



November Services

Join us in exploring what it means to live our deepest values out loud. We extend a special welcome to visitors and hope you will come again.

The Zoom link is the same every week; it can be found under Virtual - Zoom on our home page at uuch.ca. If needed: User ID 666 004 431, password 010670.

Nov 2 — Ocean-Climate Nexus

Join us to learn more of how closely our web is really interconnected, from a leading researcher in ocean science. Our guest speaker is **Dr. Anya Waite**, CEO and Scientific Director, Ocean Frontier Institute, Dalhousie University. **Service Leader Margaret Galbraith with the Climate Crisis Team.**

Nov 9 — "More of This" (Pledge Drive Launch)

Today we celebrate all that we have, and imagine taking it to the next level. In which areas of your life do you want to invite abundance? **Ben Robins with Pam Berman**

Nov 16 — Risk and Reward

The safest place for a boat is in the harbour, but that's not what boats were made for. In a world of opportunity, we consider the risks we want to take in life, as individuals and as a community. This is the second service in our pledge drive series. **Ben Robins with Andrew Aulenback**

Nov 23 — There is a Season

There's a time to turn inwards, a time to turn outwards, and a time for so much more. This is the third service in our pledge drive series. The Afterchoir will sing with us, including "Turn, Turn, Turn". **Ben Robins with James Morris**

Nov 30 — The Spirituality of Aging

Eleanor Roosevelt said that "Beautiful young people are accidents of nature, but beautiful old people are works of art." What if we reframe aging as a spiritual journey, a gift to be embraced? Our guest speaker is the author of *My Year of Living Spiritually*, the host of 6 Minute Memoirs, and a member of the UU congregation in Hamilton, Ontario. **Anne Bokma with Ben Robins**

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.

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Community of Halifax
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Rev. Ben Robins
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902-429-5500
Wed-Thur-Fri
10 am - 3 pm

Pam Berman
Kim Turner
Co-Board Presidents

Etta Hamm
Newsletter Editor

Sunday services
start at 10:30 am

All are welcome



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>What? November?</i></p>						<p>1 10-11:30 Brunch</p> 
<p>2 Atlantic Standard Time in effect</p> <p>10:30 Service: Guest speaker Dr. Anya Waite</p> <p>12:00 SAGM</p>	3	4	5	6	<p>7 5 pm Worship Team meeting</p>	<p>8 10-11:30 Brunch</p>
<p>9 10:30 am Service</p> <p>12 noon Soup Lunch & Canvass Kickoff</p>	10		<p>12 6:30 pm Board meeting</p>	13	14	<p>15 10-11:30 Brunch</p> 
<p>16 10:30 am Service</p>	17	18	<p>19 7:00 Climate Crisis meeting</p>	<p>20 6:30-8:30 Writing as Spiritual Practice</p>	21	<p>22 10-11:30 Brunch</p>
<p>23 10:30 am Service</p>	24	<p>25 Newsletter Deadline</p> 	<p>26 7:00 pm Caring Committee meeting</p>	27	28	<p>29 10-11:30 Brunch</p> 
<p>30 10:30 Service: Guest speaker Anne Bokma 4-5 pm Spirit Cicle</p>	31					

The deadline for submissions
 for the December newsletter is
Tuesday November 25th.
 Please send your items to Etta at
braeside@eastlink.ca

Minister's Note

Exploring Circle of Trust



In the April newsletter, I wrote a column on Quaker-style "circles of trust". A circle of trust is a gathering that is a mix of silent reflection and questions that help you to access your inner teacher.

It begins with a question: "What is an issue in your life that you are grappling with?" We each choose an issue, and then sit in silence for a few breaths, each of us creating inner space for clarity to emerge. And then, we ask each other questions to provoke that clarity.

There are straightforward questions: "When you imagine the decision you have to make, what are your hopes? What are your fears?" There are questions that get right to your core: "What gets you out of bed in the morning?" There might be cosmic questions: "What is your vision for the universe, and what is your role?" Outside-the-box questions: "As you approach your decision, what animal are you? What colour are you? What Blue Jays player are you?" Questions that get you outside of yourself: "What would you say to someone else who faced this dilemma?"

After each question, time to breathe and reflect and perhaps think out loud.

After I described circles of trust in the April newsletter, several people expressed interest in trying one, so we had a test run after a service in June and decided to make it a monthly event this fall.

Someone had a breakthrough during the October session. The details are confidential, because the stories we share in a circle of trust are confidential, but essentially one of the questions helped someone to clear the fog and get to the essence of their struggle. Others reported that their dilemma seemed less daunting just through speaking it into the circle.

A challenge in a circle of trust is to keep your questions "honest and open". The questions need to be honest questions, not advice expressed as a question. This is not a time to ask "Have you tried telling your co-worker to go to hell?" Rather, you might ask, "What do you really want to say to your co-worker?" A circle of trust is not the place for advice – there are plenty of other venues for giving advice. A circle of trust is specifically to help other people access their inner teacher and to help you access yours. I'm strict on this, because some people (including me) are much more open in an advice-free space.

So the questions have to be actual questions, not advice dressed as a question. They also have to be open questions, meaning that there isn't a right answer and you can't anticipate what the answer will be. Not "Are you going to do the right thing?" but "What underlying values are at play?"

Our circles of trust are the 2nd Sunday of the month at noon. The next one is Nov 9th after the Canvass Kickoff at approximately 1:30. We'd love for you to come, to access your inner teacher and help us to access ours.

Love, Ben

Board Buzz

There's a wonderful sense of energy and possibility at UUCH these days! As we approach our Semi-Annual General Meeting on November 2, the Board is excited to bring forward two major investments in our shared future.

To begin, we are asking the congregation to approve a *stretch budget* that strengthens our support for our minister, our Religious Exploration (RE) program, and provides additional committee and administrative support. This plan will use a portion of our savings and our newly created reserve fund to cover what would otherwise be a deficit—allowing us to:

- Maintain fair, living-wage compensation for staff, including a well-deserved increase to the Minister's compensation package
- Increase hours for our amazing Office Administrator Andrea Dewar
- Make needed building upkeep and repairs
- Hire a part-time RE Coordinator in January to revitalize our Children's Religious Exploration program

The Board is also recommending that we enter into a contract with ministerial student intern Casey Stainsby, a lifelong UU with a deep passion for ministry, youth and young adult engagement, and community outreach. Funding for this opportunity may come from our reserves, external grants, and our Endowment Fund. We see this as a truly exciting opportunity for growth and learning!

Beyond these big initiatives, the Board is also acting on ideas from our fall retreat—focusing on increasing fellowship activities, supporting Rev. Ben's many programs, encouraging volunteerism, and continuing important behind-the-scenes work like updating policies and reviewing committee structures. Finally, and very importantly, it will very soon be time for the Congregation to decide whether to invite Rev Ben to remain as our Minister, either on an extended contract, or as our full-time minister. Stay tuned for more news on this! This will perhaps be the biggest investment in our future!

The Board believes *now is the time* to use our resources to help UUCH thrive—not just survive. Together, we can expand our reach, deepen our connections, and let our light shine brightly in the wider community.

Kim Turner, Co- President

UUCH Board of Directors June 2025 – May 2026

Officers

Co- Presidents	Pam Berman Kim Turner
Vice-president	Vacant
Past President	Pam Griffin-Hody
Treasurer	Molly Hurd
Secretary	Karen Woolhouse

Members at large

Paul Galbraith Scott Wood

Semi-Annual General Meeting

Nov 2 at noon



The UUCH Semi-annual Meeting will be held following the service on November 2nd.

It will include the proposed budget for 2026, and a motion concerning the possibility of UUCH having a UU student intern for 2026-2027.

All members and friends are welcome to attend. Bring your own lunch. The meeting will also be available by Zoom with the usual sign-in.

Pam Berman
for the Board of Directors

It's Canvass Time!

(a.k.a. The Pledge Drive)



The 2026 Canvass Kick-off will take place at **noon on Sunday, November 9th following the service.**

The Canvass theme this year is *More of This!*

We'll have our traditional luncheon featuring homemade soup and other good things to eat.

There may even be some fun tunes from the Afterchoir.

Canvassers will be on hand with pledge forms, so come for the food and the music – and then stay to make your pledge for 2026.

Pam Berman
Canvass Organizer

*A gathering of like-minded friends
who share a good cause creates
hope and unity.
Anon.*

November Programming

Circle of Trust – Nov 9, approx 1:30 (after the Canvass Kickoff)

See Rev Ben's *Minister's Note* on p. 3 for a full description of a Circle of Trust. This could be for you.

Building Your Own Theology– Nov 16 at noon

This is an opportunity to develop your own personal credo, the fundamental beliefs, values and convictions that inform and direct your life. Come to any or all sessions. The topic this Sunday is: The Risks We Take.

Writing as Spiritual Practice – Thursday Nov 20, 6:30 - 8:30 pm

This will be a practice of open-heartedness, curiosity, reflection, and expression through writing. We will focus on spiritual engagement, not writing critique or technical skills.

Humanist Group – Nov 23 at noon

Join our humanists for a thought-provoking, mind-expanding discussion on a topic chosen by the group. We also welcome those who just want to sit-in and see what we're all about.

Spirit Circle – Nov 30, 4-5 pm

A more informal service inviting openness, peace, reflection and connection to something larger.

Needed for Canvass Kickoff Sunday, Nov 9th

Following the service and before the Canvass Kick-off we will serve a soup lunch to which everyone is invited. To make this a success we need volunteers to contribute.

We need:

3 or 4 pots of soup
Rolls, bread, crackers
Cookies, squares, muffins (bought or homemade)
Fruit, juice, etc.

Please contact me so we'll know what's coming. Thanks!

Faith Piccolo
fapic6@gmail.com

November Dinners for Eight



November 28

Margaret and Paul Galbraith are offering a Dinner for Eight – and lucky you, there are lots of spaces left; Margaret and Paul are fantastic hosts. The time of day or evening may be determined by the group. Contact Margaret directly at margalbraith@eastlink.ca

Dinner for Four – November 15 at 6 pm

From Mary Lu MacDonald:

What's so special about 8? We all enjoy the company of our fellow UUs, but not everyone has the space to host 8 for a potluck dinner. I'd like to start a parallel series of smaller get togethers over food and drink so I am offering a dinner for four – three plus me. Since I can't get out to the church these days I'd like to meet some of the new people in the congregation.

It would be a simple supper: one salad, one main, one dessert with me providing all the peripherals and filling gaps.

Contact: macdonaldmarylu@gmail.com

The hosts will provide more details such as spaces remaining, start time, theme, if any, etc as the date draws closer. Remember that these are all *potlucks*. *Bon appetit!*

Directory Updates

New address:

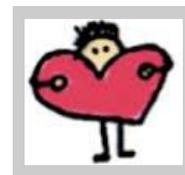
ROBINS, Ben
6313 Norwood Street
Halifax, NS B3H 2K9

Correct spelling:

VanAMBURG, Angela

From the Caring Committee

Leslie Robinson shares that he has been diagnosed with liver cancer and is waiting for an appointment date in Halifax.



Colin Kerr had a fall and is partway through a stint in hospital while his hip bone recovers. He is grateful for the visitors he has had and the reading material too.

What we do: The Caring Committee offers help to individuals in our UU community in circumstances where our support might be helpful. Let us know if you, or someone you know in our community, could use a drive to medical or other appointments, home or hospital visits, grocery shopping, or other needs that arise. We also arrange for the receptions following celebration of life services at UUCH.

Can you help? If you could occasionally meet a need, it would be a big help – perhaps phoning to check in on someone who is ill or homebound. Let us know your interest -- email Ben at minister@uuch.ca We very much appreciate the help and support those in our community give to other UUCH members and friends.

From the Caring Committee:
Geoff, Shripad, Steph and Ben

Calling all photographers, artists and creatives!

We would love to feature your photos and art in our Orders of Service and on our social media pages.

If you have images that you feel would suit such purposes, please email them to admin@uuch.ca

With your permission, we will credit you by name in the Order of Service and can tag you on Instagram.

Andrea Dewar
Office Administrator

From the Climate Crisis Team



The November 2nd service is brought to you by the Climate Crisis team. We are thrilled to have Dr. Anya Waite, CEO and Scientific Director, Ocean Frontier Institute, Dalhousie University, as our guest speaker, with Margaret Galbraith as the service leader.

Here are a few fascinating facts about the ocean which I have taken from Paul Hawken's book *Regeneration*. He writes: "Oceans are the largest carbon sink on Earth. They contain twelve times more carbon than land and forty-five times more than the atmosphere. The oceans have absorbed 93% of increased atmospheric heating and 25% of carbon dioxide emissions, resulting in warming ocean temperatures and ocean acidification.

"Oceans have become the largest storehouse of pollution. Eighty percent of marine plastic pollution comes from land-based sources. The rest comes from fishing, drilling, and direct dumping. Coastal waters contain thousands of different types of pollution," — all coming from humans.

It is essential that we stop abusing the oceans and do all we can to clean them and stop the warming and acidification that come from our CO₂ and methane emissions.

Terry Choyce
for the Climate Crisis Team



Social Responsibility Groups at UUCH



Unitarian Universalists have a strong history of social action, both in their local community and on broader national and international issues. Our current formal groups are:

- The Refugee Sponsorship Committee
- The Reconciliation and Dismantling Racism Committee
- The Climate Crisis Team
- The Saturday Brunch
- The Pride Parade Committee

Other initiatives are brought forward by individuals or addressed as the need arises. We also organize informally, seeing each other in local activist circles.

Over the years, UUCH members have also been very active in organizations such as:

- The Voice of Women (peace initiatives)
- Support for HIV/AIDS victims
- Performing same-sex marriages since 1976
- Becoming a Welcoming Congregation
- Supporting the right to medically-assisted death
- Supporting Hope Cottage (a soup kitchen)
- And various environmental initiatives.

From the CUC: Canadian UUs Read Saturday, November 1 at 5 pm Atlantic

Seven Canadian UU ministers each pitch a book and make a compelling case that will help us live into this moment as Canadian UUs. See the the poster on the last page to see who the ministers' are. Audience members (that's you) will be able to submit questions. At the end of the event, everyone will vote on the book that will set the theme for 2026's Sharing Our Faith packet. This experiment is one contribution to "Activating the Canadian Ecosystem," a year of connection, experimentation and learning.



CANADIAN UUs READ

Choose that book to help us meet this moment



On Nov 1 at 1 pm pacific / 4 pm eastern, seven Canadian UU ministers will pitch their book to help us meet this moment. Come ask questions and vote on a book for a national read. Point your phone at the QR code to get your ticket.

Hosted by UU Ministers of Canada
Featuring Revs Arran Morton, Anne Barker, Debra Faulk, Lynn Harrison, Pat Trudeau, Rosemary Morrison & Samaya Oakley