



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

VOLUME 51,  
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SEPTEMBER, 2012

# The Victoria Unitarian

## Services in September

Worship Service and Children's Spiritual Exploration at 10:30am. Child-minding available 10:00am - noon.

**Sept 2 Have you found your song?**  
**Isabel Jones and Pat Kinrade**

This will be a service to think about what your personal song might be. We will experiment with possibilities by singing lots of other people's favourite songs.

**Sept 9 Forever Felt in the Soul**  
**Rev. Phillip Hewett**



Phillip Hewett was senior minister at Vancouver Unitarian Church for 35 years until his retirement in 1991. He has written a number of books, has been active in the IARF and, in 1992, was recipient of the UUA's annual Award for Distinguished Service. He served as our Interim Minister in 1991-92 and is a most welcome guest minister for our 2012 in-gathering service.

**Sept 16 Be the Change**  
**Rev. Meg Roberts**

"I want to explore together how we manage change in our lives and in our congregations. The more awareness we bring, the more we can be the change we want to see!"

Rev. Meg Roberts did her ministerial training in Vancouver and has served Unitarian congregations in Edmonton, Montreal and Calgary. She is happy to be back on the west coast and looks forward to visiting the Victoria congregation again.

**Sept 23 AIDS in Africa and the Work of Canadian and African Grandmothers**  
**Phyllis Webster**

Phyllis has lived and taught in South Africa. In 1965 at the height of Apartheid, she taught in a privileged white school during the day and volunteered at an evening school on the Cape Flats where she taught black African students. In 2000 she volunteered in Africa. Her other teaching experiences include time in Australia, England, Costa Rica, Argentina and 21 years at The Collegiate at the University of Winnipeg. She now volunteers with the Victoria Grandmothers for Africa.

**Sept 30 Radical Hospitality**  
**Rev. Marian Stewart**



You've said "hello", now what? How do we open our doors and our hearts to those who enter? What does it mean to be a Unitarian? What is so special about this congregation? (A lot!) Experiment—bring a friend to church!

Rev. Marian Stewart was one of several intern ministers that we were lucky to have during the tenure of Rev. Jane Bramadat.

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 denotes Chalice Choir

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The deadline for submissions to the  
**October** issue of the newsletter is **September 18**.

## CELEBRATING THE NEW CHURCH YEAR FAYE MOGENSEN

As I turn the page on my calendar I recall Helen Hunt Jackson's words, "September days are here, with summer's best of weather and autumn's best of cheer," and hope that they will ring true as the church year gears up. We have much to look forward to with: a start-up picnic, a first ever camping trip for youth, a tour to a local organic farm and a chance to get involved in the *Run for Biodiversity*. These are just some of the "fringe benefits" of involvement at the church. On the curriculum front, we've got some excellent material picked out and hope that it will prove rich and stimulating for the leaders, children and youth in our program.

The Senior Youth Group (15 plus years) has chosen to begin a Senior OWLS session on a twice monthly basis. They will self-select topics and our fearless facilitators will do their best to fulfill their wishes. They will also continue to meet in their more informal way, and focus on planning games and movie nights for themselves and our Coming of Age Youth Group (13-14 years). The Coming of Age Group will ultimately be working towards developing their own credo statements this year, and along the way they will focus on learning more about Neighbouring Faiths of their choice as well as our own UU Faith.

The Junior Youth group (11-12 years) will use a curriculum entitled "Riddle and Mystery". With it, they'll explore the *Big Questions* such as "What happens when we die? Does God exist?" as well as some UU questions like: "Can we ever solve life's mystery? How can I know what to believe? What does UUism mean to me?"

Like the Coming of Age Group, the Intermediate Group (8-10 years) will learn about some of our Neighbouring Faiths, using a curriculum called Holidays and Holy Days. As you can guess, the emphasis is on celebration – with as many outdoor activities as is possible. UUism will of course be included – and we plan to connect with UU kids from all across Canada. The Primary Group (5-7 years) will be taking a "Faithful Journey" and exploring how Unitarian Universalism translates into life choices and everyday actions. Stories about real people will help the children discover how our seven principles encompass all the ingredients of a good and faith-filled life, based on equality, freedom, peace, acceptance, truth, care, and love.

As usual, paid staff will offer loving care for children up to 4 years during Sunday services. Free play, stories, music, snack and outdoor exploration will help children enjoy their time.

Within all these plans is a great deal of flexibility and a strong desire to meet the needs of families. Already we know that we may have to make some adjustments, depending on numbers of children. Please be in touch if you have questions or suggestions to strengthen our program.

With warm wishes, Faye

## 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

# Newsletter Format Change

More and more of our members and friends are receiving their newsletters by email and reading them on their computers. The three-column format that we have been using for our major articles is well-suited to reading from a paper copy, but on a computer screen it often necessitates a great deal of up-and-down scrolling. To better accommodate those who read the newsletter on their computers, we are switching to a single column format for longer items.

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## HOT OFF THE PREZ

MIKE GRAHAM

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Happy new church year for 2012-13.

Our two ministers are away. The place hasn't fallen apart. Actually, things are humming along. And that's a sign of Reverend Melora's and Reverend Shana's amazing leadership.

Ever worked with a leader who had poor leadership skills? Whenever she/he went away the place froze up, or long repressed back-biting erupted, or too many skived off for too many rest breaks. Projects stalled or derailed or never began or never finished.

Or have you worked with a leader who appeared always too busy and could never find the time to ensure things ran smoothly, ignored potential difficulties and allowed confidence in the organization to wither?

It does happen. We all have stories about the leader who could never really hold the place together; who was uninvolved or too involved.

Great ministers make great churches ... healthy, positive and spiritually enriching. On rare occasions I've been involved in churches which, unfortunately, had poor ministerial leadership. A sense of ennui clouded the atmosphere; members drifted in and out; involvement diminished.

What makes a great minister (or in our case, two great ministers) and a great church? A group of church consultants involved at the Alban Institute spend their lifetime studying that very question.

Here's an abbreviated, edited version of what Alban consultant Susan Beaumont says should be the core competencies of clerical leadership:

- **Consistently effective preacher and worship leader; is able to inspire from the pulpit.**
- **Comfortable ease when speaking in a variety of settings (both small and large groups, inside and outside the congregation).**
- **Sees ahead clearly, keeping focused on the larger picture.**
- **Steps up to conflicts, seeing them as opportunities.**
- **Makes effective decisions, balancing analysis, wisdom, experience, and judgment.**
- **Astute about how congregations work; knows how to get things done through formal and informal channels.**
- **Has a natural orientation toward getting people to work together; shares wins and successes.**
- **Strong personal depth and spiritual grounding; demonstrates integrity by walking the talk.**
- **Ambition for self and the congregation; highly motivated; enjoys hard work; is action-oriented.**
- **Demonstrates strong and appropriate personal boundaries in relationships; has a healthy appreciation of self, without being egotistical; emotionally mature.**
- **Deals well with ambiguity; copes effectively with change.**

I believe Reverends Melora and Shana get perfect marks—11 out of 11—on this consultant's scorecard.

They have modelled an effective leadership style for the rest of us to carry on in their absence. Mind you, they also did a great deal of advance preparation, such as lining up a complete roster of guest preachers for every Sunday they would normally appear in the pulpit.

They know how to help this beloved community be its best.

Welcome back to another great year of music in the church. It has been a very productive summer! Kristina Stevens and I were in Tulsa, Oklahoma in July attending the Unitarian Universalists Musician's Network Conference. This conference brought together UU music directors from across the continent (which resulted in a 180 person choir for the Sunday service!) We came back with new ideas and lots of new music! Kristina, Nancy Dobbs, and myself have also attended a choral reading session in town put on by a local music store.



## Choir Dates

Sept. 9: Chalice Choir meets at 10:00  
Sept. 30: Chalice Choir meets at 10:00

There is so much going on in the church this year music-wise. Our Chalice Choir has already begun rehearsing. The Men's and Women's Choir will be starting mid-September. Our children and youth choirs are getting ready to start as well.

Our Handbell Choir will begin regular rehearsals starting August 30, September 6th, and then every second Thursday after that. We will rehearse from 6:20 to 7:20pm in the Sanctuary. If you would like to join the Handbell Choir, please email me at [music@victoriaunitarian.ca](mailto:music@victoriaunitarian.ca) to confirm your spot.

Our Chalice Choir rehearses every Thursday from 7:30-9:30pm in the Sanctuary. The Men's and Women's choirs will rehearse alternating Thursdays with the Handbell Choir, 6:30-7:20pm in the Sanctuary.

If you are interested in joining any of our programs, please contact me at [music@victoriaunitarian.ca](mailto:music@victoriaunitarian.ca). Everyone is welcome, and no experience is necessary!

Have a wonderful year full of beautiful music.

Phil

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# COME SING A SONG WITH ME

# NANCY DOBBS

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## Children's Choir

Children's Choir is all about sharing the joy of music...a joy that may last the children a lifetime. The music may be beautiful and touch the heart; it may introduce and reinforce Unitarian values and/or it may be just for fun and silliness. Nancy Dobbs and Barbara Boyle invite all children in the SEL program to give Children's Choir a try (with or without their favorite adult). Reading ability is not a requirement. A wide age spread is encouraged so that older and younger children may learn from each other. The Choir will sing at several services and at the winter and spring concerts. The children make a valuable contribution to the spirit of our congregation.

**Children's Choir begins on Sunday, September 23 at 9:30am upstairs in the piano room.**

## Youth Choir

All Youth and Junior Youth who would like to give Youth Choir a try are welcome. Reading music is not a requirement. Youth Choir meets upstairs in the piano room on Sundays from 12-12:30. The choir also meets at 10am on Sundays when singing for a service. Several times a year, the youth will sing for regular services and at the winter and spring concerts.

**Youth Choir begins on Sunday, September 23 at 12:00pm up-stairs in the piano room.**

Barbara Boyle and I are looking forward to our musical adventures with both choirs. If you have any questions, please contact Nancy Dobbs, Children's Choir Director, at 250 652-5438, or [nandobbs@shaw.ca](mailto:nandobbs@shaw.ca).

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## OUR NEW MEMBER SARAH HARRIS

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I have been coming to this church, off and on, for the last 8 years, but in the last two years I have been coming every Sunday. I love this church and am really happy to be joining it.

I grew up here and have moved away and back a few times. I have lived in Pennsylvania, Saipan, New York and Montreal, among other places. I have two boys, Nate and Sammy, aged seven and almost two. I am an art educator.



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## Organic Farm Tour

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Please join the Farm Tour of Feisty Field Organic Farm on September 30, after church beginning at 1:00pm at 293 Prospect Lake Road— just past Prospect Lake School. Parking is very limited – we'll meet at the main doors where we can arrange carpooling, or people who are able can park at Prospect Lake School and walk 200m down the hill.

Thanks kindly! Hope you're both continuing to enjoy the summer days.

Faye

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## GREEN CORNER

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## LOUISE COLE

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As in the spring, we think about gardening, farmer's markets and fresh local food, in the fall our thoughts turn to harvest time and again the need to support local farmers and safe farming practices. Food Security is about a safe supply of food grown without the use of genetically modified organisms (GMOs) as well as producing enough food to feed world populations.

A scientific report released June 17th entitled "GMO Myths and Truths" presents a large body of peer-reviewed scientific and other authoritative evidence of hazards to health and environment by genetically engineered crops and organisms. The third author of the report, Claire Robinson, research director of Earth Open Source, says, "The GM industry is trying to change our food supply in far-reaching and potentially dangerous ways. We all need to inform ourselves about what is going on and ensure that we—not biotechnology companies—keep control of our food system and crop seeds." See: [www.nationofchange.org/genetic-engineers-explain-why-ge-food-dangerous-1340544600#](http://www.nationofchange.org/genetic-engineers-explain-why-ge-food-dangerous-1340544600#)

Monsanto is synonymous with Genetically Modified Organisms (GMOs). Both the company and their products are everywhere. It is now difficult to avoid consuming GMO foods, due to the lack of mandatory labelling. Efforts to label GMO foods face strong resistance from Monsanto. One sure way to avoid GMOs is to purchase organic food, since they are not allowed in food certified to be organic. However, there is pressure even on organic food producers to compromise. Buying locally produced food so we know where our food comes from helps us to make good healthy choices.

Your Environmental Action Team is concerned about Food Security and Safety. Through the efforts of team member, Jim Jordan, we have a proposal before the Healthy Saanich Advisory Committee of Saanich Council for a GMO Free Zone.

We invite congregation members and friends to two important events:

1. A Farm Tour is being planned to Feisty Field Organic Farm toward the end of September. Details regarding date, time and location will be in the E-Weekly.
2. A Public Open House/Forum is being held by the Healthy Saanich Advisory Committee on the GMO Free Proposal at the Saanich Municipal Hall, 770 Vernon Avenue, on October 10th at 7:00-9:00pm. Check E-Weekly for more details.

## What does it mean for us as UUs for the Fifth Principle to be a spiritual Practice? AN INVITATION TO A DIALOGUE - Tuesday, October 2, 10am—4pm

Diana Smith and Michelle Brown would like to invite you to engage with us in a day-long group dialogue to explore what the Unitarian Universalist fifth principle - the right of conscience and the use of the democratic process within our congregations and in society at large - means as we live into it day by day.

We share a mutual longing to realize concretely what it means to hold this principle closely, in a personal and collective way as spiritual practice in real time, in the real world. We've been exploring and working in our unique individual ways to consciously contribute to a transformation in the UU culture. We sense that it is time to widen the conversation on Vancouver Island to catalyze creative change. We seek conversation with others who, like us, are drawn to better understand the interrelationship of conscience and democracy in our congregations, in our communities, and as citizens -- and to encourage and nurture each other in the practice of acting congruently with our Unitarian Universalist principles.

To this end, we will be centering our day of conversation on the questions: What does it mean for us as UU's for the fifth principle to be a spiritual practice? What sources do we draw from? What do we need to attend to? What might this make possible?

We will meet in circle, exploring our varied perspectives through dialogue and conversation at the Bethlehem Retreat Centre, 2371 Arbot Road, Nanaimo on Tuesday, October 2 from 10:00am to 4:00pm. We will each contribute \$35 to cover the costs of the room, lunch and two snacks. Limit: 15 persons, so register now. If you would like to join us, reply to one of us by September 15 so that we can confirm your participation.

Diana Smith [dianasmith55@gmail.com](mailto:dianasmith55@gmail.com) Michelle Brown [michelle.brown@telus.net](mailto:michelle.brown@telus.net)

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## Spaghetti Night\* and Fiesta Night\*\* are back!



### Mark your calendars

September 14	Spaghetti Night
October 12	Fiesta Night
November 9	Spaghetti Night
December 14	Fiesta Night
January 11	Spaghetti Night
February 8	Fiesta Night
March 8	Spaghetti Night
April 13	Fiesta Night
May 11	Spaghetti night
June 8	Fiesta Night



These are wonderful opportunities to meet new people or catch up with friends over a casual, fun, delicious meal. Dinner is by donation. **Everyone is welcome!!**

### \*Spaghetti Night

Spaghetti is served with a choice of two very yummy tomato sauces, meatballs or vegetarian, plus garlic bread. **Please bring salad, dessert or beverage to share.**

### \*\*Fiesta Night

We will be serving tacos (gluten free and regular) with all the toppings, vegetarian chili, and much more! **Please bring a dessert or beverage to share.**

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



# WE NEED YOU for the church photo directory!

October 1, 2, 3, 4, 5 2:30 - 8:30pm

Photo directories are a great way to help us acquaint ourselves  
with all the new and established people in our congregation.

**It's free and we need you to participate to have it include our whole church family.**

## New this year:

- Fast appointments—in and out in 60 minutes
- \$20 coupon towards your picture purchase. You are under no obligation to purchase pictures but if you would like to then this is a bonus!

## How to book an appointment:

Appointments are every 15 minutes. The earlier you book the more likely you are to get exactly the time you want!

**By email:** Contact Mary Cramer at [photodirectory@victoriaunitarian.ca](mailto:photodirectory@victoriaunitarian.ca) Please put 'photo directory' in subject line. Request your preferred day and time, and include your phone number. You will receive a confirmation email if that time is available or an alternative for you to consider if it is taken.

**By phone:** Call Lisa Greenly at 250 655 3663

**In person:** September 2nd and 9th at the church.

*Watch the Eweekly, and Facebook for more information. Please contact us if you have questions!*

## FAQs about the Photo Directory!

**Q:** Why do we need a photo directory?

**A:** Photo directories are a great tool for acquainting ourselves with one another. It helps put names to faces and strengthen our community bonds.

**Q:** Not everyone in our family is a member of the church. Can we still get a family portrait done?

**A:** Yes! Several poses of the entire family as well as poses of individuals will be done. Family pets are welcome.

**Q:** Is there a sitting fee? Do we have to purchase any portraits?

**A:** There is no sitting fee and no obligation to purchase. Simply being photographed will entitle your family to a free copy of the directory.

**Q:** I want to use my own picture rather than be photographed. Can this be done?

**A:** Yes. There will be a \$15 charge for this service and there are restrictions on the size and type of picture you may submit.

**Q:** How long will the appointment take?

**A:** No more than one hour for both the photography and portrait viewing—all in one visit!

**Q:** How much do the portraits cost?

**A:** Approximately 30% less than studio prices for the same quality work.

**Q:** What should I wear?

**A:** Long sleeved and a rich, colour coordinated wardrobe is recommended. Also, please dress for a full length portrait.



**It's free and we need you to participate to have it include our whole church family.**

**Questions? [photodirectory@victoriaunitarian.ca](mailto:photodirectory@victoriaunitarian.ca)**

All members and friends of our church belong to a Neighbourhood Group, based on their home address. If you don't know which group you are in, or if you are a newcomer to our church and would like to meet some of your neighbours, please phone the church office and you will be connected to the Neighbourhood Group nearest you.

Neighbourhood Groups may meet monthly, four times a year, or occasionally. A Care and Concern network operates through the Neighbourhood Groups and some neighbours also carpool out to the church.

**Cadboro Bay:** Fourteen members of this group gathered at the Petch's in July, but sadly, the weather was too cool to sit outside in the garden. Convenor, Val Roberts, says the garden is gorgeous, although there are challenges, as everywhere, with munching deer.

**Esquimalt:** Convenor, Betty Sherwood is away kayaking, so Barbara Boyle writes, "Esquimalt NG is having an end of summer potluck at the home of John and Gloria Hopewell on August 24. Several new members will be welcomed to the neighbourhood at that time. Our outgoing Care and Concern team, Senga Stirling and Nancy Huber, will be acknowledged. Our incoming C&C person, Barbara Boyle, who is also C&C liaison, will ask for feedback on how the Buddy System is working for folks."

Members of this NG also assisted with the August wedding of Lillie and Stephen Lentz.

**Fairfield:** The Fairfield convening team will be meeting in August to plan for the fall. This group will also be providing refreshments for the after-church coffee time in September.

**Far Out:** This group doesn't meet in the summer, but their Care and Concern person checked in with all their members in July. They will be standing by to support one of their members, scheduled for surgery in late August.

**Gordon Head:** A potluck gathering is planned for 5:30 p.m. Sunday, August 26th at Mary and Pat's. Mary is hoping for dry weather, as they have lots of room outside, but they will all squeeze inside, if it is too cold. Then this group will be firing up their soup pots for our first Souper Sunday of the church year on Sept. 30. Looking toward October, they will be helping one of their members put on a party for her birthday.

**Grand Central:** John and Rowena report that a small group came to their home at 4:30 on July 28th for a nice evening of good food, with gluten free options. Their son joined in the fun.

**James Bay:** Pat Kinrade writes, "I can report that the keen lake swimmers in our NG are enjoying Durrance Lake before and after Sunday Services. Most refreshing! We have no plans yet for our next gathering." How's that for a great way to connect in the summer?!

**Nearby:** Convenor, Jean Simpson, writes, "The Nearby group has decided that we are not too large and that we will gather 3-4 times per year. Hopefully we will do a picnic at the Heritage Acres at the end of September." (One of their members had wondered if they were too big to fit into anyone's home.)

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## AROUND THE NEIGHBOURHOOD cont'd.)

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**Oak Bay:** Next up for Oak Bay is a summer potluck in Kristina's garden on August 18th. Hopefully, the weather gods will smile on them. Also, other groups have had weddings this year, but this group has a new baby, because our ministers are members of the Oak Bay group.

**Royal Oak East:** Hanny Pannekoek writes, "Our neighbourhood group provided the 'hospitality cakes' for the month of August. Enough members have come forward to offer a lovely variety of cakes, loaves and squares. What I found most remarkable is that some of them went away but did their baking beforehand and stored it another member's freezer. That is dedication I think.

"Worth repeating is that Sheila and Bob Shone are moving to Vancouver in a few weeks. They bought a house in North Vancouver and were able to sell their home without any difficulty. They are looking forward to being closer to their children and grandchildren. But we will miss them!" And so will we all. Our loss will be the North Shore church's gain".

**Royal Oak West:** This group is deciding which day they will meet on Labour Day weekend in September for a Welcome Back Potluck at Fran and Peter's.

**Western:** Mac Elrod reports, "Eleven gathered at Ty Mynydd Saturday July 21st, bringing meat, chicken, or fish to BBQ on a newly acquired grill. The Sturrocks were honoured guests."

John and Susan are hosting the next potluck on August 25th and David and Elaine will host the group in September. Elaine notes, " Fewer people attend our gatherings in the summer months; many people are away on weekends. But we always have a great time and sometimes a smaller group is more intimate and gives people a chance to get to know each other better."

One of their members is no longer driving and will be relying on friends and family for transportation. This is a good reminder for those of us who drive to consider offering a ride to someone who lives near us. People are often reluctant to ask, but will appreciate the offer, even if they sometimes have to decline.



Gita John-Iyam lighting the chalice.



Jim and Karla Thomson tying a cloutie.

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# SOCIAL RESPONSIBILITY COMMITTEE

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Our Share-the-Plate for September will help to fund urgent dental needs of the Victoria Interfaith Refugee Action Committee family which arrived in July from Syria. Our Church is a member of VIRAC. There is no provision for many of the health needs of refugees. The Drugs and Health Sub-committee of the Social Responsibility Committee aims to help the parents and two sons (19 and 20 years) who have had no dental care for many years. Their general health is affected by this and the trauma of the refugee camp. Their settlement here required intensive fund-raising by VIRAC to cover living costs for the first year. These funds don't include the costs of dental care and some medical needs, which are not covered by Provincial Health Care

Health Care of Refugees is severely underfunded after the June 30 passing of the "Omnibus Bill", C-38. This Bill leaves unfunded, except for communicable diseases, the medical needs of new refugee claimants, who arrive without government or NGO sponsorship. For those sponsored by NGOs, like ours, the burden of health care now falls on the provinces.

This is the first action of our new Drug and Health sub-committee, headed by Dr. Edwin Daniel, retired Professor of Pharmacology. If you would like to help fight for universal medicare, to reduce drug costs, and to end the useless and counter productive "War on Drugs", email [edaniel@ualberta.ca](mailto:edaniel@ualberta.ca) or call 778 433 3535.

**Do you have a friend in need ... of a ceremony? A wedding, child dedication or memorial?**



Tell them about FUCV's

## Lay Chaplains

It's what we do!

Email: [laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)

## The Giant Book Sale on September 29 is nearly here!

### What do we need?

**BOOKS.** Please bring your books to the church library beginning September 16th or to the sanctuary on Wed. September 26th.

**LOW BOXES.** Please save any low boxes (produce boxes work well) to help us organize and display the books. We'll need the boxes September 26th.

**SORTERS.** Opening the bags and boxes of books is like Christmas! We'll sort from 10:00am to 9:00pm on Wednesday, September 26th. Come when you can and leave when you must.

**SELLERS.** Shifts are 8:30am -12:30pm and 12:30pm-4:30pm.

**BAKERS.** Cakes, cookies, bread, muffins and pies all sell really quickly.

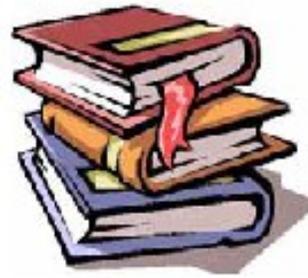
**BUYERS.** Tell your friends. Our book sale has a reputation for quality books. And the prices are low.

**PACKERS.** We need a crew from 3:00pm - 4:30pm to pack up all the unsold books and get the sanctuary ready for Sunday.

**If you've worked on the Book Sale before, you know how much fun we have! Let me know if you want to join the crew:** Suellen Guenther [sguenther@shaw.ca](mailto:sguenther@shaw.ca) or 250-727-0454.

If you need to clear out your books or boxes now, please contact Peter Hancock, at [pdhancock@shaw.ca](mailto:pdhancock@shaw.ca), 250-477-1310, or bring them to his home at 5510 Forest Hill Road and leave them by the sheltered entrance, if no one is home. If you bring them to the church, please let Peter know where you have put them. **Please do not donate textbooks, encyclopaedias, Reader's Digest Condensed books, computer books, or magazines.** They don't sell and we have to haul them to recycling.

# Giant Book Sale and Bake Sale



Saturday September 29

9am to 3pm

First Unitarian Church of Victoria

5575 West Saanich Road

Paperbacks \$1, Softcovers \$2, Hardcover \$3

Payment by cash only

Browse the books, then check out the bake sale.

All books half price from 1pm to 2pm.

Fill a bag with books for \$2 from 2pm to 3pm.

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## Spiritual Exploration and Learning—Adults

We seek to be a culture of learning, a place where people continually expand their capacity to create the life they truly desire, where new and expansive patterns of thinking and being are nurtured, where collective aspiration is set free, and where people are continually learning together. There are many diverse opportunities for you to engage in the life of our church community.

To find out what's happening this church year, we invite you to review the Spiritual Exploration and Learning Program Guide, Fall 2012 on the Church website [www.victoriaunitarian.ca](http://www.victoriaunitarian.ca) or pick up a brochure.

The SELA [Spiritual Exploration and Learning Adult Team: Fran Pardee (Chair), June Fukushima, Margot Lods, Diana Smith, Rev. Shana Lynngood

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### Unable to Make It to Church on Sundays?

For those people who cannot make it to church on Sundays, but would like to watch the services on their computer, we offer a live-streaming service.

Please contact Daphne Dunbar ( [d.dunbar@shaw.ca](mailto:d.dunbar@shaw.ca) ) or the church office (250-744-2665) to find out how to make this happen.

At the moment, the service is limited to church members and Friends as we have only a limited number of bandwidth spaces possible.

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### Bequests?

The Planned Giving Committee is compiling a record of bequests so if you have named the church or Foundation in your will, please contact in confidence Don Armstrong, John Hopewell, Ted Humphreys or Frances Hancock. Thank you.

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# Resources for Congregation During Ministers' Parental Leave

~Post this list on your fridge or by your phone~

Our ministers, Revs. Shana and Melora Lynngood, are taking 16 weeks of parental leave (August 14 – December 3). They will return to their regular full-time co-ministry (1/2 time each) on Tuesday, December 4th, 2012. While the ministers are away, the congregation will have both ongoing resources and special supplemental resources to support our continuing shared ministry.

While our ministers are away, and every day, let us take care of one another, and, as our mission says, “strive to transform ourselves and our world through compassionate action”.

<b>Oversight</b>		
<b>Committee on Ministry</b> , ongoing function	Stays attuned to congregational health; supports the optimum functioning of the professional ministry	Don Armstrong, co-chair 250-220-2240 <a href="mailto:armstrongdon@shaw.ca">armstrongdon@shaw.ca</a> Dave Andersen, co-chair 250-479-1499 <a href="mailto:david.andersen@nrc-cnrc.gc.ca">david.andersen@nrc-cnrc.gc.ca</a> Martha McDougall 250-744-1541 <a href="mailto:Martha.McDougall@broadmeadcare.com">Martha.McDougall@broadmeadcare.com</a>
<b>Parental Leave Team</b> (Committee on Ministry plus former president) July 2 – Dec. 3	Answers and refers to the proper resource queries about issues or concerns you would normally take to a minister (i.e., When you don't know who to call, call these folks, and they will help.)	Earle Anthony 250-592-4831 <a href="mailto:earleanthony@shaw.ca">earleanthony@shaw.ca</a> Joyce Murphy 250-598-1506 <a href="mailto:joymur@shaw.ca">joymur@shaw.ca</a> Sonya Ignatieff 250-380-4015 <a href="mailto:sonyaignatieff@shaw.ca">sonyaignatieff@shaw.ca</a> <i>Parental Leave Team includes Former President:</i> Suellen Guenther 250-727-0454 <a href="mailto:sguenther@shaw.ca">sguenther@shaw.ca</a>

<b>Worship</b>		
<b>Worship Committee</b> , Ongoing function	Coordinates lay led services and guest preacher services	Chair, Pat Kinrade 250-361-4336 <a href="mailto:pkinrade@shaw.ca">pkinrade@shaw.ca</a>
<b>Guest Ministers</b>	Preach the Sundays our ministers would normally preach	
September 9	Rev. Phillip Hewett, former minister of Vancouver Unitarian Church	
September 16	Rev. Meg Roberts, served congregations in Calgary, Montreal, and Edmonton	
September 23	Phyllis Webster, AIDS work with Canadian and African Grandmothers	
September 30	Rev. Marian Stewart, former intern at FUCV, now minister of Northlake UU Church in Kirkland, WA	
October 7	Rev. Nan Geer, former minister of UU congregation in Blaine, WA	
October 14	Rev. Shana, special re-appearance to preach <u>canvass</u> Sunday!	
October 21	Rev. Stephen Atkinson, minister at North Shore Unitarian Church	
October 28	Rev. Fred Cappuccino, minister serving Child Haven International	
November 4	Debra Thorne, minister serving Beacon Unitarian Church	
November 11	Lay led Service of Remembrance	
November 18	Rev. Antonia Won. Canadian Unitarian Council. Congregational Development	
	for Western Canada	
November 25	Wanda Morris, Executive Director of Dying with Dignity	
December 2	UN Sunday	

## Resources for Congregation During Ministers' Parental Leave— cont'd.

<b>Pastoral Care, Practical</b>		
<b>Care and Concern</b> ongoing function	Organized through Neighbourhood Groups; provides practical support with a caring spirit (casseroles, cards, visits). Each Neighbourhood Group has a Care & Concern contact person and a Care & Concern Liaison	Daphne Dunbar, Chair 250-381-7648 <a href="mailto:d.dunbar@shaw.ca">d.dunbar@shaw.ca</a>
<i>Neighbourhood Group</i>	<b>Care and Concern Contact</b>	<b>Care &amp; Concern Liaison</b>
<u>Farout</u>	Sandra Jordan 250 654 0672	Pam Harte 250-656-4893 <a href="mailto:plharte@islandnet.com">plharte@islandnet.com</a>
Nearby	Pam Harte 250-656-4893 Rosemary Harrison 250-652-3629 Sylvia McDonald 250-652-1255	
Royal Oak West	Dolores Appleton 250-658-0855 Donna Greenberg 250-727-6793	
Gordon Head	Mary Cramer 250-477-1615	Ross Beauchamp 778-433-2829 <a href="mailto:beau77w@yahoo.com">beau77w@yahoo.com</a>
<u>Cadboro Bay</u>	Valerie (Tibbles) Roberts 250-477-7192	
Royal Oak East	Elaine Dakin 250-744-1357	
Grand Central	open	Suzanne Dearman 250-592-4835
Oak Bay	Karla Thomson 250-598-4485	
Fairfield	Pauline Kenneally 250-388-6865	
Western	Emily Whitney 250-642-5546	Barbara Boyle 250-381-0264 <a href="mailto:barbara.boyle@shaw.ca">barbara.boyle@shaw.ca</a>
Esquimalt	Senga Stirling 250-383-5007	
James Bay	Nanw Cariad 250-383-0908	

<b>Pastoral Care, Emotional Support</b>		
<b>Pastoral Care Crisis Team</b> July 2 – Dec. 3	An empathetic presence to accompany people through crisis; emotional support rather than practical support. Choose any of the following, or call a co-leader and she will connect you with an available team member.	
Clare Vipond, co-leader	(250) 652-5491	<a href="mailto:donandclare@shaw.ca">donandclare@shaw.ca</a>
Pam Harte, co-leader	(250) 656-4893	<a href="mailto:plharte@islandnet.com">plharte@islandnet.com</a>
Laura Doyle	(778) 426-0300	<a href="mailto:lauradoyle@shaw.ca">lauradoyle@shaw.ca</a>
Don Vipond	(250) 652-5491	<a href="mailto:donandclare@shaw.ca">donandclare@shaw.ca</a>
Tracy Taylor	(250) 380-6824	<a href="mailto:tracyschultz@yahoo.com">tracyschultz@yahoo.com</a>
Andy Lee	(250) 479-0960	<a href="mailto:andrew.lee@firley.ca">andrew.lee@firley.ca</a>
Don Armstrong	(250) 220-2240	<a href="mailto:armstrongdon@shaw.ca">armstrongdon@shaw.ca</a>
Jan Thomson	(250) 480-1462	<a href="mailto:aurora2u@shaw.ca">aurora2u@shaw.ca</a>

<b>Dispute Management</b>		
<b>Dispute Management Resource</b> , ongoing function	This resource is available to anyone and/or group experiencing an impasse in their relationships due to strong differences of opinion in working on Church matters; a block which interrupts the flow of working well together. Getting back on track will invite the participants in a solution-focussed process of co-creating of ideas leading to successful outcomes of the past. This service is really quite "behind the scenes".	Cameron Egyeda 250-382-9896

## Resources for Congregation During Ministers' Parental Leave— cont'd.

Staff Supervision		
<b>Human Resources Chair</b> , filling in for ministers Sept. 3 - Dec. 3	Supervises Senior Staff: Office Administrator, Director of Spiritual Exploration and Learning for Children and Youth, and Music Director	Don Mills, 250-383-2772 donmargmills@shaw.ca

Rites of Passage		
<b>Lay Chaplains</b> , ongoing function	Rites of passage for Non-Members/ Friends (fee)	Joyce Murphy, Liz Graham, Fran Pardee
Lay Chaplains filling in for Ministers, July 2 – Dec. 3, 2012	Rites of passage for Members and Friends (no fee; church pays chaplain)	<a href="mailto:laychaplains@victoriaunitarian.ca">laychaplains@victoriaunitarian.ca</a>

## 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, October 14, 12 noon – 1:00pm

**Location:** Library

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.

*Light refreshments and child-minding will be provided.*

### Considering Membership

**Date:** Tuesday, November 6, 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.

*Child-minding can be provided upon request.*

To sign up or if you have questions, please contact Suellen Guenther at 250-727-0454 or by email at [sguenther@shaw.ca](mailto:sguenther@shaw.ca). We are so glad you have found us and we are looking forward to getting to know you.

## Covenant of Good Relations Question

You ask another church member for some information and you are quite taken aback by the sharpness of the reply. How could the Covenant of Good Relations guide you to remedy the situation and prevent it from escalating?

(See page 17 for Answer)

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# Annual Vancouver Island 15th UU Women's Retreat

September 21 – 23, 2012 - Bethlehem Retreat Centre, Nanaimo

The Retreat Centre is located in a serene setting overlooking Westwood Lake in Nanaimo. There is a trail around the lake, a lake swimming area along the trail, and a garden labyrinth for walking and meditation. The weekend begins with an in-gathering at 7:30pm Friday but registrants can arrive after 6pm. Closing circle will be on Sunday after lunch. Saturday and Sunday meals are included in the registration fee and healthy meals are provided. If you have a special diet request, please note on the registration form. Although the chefs at the centre do what they can to meet the varied diets, if you are on a very restricted diet, you may need to bring your own supplements and there is a refrigerator available for storage and a microwave for your use. The centre supplies towels, bedding, pillows and comforters, but you are welcome to bring your own if you prefer. Each woman has a single room to use for the weekend. There are four bedrooms available for those with limited mobility in the main building and please note on your registration form if this will be needed. You can find more information about the Centre and directions online at <http://www.bethlehemretreatcentre.com>.

The theme for the Saturday morning workshop is “Memories are made of this.” All of us have had a spiritual awakening, stimulated perhaps by an event, a song, a dance, a talk, a relationship, or a location. This experience may have been deepened by reflection, by journaling, by sharing ideas. Some of us have had several because we pursued the insight. Betty Donaldson will lead a discussion about memories and spiritual awakenings. She asks that participants bring samples of their own memorabilia. We could build an altar.

There is a Saturday afternoon craft session organized by Lynn Beak in which participants will have opportunities to decorate memory boxes as well as make amulet necklaces or bags. Please bring mementos, stones, shells, etc. to use on your necklace or to put in a bag. We also provide a table to have a jewellery and small items of good quality clothing exchange.

Sunday Worship Service is “Quaker/UU style” and women are reminded to bring meaningful readings, songs, chants, dances, etc. to share. Please bring LED candle lights and a small token that would represent you to place on the altar at the Friday in-gathering and in the chapel. Real candles, smoking and alcohol are not permitted at the retreat centre. You can bring musical instruments, drums, books, magazines, games, etc. to share Saturday evening and over the weekend.

You can be met at the ferries or planes on Friday no later than 5:30pm. If you must arrive later, you will need to drive or take a taxi to the Centre. Rides are available back to terminals Sunday after lunch. Maps and directions are available upon request.

The registration cost is \$225.00 before July 31, and \$240 after this date. Due to a new policy at the Centre, after July 31 there can only be a refund of \$175 as a non-refundable deposit of \$50.00 per room must be provided by and after July 31. After September 1, cancellations partially refunded only if there is a wait list with another woman wishing to attend. **Cheques are to be made payable to Janice Hocking.** As this is the 15th Anniversary year we are able to register a few more women if the Centre is notified by July 31; after which, a wait list will be established when 23 are registered and cheques will be returned until space becomes available.

Questions? Contact Janice Hocking ([tjhocking@shaw.ca](mailto:tjhocking@shaw.ca)). Please send the completed registration form (on next page) with a cheque in order to register.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Is there an activity, workshop, ritual, guided meditation etc. you would be willing to lead or help organise? If so, please give short description and give time needed. Remember that this retreat depends on what you are able to share to continue to make the weekend a meaningful gathering of women.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Diet? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do you require a room for women with disabilities? (There are four availability). \_\_\_\_\_

\_\_\_\_\_

Please send registration form with cheque (made payable to Janice Hocking) to

Janice Hocking  
PO Box 177  
Lantzville, BC V0R 2H0.

Home phone 250-390-1332

Email [tjhocking@shaw.ca](mailto:tjhocking@shaw.ca)

---

## Contact Changes

Lance & Jennifer Young:  
New phone number: 250-370-5106  
No other changes of address, email, etc.  
NG Oak Bay

Naida Hyde  
Email: ravenspirit@shaw.ca  
NG Royal Oak East

Jane Bramadat  
Corrected phone number: 250-652-1272

Dorothy Williams  
dorothy\_williams@myberwick.com

Ruth Miller  
New email address: fgb4143@gmail.com

Jan Thomson  
New email address: aurora2u@telus.net



### Leaving

Bob and Sheila Shone  
New address in Vancouver as of September 20:  
1367 Cottonwood Crescent  
North Vancouver, BC V7P 1L2  
(They will get a new phone number once  
moved but will keep same email address).

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### We'll miss you, Sheila and Bob



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## Circle Dinners

A new season of Circle Dinners is about to begin. If you are new to the church, it is a great way to get to know fellow Unitarians. If you are a long-time member, it is a chance to renew old acquaintances; either way it is a great way to make friends and for us to get to know each other beyond the Sunday 'Hello'.

The dinners are held on the last Friday of the month, we meet in each other's homes in small groups of six to eight people. Unlike a potluck, the menu is planned by the host; each guest contributes one of the courses. There is no agenda, just good food, fun and fellowship.

The next round of circle dinners is scheduled for Friday, September 28th. You don't have to be a member to participate; we invite you to join the (50 plus) of us who now participate.

To join, or if you would like more details, call Elaine Hanson at 1-250-743-9644 or email [elainehanson@shaw.ca](mailto:elainehanson@shaw.ca).

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### Covenant of Good Relations Answer

to question on page 14

The Covenant says: 'I will make every effort to be aware of my emotions and to be sensitive to the emotions of others. I will learn the necessary skills, if needed, to express my emotions and beliefs in a constructive way.'

## Demetrius Jazz Green Lynngood and his family



The ministers of FUCV, Reverends Melora and Shana Lynngood, are on parental leave until 4 December, 2012. Their son and little brother for Athena, Demetrius Jazz Green Lynngood, was born in Vancouver on 7 August, 2012. His name affirms the natural world, music, art, and family—all elements of life in which Reverend Melora and Shana hope children will find meaning, comfort, and joy. He had heart surgery a week after his birth but he is now recovering well. Reverend Melora and Shana say “Our spirits have been buoyed considerably by all the warm wishes we’ve felt being sent across the water—thank you.”

## First Unitarian Church of Victoria

5575 West Saanich Road • Victoria BC • V9E 2G1

Phone: 250-744-2665

churchoffice@victoriaunitarian.ca • www.victoriaunitarian.ca

Office hours: Monday - Thursday 9:30am - 4:30pm • Sunday 9:00am -1:00pm

### Co-Ministers

Reverend Melora Lynngood • Reverend Shana Lynngood

### Minister Emerita

Reverend Jane Bramadat

*Away on parental leave until December 4th\**

250-652-1272

### Lay Chaplains

Fran Pardee 778-440-3098

Joyce Murphy 250-598-1506

Liz Graham 250-384-4351

laychaplains@victoriaunitarian.ca

### Director of Spiritual Exploration and Learning for Children and Youth

Faye Mogensen 250-744-2695

ccre@victoriaunitarian.ca

### Director of Music

Phil Hallman

music@victoriaunitarian.ca

### Church Administrator

Karen Uldall-Ekman

churchoffice@victoriaunitarian.ca

### Board of Trustees

#### Officers

President	Mike Graham	250-384-4351
Vice-President	Thane Waldie	250-658-4258
Treasurer	Bob Dobbs	250-652-5438
Secretary	Jennifer Young	250-598-0020

#### Council Representatives

Administration	Lynn Hunter	250-2202240
Congregational Life	Anna Isaacs	250-472-0117
Outreach	Laura Doyle	250-595-6383
Property Management	Allan Dakin	250-744-1357
Spiritual Development	Forrest Smith	250-595-2538

\*We have a robust system set up to support the congregation during this time. If you have a matter you would ordinarily take to a minister, contact the Committee on Ministry (Co-chairs, Don Armstrong 250-220-2240 armstrong-don@shaw.ca and Dave Andersen 250-479-1499 david.andersen@nrc-cnrc.gc.ca). If they can't address the issue themselves, they will connect you with someone who can.

## Events Calendar

Date	Time	Event	Location
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\*Please note that meeting times and locations may change. Check our website's 'Event Calendar' for the most up-to-date booking information (www.victoriaunitarian.ca)

9/1	10:00am to 12:00pm 12:45pm to 2:30pm	Mounting art in Sanctuary Meditation	Sanctuary Sunflower Room
9/2	10:30am to 11:30am	Sunday Service	
9/3	Labour Day Holiday		
9/4	-----		
9/5	1:00pm to 3:00pm 3:15pm to 5:15pm	Care & Concern Core meeting Environment Committee	Library Library

**Continued on next page...**

## Events Calendar (continued from previous page)

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
9/6	-----		
9/7	1:30pm to 3:30pm	Jammers	Sanctuary
	7:15pm to 9:30pm	Mindful Yarning	Offsite location
9/8	9:00am to 3:00pm	SEL-CY Teacher workshop	Lion Hall
	12:45pm to 2:30pm	Meditation	Sunflower Room
9/9	HOMECOMING WEEKEND: Beginning of our church year		
	10:30am to 11:30am	Sunday Service	
	12:00pm to 2:00pm	SEL-CY and Garden & Grounds Picnic	Sanctuary
9/10	7:00pm to 9:00pm	Awakening Joy Support Group	Lion Hall
9/11	1:30pm to 4:00pm	Food Prep/Sandy Merriman House	Kitchen Sanctuary
	7:00pm to 9:00pm	Social Responsibility Committee	Library
9/12	9:00am to 1:00pm	Meatball preparation	Kitchen Sanctuary
	10:00am to 11:00am	Library Team	Library
9/13	-----		
9/14	1:30pm to 3:30pm	Jammers	Sanctuary
	6:00pm to 9:00pm	Spaghetti Night	Sanctuary & Lion Hall
9/15	12:45pm to 2:30pm	Meditation	Sunflower Room
9/16	9:00am to 10:00am	Library Comm. Meeting	Library
	10:30am to 11:30am	Sunday Service	
	12:00pm to 1:00pm	Library Comm. Meeting	Library
9/17	-----		
9/18	9:30am to 12:00pm	Learning Circle	Library
	12:30pm to 2:00pm	Committee on Ministry	Library
	2:30pm to 4:30pm	Worship committee	Library
9/19	-----		
9/21	7:15pm to 9:30pm	Mindful Yarning	Offsite location
9/22	12:45pm to 2:30pm	Meditation	Sunflower Room
9/23	10:30am to 11:30am	Sunday Service	
	12:15pm to 1:30pm	Neighbourhood Group Convenors	Fireside Room
9/24	-----		
9/25	1:00pm to 3:00pm	Book Worms	Offsite location
	7:00pm to 9:00pm	Book Sale Prep	Sanctuary
9/26	6:00pm to 9:30pm	Board Meeting	Lion Hall
	10:00am to 9:00pm	Book Sale Prep	Sanctuary
9/27	10:00am to 5:00pm	Book Sale Prep	Sanctuary
9/28	10:00am to 4:00pm	Book Sale Prep	Sanctuary
9/29	12:45pm to 2:30pm	Meditation	Sunflower Room
	9:00am to 3:00pm	Book Sale Event	Sanctuary
9/30	12:15am to 1:00am	Care & Concern meeting	Fireside Room
	9:00am to 1:00pm	Booksale leftovers sale	Lion Hall
	10:30am to 11:30am	Sunday Service	
	11:30am to 1:00pm	Souper Sunday	Sanctuary

## DOES YOUR HOME NEED..

- Renovation work?
- Carpentry?
- Paint?
- General repairs?



Call Brock Brown at 472-6065

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Stephen Lentz: 250-884-4340 [www.ConstructoGroup.ca](http://www.ConstructoGroup.ca)

## Astrid Firley-Eaton Design

(250) 384-3405 fax (250) 479-0954  
email: [afedesign@shaw.ca](mailto:afedesign@shaw.ca)  
web site: [afedesign.ca](http://afedesign.ca)

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## September Birthdays

- 2 Stephen Lentz
- 3 Riki Sato
- 4 Gerald Pollock, Sam Harris
- 5 Nancy Huber
- 6 Keely Hammond
- 7 Louise Cole, Sarah Versteegen
- 8 Andrea Pite, John Waters
- 9 Tessa Buttemer
- 10 Christine Petronis
- 11 Shirley d'Estrube
- 14 Jean Evans, Alex Van Borek
- 15 Fiona Mackie
- 18 Peter Hancock
- 20 June Fukushima
- 22 Lini Henderson
- 23 Ed Daniel
- 24 Bert MacBain
- 25 Clare Vipond
- 26 Cameron Egyeda
- 30 Sandra Jaques



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

The **deadline** for submissions to  
the **October** issue is **September 18**.  
Copy to be sent to  
[newsletter@victoriaunitarian.ca](mailto: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](mailto:calendar@victoriaunitarian.ca)  
or left at the church office.

Feedback is welcomed.

### Staff

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

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## Board Members on Duty for September



- Sept 2 Jennifer Young
- Sept 9 Thane Waldie
- Sept 16 Allan Dakin
- Sept 23 Bob Dobbs
- Sept 30 Laura Doyle