



FIRST UNITARIAN CHURCH OF VICTORIA
Growing in Spirit, Living with Compassion, Inspired to Serve

The Victoria Unitarian

VOLUME 51, ISSUE 2

FEBRUARY, 2012

Services in February

Worship Service and Children's Religious Education at 10:30am. Child-Minding available 10am - noon.

February 5 Aspects of Love

Revs. Lynngood and Faye Mogensen

This service kicks off our month-long exploration of love. In song and readings and story we will explore the many facets of love. Often an image of romantic love is held up as the ideal to strive for, and yet it feels unrealistic or overly simplistic compared to our actual lived experience. How do we lift up and honor a more holistic vision of love?



February 12 "Namaste, Where Are You Going?"

Speaker: Kate Green

Just back from walking and walking and walking in USC's highest elevation programs, in Humla Nepal, Kate Green will bring to us stories and challenges from her recent trip. The phrase 'Namaste - where are you going' occurred hundreds of times a day as she and her Nepali colleagues encountered others on the trails. Where are these communities going as food systems, weather and society change?

February 19 Love is More Than a Feeling

Rev. Shana Lynngood

Typically, when someone says love, they are speaking of romantic, intimate love relationships. The word love, however, has a much broader set of ways it can be interpreted. The ancient Greeks, for example, had three distinct notions of love—agape, philia, and eros—only one of which had anything to do with romance. How might we see this wider view of love as a sentiment shared not just between two people, but between neighbors or nations?

February 26 "The Challenge of Forgiveness"

Rev. Melora Lynngood

In this service, we focus on the love within personal relationships, and take a particular look at the challenge of forgiveness. We human beings are fallible. The maintenance of human relationships requires a way for repair and renewal when mistakes are made. How does forgiveness work? What does it require? Is it always possible? Is it always a worthy goal?

 denotes Chalice Choir

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SELEBRATIONS OF LOVE

FAYE MOGENSEN

The 17 Junior Youth who are currently participating in our 12-14 year Our Whole Lives (OWL) Sexuality Education program have the opportunity to ask questions anonymously through their “question box”. If they are like past groups, many of their questions are likely to be about the complexities of physical love. But some of them are likely to ask the simpler and yet equally difficult question: “What is love?” Revs. Melora, Shana and I invite all of you to explore and celebrate this deeply spiritual puzzle, with our February focus on the many aspects of love.

During the New Membership Ceremony last month, six-year-old Nolan told us that what he loves most about the church are the cookies. “Cookie love” may not feel like the most spiritual dimension of love, and yet I think it offers good food for reflection (pardon the pun!)

First, I hope the coffee crew felt a warm glow as he said those

words – you deserve many roses! On the other hand, as the person responsible for the children’s program, I might have felt insulted.

I didn’t.

The children act happy often enough that I can tell they are satisfied with the songs, stories, reflections, crafts, games, and social action they participate in. They have fun at the pageant, with the buddy program and our other special events. They love their leaders. Still, those cookies are what stand out! What is so important about them?

I think it has to do with the sweet experience of community love, and that all of you who so generously share your cooking and baking do a hugely important job of bringing warmth to our church. I offer my deep thanks to you!

Those of us who rarely bring cookies or cakes, and simply devour the cookies also have an opportunity to express love, but how?

- We can savour the flavour, and express our appreciation to the coffee crew.
- We can be conscious of others in the room, and take only one cookie, until we know that everyone has had a “sweet experience”.

By modeling these behaviours, every adult in the Lion Hall has the opportunity to try to answer that question, “What is Love?” We can all use gentle words like, “Mmmh, isn’t this cookie good! Aren’t those bakers generous? Let’s enjoy only one until we are certain that everyone else has had a chance to savour the flavour.”

I encourage all of us to work together to help the bakers maintain our loving community. Expressing love, even “cookie love,” can be so simple and so challenging!

Faye

“Love, Money, and Death”

Well, no one could accuse we Unitarians of being trivial. When I looked at what we have going on at church this month, these were the themes that emerged: Love, Money, and Death.

First, as you might expect in February, Love. Your Director of Spiritual Exploration and Learning, Faye Mogensen, and your ministers (Rev. Shana and I) have planned a month of worship and spiritual exploration for all ages around the theme of love. Sunday, February 5th, we will kick off our theme with an intergenerational service (kids stay with us for the whole service) on all the many aspects of love. On February 19, Rev. Shana will focus on the wider meaning of love—love that transcends per-



sonal relationship. And on February 26, I will preach on love within personal relationship, with a special focus on the challenge of forgiveness. For the adults, Rev. Shana will also be leading a three evening workshop on “The Spiritual Practice of Relationship” (see page 8 for details).

But wait, there’s more! As a follow up to my sermon on Death and Dying (January 22nd), we are offering a series of workshops around end of life planning. On February 4th, Dr. Betty Donaldson will lead the two sessions on, “What is a Good Death?” On Sunday, February 19, we have a seminar on Power of Attorney issues. On Sunday, February 26, we will have a forum on Planned Giving

(which will include, among other things, how to include charitable giving in your end of life plans). As a lead in to thinking about money in general (not just how we handle our money at the end of life, but throughout life), on February 7, Rev. Shana is going to lead a workshop on “Aligning Your Money and Your Values.” (See page 8 for details on all these programs.)

Love, Money, and Death... Church is a place to talk about stuff that matters. We hope these programs will give you a chance to step out of the distractions of daily routines and busy-ness, and look at some of the big picture issues from a wider perspective. We hope you will be able to re-center and re-focus as needed, and find your life thus deepened and enriched. So may it be.

Warmly, Rev. Melora
rev.melora@gmail.com
cell: 250-891-6330

Does this mean no coffee hour?

Editors Note: Others have noticed our sign. My son reports that a non-Unitarian friend has posted this image on Facebook with the caption “Umm, no thanks, I’m busy”.



Many of us make a habit of visiting other Unitarian-Universalist churches while travelling. It can be an enlightening experience to peak into a world that is both similar and different.

Some churches appear cold and closed-in to the casual visitor. Perhaps there is no greeter at the door and no visitor name-tags. No welcome during the service. After-service coffee time is more of an occasion to talk church business or huddle in closed groups. The newcomer ends the morning by slinking from the church, almost feeling embarrassed at interrupting the cozy life of the regulars.

Other churches feel warm and open-hearted, friendly to the stranger, greeting everyone with a genuine smile and providing an encouraging word or two.

There's no doubt that each church or fellowship has its own personality.

Is it just me noticing that more visitors are remarking about our friendliness—expressing the feeling that we are a welcoming church? This struck me at the new membership Sunday service last month when a number of visitors rose to not only tell us their name but provide a little bit of autobiographical detail and to express their happiness at being there. You could tell they felt safe and secure in disclosing a bit of their life story.

Liz and I joined this church 10 years ago and found it friendly and welcoming. What sealed our attachment was an invitation to the Neighbourhood Group Christmas potluck. It felt special and we felt cared for. Others I'm sure have had similar experiences.

When we arrived, someone went out of their way to seek us out and invite us to a social gathering. No one had to make the effort on our behalf, but that type of positive action helps one to feel cemented to the community.

It does take energy to be effective hosts. Our hard-working hosts are people like Susan Lean and John Dalgety, who arrive early Sunday morning to check that the greeter gang is on duty; Kjerstin Mackie who spends each week ensuring her ushering team is in place for every service; Hugo Sutmoller and Hanne Pannekoek who keep a constant eye on the coffee roster so we all can take part in a vital Unitarian sacrament.

These folks are kind of like swans on a flowing river. Seemingly gliding along with a relaxed interest in the world; beneath the unseen surface they energetically paddle away.

Our ministers help a great deal, too. Reverends Melora and Shana are warm-hearted, loving people who I'm sure can make the coldest heart feel engaged.

The welcoming part in any social engagement is a two-way street of course; those being welcomed must be potentially open or the connection is lost. Some of our visitors come to us with trepidation, shyly wondering if this church can fulfill their desire to live an expanded spiritual life. Both our ministers have the gift of making all feel welcome and secure.

If you're curious about how churches welcome, or don't welcome, visitors, visit the website Ship of Fools: The Mystery Worshiper at <http://www.ship-of-fools.com/Mystery/index.html>. This Anglican-oriented website features articles written by church visitors about their first impressions.

You learn in this casual study that it takes each and every one of us to make a welcoming community.

Covenant of Good Relations Question

You become aware that a highly respected and hard-working older member of the congregation is becoming increasingly incapacitated in fulfilling their particular leadership position within the church. What should you do?

(See answer on page 12)

Services Auction

Mark your calendar. The Services Auction will be Friday, March 30

What is a Services Auction? It's a fun, family-friendly evening when we bid feverishly for goods and services offered by members and friends of the church.

Who comes? People who want to have fun while they support the church. Everyone is welcome.

Why would I come? It's a party with lots of excitement, suspense, and laughter. It's an opportunity to purchase special meals, trips, professional expertise, and handmade articles, knowing all the proceeds will go to support the church.

What happens? You receive a bidding number and a list of services when you arrive. The auctioneer announces each item and we bid on it until the bidding stops. The auctioneer announces the successful bidder(s) and moves on to the next item on the list.

What if I don't have a lot of money? Some items will go for reasonable prices, while other popular items will fetch a higher price. Some of our dinners go for about the same price as you would pay in a good restaurant, except the money goes to the church.

Why is the Auction important? It's a great opportunity to create connections between members. When you attend an event you purchased, it can be a fun way to get to know other people in our church better. The auction also raises much-needed money to balance our church budget, which makes our Treasurer, who is also the bartender, very happy!

What can I offer? Anything handmade or home-baked. Walking a dog. Hauling trash. Knitting or sewing or quilting. Hosting a dinner, or lunch, or breakfast, or tea. Watering plants and feeding the cat. Child care. A bridge party. Garden produce. A few hours of your professional time. Yard work. House-sitting. Lessons or tutoring. A boat trip or a stay in your cabin. Something only you can do. Something no one else would think of.

Who do I contact to offer a service or an item for the silent auction? Jen Young at hellojenyoung@gmail.com or 250-598-0020.

When do you need my offer? We'd like to publish a list in the March Newsletter. The Newsletter deadline is **February 14**. Offers received after that will be published in the E-Weekly and added to the list provided at the Auction.

Upcoming Mini-Book Sale!

Your Library Committee is pleased to announce that February 5th, after service in the Lion Hall, will be our Winter Mini-Book Sale! This will be your chance to make sure some great quality books find a new home. And, all proceeds from the Library mini-book sale go directly to our Church.

All members, friends, and newcomers to the church can be part the Neighbourhood Group where they live. Have you been invited to the gatherings of your Neighbourhood Group? If not, please contact the church office and we will get you connected.

Cadboro Bay

Chris Mion reports that the change of boundaries has been a good thing for the Cadboro Bay group, bringing in younger people with more energy. They are planning to meet again March 18th at Lorna and Earle Anthony's, as their home is wheelchair accessible. Cadboro Bay is also partnering with Royal Oak West to put on the Souper Sunday Lunch after church on January 29th.

Central

Laura reports, "Central held its second potluck gathering on Saturday, January 7th at Laura and Nellie's home. There were 14 people present, and some very delicious food was enjoyed by all. Ruth Chudley helped Elijah and Kieran start a 1000-piece puzzle, and then left it for Laura and Nellie to finish. There was general agreement that the name of the Group could be better-more poetic and more descriptive-however, we all got into other conversations, and never got back to solving that one.

"Sadly, Laura and Nellie will be leaving the Central Group, as they are moving to Brentwood Bay at the end of January. Happily, Linda Nicholson-Brown had been thinking of taking on a new job within the Church Community, and has agreed to take over the position of Convenor for the Central Group-or, whatever it may be called in the future."

Esquimalt

Barbara Boyle will be hosting the next gathering and potluck for this group on Friday, February 17th.

Fairfield

Diana Smith reports that Fairfield now has an FCT, a Fairfield Convening Team, who will share the responsibilities for an active and engaging year. They will be hosting six events, including a summer picnic, in 2012. All events except the picnic will be held in private homes or a rental space: the Garry Oak Room at Fairfield Neighbourhood Place. Fairfield generally has more than twenty people attending, which requires creative planning in accommodating everyone.

The group will gather next on Sunday, February 12, from 2-to 5pm at the Girard's for an afternoon focus on LOVE that will include games, and sweet and savoury finger food.

Farout

This group plans to gather February 18th at Ted and Ruth Humphrey's for a potluck. Now that the Nearby group has a new convenor and will be holding its own gatherings, convenor Barb Nyland is hoping Farout will fit into more homes and be able to get together more frequently.

James Bay

Plans for James Bay to meet at Ellen Gabelman's for lunch in January have been postponed until February due to the illness of several of their members.

Nearby

New convenor, Jean Simpson, was welcomed into the church as a new member on January 15th and went straight to the NG Convenor's

Continued on next page

AROUND THE NEIGHBOURHOOD (continued)

Nearby (continued)

meeting after the service. Jean has contacted all the members of the Nearby group, and hopes to organize a gathering in February. Since this group is baking for coffee time in February, Jean has had to hit the ground running.

Oak Bay

Karla reports their group is looking forward to their second potluck, which is being held at Jean Evan's home on January 21. They are also preparing to fire up their stoves and ovens for the Souper Sunday they will be hosting on February 19th.

Royal Oak West

This group is finalizing plans for the Souper Sunday lunch they are hosting at the church with the Cadboro Bay group on January 29th. They hope to eat together as a group after everyone at the lunch has been served, before tackling the job of cleanup.

Western

This group hopes to gather in January and again in February and will be missing John and Susan while they are in Mexico.

SRC ACTION

PHILIP SYMONS

Join Our Letter Lobbyists

Have you sometimes felt frustrated at what our federal or provincial governments are doing after you've heard something on the radio or read about it in the newspaper? Are you concerned about Canada's stance on climate change, or Enbridge's Gateway pipeline project? Would you like to spur the appropriate authorities into providing the proper child-minding assistance to a needy kid at Island Montessori House School? Or maybe you would simply like to express appreciation for the Governor General's New Year's message or some other good news?

Join our Letter Lobbyists at the SRC Shelf this month and find an outlet for these frustrations.

For the first six months of 2012 (until June 30), Letter Lobbyists are receiving information on the topics above and more. Lobbyists can write as many or as few letters as they desire and have time for. Brief digestible information is provided along with addresses and background information. Lobbyists write to newspapers, politicians, counselors, bureaucrats, or, if they prefer talking to writing, they might phone the talk-back line to some radio program. There may be a letter-writing bee after a service one Sunday.

Joining Letter Lobbyists is a time-limited no obligations commitment. Sign up at the SRC shelf or notify Philip Symons, philmar@islandnet.com.

Delegates Wanted for CUC Annual Meeting

Canadian Unitarian Council will be holding its annual meeting in Ottawa during the long May weekend. Details of the programme will be out soon in the CanU magazine. Rev. Shana is one of the planners.

Anyone interested in being a delegate please speak to Christine Johnston.

Delegates have \$150 fees paid; a charitable tax exchange on expenses, and the opportunity to dialogue with UUs across Canada on Spiritual issues. It's always an inspiring experience.

SPIRITUAL EXPLORATION & LEARNING—ADULT

Courses and Seminars

Workshop: What is a “Good Death?”

Saturday, February 4th

TWO Sessions (Choose one): 9:30am-12:30pm or 1:30-4:30pm

First Unitarian Church of Victoria, Lion Hall

Led by Dr. Betty Donaldson, Chair of Choices in Dying Monitoring Group for the Canadian Unitarian Council, and Member of Comox Valley Fellowship.

Using readings, music, and meditation, Betty invites people into an interesting and meaningful exploration of the concept of a “good death”. Participants will have an opportunity to share their experiences of being an observer of people who have had such passages; and will have a chance to consider what they might do to prepare for their own.

Suggested donation is \$5. Registration will cover costs of workshop; any amount received beyond costs will be donated to the CUC Choices in Dying Monitoring Group.

Each workshop will be limited to 15 participants. 15 in the morning + 15 in the afternoon = 30 total. Sign up by contacting Margot Lods 250-920-3893 or mlods@shaw.ca

Aligning Your Money with Your Values

Rev. Shana Lynngood

February 7th, 7-9pm

This single session course will encourage participants to think strategically about how to best “put our money where our values are”. Where do you shop? What ways do you support local businesses and farms? How do we as best we can ensure that the money we spend furthers what we believe in? Come join this conversation about the intersection of money and beliefs.

The Spiritual Practice of Relationships

Rev. Shana Lynngood and Cora Blisker, BSW

February 15th, 22nd, and 29th

These workshops will explore the ways in which maintaining healthy relationships requires the same skills as spiritual practice—intention, discipline, attention. In fact, the way we live in relationship to one another is a spiritual practice. We will apply the seven principles of our tradition to intimate relationships and will offer many opportunities for deep reflection. How do popular culture images of love and relationship impact our own? How have our experiences of family played a part? This program is not a couples program—single and partnered adults are welcome. Register soon as we have a limit of 20 participants. Sliding scale fee for the course to cover material costs and child minding (if needed) is \$15-30. We hope to arrange for carpooling. This is a pilot course, so if interest is great we may offer this course again. To register contact Rev. Shana at rev.shana@shaw.ca or 250-744-2601. Please indicate whether you can offer or need a ride. The fee will be collected at the first session—all of which will be held at FUCV.

Four Covenant Groups are Launched

In January, four new covenant groups began to meet regularly through to the end of June, each with the guidance of two co-facilitators. Covenant groups of up to ten people provide an open and supportive environment that specifically promotes intimacy (making connections and developing friendships within our congregation) and ultimacy (spiritual growth and the search for truth and meaning). These groups are a complement to the existing chalice circles that continue to meet.

Fifty people in the congregation have expressed interest in being in a covenant group. The availability of facilitators creates a limit to ensuring everyone can be accommodated. We encourage YOU to consider being a small group facilitator in the fall, by attending the March 31 workshop with Rev. Shana and Diana Smith. Be in touch with either of us to discuss the possibility further.

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SPIRITUAL EXPLORATION & LEARNING—ADULT Courses and Seminars (continued)

Power of Attorney Seminar

Avoiding the Hidden Dangers

Sunday, February 19, 12:30pm

Should the time arrive when incapacity makes daily function just too hard to manage on your own, that is when a Power of Attorney agreement can be useful in your life. Power of Attorney gives a trusted person or agent of your choice the authority to make essential decisions on your behalf, decisions often related to banking, investments, health care and living arrangements.

Because these kinds of issues will be central to your well-being as a senior, knowledge of the options provided by the recently revised laws governing Power of Attorney in British Columbia will be valuable in your planning for the future.

In this one hour seminar after lunch on a Souper Sunday, Linda Hartford of Bank of Montreal Private Services discusses the elements of a proper Power of Attorney Agreement, its intended benefits, and its potential pitfalls and how to avoid them. Samples of good and bad agreements will be provided. As well, Linda will address issues on joint accounts and other forms of potential financial abuse. If desired, she is willing to comment on health care agreements, or other matters related to Power of Attorney.

A *Plan Ahead* initiative of the Care & Concern Committee, jointly sponsored by the Spiritual Exploration and Learning Adult (SELA) team. There is no cost for this seminar.

Contact: Ross Beauchamp <beau77w@yahoo.com>

Forum on Planned Giving

Sunday, February 26th 12:30 to 1:30

Including First Unitarian Church in your will is a wonderful way to ensure the long-term health of our beloved spiritual home. This forum will offer participants information about the church Endowment Fund and Foundation, and practical advice on how to get one's legal documents in order. There are many ways to give, and all planned gifts not only supplement the annual budget, they offer the security of peace of mind. Planned Gifts are a wonderful legacy to leave, and assure the future well-being of our community. Come join our Planned Giving Team to learn how you can include the church in your giving.

If you can't make the Planned Giving Forum, and would like to have one of our Planned Giving contacts meet with you one-on-one to help you figure out which method of giving suits you best and the 'how to' of implementing your method of choice, contact: John Hopewell [250-721-3920](tel:250-721-3920) or hopewell@telus.net, Don Armstrong [250-220-2240](tel:250-220-2240) or armstrong-don@shaw.ca, Ted Humphreys [250-655-6436](tel:250-655-6436) or ruth-longvu@shaw.ca, or Fran Hancock [250-477-1310](tel:250-477-1310) or fbhancock@shaw.ca.

Facilitating Small Groups: A Gift to Yourself and to Others

Saturday, March 31, 1 to 4pm

As we re-launch our small group ministry program, a key element to making these groups work is strong facilitation. In fact, much of the ministry we do together in church can be more effectively advanced if and when we have able facilitators. This half day workshop will highlight facilitation skills for anyone interested in guiding a group through an experience. We will discuss how to "read a room", talk about drawing people out, sitting with discomfort, and role-play some scenarios. If you are willing to consider leading a small group ministry or simply desire to learn more about leadership in small groups especially in a spiritual context, then this workshop is for you.

Session led by Rev. Shana Lynngood and Diana Smith. Maximum of 15, please register ahead of time so we can plan appropriately by emailing Rev. Shana at rev.shana@shaw.ca. We will provide beverages and snacks. We hope you'll join us.

Diana M. Smith

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SPIRITUAL EXPLORATION & LEARNING—ADULT Courses and Seminars (continued)

Awakening Joy Group

June Fukushima and Brock Brown are offering an **Awakening Joy Group** to support anyone who wishes to take an outstanding online course called **Awakening Joy**. <http://www.awakeningjoy.info/>. Every month from February through - November, you will receive audio or video presentations from leading experts in Buddhist meditation, neuroscience, and psychology on how to be with the richness of life's "10,000 joys and sorrows". If the word "joy" does not resonate, think - well being, aliveness or authenticity.

As a group we will review the course materials, share experiences, and do some of the suggested activities. e.g. Singing is highly recommended!

First Session: Monday, February 13th, 7 - 9pm, Lion Hall.

Cost: By donation for the online course; by donation for the monthly group session (split between the church and the facilitators)

We will arrange car pooling and offer help with computer access.

Please contact June or Brock to register. 250-472-6065 or FacilitationbyJune@gmail.com; brock1492@shaw.ca

About the Facilitators:

Brock and June are long time Buddhist meditators and members of FUCV since 2001. Brock, while not doing renovation work is in training to be a Community Dharma Leader. June is a Meeting Facilitator - www.junefukushima.com.

YUUth Coffee House!

Saturday, Feb. 18th

6:30pm - 9:30pm

Delicious snacks and drinks will be served and all proceeds will go to the youth and their social action projects. Hope to see you there!



Support your yU*Uth's Fundraising efforts! Hear some terrible jokes, beautiful music and see some great acting. Don't forget to bring your voice; you'll need it for our sing-along segment!

So come on down, we hope to see you all there!

Are You New to Our Church? Welcome!!

If you have recently started attending worship and/or events at the First Unitarian Church of Victoria, welcome!! We are so glad you are here! If you would like to know more about our church and our faith tradition, you are invited to attend either or both of these events:

Orientation

Date: Sunday, February 5, 12noon-1pm

Location: Boardroom (in the Farmhouse just north of the main sanctuary building).

Whether you just walked in the door or have been coming several months, the orientation will give you basic information about our congregation and ways to make connections in our church community.

Childminding will be provided.

Considering Membership

Date: Tuesday, February 28, 7:00pm - 9:00pm

Location: 1651 Barksdale Drive. Call Helen at 250-477-2189 for directions.

A gathering designed to give you the information you need in order to determine whether you would like to officially become a Member of our church. Whether you join right away, not yet, or not at all, the evening promises to be informative and enjoyable, as we will be talking about things that matter in a small group setting with warm and interesting people. *Childminding can be provided upon request.*

To sign up or if you have questions, please contact Rev. Melora at rev.melora@victoriaunitarian.ca or 250-744-2601, voice mailbox #1 or cell 250-891-6330. We are so glad you have found us and we are looking forward to getting to know you.

GREEN CORNER

LOUISE COLE

Help your Environmental Action Team work better.

Thank you for your help in completing the survey of important environmental issues last month. We invite you to share further how YOU care about our environment. **Meet with us at our retreat Saturday, February 18, for a potluck at 11:30am.** (Bring main, salad or dessert to share) We will meet in the Lion Hall at the church until 4:00pm.

We welcome your input for prioritizing our environmental actions for 2012 and telling us how you support our 7th principle, *the interconnected web of life*. We will review your survey choices, decide how to focus near and far and take your ideas to action.

Changes

The SRC Environment Committee is now called the Environmental Action Team to better reflect our purpose. We still function as a group under the Social Responsibility Committee.

We wish to thank Betty Sherwood for her many years of service as co-chair of the Team. We appreciate all the work and initiative she has taken on behalf of the environment. She has always contributed creative ideas and solutions to the work of the Team. Nikki Wright, a new member of the Team, has agreed to serve as co-chair. She is the coordinator of an environmental non-profit organization called Sea Change.

Contact Changes



Correction:

Jean Simpson

Jean's email is:

jeans49@shaw.ca (not [jeans44](mailto:jeans44@shaw.ca) as noted in the December newsletter)

New Email:

Anne Swannell

anneswannell@shaw.ca

NG Central

Sandy Emerson

sew03@shaw.ca

Central NG

KELLY CARTWRIGHT—OUR ARTIST FOR FEBRUARY

Kelly is our first “Artist of the Month” from outside our church community. She describes the inspiration for her art in this way:

“Taking a short-cut home one evening I fell into a snow drift and, peering beyond my body cut-out in the snow above me, witnessed the Aurora Borealis - powerful, swirling masses of electric opals exploding then reforming

moment-to-moment and a voice spoke in my head, ‘You are always looking down, why not look up?’ Twenty years later, after much artwork, contemplation and extensive world travel, I found myself deep in Samadhi meditation in the Mexican desert. For a year I would travel inward, this would be the last and best place I would search for

truth. After many psychic experiences, I circled back to Vancouver Island with questions answered, and a feeling of peace instilled. Now I understand the voice and look up to the night sky with gratitude for the stars who lead the way.

“The work on display is the result of my inward journey.”

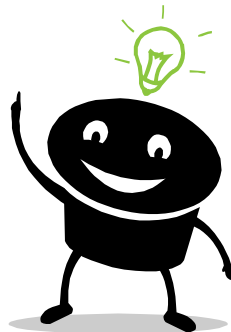
HEALING OUR WORLD (HOW)

needs your ideas!

Deadline is February 5th

Our church’s Healing Our World (HOW) projects have built an impressive record over the past six years. This congregation has supported 12 projects—three local and nine international. These projects have educated, protected, fed, employed and nurtured needy children and adults. But a HOW project always begins the same way—with an idea from you. Please think of a way we can join together to make a difference in some corner of the world.

An easy to fill in application form can be found on our website at: <http://www.victoriaunitarian.ca/files/H.O.W.%202012%20project%20proposal%20application.pdf> or contact Lisa Greenly at 250-655-3663.



Answer to Covenant of Good Relations Question

(on page 4)

In the spirit of the Covenant of Good Relations, it would be your responsibility first to address the concern directly by compassionately exploring with the member in question how they were feeling about their situation and offering any support and assistance to ameliorate it. Failing some form of resolution, you might want to consult with the appropriate Minister about how best to handle the next step.

How Does that French Verse Go Again?

As we noted in last month’s newsletter, in February we are adding a verse in French to the song we sing on Sundays as our children exit the sanctuary to go to their classes. If you would like help practising it, you can listen to the audio file on our website.

Go to our main webpage www.victoriaunitarian.ca. On the list on the left, click on “Programs”, then “Music”, then “New Music”. Or, simply go to <http://www.victoriaunitarian.ca/programs/music/newfilearchive.php>.

Lastly, click on “Nous vous entourons d’amour.mp3” which is in red type. The lyrics are printed there in both French and English.

MUSIC NOTES

PHIL HALLMAN

Happy February Everyone. By now our first handbell choir has started rehearsing! If you are interested in joining us, please email me at music@victoriaunitarian.ca

On February 18th please join the Youth Group and Music program for a fun-

filled coffee house. Produced by the youth group - it's going to be a great evening of music, poetry, skits, and some sing-alongs.

Choir Dates

February 5: Chalice Choir meets at 10
February 19: Chalice Choir meets at 10

We Care!

Care and Concern Committee
for hospital and home visits,
or just to talk...

Contacts

Daphne Dunbar at 250-381-7648
Val Roberts at 250-477-7192

Spaghetti Night

Friday, February 10th at 6pm

Spaghetti Night is a multi generational event. An opportunity to meet new people or catch up with friends over a casual, fun, delicious meal.

Everyone is welcome !

Spaghetti is served with a choice of two very yummy tomato sauces, meat or vegetarian, - plus garlic bread. Dinner is by donation.

Please bring a salad or dessert to share.



To help with clean-up please bring your own plate and dessert bowl.
A rinsing station will be provided.

Thank You from the Sunday Boutique Organizers

A heartfelt THANK YOU to all who donated to our BOUTIQUE RE-GIFTING TABLE! It was a roaring success and we were astounded how many members and friends of our church community donated THINGS that became TREASURES in the eyes of a crowd of eager bargain hunters over three Sundays in December.

This was our first year of RE-GIFTING and not only did we make almost \$1,000 for the BOUTIQUE FUND, we have so much "STUFF" leftover that we have decided to organize a GARAGE SALE in JUNE to raise funds for the Palestinian Refugee Family from Syria that will arrive in Victoria this Spring.

With books from our own authors, cards from our artists, shopping bags from our own seamstresses and knitted hats from someone who is addicted to knitting, we raised a total of \$1,500.00

These funds will be used for special projects such as the hand bells.

Grateful to everyone who helped us,
Nellie Van Leeuwen and Marya Nijland

A Call for Social Action

Editor's Note: This item was received from Rev. Frances Deverell, chair of Canadian Unitarians for Social Justice

The Omnibus Crime Bill, Bill C-10 - Safer Streets and Communities Act

Bill C-10, an Omnibus Bill comprised of nine separate and distinct pieces of legislation, passed the House of Commons in early December. The Bill now travels to the Senate, where it will be studied by the Legal and Constitutional Committee beginning February 3, 2012.

Despite its name, the Bill introduces a number of measures that are regressive, do not promote community safety and are contrary to the long Unitarian tradition of calling for a humane criminal justice. Canadian Unitarians have, since 1968, passed 8 resolutions on Criminal Justice calling on our governments to:

- Improve prison conditions;
- Improve quality and quantity of psychiatric, social service and educational programs in correctional institutions;
- Restrict incarceration to dangerous offenders and engage in more extensive use of probation, parole and day parole;
- Support research into best practices in all areas of criminal justice; and
- Create laws and administrative practices in full accordance with our best knowledge based on scientific studies on violence, capital punishment and drug abuse.

Bill C-10 is in shocking contrast to these resolutions: the Bill calls for longer, harsher mandatory minimum sentences for both violent and non-violent offenses. This is contrary to all research in the areas of crime reduction and victim safety, which requires addressing childhood poverty, taking a health-based approach to mental health and addiction and addressing the social and economic realities of Canada's native peoples.

The changes to the Youth Criminal Justice Act deny judges the ability to consider the mental health of young people when sentencing, and forces Crown Attorneys to seek adult sentencing for youth age 14 and above for certain offenses. The Canadian Pediatric Society has denounced the bill.

Provisions remove the requirement that prison guards use the minimal force required to maintain order in our penal institutions and allow prison officials to deny visitation to those held in solitary. Experts predict an increase in violence and human rights abuses in our penal institutions.

The Canadian Bar Association predicts the removal of conditional sentencing options for a wide variety of offenses will result in increased costs and pressure on our already overburdened judicial system.

Finally, the cost - At a time when Canada is set to renegotiate the Health Accord and remains the only G8 country without a National Mental Health Strategy, billions will be spent on new prisons, unnecessary incarceration and legal expenses.

This is why 34 Unitarians from seven Congregations in all four regions sponsored a resolution to the Canadian Unitarian Council on Criminal Justice. You will have the opportunity to look at it closely between now and the end of February and we hope you will gather a group to discuss it and make us your recommendations. It will propose that we spend a year studying the issues and linking with other like-minded groups who are working for better crime prevention instead of a punitive approach to solving the issues in our communities.

In the meantime, there is no time to lose. The Senate will discuss this bill in February and possibly March. Please join Unitarians across Canada in a massive letter writing campaign to ask the Senate to either defeat or amend this Bill. Liberal Senators have already indicated that they will vote, en bloc, against Bill C-10. Advocacy should therefore be directed to the Conservative and Progressive Conservative members of the Upper House. Find Talking points and Sample Letters at <http://cusj.org/emerging-issues/criminal-justice/>

To become involved in this social justice action, or for more information, please contact Susan Berry (susan.hulley@gmail.com) (or Frances Deverell (president@cusj.org) Co-chairs of the Crime Prevention and Criminal Justice Study Group.

First Unitarian Church of Victoria

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Office hours: Monday - Thursday 9:00am - noon and 1-4pm • Sunday 9am-1pm (closed during service)

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rev.melora@victoriaunitarian.ca

• Reverend Shana Lynngood

Office phone: 250-744-2601

rev.shana@victoriaunitarian.ca

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churchoffice@victoriaunitarian.ca

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Outreach	Philip Symons	250-592-6484
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Spiritual Development	Forrest Smith	250-595-2538

February Birthdays



- 1 Jean Mihell, Dennis Jones
- 2 Brenda Pengelly, Christina Lloyd
- 4 Nanw Cariad, Kieran Domney, Anne Swannell
- 7 Laura Anderson
- 8 Jerrelyn Dause
- 11 John Lancaster
- 12 Phyllis Gardiner, Maria Lee, Anna Isaacs
- 16 Kellina Dyer, Robin Sacker-van Gessel
- 17 Larry Boldt
- 20 Ted Humphreys
- 22 Sheila Drew, Marie Horncastle, Ruth Ralston
- 25 Leslie Ann Ross
- 27 Thane Waldie
- 28 Jean Wallace

New Member

Sarah Verstegen
992 Verdier Avenue
Brentwood Bay, BC V8M 1H9
250-652-2110
sverstegen@shaw.ca
NG: Nearby



For Sale

CUC Pins and Pendants

Great gift ideas for new members, birthdays, anniversaries or special occasions

Sterling Silver- \$27 each

Please see Marya Nijland who will have them in her bag each Sunday!

Proceeds to the Unitarian Sunday Boutique

February Events Calendar

Date	Time	Event	Location
2/1	1:00 PM to 2:30 PM	Executive Meeting	Board Room
2/2	7:30 PM to 9:30 PM	choir practice	Sanctuary
2/3	7:00 PM to 9:00 PM	Contemplative Yarncraft	Offsite location
2/4	9:30 AM to 12:30PM	What is a 'Good Death?' AM Session	Lion Hall
	1:30 PM to 4:00 PM	What is a 'Good Death?' PM Session	Lion Hall
	12:45 PM to 2:30 PM	Meditation	Board Room
2/5	10:30 AM to 11:30 AM	Sunday Service	
	11:45 AM to 12:30 PM	Mini booksale	Lion Hall
	12:00 PM to 2:00 PM	Music Committee meeting	Library
	12:00 PM to 1:00 PM	Orientation	Board Room
2/7	7:00 PM to 9:00 PM	Aligning Your Money with Your Values	Board Room
2/8	6:00 PM to 9:00 PM	Board Meeting	
2/9	7:30 PM to 9:30 PM	choir practice	Sanctuary
2/10	5:00 PM to 9:00 PM	OWL Course	Sunflower Room
	6:00 PM to 9:00 PM	Spaghetti Night	Sanctuary
	7:00 PM to 9:00 PM	OWL Parents	Boardroom
2/11	12:45 PM to 2:30 PM	Meditation	Boardroom
2/12	10:30 AM to 11:30 AM	Sunday Service	
	12:00 PM to 1:30 PM	Environment mtg	Library
2/13	7:00 PM to 9:00 PM	Awakening Joy Group	Board Room
2/14	1:00 PM to 3:00 PM	Book Worms Group	Offsite location
	1:00 PM to 3:00 PM	Covenant Group	Library
	1:30 PM to 4:00 PM	Food Prep/Sandy Merriman House	Kitchen Sanctuary
	7:00 PM to 9:00 PM	Social Responsibility Committee	Board Room
2/15	1:00 PM to 3:00 PM	Care & Concern committee meeting	Board Room
	1:00 PM to 3:00 PM	Finance mtg	Library
	7:00 PM to 9:00 PM	Spiritual Practice of Relationships	Board Room
2/16	7:30 PM to 9:30 PM	choir practice	Sanctuary
2/17	7:00 PM to 9:00 PM	Contemplative Yarncraft	
2/18	11:30 AM to 3:00 PM	Environment Retreat	Lion Hall
	6:30 PM to 9:30 PM	Youth Intergenerational Coffee House	Sanctuary
	12:45 PM to 2:30 PM	Meditation	Board Room
2/19	9:00 AM to 10:00 AM	Library Comm. Mtg	Library
	10:30 AM to 11:30 AM	Sunday Service	
	11:30 AM to 1:00 PM	Souper Sunday Lunch	Sanctuary
	12:00 PM to 1:00 PM	Library Comm. Mtg	Library
	12:30 PM to 2:00 PM	Power of Attorney Seminar	Board Room
2/21	12:30 PM to 2:00 PM	Comm. on Ministry	Board Room
	2:30 PM to 4:30 PM	Worship committee	Board Room
2/22	7:00 PM to 9:00 PM	Spiritual Practice of Relationships	Board Room
2/23	7:30 PM to 9:30 PM	choir practice	Sanctuary
2/24	6:00 PM to 9:00 PM	Circle Dinners	Offsite locations
	7:00 PM to 10:00 PM	Youth Movie night	Board Room
2/25	12:45 PM to 2:30 PM	Meditation	Board Room
2/26	10:30 AM to 11:30 AM	Sunday Service	
	11:30 AM to 1:00 PM	Bake/Plant Sale	Lion Hall
	12:30 PM to 1:30 PM	Planned Giving Forum	Board Room
2/27			
2/28	1:00 PM to 3:00 PM	Book Worms	Offsite location
	1:00 PM to 3:00 PM	Covenant Group	Library
	7:00 PM to 9:00 PM	Considering Membership	Offsite location
2/29	7:00 PM to 9:00 PM	Spiritual Practice of Relationships	Board Room

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- Renovation work?
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Circle Dinners

Circle Dinners are a great, informal way to meet and socialize with other church members and friends. We meet in each other's homes in small groups of six to eight people on the last Friday of each month. They have been a long time tradition in our congregation. If you would like to join us for good food and interesting conversation call Elaine Hanson @ [1-250-743-9644](tel:1-250-743-9644) or email elainehanson@shaw.ca

Board Members on Duty for February

Feb. 5 Allan Dakin
Feb. 12 Bob Dobbs
Feb. 19 Mike Graham
Feb. 26 Philip Symons



THE VICTORIA UNITARIAN is a monthly publication of the First Unitarian Church of Victoria.

The **deadline** for submissions to the **March** issue is **February 14**. Copy to be sent to newsletter@victoriaunitarian.ca.

For those without e-mail, copy may be left at the church office. All copy is subject to editing.

Information for the calendar can be sent to calendar@victoriaunitarian.ca or left at the church office.

Feedback is welcomed.

Staff

Bob Dobbs (editor); Doreen Burgess and Myra Rippon (proof-readers); Isabel Jones (events calendar); and Karen Uldall-Ekman (production, distribution and paid advertisements).

