



The Victoria Unitarian

Services in June

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

June 2 **Credo: What Do You Believe And Where Is Your Heart?**

Reverend Melora Lynngood, Faye Mogensen, Church Youth

The Latin root of credo is, I believe, the Celtic word 'credu', which literally means 'to put one's heart'. Join us as the young people in our Coming of Age and Youth groups (ages 13-17) share their contemplation of Credo and lead us in an exploration of the questions, "What do you believe? And where is your heart?" We'll consider theology, values, and spirituality.

June 9 **Life's Transitions**

Reverend Shana Lynngood, Faye Mogensen, and Collaborators

Throughout our lives we are making transitions and weaving our way through changes. Whether by virtue of stage of life, events within and beyond our control, or the web of connections we are a part of, life will demand openness to change. This morning we will honour some of the particular life transitions in our midst and some of those who help nurture the transitions.

June 16 **The Ends of Life**

Dr. Murray Enkin (see About Our Speaker on page 3)

An expert in issues surrounding death and dying, Murray will explore medical intervention at the end of life, quality of life as well as the need to adopt a more positive attitude to death to reduce suffering and costs.

This is a Pulpit Swap with our sister congregation in town, Capital Unitarian Universalist Congregation. While Dr. Enkin, from Capital, presents this service at our church, our Co-Minister, Reverend Shana Lynngood, will be preaching at Capital.

June 23 **When Despair for the World Grows in Me**

Reverend Melora Lynngood

In this final installment of our preaching theme for this church year, "Living Our Mission: Growing Our Spirit", we look at the intersection between the 'healing our world' part and the 'spiritual growth' part. In particular, we look at how we might find spiritual growth when we experience the work of healing our world as frustrating or disheartening.

June 30 **GLBTQ Pride Service: *Is Acceptance Enough?***

Accepting differences is a good start, but as Unitarians, can we do better? What would it take for us to embrace, or even *celebrate*, the variety in our community? Our annual Pride Service looks at the way we can move to more positive ways of dealing with change through a play for four voices created from our congregation's stories.

 This sermon is a part of our preaching theme of the year: "Living Our Mission: Growing Our Spirit"

 denotes Chalice Choir  denotes Youth Choir

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The deadline for submissions to the July issue of the newsletter is **June 18**.

SELEBRATING CHANGE

FAYE MOGENSEN

June – our last month of programming this church year – is full of “specials,” including year-end celebrations, visioning for next year, carwashes, and multi-generational services. Over the month, each of the groups will find closure together, and each of the multi-generational services will be examining a form of change/transition/passage – from developing credos to personal transitions to an ever-evolving church. We sincerely hope that families will join in!

The June 9 Multigenerational ‘Life Transitions’ service celebrates the butterfly nature of our existence. Each and every one of us will have the opportunity to consider changes we have experienced this past year. We will particularly focus on the people in our midst who are Coming of Age into youth; or bridging to young adult, adult, or elder. We hope children and adults alike will enjoy this exploration of the ‘butterflies’ in our lives.

On Friday June 7 the multi-generational service theme is ‘Home’. How has our church-home changed over the years? How do we, the current church, hope it will change in the future? We hope you'll come, ready to celebrate the "home-ness" of our church, with home grown stories and home-made cookies!

On Sunday June 2, the ‘Credo’ Service is intended for youth grades six and up, and adults. (The younger children will be in special end-of the year sessions with their peers.) The youth have focused on Credo development over the past few months – and this service is the culmination of that process. Youth will present segments of their Credos and challenge adults to consider theirs. Are you ready?

Lucky winners of the Services Auction carwash will enjoy clean cars by the end of the service on June 16 and 23. Please, if you have younger children be sure to come - we'll need lots of energy and help! Youth and Coming of Age will be preoccupied on June 16 with their “end of the year” group celebrations – and visioning for next year.

We want to hear from you this month: we look forward to your feedback via a survey I'll be sending out, so that we can continue to improve the program. We also welcome your comments about plans for next year. At the Family Picnic after church on June 9, Reverend Shana and I will be there and ready to hear from you! Hope to see you then.

Warmly, Faye

Family and Friends Picnic

Sunday June 9, immediately after service

Come one and all – everyone is welcome!
Please bring a potluck item to share.
Be ready for games, music and some delicious ice cream sundaes.



That Spirituality Thing

The members of the Committee on Ministry just spoke with about sixty of you about how Reverend Melora and I are doing in serving you and the mission of this community. In particular they asked how you responded, if you did, to the sermon theme we have had since January—growing in spirit—which we took from the new mission statement. As always, your responses were informative and interesting. I was reminded by your words of just how blurry and illusive the concept of spirituality is and of how many of you heartily embrace it while others outright reject it.

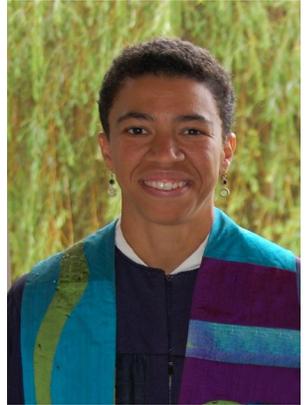
Here's my take on spirituality and perspective on what we, your ministers, have been trying to lift up about it. For the past few decades spirituality has emerged as a overarching and broad term for anything that has to do with exploring where meaning can be found in life. It became popular as a replacement for the word religious. Many people say, "I am spiritual but not religious", by which I think they mean they are interested in practices and disciplines which help them draw as much meaning and sense of purpose as they can out of life, but without ascribing to a particular dogma or religious tradition.

In a sermon, I defined it as helping us to apprehend a dimension of our lives that might otherwise go unnoticed or unappreciated. Reverend Melora defined it as that which helps us connect with that which is larger than ourselves. You'll note that these are broad definitions which do not require belief in God or anything supernatural. You can be a spiritual atheist (several of you in the congregation describe yourselves as such). Are you spiritual in this larger sense? Do you relate to the definitions we laid out?

Our young people will be sharing their credos with us this month (in the service on June 2). It is a good opportunity for us all to reflect on what we believe. If someone asked you to state as succinctly and directly as you could what it is you believe, how would you respond? If you are not spiritual or don't like that word, what word would you replace it with? What gives your life meaning? What brings you joy? What helps you through a particularly trying time?

May we find richness in the sharing of our answers.

Blessed be, Reverend. Shana



ABOUT OUR SPEAKER—DR. MURRAY ENKIN

Dr. Murray Enkin graduated in medicine from the University of Toronto in 1947. He practised first as a rural family doctor in Saskatchewan, then as a community obstetrician and gynecologist in Hamilton. He joined the faculty when McMaster University opened its medical school, and holds a joint appointment in the Departments of Obstetrics and Gynecology and Clinical Epidemiology and Biostatistics.

Throughout his career he has been interested in the patient perspective in medical practice, most specifically in childbirth education and family-centered maternity. His interests broadened to include critical evaluation of obstetrical practices and procedures, and with colleagues in Oxford he helped to develop a comprehensive database of randomized trials in perinatal medicine. This went on to serve as a pilot and demonstration project for the systematic reviews of the Cochrane Collaboration.

Dr. Enkin is an Associate Editor of 'Evidence Based Medicine', is on the Editorial Board of 'Birth, Issues in Perinatal Care and Education', and Senior Consultant to the Program in eHealth Innovation at the University of Toronto. He has received honorary doctorates from Ryerson Polytechnic University and from McMaster University. He was appointed Professor Emeritus in 1988. This year Dr. Enkin received the Order of Canada for his pioneering work.

During the past few years he has studied End of Life issues.

Thanks to all those who have contributed to our Property Fund.

The concept of the Property Fund is fairly simple: join with your fellow members to build a savings account for the future care of our building when major repairs—or replacement—are required.

We're all familiar with the story of the condominium owner who suddenly faces a massive bill because the condominium's contingency fund was inadequate to pay for the replacement of a deteriorating roof, leaking wall or collapsing balcony. The failure by strata councils to build up contingency funds became so serious the government had to legislate a savings program to protect owners from sudden catastrophic expenses.

For we church-goers, though, it's up to us. The government, or a god-like presence, won't save us from ourselves.

So far, as of April, we've banked \$24,900 in our Property Fund. We have fifty-eight "pledge units" who have committed to contributing a total of \$72,500 over five years. We're now in the second year of this commitment. If you haven't done so you can still take part for the next four years. We have two hundred and seventy-three members (plus many friends) which equal about two hundred and ten "pledge units." So, by this reckoning, less than thirty per cent of our potential donors have contributed.

A pledge of any amount to the Property Fund will help alleviate worries for our future. We hope to raise at least \$100,000 by 2016.

A few months ago, the board asked John Hopewell and Jane Wilson to take a look in the mirror at our finances. They looked back over the past five years.

"One of the problems in recent years has been a lack of awareness of our true financial position with respect to property maintenance," says their report. "The desire to present to the congregation a balanced budget has meant that maintenance has been delayed and many members have not been aware that there was a problem."

In the past five years we have been remarkably consistent in most of our budgeting. For example, we've been spending from fifteen to sixteen percent of our annual operating budget each year on our grounds and buildings. Most of the expenditure on buildings has gone to routine maintenance, but as buildings age they require more attention and that means, of course, more money.

A Property Fund separate from the Operating Fund will hopefully bring greater attention to this situation. There is no doubt we have been benignly ignoring this subject for some years.

If you haven't yet, please fill out the Property Fund pledge form. Any amount will help. And our buildings will thank you.

ENVIRONMENTAL ACTION TEAM VIDEO VIRGINIA DANIEL

The Environmental Action Team recommends the congregation view the following video in June.

Salmon Farms – 9 minutes:

http://www.youtube.com/watch?v=JNKty6RBTcU&list=HL1361569679&feature=mh_lolz

FUCV FOUNDATION AGM

PETER HANCOCK

The congregation is invited to attend the Annual General Meeting of the First Unitarian Church of Victoria FOUNDATION on Sunday, June 9, in the Fireside Room. Cheques will be presented to the Music Committee to help with the church's sound system and to the Social Responsibility Committee for First Nations Education.

If anyone is interested in serving on the Board of the Foundation, please contact Peter Hancock or Ted Humphreys. Thank you.

Protecting Wild Salmon

For over twenty-five years, Alexandra Morton, well known marine biologist and wild salmon advocate, has studied the waters of the Broughton Archipelago. She first was focused on whale research, but when fish farms came into existence in the 1990s, she became concerned about the effects of fish farming on wild salmon. Initially concerned about sea lice on salmon smolts going to sea, Alexandra has broadened her research and her concerns for wild salmon to issues surrounding the disappearing Fraser River sockeye.

Her research is ongoing but recently has focused on the discovery that a virus called piscine reovirus has been transferred to fish farm populations through millions of Atlantic fish eggs brought to BC for open net pen fish farming. As the result of further testing on wild salmon swimming past feedlots in Tribune Channel and Fife Sound, she found fish testing positive for the virus.

For ten years, scientists in Norway could not figure out why farm salmon were increasingly dying of Heart and Skeletal Muscle Inflammation (HSMI). Nineteen scientists from Norway and the U.S. coauthored a paper in 2010 identifying the piscine reovirus as the cause of this disease. They issued a very clear warning that this virus must be contained to protect wild salmon.

According to Alexandra, in March 2013 Marine Harvest transferred 500,000 Atlantic salmon smolts known to be infected with piscine reovirus from their hatchery into a net pen on the sockeye migration route across from Port Hardy.

On May 7 Alexandra launched a lawsuit against the Minister of Fisheries and Marine Harvest in the Federal Court of Canada to protest the illegal transfer of diseased Atlantic salmon into net pens on the Fraser sockeye migration route. For more information see:

<http://alexandramorton.typepad.com> and www.salmonconfidential.ca for a recent film.

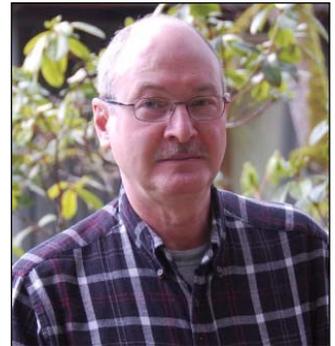
NEW MEMBER JOHN TIFFANY

My wife, Jan Li, and I are landed immigrants, having moved from Hopewell, NJ last October. I also have an older brother living in St. John's NF, a niece in Montreal and a nephew in Kingston, Ontario.

I just sold my (small) indoor environmental quality consulting business before moving here and now I'm retired. My firm did investigations of commercial, school, hospital, apartment and residential buildings throughout the States, and especially in New York City.

I decided to become a member because I had been a UU member in Hopewell, NJ (near Princeton, NJ) since 2001 and wanted to continue being a member once we moved to Canada. I was also a member, as a teenager, of a UU church in New York State, but dropped out when I went away to college.

What I like about the church is that the members are so friendly and I'm really impressed with the two ministers. I feel right "at home" in the First Unitarian Church of Victoria.



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

Each Neighbourhood Group has its own Care & Concern contact.
If you don't know who to call, phone Daphne to find out.

Some people have asked to whom our Share the Plate donations have gone over recent months, and how much was donated. Here is information for the last eight months.

2013

April	BCSEA (BC Sustainable Energy Assoc.).....	amount not yet available
March	HOW (Healing Our World)	\$840.00
February	R.A.V.E.N. (Respecting Aboriginal Values and Environmental Needs)	\$499.24
January	Victoria Human Exchange Society	\$683.22

2012

December	Out of the Rain	\$1,679.95
November	Council of Canadians	\$532.72
October	Dogwood Initiative	\$336.38
September	Victoria Interfaith Refugee Assistance Committee	\$540.40

FROM THE CHOICES IN DYING STEERING COMMITTEE

CHOICES IN DYING MEETING, Monday, June 17, 7pm, in Lion Hall

Exciting things are happening as we begin to think about the future activity of this group—who we are and what our purpose is. At our last meeting, several people volunteered to be on a planning committee. They will be bringing in a preliminary report at this June meeting. Come and participate in establishing the nature and future direction of the group.

This is a time that is ripe in our country's history to get the law changed so that we have freedom of choice at the end of life. A recent poll showed that almost eighty percent of Canadians are in favour of some kind of medically-assisted dying when requested by a person suffering at the end of life. In the fall, the decision of the Appeal Court of BC in the Carter case will be brought down. It will probably be taken to the Supreme Court of Canada and then Parliament will be forced to change the law. We have lots to do to get the freedom we deserve. If you are not receiving our occasional emails and notice of meeting, contact me and I will get you on our list of interested people. Hope to see you on June 17. Margot Lods, mlods@shaw.ca 250-920-3893.

Steering Committee: Galina Coffey-Lewis, Hugo Sutmoller, Lisa Greenly, and Margot Lods

Covenant of Good Relations

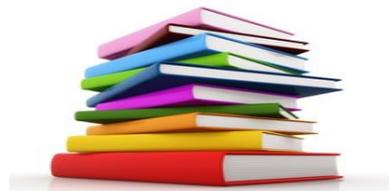
Question

A church member comments: "I don't know why the Social Responsibility Committee raised the issue of the provincial election in the service last month." How could the Covenant of Good Relations help you respond?

(see page 7 for Answer)

Giant Book Sale

Please pile up your books and save them for the Giant Book Sale on September 21!



Get your pride on!

Everyone's invited to the second annual ***Pride Kick-Off Family Potluck and Barbecue***. This year's event is being held on Friday, May 31 at 6:00pm. Our annual Pride Service, which starts Pride Week in Victoria, isn't until June 30, and the Pride Parade and Festival isn't until July 7—but we're starting early this year! This will be your chance to get involved in our Pride events: order a T-shirt in your favorite colour and size; volunteer to be part of the Pride festival by setting up or sitting at our FUCV booth; help organize the carrying of our ginormous rainbow flag. Or, just come to the barbecue potluck, and enjoy the food and the excellent company. (Please contact Nellie at nellyavan@yahoo.ca or 778-426-0300 to coordinate your potluck offerings).

The most colourful way to get your Pride on is with a ***beautiful FUCV Pride T-shirt!*** These were a big hit last year, so get yours before they're all gone! You can order shirts at the barbeque. They will follow the same design as last year, and are fair-trade cotton available in unisex S, M, L, XL, and XXL in blue, purple, yellow, red, or lime green. We hope to have some kids sizes available this year, too! Cost is \$15 each.

The highlight of our FUCV Pride celebrations, ***the annual FUCV Pride Service***, will be held on Sunday, June 30 at 10:30am. We'll be asking the question, "Is acceptance enough?" and presenting a play for four voices created from our congregation's stories.

The peak of Pride is, of course, our giant rainbow banner! The ***Pride Parade and Festival*** takes place on Sunday, July 7, leaving Pandora and Government at 12 noon (time to get there from church if you forego coffee!). This is a fun and festive event that everyone is welcome to join – and we need your help, as it takes many hands to carry one of the longest rainbow banners in Canada. We like to sing and chant as we go, and it's exciting to be a part of this celebration of all the colours of life. Victoria comes out in droves to cheer on the parade, and this is an opportunity for Unitarians to greet them all.

The parade route takes us to MacDonald Park, at the corner of Simcoe and Oswego in James Bay, where there will be an afternoon of festivities, including music, food, and a Unitarian table, where you can chat and refresh yourself. Hope to see you at this great family event!

In other news, we are welcoming new members to our Diversity Committee (which, for those of you who care about such things, is now a sub-committee of the Social Responsibility Committee, rather than a stand-alone committee). Anyone who has some energy and enthusiasm for LGBT or other diversity issues is encouraged to get in touch with any of our members and make yourself known. (klp@kaleepi.com, lauradoyle@shaw.ca)

Happy Pride, everyone!

Covenant of Good Relations**Answer to Question on Page 6**

"The Covenant promotes a culture in which fulsome discussion and participatory decision-making guide our relations with each other. I will act responsibly in local and global issues in order to promote a world community with peace, compassion, equality, freedom, and justice for all." (Also our Sixth Principle)

Attention: Circle Dinners**PAST, PRESENT, FUTURE**

Circle dinners will resume Friday, September 27 and will be held monthly on the last Friday of the month, every month with the exception of December, June, July and August.

Keep in touch over the summer if you wish, create your own circles, picnics, dinners, lunches or brunches or just get together for afternoon tea.

Have a great summer; if you would like my help in organizing an event, please call me at 1-250-743-9644 or email elainehanson@shaw.ca



Something's New

There has been a change in Our Library and you're invited to come and see what it is. We don't want to spoil the surprise, so we're not going to tell you—you'll have to come and see for yourself. The Library Team thanks all those who helped make it happen—we like it a lot! Here's a hint: **Look up!** Curious? Come to Our Library and see. We're off the hallway beside the Sanctuary, near the back door.

**Our Success...and...Our Gratitude**

The combined plant and book sale held after service on May 19 was a great success. The Library Team would like to thank all those who donated items and all those who purchased them. Together we ARE growing!

A variety of reasons lead to a somewhat sparse attendance May 19 so a second mini books sale is planned for May 26. Be sure to drop by our tables in the Lion Hall before service and before attending the AGM.

Input Needed

One of the big jobs the Library Team will be taking on in the fall is to 'Read and Weed' the shelves. We'll be examining each book to determine if it should stay in Our Library or find a new home. This is necessary for a couple of reasons. We want Our Library to be current and relevant to the folks who are at First Unitarian. This is also our chance to make certain that the books and the card catalogue match. Finally, we're running out of space. Some of the shelves are so full we simply can't put books away (and you have a hard time finding a book).

To do this we need your help. We need input about the criteria we'll use when deciding which books stay and which go. Please send us your ideas by email library@victoriaunitarian.ca or leave us a note the next time you're in the library.

THE COMMITTEE ON MINISTRY**MARTHA MACDOUGALL**

Thank you to all who responded to the Committee on Ministry's request for information on our question "Is your spirit growing?" We wanted your input on how you were experiencing the preaching theme this year, '*Growing in Spirit*' and any other feedback you had. In fact we heard from sixty-six of you. We are in the process of reviewing, distilling and theming your responses. Please look for an article in the July newsletter with more information.

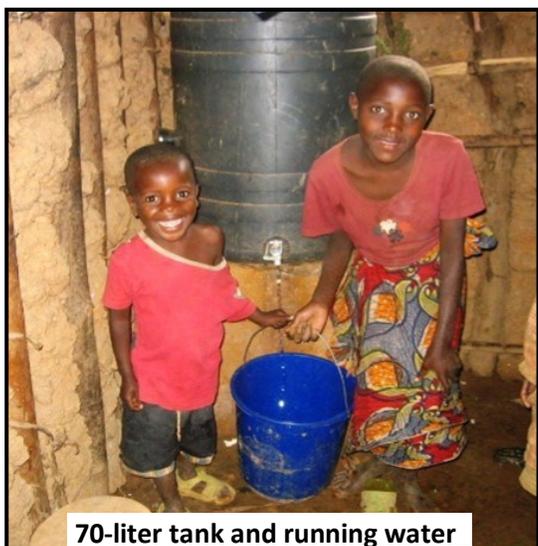
For now please know we thank you for your valued input.

Members of the Committee on Ministry are Don Armstrong, Dave Andersen, Sonya Ignatieff, Martha McDougall and Joyce Murphy.

Project A:

You voted and your donations to Heal Our World are coming in. Thank you! We have fully funded (\$4800) Project A, which helps provide housing for those moving off streets of the Greater Victoria area.

We have two more projects to fund:



Project B: Innovative Communities Rwanda Initiative.

Funds requested: \$4,200.

This project concentrates on the least fortunate in Rwanda—orphans and widows/grannies who have zero means of support. Our contributions will enhance the lives of 20 widows and 2 orphans by improving buildings, stoves, water storage tanks, renting of arable land to produce food, sponsoring students to go to high school who return to support their community, pay for compulsory health insurance, pens for livestock. For more information: <http://www.innovativecommunities.org/region/rwanda>



Project C : Computer upgrade for BC Schizophrenia Society Victoria Branch Funds requested: \$5,000.

If paying by cheque - please mark HOW project on the Memo Line. Drop off Sunday mornings or bring/ mail to the Office.

CARE AND CONCERN COMMITTEE

PAM HARTE

Stone Hearts

Some years ago Reverend Jane Bramadat, gave the Care and Concern Committee a beautiful stone in the shape of a heart. She explained that the stone could be lent, on behalf of the church, to anybody who was in need.

Over time about twelve stones have been passed around various circles, each stone receiving loving, supportive thoughts. The Stone Hearts are delivered to those who wish to have one and they go out for as long as the person wants it.

Many church members have participated in the 'warming' of the stones and there are some lovely stories about how much receivers have appreciated their stone.

The stones have been circulating among our members for more than three years now. We want to inform new members about the stones and encourage you to join in 'warming' stones when new ones arrive and suggesting those who are in need might be comforted by having one.

Here is how it works: ***Someone you know is having a bad time; he or she is hurting. You find out if your friend would like a stone. Connect with your friend's Neighbourhood Group Care and Concern person or NG convener, or Pam Harte directly(250-656-4893). Pam will give either you or your friend's NG Care and Concern person a stone to deliver to your friend.***

Our Stone Hearts are a tactile symbol of our caring.

PS. Right now there is only one stone not in use. If you have a stone that you no longer need, please bring it back to the office or Pam. New stones are coming soon too.

ARTIST OF THE MONTH—VAL EDWARDS

All of my art work begins with my photography. When a subject particularly inspires me, I often enjoy capturing its expression, glowing colors or its posture and presence in both acrylic and some other mediums as well.

I've worked in various media over the years, trying to find a good fit for my interests and abilities. Many gifted teachers have taught me the basics of lino-cut, leaf-printing, pastels, drawing, watercolor and acrylics, as well as 3D works. Animals were always my first love and sculpting in clay was the first type of art where I found a connection. I eventually discovered papier mache, mixed-media, collage and, more recently, paverpol (an acrylic-based fabric-hardening sculpting product).

For the past ten years, I've focussed on painting pet portraits of some of my especially pleasing photo subjects. Horses were my first, as I've loved them since childhood. Dogs, cats, birds and sheep soon followed, and this led to the occasional commission. I've continued visiting studio tours, and with my cameras, I also see many of the dog, cat and horse shows on our island. And, of course, all of the fascinating back roads from here to there and back again.

For the past few years, I've been taking my work in a slightly-different direction, and have been working on some Great Blue Herons, and will also be painting some swans. Both are such elegant creatures. I've also began concentrating more on some of the islands fields, trees and beaches, and have done a few paintings capturing these lovely scenes.

Over this past month, I've been painting parrots, and having lots of fun using a different style of work.

Heeding Our Call

An intergenerational evening of music, reflection and connection

Friday June 7th, 7 – 9pm

During this multigenerational evening, we will enjoy worship led by Rev. Shana, a story from Faye, and conversations that will deepen our understanding of ourselves, our connection with each other and our commitment to our congregation. We'll be challenged and inspired to discover our calling. This event is designed to appeal to all members and friends, including children. There will be a natural break point for those whose children need to get home for an earlier bedtime.

A day for leaders and learners

Saturday June 8th, 10 AM – 3 PM

Together we will focus on the future we want for our congregation and how we might create it. Through small and larger group discussion, play and creative exercises we'll get to know each other better and discover tools to help us explore what leading means and what we might accomplish. This event is designed to appeal to current leaders and others interested in leadership now or in the future.

Drop-ins welcome at one or both events.

Registrations appreciated to help with planning. You can register at heedingourcall@victoriaunitarian.ca or by calling or texting Anna Isaacs at 250-472-0117.

Vancouver Island Unitarian Summer Camp, August 9 to 11, 2013

Come spend a wonderful weekend at Camp Pringle on the shores of Shawnigan Lake with fellow Unitarians. The theme for camp this year is:

**Reconnect with Camp
Rejuvenate your Spirit
Rejoice in Community**

The camp experience is important. Besides being fun, it's a chance to forge deep, meaningful relationships and feel part of the larger Unitarian community. All this while you take in the relaxing and breath-taking natural setting and breathe in the clean air. Campfire, a carefully crafted and meaningful ingathering ceremony and Sunday worship service, delicious food, programming for all ages, the infamous talent show and a fabulous waterfront are included with your registration.

Although it is often referred to as a "family camp" some people might not want to, or are unable to, or don't have family to bring. That's okay, as you are welcome on your own, or with friends and family. It's only children and youth that need family to come with them. It's a great way for grandparents to spend special time with grandchildren as well.

This year there are three streams of adult programming to choose from, a youth program, children's program, as well as we care on during program time on Saturday morning.

Registration forms and brochures are available in the Lion Hall on the bulletin board and on line at <http://www.unitariancongregation.org/capital/viuc/>

Mindful Yarning

A warm 'thank you' to all the congregants who have donated yarn in support of our ministry. It has enabled us to have multiple Community Shawl projects underway concurrently!

Interested in knowing more about Mindful Yarning (MY), what we do and why?

We gather on the first and third Fridays, from 7-9pm, in MY members' homes on a rotating basis to cultivate mindfulness and share skills/experience while we practise our yarncraft (knit, crochet, spin, needlepoint, etc). Participants engage with their own projects, or contribute to ongoing community or international aid projects. Host location is communicated by email and each host coordinates the evening's focus and festivities. Beginners are always welcome—and please feel free to share this opportunity with friends who might enjoy a Mindful Yarning experience!

If you're not available Friday evenings, please consider joining us on a self-directed basis. It's easy with the Mindful Yarning Exchange! This labeled plastic bin is located on the deck near the entrance to the Farmhouse Residence, and inside you will find already cast-on Community Shawl projects waiting for you to contribute your loving energy and intent. Knit as little or as much as you feel moved to, then return the shawl to the bin for another knitter to add their caring touch. More comfortable with crochet? Our Community Shawls are often finished with a crocheted edge! **Contact Madelaine Clarke at mpclarke@shaw.ca**



THE RETURN OF THE CLOOTIES

LIZ GRAHAM

Once again, for the third summer, we will be tying clooties during the offertory in place of candle lighting starting on June 23.

For our newer members -- and those typically away in the summer -- clooties are strips of cloth which are tied to branches. The practice developed in pre-Christian Celtic regions as a form of prayer. When people had something to celebrate, something to wish for, or something to give thanks for, they would attach those thoughts to a strip of cloth and tie it to a branch near a sacred place. Ireland's St. Bridget's Well is one example.

During the sunny months between the Summer Solstice and the Autumnal Equinox, we tie strips of cloth to twigs placed in our bowls of sand on the chalice table to mark our joys and concerns.

Those strips are then joined together and made into a quilt. Our first clootie quilt has been circulated by the Care and Concern team to a number of church members who have needed special care. Many have expressed the particular warmth they derive from the knowledge that each piece of fabric represents a fellow church member's deepest concerns.

The construction of a second clootie quilt is underway.

By tying a clootie we bring each other closer together, with little to no carbon footprint, biodegradable cotton, no dollar outlay and a lovely and useful outcome!



HOW LONG IS A PIECE OF STRING?

LIZ GRAHAM

How long is a piece of string? Depends what you want to tie up with it.

How long is a book? Depends how complicated the story it tells.

How long is a walk? Depends where you are going.

So how long is a church service? It depends! What is the message of the sermon? How many announcements are needed to inform congregants about important happenings in our church community? How many pieces of music will be presented to support the theme of the service? How many people will light candles or tie clooties?

Too much of our life seems to be regulated by the sixty-minute hour. TV shows, school classes, parking meters. We all know our spiritual lives are more flexible than that. We enter our Sunday services with an open mind, hoping to be enriched at the end.

Is there a magic to having a sixty minute Sunday service? Some people think there is. But in fact, each Sunday service is unique. Some are longer, some are shorter. But we who are charged with designing the services hope that no matter how long they last, all the elements included work together to deliver a message. And like Goldilocks, we hope that makes it 'just right' for you.

But if at any time, you need to leave to stand up, visit a washroom etc., please feel free to take care of your needs. The beginnings or endings of hymns are good times to exit and re-enter.

International Association for Religious Freedom

The congress of the International Association for Religious Freedom is held every four years and in 2014 it will be in Birmingham England. The last one was in 2010 in South India. This is a unique and exciting interfaith conference so do attend and add it to your next trip to the UK. More details in due course.

There is a smaller associated women's conference just before it and some might prefer this as it is easier there to get to know people of other faiths. The present President of the women's section is a Japanese professor and the next one is a wonderful Moslem woman professor from Indonesia. I will be stepping down as a V-P after twelve years but have loved these conferences. I have attended every one since 1993.

—Christine Johnston

UU Wilderness Camp

The Vancouver Church is inviting us to stay any time in July and August at the UU Wilderness Camp. It's in the Kootenays with a mile-long natural beach and natural unspoiled facilities by lake and mountain. Tent campsites are semi-private. Some programming as potlucks, sweat lodges, canoe races, fishing, music and play. Outhouse toilets. No pets, motors, electricity or cell phones. Camp director, but volunteer run. Flyers in our church office.

www.nwscan.org

glees@shaw.ca

nwscan@comcast.net

Phone [604-475-3104](tel:604-475-3104)

—Christine Johnston

UU Women's Retreat

The sixteenth Unitarian Women's Retreat will be held on the weekend of September 20-22 at the Bethlehem Retreat Centre in Nanaimo. For information, please contact Patricia Hofstrand at phofstrand@shaw.ca.



Auction After-Glow

The Auction has raised over \$14,500 for the church and it keeps trickling in.

Watch for an announcement in August about the Authentic Vegetarian Indian Lunch after church on August 25. There are still a few spaces if you find you are in town that Sunday and would like to attend. \$15 per person.

Also, if you need to get to the ferry or the airport for an extended trip any time this year, contact Penny and Farrell Boyce. You may be able to park your car at their place while you are away, and they will get you to the airport or the ferry and pick you up when you return. Cost: \$50. All proceeds for the church.



Fiesta Night

June 14, 6pm

Our last gathering until September!

We will be serving tacos with all the fixings, chili and much more!

Vegetarian options available.

Fiesta Night is a multi-generational event and an opportunity to meet new people or catch up with friends over a casual, fun, delicious meal.

Everyone is welcome!! Please join us!!

Dinner is by donation. Please bring a dessert to share.

To help with clean-up please bring your own plate and dessert bowl.

A rinsing station will be provided.

All members, friends, and newcomers to the church can be part of the Neighbourhood Group where they live. Groups meet monthly, bi-monthly, quarterly, or occasionally. If your group is missing from this column, there was nothing to report this month. If you don't know which group you are in, please phone the church office.

Cadboro Bay: Several of their members are away, travelling, but some were able to meet at Valerie and John's for a spring get-together in April. Now they are looking ahead to a summer gathering in July or August.

Esquimalt: Betty Sherwood writes, " Our next gathering and potluck dinner will be June 7. We were happy to get a good response to our item at the Services Auction. We offered a picnic plus transportation to and from the Sooke Art Show on July 27, for \$20. There are still some empty seats, so contact me if you are interested: Betty Sherwood, 250-382-4656 ". Esquimalt will also be keeping us in treats at coffee time for the month of June.

Fairfield: Herb Girard writes, "A dozen or so of us met at the Girard's on the last Sunday of April for a finger food potluck. It was a relaxed and casual affair. John Tiffany's mention of a childhood nickname sparked a group confessional and not a little silliness. We spoke of our feelings, thoughts and memories of beautiful springs, often from childhood; and all rejoiced in the magic of Victoria this time of year. Finally, we planned our next get together to be at Linda Stanton's on June 23 from 3:00 to 5:00pm, hopefully outdoors."NG members are also thinking of one of their members who is recovering from open heart surgery.

Far Out: Barbara Nyland writes, " The Far Outs will meet at 4:30 pm for two happy hours on Friday, May 24, at the home of Sandra and Jim Jordan."

Gordon Head: Mary Cramer reports that the size of this group makes hosting a gathering an issue. They are still hoping to connect for a potluck before summer. In the meantime, another casual drop-in at a nearby coffee shop is in the works.

Grand Central: This group worked with Western to put on the last Souper Lunch of the church year on April 21. They sold out of soup and raised \$512 for the church. Their convenor, Linda Nicholson-Brown, is at UBC, working on a course, so she will be organizing a summer gathering when she returns in July.

James Bay: Members and friends in James Bay will be trouping off to Daphne Dunbar's home on June 6 for a potluck lunch.

Nearby: This group hopes to gather for a barbecue on June 1. They will be welcoming Margaret McKelvie, when she moves into the neighbourhood.

Oak Bay: Oak Bay is also looking forward to gathering on June 1 at the home of Jean Evans.

Royal Oak East: Maryellen and Bruce Nicol are hosting this group for a potluck gathering on May 28th. The NG also presented a card to Grace Scabelli at her 90th birthday celebration with personal wishes from all the group members. The group expressed their appreciation for Grace's humour, engaging presence and lively mind.

Royal Oak West: This group provided the baking for the coffee social hour in May.

- continued next page

AROUND THE NEIGHBOURHOOD (cont'd)

Western: This group has been very busy, as eleven adults and two children gathered at John and Susan's on April 20. Then the next day they co-hosted the April Souper Lunch with Grand Central. In May, they hope to travel to Cobble Hill for a potluck brunch on May 25 at Elaine and David's. Some of the group may follow that up with a trip to see the famous and historic Kinsol Trestle, which is just a stone's throw away from the brunch.

June Birthdays



- 1 Dar Gareau-Levy
- 2 Jean Simpson
- 4 Bridget Barr-Hoadley, Matea Branch
- 6 Bel Paul, Bruce Bennett
- 7 Jane Bramadat
- 8 Marion Irish, Dolores Appleton
- 9 Allan Dakin
- 10 Kathryn Saunders, Mike Thorne
- 11 Margaret Johnson
- 12 Rene Taylor-Lowen
- 13 Bonnie McCallum, Sevanna Grunwald
- 14 Gita John-Iyam
- 15 Andrew Beak-Taylor
- 17 Jan Van Gessel, Anne Percival
- 19 Brad Clarke
- 20 Elizabeth McGugan
- 24 Joe Girard
- 25 Eunice Fast
- 27 Keiran Marrett-Hitch
- 28 Vera Tudor, Adrian Fine
- 29 Kieran Hall Locklin

New Members

Leslie Gillett
2397 Heron Street
Victoria BC V8R 5Z7
[250-818-9904](tel:250-818-9904)
eupraxis@gmail.com

Jan Y Li
1823 Gonzales Avenue
Victoria, BC V8S 1T9
[778-265-1210](tel:778-265-1210)
janyli0101@gmail.com

Tracy L Sitter
6-1462 Rockland Avenue
Victoria, BC V8S 1W1
[250-580-4671](tel:250-580-4671)
t.sitter@telus.net

Ruth Welburn
#38-2070 Amelia Avenue
Sidney, BC V8L 4X6
[250-656-2494](tel:250-656-2494)
ruthwelburn2012@gmail.com



Terri (Tera) Ziegler
#404 - 3277 Quadra Street
Victoria, BC V8X 4W9
[250-727-0889](tel:250-727-0889)
teraz@shaw.ca

New Friends

Don and Eleanor Lloyd
10 Hartland Road
Saanich, BC V9E 7L1
[778-433-5355](tel:778-433-5355)

Contact Changes



New Phone Number

As of July 1 our home phone number will no longer be connected. We can be reached on our cell numbers. Lisa at [250-415-0093](tel:250-415-0093) and Mike at [250-415-0016](tel:250-415-0016).

Cheers, Lisa and Mike Greenly

Braden & Hillary Young perform in...

Bills for Bells

SATURDAY JUNE 15

8PM

Church Sanctuary

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

Ministers

Reverend Melora Lynngood
Office phone: 250-744-2601
rev.melora@victoriaunitarian.ca

• Reverend Shana Lynngood
Office phone: 250-744-2601
rev.shana@victoriaunitarian.ca

Minister Emerita

Reverend Jane Bramadat
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
FayeM@victoriaunitarian.ca

Director of Music

Phil Hallman
music@victoriaunitarian.ca

Church Administrator

Karen Uldall-Ekman
churchoffice@victoriaunitarian.ca

Board of Trustees

Officers

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Vice-President	Linda Nicholson-Brown	250-474-7182
Treasurer	Bob Dobbs	250-652-5438
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Council Representatives

Administration	Lynn Hunter	250-220-2240
Congregational Life	Dean Henderson	778-426-2897
Outreach	Laura Doyle	250-595-6383
Property Management	John Tiffany	778-265-1210
Spiritual Development	John Hopewell	250-721-3920

Events Calendar

Date	Time	Event	Location
6/1	12:45pm to 2:30pm	Meditation	Sunflower Room
	3:00pm to 9:00pm	Nearby NG BBQ	Lion Hall
6/2	10:30am to 11:30am	SUNDAY SERVICE	Sanctuary
	12:30pm to 2:30pm	Covenant Group	Fireside Room
6/3	7:00pm to 9:00pm	Covenant Group	Library
6/4	9:00am to 12:00pm	Learning Circle	Library
6/6	7:00pm to 9:30pm	Choir Practice	Sanctuary
6/7	6:00pm to 10:00pm	Leadership Retreat	Sanctuary
	7:15pm to 9:30pm	Mindful Yarning	Offsite location
6/8	9:15am to 4:00pm	Leadership Retreat	Sanctuary
	12:45pm to 2:30pm	Meditation	Sunflower Room
6/9	10:30am to 11:30am	SUNDAY SERVICE	Sanctuary
	11:30am to 1:30pm	SEL-CY Picnic	Lion Hall
	12:00pm to 1:30PM	*Foundation AGM	Fireside Room
	12:00pm to 1:30pm	EAT Meeting	Big Sky Room

Continued on next page...

Events Calendar (continued from previous page)

Date	Time	Event	Location
6/11	9:00am to 12:00pm	Learning Circle	Library
	1:30pm to 4:00pm	Food Prep/Sandy Merriman	Kitchen Sanctuary
	6:45pm to 9:15pm	Social Responsibility Committee	Sanctuary
	7:00pm to 9:00pm	Spirit in Practice	Lion Hall
6/13	1:30pm to 3:30pm	Finance Committee	Library
	7:00pm to 9:30pm	Choir Practice	Sanctuary
6/14	6:00pm to 9:30pm	Youth Group Gathering	Fireside Room
	6:00pm to 9:00pm	Spaghetti Night	Sanctuary
6/15	12:45pm to 2:30pm	Meditation	Sunflower Room
	4:00pm to 10:00pm	Bills for Bells Concert	Sanctuary
6/16	10:30am to 11:30am	Parents Group	Library
	10:30am to 11:30am	SUNDAY SERVICE	Sanctuary
	12:30pm to 2:30pm	Covenant Group	Fireside Room
6/17	6:00pm to 9:00pm	Choices in Dying	Lion Hall
6/18	9:00am to 12:00pm	Learning circle	Library
	12:30pm to 2:00pm	Committee on Ministry	Library
	2:30pm to 4:00pm	Worship Committee	Library
6/19	10:00am to 11:30am	Library Committee	Library
	1:00pm to 3:00pm	Care & Concern	Library
	6:30pm to 9:30pm	Board Meeting	Lion Hall
6/20	4:00pm to 9:00pm	Choir Potluck	Sanctuary
6/21	7:15pm to 9:30pm	Mindful Yarning	Offsite location
6/22	12:45pm to 2:30pm	Meditation	Sunflower Room
6/23	10:30am to 11:30am	SUNDAY SERVICE	Sanctuary
	12:00pm to 1:00pm	NG Convenors	Fireside Room
6/25	9:00am to 12:00pm	Learning Circle	Library
6/29	12:45pm to 2:30pm	Meditation	Sunflower Room
6/30	10:30am to 11:30am	SUNDAY SERVICE	Sanctuary

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Thank you for your considering me!

The First Unitarian Church of Victoria
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Copy to be sent to
newsletter@victoriaunitarian.ca.

For those without e-mail, copy may be
left at the church office. All copy is sub-
ject 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 and Barbara Nyland
(editors); Doreen Burgess and
Myra Rippon (proof-readers);
and Karen Uldall-Ekman (production,
distribution and paid advertisements).



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cle@gmail.com](mailto:victoriadancingcircle@gmail.com).

Board Members on Duty in June

June 2	Mike Graham
June 9	TBA
June 16	John Hopewell
June 23	Lynn Hunter
June 30	Linda Nicholson-Brown

