



July Services

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

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

Sunday services
start at 10:30 am

Our congregation is
lay led at present

Jessica Friesen
Music Director

Pam Griffin-Hody
Board President

Etta Hamm
Newsletter Editor

All are welcome



Summers at UUCH are traditionally lay led and laid back. Of necessity, our services for more than a year have all been lay led; but this summer will still feel like summer. Some Sundays there will be a more traditional service, some Sundays there will be a more relaxed conversation on a given topic. There will always be coffee (and tea), and (of course) every Sunday the sun will shine, and we will enjoy our refreshments and further conversation on the deck. All are welcome!

The Zoom link is the same every week and can be found at the top left of our webpage at uuch.ca. If you need an ID and Password it's: ID: 666 004 431, Password: 010670

July 7

Hope is an Arrow

A beautiful children's book tells a simple story about a very complex man.
Service Leader: Mary Lu MacDonald

July 14

Ask me anything about Refugees

Service Leader: Marilyn Shinyei

July 21

UUCH Pride Retrospective

A true coffee and conversation service; there will be rainbow treats and a slide show, and music.

Service Leader: Pam Griffin-Hody

July 28





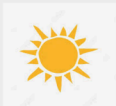






Voice of Woman for Peace (TBC)

We are inviting Sandy Greenberg to report back on the Caravan for Peace which recently went to Ottawa with VOMP members from across the country.

Service Leader: Amy Moonshadow

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.

JULY 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|-------------------------------------|---|
|  | 1 Canada Day  | 2 Help paint the sanctuary this week | 3 Friendship Centre programs, July 3 to 27 (see Climate page) | 4 | 5 | 6  |
| 7 10:30 Service  Parade meeting after the service | 8 | 9  | 10 | 11 | 12 | 13 2 pm Celebration of Life Norm Sabowitz |
| 14 10:30 Service  | 15 | 16 | 17  | 18 | 19 | 20 Pride Parade 11 - 2:30  |
| 21 10:30 Service 12 noon – 5 pm Spiritual Retreat  | 22 | 23 | 24 | 25  Newsletter Deadline | 26 Africville Reunion 26, 27, 28 | 27 2 pm Celebration of Life, Dean White Bridgewater |
| 28 10:30 Service  | 29 | 30 | 31 | Coming up Aug 4: McPass Miles 1 km race, McDonald Bridge, proceeds to Africville Museum. Aug 9: International Day of World Indigenous People (See RDR page.) | | |

July notes

- Suspended: Saturday Brunch, RE for Children; committee meetings.
- Consider helping with Sunday coffee detail, kitchen clean-up, etc.
- Volunteer as greeter on Sundays, especially as we have more visitors in summer.
- *At least* engage with visitors; make them feel truly welcome and glad they came.

And ...

- Volunteer as parade float decorator, Friday, 9th. The more, the merrier!
- Join in on the parade: walk, ride, wave, show your UU joy!
- Have a great summer – and if you drive, drive safely!

PRIDE JOY! July 20

The Pride Parade will take place on
Saturday July 20 between 11 & 2:30



Joy 2022!

Would you like to take part in the biggest expression of love and joy that Halifax will see this summer?

Walk or ride in the Pride Parade!

We have a long history of supporting Halifax's LGBTQ+ community dating back to 1973 when we offered our building as a free meeting place.

In order to have as large a presence as we have had in previous years, we need people who can walk the route, and someone who can drive a second vehicle. As of this writing we have one small orange car.

We also need a group of creative people to decorate said vehicle(s) at 1:00 at UUCH on Friday, July 19th.

It's so much fun!

Volunteers please contact
pam_griffin-hody@carleton.ca

**There will be short parade
meeting after church
on July 7th.**

Our new Board of Directors July 2024 – May 2025

Officers

| | |
|----------------|------------------|
| President | Joe Britto |
| Vice-president | TBC |
| Past President | Pam Griffin-Hody |
| Treasurer | Molly Hurd |
| Secretary | Pam Berman |

Members at large

Mary-Frances Lynch
Kim Turner
Avard Woolaver

Two short ones from Joe (our new board president)



To welcome our new minister

Mary-Frances has created a basket for notes of our favourite things about Halifax and the surrounding area we can offer as a welcome to our new minister the Rev. Ben Robbins when he arrives in August.

Please take a few moments and write your suggestions down in the next few weeks.

Paint n' pizza

The sanctuary is being painted the week of July 1st. All are welcome to help. At some point each day we'll throw a pizza party for those who are helping. If you'd like to help for some or all of the time, please contact Joe.



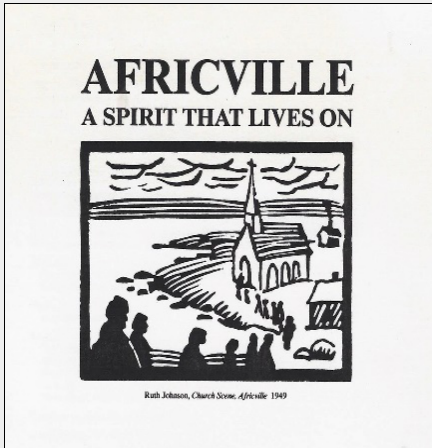
joebrittomac@gmail.com

Church Directory Update

Oops! ... last month's update on **Kath Anthony's** change of address showed her apartment number only. Her complete address is:

811-2735 Clifton Street
Halifax, NS B3K 0L2

From the Reconciliation and Dismantling Racism (RDR) Committee



The annual Africville Reunion will take place on the Africville grounds from July 26th to 28th this year.

Last year, several members of UUCH enjoyed the Sunday Service which is always an important part of the reunion. They were welcomed by the multiple generations attending, original Africville residents and their descendants. Since 2023 was the 40th anniversary of the Reunion it was a much bigger event than usual, lasting 10 days. This year's smaller event is more typical but the Sunday Service will again play a central role.

We will organize a tour of the Africville Museum, possibly in the fall. Meanwhile, you can take a virtual tour here: <https://nsheritage3d.ca/> Press enter, select the Africville Museum and see the interior or exterior of the Museum by moving your cursor from side to side.

You can read the story of Africville including photos of what it was like here:
<https://humanrights.ca/story/story-africville>
and here: <https://www.thecanadianencyclopedia.ca/en/article/africville>

Or watch an excellent 35-minute film "Remember Africville" about 2/3 of the way down this site about a 1989 MSVU Art Gallery exhibition:

<https://www.msvuart.ca/exhibition/africville-reflection-project/>

On Sunday, August 4, MacPass Miles hosts its annual 1 km run across the MacDonald Bridge. This year their community partner is the Africville Museum who will receive the proceeds from all the \$10 registration fees. Check it out here:

<https://raceroster.com/events/2024/84681/macpass-miles>

The International Day of World Indigenous People will be Friday, August 9. Keep an eye open for events on that day.

We wish everyone an enjoyable summer!

Brian Gifford
for the RDR Committee



From the Climate Crisis Team

Our changing world

Let's talk about climate adaptation. We know our weather is getting more severe with more heat, more dry periods and wetter rainstorms, wilder winds and fiercer wildfires, a warmer ocean and higher storm surges. We are learning to live with these changing circumstances, and one of the most important things we are realizing is that we need to be able to rely on each other. In times of trouble our neighbours and our community can save our lives.

The Mi'kmaq people have long known the advantages of living and working in community, and they are now leading a Truth and Reconciliation initiative in the North End called **Every One Every Day Kipuktuk/Halifax**.

The idea is to bring together the diverse people and cultures of Halifax North to share both learning and teaching activities and fun projects, sharing their skills with each other, while making available the opportunity to learn about the ways of the Indigenous people. Their spring program,



from March until May, emphasized climate action, and how to manage the changing climate, and led up to a celebration of Earth Day on April 22nd. The summer program, July 3rd to 27th has more emphasis on fun projects and group activities, but still with that all-important aspect of getting to know your neighbours.

Check out their website: halifaxiseveryone.ca for information about Every One Every Day and the summer program. There is an excellent video showing the origins of the initiative, featuring a well-known figure to UUCH: Debbie Eisan, an Anishnaabe elder who works with the Mi'kmaq Native Friendship Centre in Halifax. Mary-Frances Lynch comes flying through the frame a couple of times too!

And the next time you are near 2169 Gottingen Street check out the action. There could be a program running that you would love to take – or perhaps offer to teach one yourself – and get to be part of the Halifax North community. Be prepared for a changing world.

Margaret Galbraith
for the Climate Crisis Team

From the Caring Committee



As noted in our June column, two of our long-term members passed away on May 2nd. Celebrations of Life to remember them will take place as follows.

The service for **Norm Sabowitz** will be held at UUCH on Saturday, July 13th at 2 pm with a reception to follow.

For **Dean White** the service will take place on Saturday, July 27th from 2 to 4 pm at the Holy Trinity Anglican Hall in Bridgewater.

Anne Knight-Gorman, a loyal member of many years, recently fell, broke a hip, and had hip replacement surgery. She is doing well but expects that her hospital stay may be followed by a spell at the NS Rehab Centre. We wish you a speedy recovery, Anne! To send a card: Unit 8.3, QEII Halifax Infirmary, 1796 Summer St., Halifax, NS B3H 2A7.

Phil Silver, a member of several years and a regular volunteer with our Saturday Brunch as well as other events, recently spent a few days in the QEII Halifax Infirmary with a case of cellulitis. On Monday, June 24th he reported he was doing well after the treatments he received, and expected to be going home that same day. All the best in your further recuperation, Phil.

We still hold **Glenda** in our thoughts and prayers and light a candle for her every *Sunday*.

Best wishes, everybody, for happy summer days!

Faith, Judy, Shripad and Sylvia

Newsletter Deadline

The submission deadline for the August newsletter is **Thursday, July 25th.**

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

SPIRITUAL RETREAT Sunday July 21, 12 - 5 pm



We invite you to join us for a spiritual retreat on July 21st from 12 to 5 pm at UUCH.

This retreat will focus on meditation and mindfulness, offering a sanctuary for inner reflection and growth. Some activities throughout the day will include:

- Exploring different types of meditation
- Journaling for self-discovery
- Guided discussions
- Mindful movement



Whether you're a seasoned practitioner or new to meditation, this retreat is for you!

Come reconnect with yourself and others in a supportive and nurturing environment.

Facilitated by Joe and Andrea.

Reserve your spot today and embark on a journey of mindfulness and self-discovery.

For more information and registration, please contact admin@uuch.ca



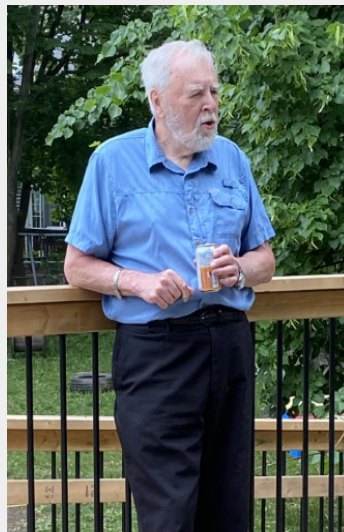
And the band played on ... (after the annual barbecue, June 16th)



Muriel and the Afterchoir were still out on the deck, singing, long after the rest of us had gone inside.



In spite of a very cool afternoon and a little mizzle, a very good time was had by all as usual.



Top: James & Paul. Above: Jim.



The earth laughs in
flowers.

—Ralph Waldo Emerson