

Our Newsletter



Universalist Unitarian
Community of Halifax

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February 2026

Universalist Unitarian
Community of Halifax
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Wed-Thur-Fri
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Pam Berman
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Christy-Lee Bojarski
Director, Religious
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Etta Hamm
Newsletter Editor

Sunday services
start at 10:30 am

All are welcome

Childcare available

February Services

Welcome one and all to our Sunday services. 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.

Feb 1 – Relational Mindfulness: Empowering connection in the age of the individual.

Roy Ellis reflects on the importance of interpersonal connections, in a changing world where many of us are encouraged to live for ourselves and within ourselves. Roy is a relational therapist, a consultant, and an author. **Roy Ellis with Pam Griffin-Hody**

Feb 8 – Many Windows, One Light – and a New Member Ceremony

In Interfaith Harmony Halifax's Interfaith Week, we explore our own experience of being a multi-faith congregation -- both the enriching aspects and the challenges. We will also have guest speakers share their experience of visiting a different faith community in Halifax almost every week for several years. **Ben Robins; Speakers: Maria Acosta, Lisa Perry and Dinah Simmons**

After the service, at 12:00, join a discussion of the enrichments and challenges of being a multi-faith community.

Within the service, we will have a New Member Ceremony. Contact Ben if you would like to discuss becoming a member, minister@uuch.ca.

Feb 15 – Eros and Boundaries

In her audition sermon to be a UU minister, Marilyn Sewell didn't choose a safe topic – she spoke on the erotic. Today we celebrate eros while considering what boundaries we want on intimate topics. **Ben Robins with a Service Assistant.**

Feb 22 – North End Halifax New Roots Community Land Trust

February is African Heritage Month. The founder of this new land trust will talk about how and why they got started, the historic context in the North End, and their current land stewardship goals including a proposal for a parcel in the Cogswell Interchange redevelopment. **Trenton Morton and Members of the Reconciliation and Dismantling Racism Committee**

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.

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 am Service Guest speaker Roy Ellis	2 Groundhog Day 	3	4	5	6 5 pm Worship Committee meeting	10-11:30 Brunch 
8 10:30 am Service Guest speakers on Interfaith New members joining	9	10 11:30 am Caring Committee meeting	11 6:30 pm Board meeting	12 	13	14 10-11:30 Brunch St Valentine's Day 
15 10:30 am Service	16 	17	18 7 pm Climate Action meeting	19	20 UN World Day of Social Justice	21 10 – 11:30 am Brunch 
22 10:30 am Service Guest speaker Trenton Morton Pride Parade meetng	23 Early newsletter submissions <i>seriously</i> sought!	24 Newsletter Deadline no extensions	25	26 	27	28 10 – 11:30 am Brunch 5:30 for 6 Spaghetti Dinner

Notes:

Interfaith Harmony Halifax Week is ongoing until Sunday Feb 8th – with guest speakers at UUCH on the last date. For more information on IHH week, look up interfaithharmonyhfx.org as well as search hits from a range of other good sources.

February is African Heritage Month. Brian's RDR page highlights many appealing performance events. You may enjoy attending some of them. Brian makes selection easy with a curated list of recommendations. Don't miss out!

February is also CUC Month. New members and friends may not know a lot about the Canadian Unitarian Council, but a good poring over the website www.cuc.ca shows what an amazing organization it is. A search on *Unitarian Universalism* could keep you glued to your screen for days.

The newsletter calendar going forward will bring attention to upcoming guest speakers, events and meetings that are additional to the normally scheduled pattern. Details, of course, are all over the newsletter.

February Programming

UU Principles Reflection Circle (online) – Tues Feb 3, 7–8:30 pm This series runs January to April, 1st and 2nd Tuesdays, on Zoom.

In each session, we explore one of our 8 principles: What the principle means to you; how it has shown up in your life; how you might live it more fully; how it enhances or challenges your other deeply held beliefs.

The series is a reflection circle, in which we help each other to tune into our own inner teachers. It is not a space for advising, correcting, steering or testing each other. Come as a fellow traveler as we weave our learning journeys together. You are encouraged to attend most or all sessions. Drop-ins are also welcome. Email Ben to receive reflection questions in advance of each session: minister@uuch.ca The Zoom link will be on the event calendar at uuch.ca

Discussion on Being a Multi-faith Community – Sun Feb 8, 12 pm As part of Interfaith Harmony Halifax's Interfaith Week, we discuss the enrichments and challenges of being a community of people with a variety of beliefs.

UU Principles Reflection Circle (online) – Tues Feb 10, 7–8:30 pm See February 3 above.

Discussion of Intimacy and Boundaries – Sun Feb 15, 12 pm There is a lot more to each of us than we reveal in public and even in this community. In a community that values the whole human experience, how do we honour our intimate sides while maintaining the boundaries we want?

Artsparks – Thurs Feb 19, 6:30-8:30 pm A mostly unstructured gathering of people who want to make stuff. Come and work on your masterpiece, or just play and have fun. Facilitated by Haydon Mariner. Bring your own materials for your project. If you don't have any, Haydon has drawing and painting supplies to share. Come on, let's set the night on fire!

Youth Group Tobogganing & Hot Chocolate – Fri Feb 20, 7 pm This group meets monthly on the 3rd Friday. Email for the location: minister@uuch.ca We provide a space where youth can build meaningful relationships and grow into themselves in a community that nurtures good values.

Pride Parade Meeting -- Sun Feb 22, 12 pm This is normally the Humanist group's spot. See Ben's Caring column on the recent death of Mary Lu, the group's dedicated, longtime organizer. The group resumes next month.

Please join us this day to meet and hear **Janet Horofker**, formerly our capable parade organizer, when she goes over the steps required in the planning of our participation in the Pride parade. The full meeting notice is on the next page.

Spaghetti Dinner Saturday, February 28th 5:30 for 6 pm seating



Save the date!

We will celebrate the end of February with a community meal at 5500 Inglis Street. Friends of the congregation, Holly and Greg, have volunteered to cook up a spaghetti dinner for us. There's no need to bring anything and no cost, but we will put out a hat for donations. The most important thing is your presence.

All are welcome!

Warning: There may be music, singing and laughter.

Newsletter Deadline

The deadline for submissions for the March newsletter is **Tuesday, February 24th, no extensions.**

Please send your items to Etta at braeside@eastlink.ca

Christy-Lee is Back

Christy-Lee Bojarski, a former UUCH RE director, kicked off a new RE program on Sunday, January 25th. She will provide sessions for the next six months, thanks to a West Trust grant.



Christy-Lee is a Children's Specialist with the Halifax Public Libraries where she designs and runs programs for children and families across a wide range of ages and abilities. She currently works out of the Woodlawn library branch and has done outreach programs throughout the Eastern Shore. Christy-Lee has also been a children's art instructor, teaching up to 20 classes a week.

Some of our members will remember Christy-Lee from a decade ago when she ran our RE program for two years. She stepped away following the birth of her second son. Her boys are now 20 and 11 years old!

Christy-Lee reintroduced the Story for All Ages into the service with her reading of *The World Belongs to You*, and we sang the children out to *This Little Light of Mine*. Christy plans a program that will explore UU principles and will often echo themes from the adult service. Since attendance patterns and age groups are currently in flux, Christy will create sessions that are drop-in friendly and accessible across a broad age range.

Pam Berman
Co-President
UUCH Board of Directors

Pride Parade Meeting February 22nd after the service

The first meeting for our Pride Parade participation this year is after the service on Sunday, February 22nd.

Please join us to meet **Janet Horofker** and to hear her describe the steps required in the planning of our participation in the parade. Janet was formerly our capable parade organizer and knows what's required.



Parade day, 2022, Janet explaining things

There's recruiting, fundraising, making arrangements for various components, decorating the float -- all on Janet's long to-do list of details.

First and foremost, we need volunteers with enthusiasm! Pride Parade day is a big day for Halifax and for UUCH. It's just so much fun! The parade this year is on July 18th. We hope to see you at the meeting.



Fun on the float, 2022

Irene Baros-Johnson
& **Etta Hamm**

From the Caring Committee



It's been quite a month, with **Mary Lu MacDonald's** death on January 19th, and Glenda Butt's celebration of life in the same week. We lost a couple of giants and beautiful souls (Mary Lu might not like the word 'soul'). It was my first

experience of Medical Assistance in Dying; the sadness and awesomeness of mortality, and witnessing the beauty and meaningfulness of deep friendship at its culmination. Singing Spirit of Life in the moment with Marilyn is something I will never forget. Mary Lu's memorial will be held at 2 pm on April 11th at a location to be determined

We moved **Glenda's service** to Hope United Church on Saturday January 24th so that there was enough space, bringing the UUCH chalice and banner with us. Someone told me afterwards that the personal sharing and the vital music



helped them get what they needed from it. It's such a blessing how our UU outlook(s) allow us, and even propel us, to keep things real and crack us open. We carry Glenda with us – the larger story that she was a part of continues.



I did not know **Cynthia Marshall** well, but know that she was a good friend to several of us, and that at Bethany United she found a small-group ministry community that resonated with her theology. I'm grateful

to our members who attended her celebration of life on Sunday January 25th.

Shripad is off to India and Australia to visit family and friends until May 26th. He will be missed on the Caring Committee and in the congregation.

Continued ...

What we do: The Caring Committee offers help to individuals in our UU community in circumstances where your support might be helpful. Let us know if you, or someone you know in our community who 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. Please let us know your interest by emailing 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 Ben on behalf of the Caring Committee: Geoff, Shripad and Ben

February is CUC Month



The **Canadian Unitarian Council** is an organization of Unitarian and Unitarian Universalist member congregations and individual Unitarian Universalists acting to enhance, nurture and promote the Unitarian and Unitarian Universalist religion in Canada.

Subscribe to the eNews, the Blog, Weekly Events Summary, or Announcements.

Register for one or two of the CUC's many online discussions, seminars, and gatherings of all kinds – to learn, to connect, to grow.

www.cuc.ca

From the Reconciliation and Dismantling Racism Committee (RDR)

February is African Heritage Month

The theme this year is “Strength in Unity Moving Forward with Purpose, Prosperity, Power, and Progress”.



The Story of African Heritage Month is explained here, from the Black Cultural Centre’s website:

“The origins of Black History Month, now referred to as African Heritage Month in Nova Scotia, date back to 1926 when historian Dr. Carter G. Woodson established Negro History Week to recognize the achievements and contributions of African Americans.

“February was chosen to align with the birthdays of Frederick Douglass and Abraham Lincoln, two figures closely associated with the emancipation of enslaved African people. In the 1950s Negro History Week was observed in Canada and in 1976 it expanded to Black History Month.

“Nova Scotia has played a leading role in recognizing African heritage in Canada, including the official establishment of African Heritage Month in 1996. Nationally, February was officially recognized as Black History Month by the House of Commons in 1995... and was permanently affirmed in 2008 through a motion introduced by the late Nova Scotia Senator Donald Oliver, KC.”

Events

Find events at the Black Cultural Centre: <https://bccns.com/events/> and at HRM Libraries: [HfxPubLibAfricHeritage2026](https://www.hfxpublib.ca/african-heritage-2026). Many are for children.

Some highlights:

Ice Festival: The "I AM" Experience with Keonte Beals Feb 1, 1-3

Alderney Gate Public Library

Includes a live reading of his children’s books, uplifting motivational messages, a behind-the-scenes illustration segment, live Q & A, and a high-energy concert to close it out.

Celebrations and Revelations 2026: Jah’Mila and Julian Taylor Feb 6, 7-9

Canadian Museum of Immigration at Pier 21. \$40
The concert will bring music, heritage, identity and storytelling together with two artists whose work speaks to migration, memory, belonging and the power of song.

Through the Lens of Sonny Bernard Feb 12, 6:30-8:30

Black Cultural Centre for Nova Scotia, 10 Cherry Brook Road, Cherry Brook

A retrospective on the photography and legacy of George “Sonny” Bernard (1947-2025).

Lift Every Voice 11: African Heritage Month Musical Showcase Feb 12, 6:30-8:45

Halifax North Memorial Public Library

Lift Every Voice is a showcase of amazing talent from our African Nova Scotian music community, produced by the African Nova Scotian Music Association.

Black Music Legends: Songs That Shaped the Sound with Julia Tynes Feb 28, 2-3

Captain William Spry Public Library

Julia will sing and share the stories of the Black musical legends who shaped Motown, R&B, pop, soul, and rock, bringing their songs to life for listeners of all ages.

Brian Gifford for the Reconciliation and Dismantling Racism Committee



From the Climate Action Team

Climate Action for Everyone

There are many activities going on in our communities that showcase various aspects of our environment and how they are affected by the changing climate. Here is information on three activities – family-oriented and educational.

Beaty Centre for Marine Diversity

The Beaty Centre for Marine Biodiversity is an exciting new destination for families, school groups, and curious minds of all ages! Located in the Steele Ocean Sciences Building at Dalhousie University in Halifax, the Beaty Centre brings the underwater world of Nova Scotia to life through interactive exhibits, live local species, hands-on activities, and real research happening right here in Nova Scotia. Uncover the wonders of marine life, explore how climate change impacts the ocean, and get inspired by the innovative conservation efforts making waves in our region. It's a fun and meaningful adventure where learning and culture meet discovery – and where every visitor leaves ready to help protect our blue planet. The admission price ranges from \$10 to \$14 depending on age.

The Changing Climate: A Canadian Perspective

Running weekly from February 17 to April 7 at 1:00-2:30 pm, Climate Action for Lifelong Learners (CALL), is delivering *The Changing Climate: A Canadian Perspective*, an eight-week climate course designed to get participants up-to-date on the latest climate science. In addition to teaching participants more about several important facets of climate science, the course is also an effective introduction for any family or friends who might be curious about climate change and are interested in learning more. The course is led by Dr. Martin Bush, Ph.D., a climate researcher and active member of SCAN! (Seniors for Climate Action Now). There is a fee of \$25. Register at https://us02web.zoom.us/webinar/register/WN_ES1nOd-iRpif6zitB-P1Cg#/registration

Ecology Action Centre Conversation: Faith and Climate Action

During Interfaith Harmony Week (February 1 – 8th), on Thursday February 5th there will be a panel discussion at the Ecology Action Centre at 7 pm. Join the Spiritual Coalition on Climate Action Nova Scotia (SCOCANS) and the Ecology Action Centre for a conversation panel, with the topic: *One Planet: How Do We Protect It?*

SCOCANS is a volunteer-run interfaith group in collaboration with the Ecology Action Centre's Energy & Climate Team, dedicated to advocacy for the environment and social justice.

Margaret Galbraith
for the Climate Action Team



Interfaith Harmony Halifax



**Please join us for songs,
readings, dance and art
from faith communities
across HRM
in celebration of our
spiritual diversity.
our celebration of the**

**16th annual Interfaith
Harmony Halifax Week**

“Gratitude”

World Interfaith Harmony Week Celebration

Sunday, Feb 8, 2026

2-4 pm

at the Halifax Central Public Library