

U.U. & you



Universalist Unitarian
Community of Halifax
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Rev. Ben Robins
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Andrea Dewar
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902-429-5500
Wed-Thur-Fri
1 - 6 pm

Joe Britto
Board President

Etta Hamm
Newsletter Editor

Sunday services
start at 10:30 am

All are welcome



Happy
New
Year!

Welcome!

Join us in exploring what it means to live our deepest values out loud. We extend a special welcome to visitors and newcomers, and hope you will come again. For the [Zoom](#) link to all services, use ID 666 004 431, password 010670.

Our Services

Jan 5 — A New Hope

We are a hopeful people in complicated times. Together, we consider our hope for the new year: Using water-soluble paper, we write in a word or two what we want to let go of, or intentionally bring into the new year, and then dissolve the paper in our water bowl.

Ben Robins with Amy Moonshadow

Jan 12 — Creating Meaning

Rev. Carly Murlor (formerly Carly Gaylor) returns to share how she creates experiences of meaning that naturally grow into meaningful community.

Rev. Carly Murlor (on Zoom) with Joe Britto

Jan 19 — The Love That Overcomes

One of our former ministers, Rev. Fred Gillis, wrote "May the love that overcomes all differences, that heals all wounds, that puts to flight all fears, that reconciles all who are separated, be in us and among us, now and always." Sounds good.

Ben Robins with Marilyn Shinyei





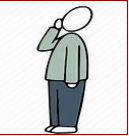

Jan 26 — The Time That is Given

Gandalf said to Frodo, "All we have to decide is what to do with the time that is given us." What shall we decide?

Ben Robins with James Morris

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.

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 10–11:30 am Brunch 
			5 10:30 Service New Hope	6 Feast of the Epiphany 	7	8 12:30-2:00 pm Lunch Bunch 6:30 pm Board Meeting
12 10:30 Service Creating Meaning	13	14 7 pm Worship Team meeting	15	16	17	18 10–11:30 am Brunch 
19 10:30 Service Love that Overcomes	20	21	22	23	24	25 10 -11:30 am Brunch
26 10:30 Service The Time that is Given 	27	28 Newsletter Deadline 	29	30	31	

Newsletter Deadline

The deadline to submit contributions
for the February newsletter is
Tuesday, January 28th, firm.

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

January Programming

Sun, Jan 5, 11:45-1 – Writing Group

Any kind of writing is welcome, for example haiku, poetry, free writing, writing from prompts, fiction of various styles, journaling. We will write for most of the time, with optional sharing.

Sun, Jan 5, 7 pm – Spirit Circle Evening Service

A service with more focus on awe, wonder and connection to something larger.

Wed, Jan 8, 12:15 – Lunch Bunch

Sun, Jan 12, 12-2 – End-of-Life Issues

Sun, Jan 19, 12-1 – Humanist Discussion

Wed, Jan 22, 7 pm – Open Mic Night

Sun, Jan 26, 12-2 – End-of-Life Issues

In the Works

A contemplative event (meditation and discussion) is in the works.

A Young Adult event is to be scheduled.

Email Ben at minister@uuch.ca to express your interest.

Coming up in February

Sun, Feb 2, 11:45-1 – U U Parenting

What is "Unitarian Parenting" (if there is such a thing)? What does this look like or mean to you? Were you raised in a Unitarian family, or are you raising a family in a "Unitarian way" (again, if there is such a thing). If so, what are some examples of this, and what stands out to you as being the benefits of this style of parenting? Led by Mary-Frances Lynch and Ben Robins.

Sat, Feb 8, 9:30-3 – Congregational Retreat

The retreat will have two parts: 1. Remember the most meaningful moments, experiences and milestones from UUCH history (to help us imagine our future); and 2. Clarify what is the work of the congregation, the board and the minister as we grow into our future. The retreat will be led by Rev. Linda Thomson, our CUC Congregational Life Lead, Eastern Region.

Sun, Feb 9 & 23, 12-2 – End-of-Life Talks

Last two sessions in this series of 6 instalments.



Climate Action for 2025

Many of us are facing 2025 with anxiety, considering the political changes taking place here at home and next door in the USA. And then there is the changing climate. What can one person do?

A great idea has been created by a partnership between HaliFACT and the Ecology Action Centre: Climate Commitment Badges. They indicate you have made a commitment to take climate action, and they suggest achievable goals to improve the well-being of family, friends and community, while also working to secure a stable climate for future generations. The three topics (and badges) so far are Climate 101, Getting Around, and Home Comfort (pictured above), and more are being developed.

For more information on the details of each badge and the Climate Commitment vow, see [here](#).

On that same site there is also a helpful section about how to manage your feelings about climate change, particularly anxiety, worry or depression. Click on the picture in that section for a number of resources.

The climate is something we can all take action on: big or small, every action makes a difference. Bring on 2025!

Margaret Galbraith
for the Climate Crisis Team



From the Caring Committee

Dear UUCH,

Thank you for all the ways you care for yourselves, each other, loved ones, neighbours and strangers.



Glenda Butt sends everyone a huge thank you for sending positive energy during her extended hospital stay this past year.

Welcome **Geoff Richardson** to the Caring Committee. Geoff, your care, concern and generosity are appreciated.

Can you help? Would you like to know when there is a congregant in need of a visit, help during an illness, or a ride to an appointment? Tell us your interest by emailing minister@uuch.ca. If you could occasionally meet a need, it would be a big help.

Our mandate is to offer help to individuals in our UU community in circumstances where our support might be helpful. We welcome being informed of such situations. Activities include drives to medical or other appointments, visits in hospital or at home, grocery shopping and other needs that arise. We also arrange for the receptions following celebration of life services at UUCH.

Along with our own efforts we very much appreciate the help and support that those in our community give to other UUCH members and friends.

From the Caring Committee:

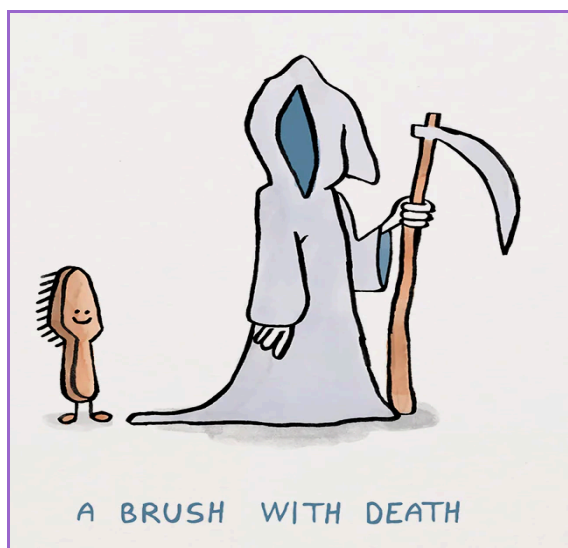
Faith, Judy, Shripad, Sylvia, Geoff and Ben

*Kindness costs nothing
but it means everything.
~ Unknown*

End-of-Life Talks

Sessions 3 & 4, Jan 12 & 26 at noon

You are still welcome to attend these popular sessions even if you missed the first two. The information we discuss is quite comprehensive and you are sure to learn something about preparing for the serious business of death, yours, or that of a loved one. We promise more humour, guest speakers, videos and great conversation.



February 9th and 23rd will see the last two sessions in a series of 6. Please feel free to join us.

Marilyn Shinyei

Lunch Bunch

Bring-Your-Own Lunch gatherings in January and February will be on the 2nd Wednesday only.

January 8th — February 12th
12:30 to 2

First we 'check in' – and with no pre-set topic we chat about whatever comes up. The only rule: don't hog the conversation.

We'd love to see some new faces at the table. Newcomers are welcome!

To inquire, contact:

pam_griffin-hody@carleton.ca

From the CUC

Dear Friend,

As the year draws to a close, we at the Canadian Unitarian Council (CUC) reflect on the exciting journey we've had in 2024, made possible by the generous support of individuals like you.

Together, we've accomplished so much:

Engaging Co-Lab Sessions in November that invited us all to connect, create and be curious: From the positive feedback during our sessions to insights shared, participants were inspired and provoked to curiosity. Karen said, "I loved that we got to stretch muscles that are (in my experience) under-used in UU spaces (leaning into the unknown, working playfully)!" And many said "I would definitely do something like this again! More please!"

Challenging Bias & Assumptions: Activities like our guided discussions offered opportunities to many to become familiar with discomfort, with one participant sharing, "Thanks for helping me see my bias. And good job crafting an activity that allowed me to see it so clearly!" Another said, "my big takeaway was to open myself more to things that feel a bit risky, and to continue to explore."

Conversations and Connections: from Congregational Conversations to online communities for individuals, young adults and IBPOC (Indigenous, Black, People of Colour) Unitarians and Universalists, your contributions have helped UUs find and connect with each other. A participant shared, "I enjoyed connecting with UUs across Canada in each session," and John stated, "I appreciate the initiatives that the CUC has taken in 2024! Good seminars valuable to all congregations."

Exploring UU communities beyond congregations: UU Expressions was launched, featuring conversations with people who have created communities that are grounded in Unitarian Universalist values. One participant shared that "affinity groups are needed because ... it's about getting clarity and then bringing that back to the whole that I think really is the exciting part."

These experiences and testimonials remind us why our work is so essential—supporting and connecting Unitarian and Universalist congregations and communities, fostering growth, and creating spaces for learning and discovery.

Your generosity matters. To you who have donated recently, we thank you for helping us achieve these milestones! Your support ensures we can continue providing resources, programming, and advocacy for our shared values.

During the final days of 2024, we invite you to join us in making a final impact for 2024. Every donation, big or small, is a step toward a stronger Unitarian community.

Together, let's make 2025 even more remarkable. [Click here to donate](#) and help grow vital Unitarian and Universalist communities.

Wishing you joy and love,

Vyda Ng | Executive Director
Canadian Unitarian Council

