pm Thursday Night Online Chat</p>	2	<p>3 10 - 11:30 am Neighbourhood Brunch Take-out</p> 
<p>4 Hybrid services (both online and on site) this month, details inside.  Last day to commit for Wellspring.</p>	5	6	<p>7 6:30 pm Board Meeting</p> 	<p>8 7-8 pm Thursday Night Online Chat</p>	9	<p>10  10 - 11:30 am Neighbourhood Brunch Take-out</p>
<p>11 Hybrid service  UN International Day of the Girl Child</p>	<p>12 Indigenous People's Day  Thanksgiving</p> 	13	<p>14</p> 	<p>15 7-8 pm Thursday Night Online Chat</p>	16	<p>17  10 - 11:30 am Neighbourhood Brunch Take-out</p>
<p>18  Hybrid service</p>	19	20	21	<p>22 7-8 pm Thursday Night Online Chat</p>	23	<p>24 10 - 11:30 am Neighbourhood Brunch Take-out  United Nations Day</p>
<p>25  Hybrid service  1:00 pm SAGM online</p>	<p>26</p> 	27	<p>28</p>  <p>Noon: Newsletter deadline</p>	<p>29 7-8 pm Thursday Night Online Chat</p>	<p>30</p> 	<p>31 10 - 11:30 am Brunch Take-out  Hallowe'en</p> 

# Minister's Notes



## *A Time for Deep Listening*

Last Sunday on the eve of Yom Kippur, I played a video featuring Rabbi Tzvi Sytner. The Rabbi was speaking of the Jewish High Holy Days as a time for reflection on how short our lives are and how we put off the important things in life.

He said the High Holy Days are a time of change... don't take our time of earth for granted, let's make that change now. As an example, he said "one day I want to become a better Jew"... We need to stop saying one day and say day one... do it now!

That phrase "Some day I want to become a better Jew" stuck with me. I realized that I had never said, nor heard anyone else ever say "Some day I want to become a better UU." As I reflect on that observation, I can think of several reasons why we don't think in those terms and I can think of several reasons that we should!

One of the reasons that we don't express ourselves that way is that we don't have a clear idea of what it means to be a better Unitarian Universalist... we tend to think that our faith tradition does not ask much of us, that we are free to define our faith tradition for ourselves in whatever way makes us comfortable.

But a faith tradition should not be something that makes us comfortable. It should be something that is always challenging us to grow. How much does the average member of UUCH know about UU

history, theology, current trends in the movement... what it means to be a good UU?

This will be the last opportunity that I have to promote a program designed to help members and friends to understand our faith tradition at a deeper level and what it means to be a good UU.

***UU Wellspring is a 10-month program of distinctly Unitarian Universalist spiritual development designed to help participants answer that provocative question. Begun in 2005, the program celebrates the depth and breadth of our rich religious tradition.***

To proceed I will need 8 to 12 volunteers from our members and friends to work with me as we explore our religious heritage and our sense of spirituality and our vision for what that means in our lives. This requires a commitment as there will be two, two-hour sessions online each month for 10 months, plus homework.

It is my hope that this program will bring a sense of renewal to the lives of each participant and that this will, in turn, help create a renewed vision for our future together and for Unitarian Universalism in the larger community.

I presently have 6 people ready to begin the program, but I need at least 8 to start. **Consider this your invitation. If you are interested in learning more about our faith tradition, please contact me asap. I need a commitment before Sunday October 4.**

P.S. Janet and I are so happy to be able to share with you that we are grandparents for the second time. Two beautiful baby girls born this summer. The latest to arrive is Beatrix Amberlee Engel. I think there may be more information elsewhere in the newsletter. In order to be with the new family Janet and I will be in the Toronto area from about October 12 to October 19, and of course in self isolation after that for 2 weeks.

With Love

***The Reverend Norm Horofker***

# Board Buzz

Now several months into the COVID-19 pandemic, I sometimes feel like our sense of time has been warped. Where did the summer go? I hope you were able to take advantage of our great province over the last few months. As we head into fall, my favorite season, we see the amazing colours and brisker days.

Your new board is getting into the swing of things, although meeting over Zoom is not the same as being together in person.

In addition, we turn our attention to our Semi-annual General Meeting; we think about 2021, our budget and our annual canvass.

For those not at the AGM, we again have a great board to work with. Katherine Hutka, Mike Belland, and Jim Morrison continue in the role of members at large, and Katelyn Everson joins them in this role. Many thanks to Avard Woolaver for graciously taking on the treasurer's duties, and to Pam Griffin-Hody for continuing as our secretary. Jean-François Turcotte is now our vice-president and Margaret Galbraith is serving as past president. It is my pleasure to serve as your president with this fine group. You will hear from each of them as they take their turn giving their spin in this Board Buzz column in the months to come.

Similar to the AGM in August, we will host the SAGM in a hybrid format, with a few participants in the sanctuary and the rest over Zoom on Sunday, October 25th at 1 pm. Details on logistics will follow. I hope to see many of you participating.

We are pleased that starting October 4th we are opening up the sanctuary to a limited

## UUCH Board of Directors 2020 - 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	Katherine Hutka
Michael Belland	Katelyn Everson

### Ex-officio

Rev. Norm Horofker, Minister

number of people for Sunday services. Please see the details of this effort that Margaret so capably explains elsewhere in these pages.

Unfortunately, we are not yet at the point where larger gatherings, especially those involving food like potluck events would work. As a result, we will not have our regular Thanksgiving dinner together this year. We are looking into other opportunities for social connections—more to come on this soon.



Go with love  
and peace,

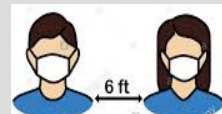
**Troy Saulnier**  
**Board**  
**President**

# ***Open for Services!***



***We will start hybrid services officially this coming Sunday, October 4th!*** In order to comply with the provincial guidelines around limiting the spread of COVID-19 we have put in place a number of limitations, but we do anticipate being able to accommodate those of you who cannot readily access the Zoom services.

1. Attendance is limited to 15 people in the sanctuary, and 15 in the Ballroom if necessary. People will have to pre-register, so please email or phone me, Margaret, at [margalbraith@eastlink.ca](mailto:margalbraith@eastlink.ca) or call 902-835-3767 if you want to attend.
2. I will have to ask you about your possible COVID symptoms and contacts when you call, and again when you come to the building Sunday morning.
3. We may give you a specific time to arrive to limit crowding at the entrance. You will be asked the COVID questions again and be checked off as you arrive.
4. Wearing a mask is mandatory while you are in the building. Hand sanitizer will be available at the entrance and in each room.
5. There will be a one-way system in place for the Ballroom and sanctuary, marked by arrows on the floor.
6. The chairs will be spaced out, 6 feet apart. Please do not move them unless you come with other members of your household.
7. We ask that you try to maintain 6 feet of distance between you and others, outside while waiting to come in, and while you are in the building.
8. Please exercise caution when using the washrooms as the hallway is narrow with two-way traffic.
9. We will not be serving coffee until further notice. Please stay out of the kitchen unless necessary.



The service will still be on Zoom, so Rev. Norm will have equipment set up in the sanctuary, with connections to the monitor in the Ballroom. You will be able to participate when appropriate.

So give me a call! It will be great to see you in person, or on Zoom.

***Margaret Galbraith, for the Worship Committee***

## Caring

Autumn is surely here and COVID-19 continues on. It was possible, however, to have a memorial service to celebrate the life of **Alison Chipman** on September 24th, with a small number of family and friends attending in person at the church with pandemic requirements in place, and others participating by Zoom. Three months have gone by since her death and it was good to remember her long-standing and special contributions in so many ways to the life of the church.



**Georges Merinfeld**, another member of our congregation for many years died peacefully on September 23rd. He had an interesting life. He was born in France in 1940 where his Jewish parents had temporarily fled for safety.



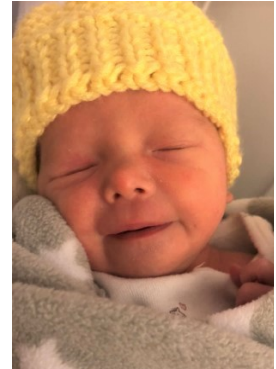
Studies took him from Brussels to Italy then to Brazil, and finally to Halifax for work at Dalhousie University 45 years ago.

A celebration of Georges' life will take place in the coming weeks.

To help his family in Belgium, and to honour his work, a social **work party** will take place on Saturday, October 3rd, starting at 10:00 a.m. to sort out the amazing collection of papers and family mementos stored in a locker in central Halifax. As a token of appreciation George's sister wants to give a small gift to each person who can help with this project.

Come out and be surprised. To join in this project, please contact us at the Caring Committee. Your help will be very welcome.

More happy news from **Rev. Norm and Janet Horofker**. A second granddaughter, Beatrix Amberlee Engel, was born on September 16th to Marta Horofker Engel and Rob Engel who live in Mississauga Ontario. Bea, arriving a month early, weighed 5 lb, 6 oz. Beatrix and her mom and dad, are all doing fine.



**Keeping in touch** We have been concerned about how our people are managing as the pandemic continues, especially those living alone or unable to connect to Sunday services and other UUCH communications. So some of you may hear from us in the coming weeks—we're just checking to see that all is okay with you in these strange times. However, if you have needs arising that we might be able to help with please do not hesitate contact us.

**Sylvia Mattinson**

In a world where  
You can be  
anything, be  
kind.

## Meet a Fellow UU

*Pam Berman, our Membership chair, invites members to submit brief personal statements for publication in this monthly newsletter, particularly in relation to their affinity for, or connection to UUCH. Allyn'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](mailto:bermanpj@gmail.com)*



### From Allyn Clarke

***When did I become a UU?*** I was introduced to Unitarianism in high school. The Unitarian Church in Toronto was where we began our peace marches down to the US Consulate. Our United Church youth

leader warned us of the dangers of Unitarianism. Universalism was unknown in Toronto, and it still is. Later on, my wife Sandra and I helped form a small young adult group in Kerrisdale United Church in Vancouver where I was the Scout master. We soon realized that our agnosticism was making other members uncomfortable. Arriving in Halifax in 1970, we sought out the UU Church and have stayed with it ever since.

***What attracts me to the UU community—and what has kept me here?*** In the 70s we found a group of young adults who were exploring issues of spirit and social justice at the same time they were raising their children far away from their parents. There is a good intersection between my UU beliefs and my work as an oceanographer and climate scientist.

***One thing about me that most people are not aware of?*** My profession has allowed me to carry out field programs with scientists from different countries. This church helped me develop my leadership skills which allowed me to chair the International Scientific Steering Groups\* to the two largest Climate Research Conferences ever run.

***Editor's note: Allyn was one of several climate scientists who shared the Nobel Peace Prize with Al Gore in 2007.***

## CUC Online Events



Here are just a few of the CUC'S several online events coming up this month via Zoom.

**Gathered Here**, a monthly online check-in for young Canadian UU adults, 18-35. For sharing of joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community. Registration not required. Thursday, October 8, 3 pm AT.

**Connect and Deepen**, a regular small group ministry. We gather virtually for meaningful discussion, connection and reflection. If you want the opportunity to explore spiritual topics within a guided small group we encourage you to join us. Sundays October 11 & 25, 5 pm AT.

### **Black Lives Matter Roundtable**

**Internalized Racism: How do we recognize and dismantle it?** Part of the CUC's ongoing series on anti-racism, this session of guided reflection and small group discussion is designed primarily for white people who want to better understand internalized racism towards People of the Global Majority (People of Color). We explore how racism reveals itself in our lives, how to acknowledge it without shame, and how to confront and neutralize it. There are resources on the CUC site to review in preparation of this conversation.

Wednesday, October 21, 8–9:30 pm AT.

Be sure to check the CUC website in advance for more details, to verify dates and times, *register* for some of the events, and for the Zoom links required to access the events.





## Directory Updates

*Correct email address\**

BUTLER, Stephen  
butlerstephen205@gmail.com

*New cell number*

McFADYEN, Helen            902-329-7942

*Correct street address*

PATERSON, John  
322-2615 Northwood Terrace  
Halifax, NS B3K 3S5

*New friend*

SIGNER-ROMERO, Kira    krsigner@gmail.com

*New address*

WATTS, Heather & Derek    902-404-9110  
Melville Heights    heather.watts@eastlink.ca  
105-24 Ramsgate Lane  
Halifax, NS, B3P 2R6

*\*Stephen's email address was published 3 times in the last 3-4 months. Twice, we had it wrong. As Yogi Berra once said, "We made too many wrong mistakes". Apologies to Stephen. – Etta.*

## No Thanksgiving Dinner

Annually until last October, UUCH put on a great, spirited potluck Thanksgiving Dinner here at the church. Members, friends and relatives came in droves. Volunteers bustled and kept everything running smoothly. There was joy and love, laughter and thankfulness, and food for everyone. Last year we served over 80 people, a large number for our small church.

Sadly, for the first time, as you already suspect, there will be no Thanksgiving Dinner dinner this year because of pandemic restrictions. Maybe next year.

May we each have someone to be with over a good meal and perhaps a glass of wine or two. If that is not your reality, consider being thankful for the things in your life that *are* good.



**DEADLINE**

The deadline for submissions for the  
**NOVEMBER NEWSLETTER**  
is 12 noon  
**Wednesday, October 28th.**

Please send your submissions to  
Etta Hamm, braeside@eastlink.ca

**I can't eat  
another bite...**



**OH LOOK, PIE!**

# ***Religious Exploration***

The splendor of autumn is upon us with a burst of color in the leaves and the abundance of the harvest season. What better way to start the RE program, focused this year on growing a deeper connection with nature while exploring the sixth source of our living tradition. Although initially I imagined ways of doing this via online sessions due to Covid restrictions, I'm quite pleased to announce this will be the case in inclement weather only. Religious Exploration will be held outdoors, in person, in natural settings this year.

The sixth source encompasses the spiritual teachings of Earth-centered traditions that celebrate the sacred circle of life, and instruct us to live in harmony with the rhythms of nature. Celebrating the changing of the seasons will be one of the ways we explore these teachings. Our first RE class celebrated the autumn equinox by going apple picking and offering our gratitude for the abundance of nature—and those who work diligently to ensure our access to it.



We've also spent time exploring rock pools at the beach. The incredible coastlines of our province offer us a gift not to be taken for granted.



Although prepared to teach about the gifts the ocean offers, our time was spent collecting periwinkles and finding barnacles. In the end, the more we are engaged with nature, the less we take it for granted—and that's the greatest lesson.

This coming month we'll find ourselves in forests, collecting leaves and acorns, learning Mi'kmaq teachings and celebrating Samhain. Perhaps some will leave with an understanding of chlorophyll and photosynthesis, but we'll certainly all leave with the most glorious leaf we've found.

***Marie-Claude Leroux***  
***Director***  
***Religious Exploration for Children & Youth***

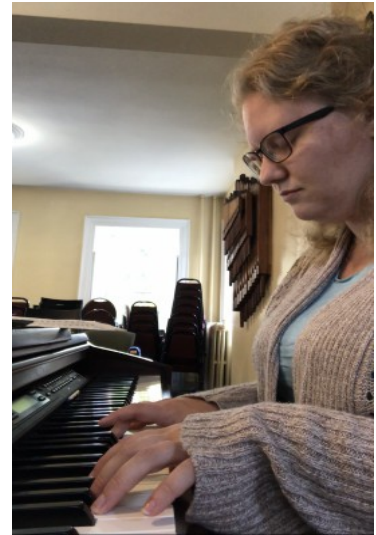
# *The Music Page*

*Welcome to a new month of music!*

I am pleased that we can continue to bring Sunday services and music into your homes during the pandemic. I hope that we will all sing together soon.

The theme for services this month is *Deep Listening*, which will play a part in our musical journey for October. Let us listen to what the music has to say, not only in words but in emotion.

We will be presenting music from various cultural and religious backgrounds celebrating all walks of life. In a world of chaos, we as Universalist Unitarians have a chance to spread love through song, virtually and in person.



Doing what I love



We are extremely grateful for the technical support that John Piccolo, shown here, provides from his home every Sunday. You are able to enjoy services from your homes because of his continuous work.

We also thank James Morris who represented the Afterchoir in September to sing with Norm and me.

On behalf of all of us, many thanks to Rev Norm, the driving force behind the remote viewing of our Sunday services. Norm is pictured below, conducting a service from 'behind the scenes'.

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

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





Harvest moon over a Nova Scotia lighthouse