



Welcome to our February Services

For the [Zoom](#) link to all services, use ID 666 004 431, password 010670.

Feb 2 – If I Had a Second Chance

The second time you align your bike chain (or host a potluck, or get a puppy) can go more smoothly than the first; but sometimes in life your first try is all you get. Today, in honour of Groundhog Day, we explore our relationship with second chances. A special welcome to visitors coming as part of Halifax's Interfaith Harmony Week. Stay afterwards for a tea blend and a discussion of UU parenting. Babysitting is available. **Ben Robins with service assistant Mary Lu MacDonald**

Feb 9 – A Life of Service

On Sat Feb 8th, we have a retreat with our regional staff person, Rev. Linda Thomson, to consider how a democratically-run congregation can best share or divvy up the work, to fulfill our mission. Who – be it the congregation, the volunteer leaders, the minister, or anyone who has an idea or sees a need – is responsible for what? **On Sunday morning** we celebrate a life of service, and consider how to make service part of a balanced and shared life. Stay afterwards for hot chocolate and the final session of End-of-Life Issues.

Ben Robins with Rev. Linda Thomson

Feb 16 – Cunard Navigates Anti Black Racism

Nova Scotia-born Samuel Cunard helped run companies for transatlantic passenger travel by ship in the 1800s. We will tell stories of how Black passengers were treated on those ships in the century that finally ended slavery in the Empire and in the US. Stay afterwards for warm apple cider and the monthly Humanist discussion. **Presented by the members of the Reconciliation and Dismantling Racism team.**

Feb 23 -- What Are We Rooted In?

Sum up your life in seven words. This might be your principles, your vision, or where you find meaning. Now do it in three words. Now one word. Today we consider what we are rooted in, what fires we gather round or tend, what is our north star. This month, add your words to our big new white board in the ballroom. Stay afterwards for mulled cranberry punch and the No Prep Book Club. **Ben Robins with service assistant Pam Griffin-Hody**



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

902-429-5500
info@uuch.ca
uuch.ca

Rev. Ben Robins
minister@uuch.ca

Andrea Dewar
Office Administrator
admin@uuch.ca
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

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 CUC Month						1 10-11:30 am Brunch
2 10:30 am Service Hosting Interfaith guests. 11:45 UU Parenting Discussion	3	4	5	6	7	8 10-11:30 am Brunch 9:30 – 3:00 Congregational Retreat
9 10:30 am Service Noon End of Life Discussion	10 	11	12 Noon Lunch Bunch 6:30 pm Board Meeting	13	14 	15 10-11:30 am Brunch  Canada Flag Day
16 10:30 am Service Noon Humanist Discussion	17 Nova Scotia Heritage Day 	18	19	20	21	22 
23 10:30 am Service	24 Early newsletter submissions welcome	25 Newsletter Deadline all day to midnight	26  7 pm Open Mic!	27	28	... and don't miss Brian's notices of this month's performances of UUCH interest, on a further page

February Programming

February is "Warm Up With a Cup" Month with a different hot drink after each Sunday service (in addition to coffee).



Feb 2nd: Mary-Frances Lynch will provide a special tea blend.

Feb 9th: Pam Berman will cook up hot chocolate.

Feb 16th: Molly Hurd will warm up apple cider.

Feb 23rd: Ben Robins will bring mulled cranberry punch.

Saturday Feb 1st to Sunday 9th

Interfaith Harmony Halifax



Our Afterchoir and Pick-up Choir are participating in the opening celebration on **Saturday, Feb 1st, 2 pm, at the Halifax Central Library.**

UUCH is hosting visitors at our Feb 2nd Sunday service.

Ben is also speaking at the Atlantic School of Theology service Thursday at noon.

Other events are hosted by the Earth-Spirit Society, Brahma Kumaris, the Fung Loy Kok Institute of Taoism, and more.

See interfaithharmonyhfx.org for more, or email minister@uuch.ca to attend events together.

Sunday, Feb 2nd 11:45 am – 1 pm

UU Parenting Discussion

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?

Mary-Frances Lynch and Ben Robins

Saturday, Feb 8th 9:30 am – 3 pm

Congregational Retreat -- How We Minister

We have a retreat with our regional staff person, Rev. Linda Thomson, to consider how a democratically-run congregation can best share or divvy up the work, to fulfill our mission. Who - be it the congregation, the volunteer leaders, the minister, or anyone who has an idea or sees a need - is responsible for what? All are welcome.

Sunday, Feb 9th at noon

End-of-Life Issues

Do feel free to attend these sessions, even if you've not formerly attended. You might still pick up a tidbit you'll be grateful for in the future.

Sunday, Feb 16th at noon

Humanist Discussion

Always on the third Sunday after the service. Anyone is welcome to these interesting, thought provoking discussions.

Wednesday, Feb 12th at noon

Lunch Bunch (BYOL)

Now second Wednesday of the month.

Sunday, Feb 23rd

Program to be determined.

Wednesday, Feb 26th 7–10 pm

Open Mic Night

Calling all singers, singer-songwriters, poets and more, let's light the place up. All welcome, and if you'd like to perform (up to 3 songs, space permitting) tell Joe or Ben (minister@uuch.ca) or sign up when you arrive,



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The Young Adult group is launched, with a February event in the works. Contact Ben to participate, minister@uuch.ca

The Jan 31st youth event has a number of youth registered, so we expect another event in February. Contact Ben to participate. minister@uuch.ca

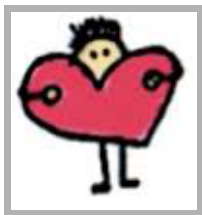
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Call For Programming

What is a meaningful activity you'd like to make happen next month? Email minister@uuch.ca. Bring your idea and energy!



From the Caring Committee



After a long wait in temporary housing, **Bob Munson** has found a new home.

And after a second bout of having to isolate (this time with covid herself), **Barbara Harsanyi**

is glad to be back in circulation.

Can you help? Would you like to know when there is a congregant in need of a visit, or 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, home or hospital visits, grocery shopping and other needs that arise. We also arrange for the receptions following celebration of life services at UUCH.

We very much appreciate the help and support those in our community give to other UUCH members and friends.

From the Caring Committee:

Faith, Judy, Shripad, Sylvia, Geoff and Ben



Food Box

We have people in our neighbourhood who do not have enough food to see

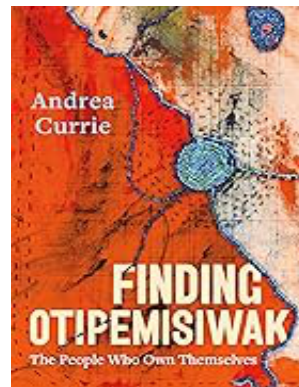
them through the month until their next cheque. You are encouraged, as able, to bring non-perishable items for our Food Box in the front entrance.

Suggestions: Canned soup, beans, tuna or salmon; pasta (KD); peanut butter, canned milk, cereal, dry soup. Also very much appreciated by recipients are toiletries, hygiene items and warm socks.

Your Caring Committee

Andrea Currie's Journey

Andrea Currie, a long-standing member of UUCH, recently published a remarkable book titled *Finding Otipemisiwak: The People Who Own Themselves*.



Through this book Andrea shares with us the story of her journey of self discovery. It began when she was taken from her Metis mother at birth in Manitoba and adopted into a white family. Growing up she did not know about her Indigenous roots, but instinctively knew that she did not fit into the life her adopted family expected her to live. When, as a young adult, she found her birth/adoption records and met her birth mother and other Métis family members, she started the difficult process of reclaiming her true identity. Andrea courageously and openly shares with us the deeply painful and difficult details about her journey.

Andrea is currently living in Antigonish after living on Unama'ki (Cape Breton Island) for the past 22 years where she worked as the community-based psychotherapist in We'koqma'q First Nation for 15 years and since then in private



practice with individuals in several Mi'kmaw communities. She developed and taught a course on Indigenous mental health at Acadia University and consults widely on Indigenous mental health and healing and trauma-informed care. Andrea has spoken several times at UUCH about seeking truth and reconciliation, and she continues to accompany us in our quest to honour our own UU principles in this regard.

I have donated my copy of her book to the UUCH library, and Ben, or whoever is responsible for the library can make it available to you. I highly recommend this important book!

K. Scott Wood

Reconciliation & Dismantling Racism News

February is African Heritage Month in Nova Scotia. This year's theme, **Legacy in Action: Celebrating Black Brilliance**, highlights the achievements and resilience of African Nova Scotians who have shaped the province's history for more than 400 years.

We encourage you to attend events this month. See <https://ansa.novascotia.ca/calendar/month/2025-02> and [HRM Public Library website](#).



Highlights:

- [Controlled Damage](#) about Viola Desmond ends Sunday at Neptune to Feb 2.
- [Josephine](#), a musical about American singer/dancer Josephine Baker in Paris at Neptune February 13-16.
- [Harriet](#), a movie about Harriet Tubman who helped liberate enslaved people in the US at Tantallon Public Library Tuesday, February 4 at 6 PM
- [Five Poets Breaking Into Song](#), Saturday February 8 at 2-4PM at the HRM Central Library
- Many other good films, cooking classes, and children's programming can be found on the Library website

Members of the RDR committee attended a lively and colourful Pow Wow at the Mi'kmaw Native Friendship Centre in the Trade Mart Sunday January 26, at the generous invitation of Human Rights Commission staff member Angela Doyle-Faulkner. The Pow Wow brought together young and old people from Mi'kmaw Nations across the province and beyond for music, dance and celebration of community and culture and included sales of Indigenous items.

We will present the February 16th service about racism in the early days of the trans Atlantic passenger service, founded by Nova Scotian Samuel Cunard and others.

**Brian Gifford for the
Reconciliation and Dismantling Racism Committee**



From the Climate Crisis Team

Climate actions

Three years ago we asked you ... About three years ago the UU Climate Crisis Team conducted a survey of the congregation in order to find out what you, the congregation members and friends, thought about the changing climate and what you wanted the Team to do. We got a very good response – more than 40 replies altogether. We learned that most of you knew about the climate crisis and were taking action of various types on your own. You were not particularly interested in joining other congregation members in action or discussion, but did want the Team to keep doing what it was doing: informing you of news about the climate and of ways to reduce your own carbon footprint and bringing in the occasional speaker.

What are you thinking now? We are wondering if the increase in climate disasters since the survey was done has affected how you are feeling about the situation. On Sunday February 5th the poster on the ballroom wall will be asking just that question: How are you feeling about the climate crisis? Please use the post-it notes for your answer. If you aren't at UUCH for the February services you can also email me your response: margalbraith@eastlink.ca

EAC guest speaker on March 2nd. We are proud to announce that on March 2nd, we will be hosting a speaker from the Ecology Action Centre to speak about the Climate Commitment Badge program. I did write about the program in the January newsletter, with the accompanying link: <https://www.halifax.ca/about-halifax/environment-climate-change/climate-commitment-badges> It has been created jointly by the EAC and HalifACT, and this link is to the HRM site, which has a well-laid out description of the program.

If you haven't looked at it yet, or have questions, Kate Brooks from the EAC could be the inspiration you need to get committed to climate action!

Minimum planning for faster housing. On August 21st, 2024, the Province of Nova Scotia adopted new [Minimum Planning Requirements Regulations](#). These are designed to fast-forward the municipal planning process in order to build more housing faster – a key priority in the province at this time. These updated regulations will be part of the Regional Plan for HRM, now undergoing its scheduled review. There is a public feedback period on the new Minimum Planning Requirements Regulations until February 24th. For more information see the website: shapeyourcityhalifax.ca/minimum-planning

Margaret Galbraith
for the Climate Crisis Team

Final Pledge Drive Total for 2025



For those of you who were not on hand to hear the final results -- some good news to kick off the new year:

As you may recall the theme of this year's pledge drive was "Seeds for Growth" inspired by my experience with my cucumber plant in my garden last summer. It gave me a 100-plus cucumbers, and while some of them were small, several of them were whoppers! And that ended up being a great metaphor for this campaign.

Our goal was \$110,000 and I was not sure we were going to make it. In fact, it came down to the last pledge, and because it was based on stocks and the stock market did so well last year -- we surpassed our goal! The final tally came to \$110,950. We definitely have come up with 'seeds for growth'!

Many thanks to our generous pledgers -- and to my amazing canvass team: Margaret Galbraith, Etta Hamm, Molly Hurd, Shripad Pendse and Scott Wood for all their hard work.

Pam Berman
Canvass Chair



UUCH Board of Directors June 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

Congregational Retreat

Saturday, February 8

9:30 am -- 3 pm

In case you missed it on the front page, on Saturday, February 8th, we have a retreat with our Congregational Life Lead, Rev. Linda Thomson.

Linda will guide and help us through a discussion on how a democratically run congregation can best share or divvy up the work to fulfill its mission. Who, be it the congregation, the volunteer leaders, the minister, or anyone who has an idea or sees a need, is responsible for what? A good turnout is hoped for.

No more church directory updates out there?

At the time of this printing I've received only 3 emails in response to a request on January 24th for changes to be incorporated into the 2025 church directory.

Needed by Feb 10th: any changes or corrections to your contact info, new members or friends to be added, requests to have your listing removed, etc. Contact me with any questions.

Etta Hamm

braeside@eastlink.ca 902-443-8779

NEWSLETTER DEADLINE

The deadline for submissions for the March newsletter is

Tuesday, February 25th, firm.

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

CUC Month

CUC Month is held every year in February. One of the CUC's activities during this month is to post a daily CUC fact on the [CUC Facebook page](#). Here is a sampling of some of those facts:



Q: What two congregations have friendly ongoing banter about which church was the first in Canada?

A: The Unitarian Church in Montreal and the Universalist Unitarian Church of Halifax.

Q: What is a Y.O.B?

A: Youth Observer to the Board, who represents the youth voice and is the conduit between the youth and the CUC Board.

Q: In what year and where did the first CUC Annual Meeting take place?

A: A meeting of Canadians met on May 14, 1961 in Boston, where they “brought the Canadian Unitarian Council formally into existence,” elected a board, and made some early decisions. This was the *founding meeting* of the CUC. The first *annual meeting* of the CUC was in May 1962 in Toronto.

Q: What original Universalist churches still exist in Canada?

A: The Universalist Unitarian Church of Halifax, the Unitarian Universalist Church of North Hatley (UUEstrie), and the Unitarian Universalist Church of Olinda.

Q: Who was the first woman President of the CUC Board?

A: Mary Lu MacDonald, the fourth President, from 1970-72.

Q: What event happened in Halifax on January 7th, 1844?

A: The Universalist Congregation had their first worship service in their own, recently completed building.

Q: When was the Flaming Chalice first used to representation Unitarianism?

A: The flaming chalice was first used by artist Hans Deustch in the 1940s as a symbol for the newly founded Unitarian Service Committee. The USC was founded in Boston to assist Eastern Europeans, among them Unitarians as well as Jews, who needed to escape Nazi persecution. The flaming chalice design was made into a seal for papers and a badge for agents moving refugees to freedom. In time it became a symbol of Unitarian Universalism all around the world. Read more about the [Flaming Chalice](#).

Q: When provincial censuses were conducted in 1851, which of the two strands of our tradition (Unitarian or Universalist) counted 7,000 adherents?

A: Universalist! The same censuses counted 1,200 Unitarians.

