



The Victoria Unitarian

Services in September

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

September 1 **Creating a Culture of Peace: The Hidden Roots of War and Injustice**

Dr. Will Tuttle (See "About Our Speaker" on page 4)

Dr. Tuttle, author of *The World Peace Diet*, will discuss his journey as a peace activist over the past thirty years, and make explicit some of the hidden connections between our culturally-mandated food choices and our work to build a more harmonious and equitable world. He will explore how our cultural programming has far greater ramifications than most of us realize, especially for peace and social justice. He will also be providing the music for the service.

September 8 **Living With Compassion: What Does It Ask of Us?**

Reverend Shana Lynngood



In this introduction to the preaching theme for the year, we will look at what acting compassionately entails, see how a compassionate way of living is embraced and upheld by a multitude of spiritual and theological perspectives, and lastly, look at how we sometimes end up behaving in ways that are opposed to our professed values.

September 15 **Living with Compassion: The Implications of Interconnection**

Reverend Melora Lynngood

Reverend Melora will preach a sermon that expounds upon the topic of interconnection in light of this year's preaching theme of "living with compassion". To complement this topic Charles Elliott will present a carving to the congregation; he is a member of the Tsartlip First Nation, on whose traditional ground our church building stands, and is a well known Coast Salish Artist. The carved plaque honours our seventh Unitarian Universalist principle, 'respect for the interdependent web of which we are all a part'. In accordance with his tradition we will share a meal with Charles after the Service at our 'Souper Sunday'.

September 22 **Living with Compassion in Community: Creating Safe Space**

Reverend Melora Lynngood



At the "heeding our call" weekend in June, many noted that they appreciate the ways in which our church community feels like a "safe space" - a place where people support one another instead of criticize, a place where people feel emotionally safe enough to be their vulnerable authentic selves, where people are comfortable enough that they can relax into their best selves, and let their gifts blossom. In the conversation that followed, some noted that we could do more to strengthen this sense of "safe space" at our church; some questioned whether "safe space" is ever really possible anywhere - or desirable - is not risk important too?. Some questioned whether avoiding criticism is a valuable goal - isn't there a place for "constructive criticism?" Reverend Melora addresses these issues and more in light of our "Living with Compassion" theme.

September 29 **What Shape is your LQ in?**

Reverend Jane Bramadat, Minister Emerita

What shape is your LQ in? It is something that lightens you up, deepens your spirit and encourages you to pay attention. This Sunday our Minister Emerita will discuss this concept and its life-saving characteristics.

 This sermon is a part of our preaching theme of the year: "Living with Compassion".

 denotes Chalice Choir

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The deadline for submissions to the
October issue of the newsletter is **September 17**.

SELEBRATING COMPASSION

FAYE MOGENSEN

More than 2500 years ago, the storyteller Aesop is credited with saying, “no act of kindness, no matter how small, is ever wasted.” Not quite a hundred years ago, Albert Einstein wrote, “A human being is a part of the whole called by us universe... and yet he experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of consciousness. Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” More recently, the 14th Dalai Lama has said, “If you want **others** to be happy, practice compassion. If **you** want to be happy, practice compassion.”

In her article this month, Rev. Melora pointed out that living with compassion isn't always easy - even when we have the best of intentions! Over the coming year, we hope that Sundays at the church will provide some of the fuel necessary to help us all live as our most compassionate selves. Each of the five children and youth groups will approach the question of living with compassion from its own, age-appropriate angle. We'll consider what many have said and done about spreading compassion in the world, and we'll take compassionate action – at church and beyond.

Our Primary Group will focus on “Creating Home”, with compassion. The Intermediate Group will launch on a “Spirit of Adventure”, which repeatedly leads to a consideration of compassion. The Senior Intermediate Group will hone their “Toolboxes of Faith”, considering especially the tools for living a life of compassion. The yU*Uth group will “Heed their Call”, with compassion. And the Senior Youth will consider where compassion fits within “A Place of Wholeness”.

For more details on all of these curricula, please pick up the annual prospectus when you are next at the church, or visit our website at <http://victoriaunitarian.ca/children-youth/our-theme-living-with-compassion/> – *if you haven't “been there” for a while, you'll be pleasantly surprised by the new look! Kudos to our President, Mike Graham for his dedication in recreating the website.*

Special activities this month include the 2nd annual yU*Uth camping trip (Sept 13-15), and preparations for the “Run for Biodiversity” – our first “compassionate” outreach of the year.

I look forward to reconnecting with all of you, and to welcoming new families that may join us!

Warmly, Faye

I like to think of myself as a nice person. I am empathetic, non-judgemental, understanding. I hold dear a set of values (our seven Unitarian Universalist principles) grounded in respecting and caring for this planet and all the beings with whom we share it. I love that this congregation chose, as one of the three phrases in its mission ‘tag line:’ “living with compassion”. If I had to choose one phrase that encapsulated my own core values, it would be that - to live with compassion. Most of the time, especially when I’m engaged in ministry with the church, I act in accordance with these values and aspirations.

But when I’m tired, when I’m worried, when I’m stressed, I can be... what we, in my family, call - “cranky”. I’m impatient, quick-tempered, negative, focused more on my own worries and stress than on what others are feeling or experiencing. Ironically, the closer I am with someone, the more likely they are to see my cranky side. I once heard someone say that the best bit of advice to give married couples is to try to treat your spouse with as much respect, courtesy, and kindness as you extend to strangers.

My point is this: It can be hard to “live with compassion”- regularly, consistently, on an everyday basis. It is a spiritual challenge worth examining. And that is why Reverend Shana, Faye, and I chose as our worship and program theme for this year: Living with Compassion. The full text of that mission tag line that the congregation chose a year and a half ago is: “First Unitarian Church of Victoria: Growing in Spirit, Living with Compassion, Inspired to Serve.” Last year, our theme focused on “Growing in Spirit;” this year, we move to “Living with Compassion.”

We will examine the challenge on multiple levels - living with compassion for self, living with compassion for others (one-on-one and in community), living with compassion for the larger world.

Reverend Shana will kick off our theme on ingathering Sunday, September 9. There will be at least one theme-related sermon per month. Some topics we have planned are:

- Finding Compassion for Ourselves
- Compassionate Communication
- Owning Our Mistakes (Topic chosen by Auction Winner, based on book, *Mistakes Were Made...But Not By Me*)
- Living with Compassion as a Church Community - what does having compassion as a cornerstone of our mission mean for our goals and vision as a church?
- Living with Compassion across Diversity (three part series on Intercultural Competency)
- Compassion in Ethical Decision Making
- Strengthening the Commonwealth (living with compassion in the larger world)
- Living with Compassion for the Earth (Intergenerational theme month in April)
- The Buddhist Practice of Loving Kindness

As we begin this theme, here are some questions for you to ponder (and ask one another!):

- Under what circumstances do you find it easy and natural to “live with compassion”?
- Under what circumstances do you find it difficult to “live with compassion?” (i.e., what makes *you* cranky?)
- Crankiness can emerge in families. Crankiness can also emerge in communities (like church communities). Who sees your cranky side?
- What helps you lean away from cranky and into compassion?
- Whether you are humanist, agnostic, or theist, what connective practices or spiritual practices help you live with compassion? (e.g., walking along the water, meditating on the web of life, singing, prayer).
- What would you like the children of our church to learn from you, as a role model in this community, about the challenge of “living with compassion”?
- Reverend Shana and I look forward to exploring with you this year how we can all better live out the part of our mission that calls us to “live with compassion”, even when—especially when—it is challenging.



May we do so with an abundance of grace and good measure of humour,
Reverend Melora

How do you get things done around here, anyway? It's a question we occasionally hear as people work their way through our small, but occasionally complicated, system.

One of the things identified at a June 8 church leadership workshop was the difficulty some people say they experience in sparking a new initiative. One of the suggestions at the time was that perhaps we need an ombudsman/ombudswoman to help navigate the thicket.

Until we have (and indeed if we ever do have) that ombudsperson, here's some hints on moving about the system.

Something not being done that you think should be done? Talk to one of our Board trustees, preferably the one who's the liaison for the area in which you're interested.

John Hopewell, elected at the May Annual General Meeting, was previously on the Board as treasurer and then as president, and for three years was also president of the Canadian Unitarian Council. So, if you wish to hear the voice of experience, he's your man. As chair of the Congregational Life Council, John is Board liaison to the Worship Committee and these teams: Music, Children Spiritual Exploration and Learning, Adult Spiritual Exploration and Learning, Youth Programs and the Library.

John (Tiff) Tiffany, also elected to the Board in May, is a retired industrial hygienist who sold his New York City building-inspection business and moved with his wife Jan Li to Victoria last year. He and Jan Li were UU members in Hopewell, NJ, where he was chair of the building committee. Tiff is chair of the Property Management Council and as such is Board liaison for the Building Maintenance Committee, and these teams: Gardens & Grounds, Audio-Visual, Archives, Arts & Aesthetics, Health & Safety and the Memorial Garden Advisory Group.

Elected in May as vice-president, Linda Nicholson-Brown is also - as of this writing - acting as the chair of the Congregational Life Council. (We're still waiting for the Leadership Development Team to name a trustee for Congregational Life Council). Linda began attending our church in 1994 and was involved in the religious education program with her two children - her daughter Jessie lives in Victoria and was just married and her son Jason is studying mechanical engineering. An occupational therapist, Linda's also a stained glass artist. She's temporary Board liaison for the Membership Committee and these teams: Newcomers, Care & Concern, Fun & Fellowship and Recognition & Awards.

Lynn Hunter, a former MP and Victoria city councillor, continues in her second year on the Board as chair of the Administration Council, the Finance Committee and these teams: Investment, Special Events Fundraising, Canvass, Planned Giving, Human Resources and Communications.

Laura Doyle, also in her second year, continues as Board liaison with the Social Responsibility Committee and the Denominational Affairs and Lay Chaplains teams.

And if these folks don't quite seem to fit the subject, maybe you could talk to our treasurer Bob Dobbs or secretary Jen Young. And I'm always available at mikenliz@shaw.ca or (250) 384-4351 if you have any questions (no, I don't know if god exists!) or concerns.

ABOUT OUR SPEAKER

Dr. Will Tuttle, author, educator, pianist, and composer, has lectured and performed widely throughout North America and Europe. Author of the acclaimed Amazon #1 best-seller *The World Peace Diet*, he is a recipient of the Peace Abbey's *Courage of Conscience Award*, and is the creator of several wellness training programs. His Ph.D. from the University of California, Berkeley, focused on educating intuition and altruism in adults, and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. A former Zen monk and Dharma Master in the Korean Zen tradition, he has created eight CD albums of uplifting original piano music. A vegan since 1980, he travels full-time with his spouse Madeleine in their solar-powered RV, and presents over 150 lectures, retreats, workshops, and concerts annually.

A Sustainable Living Cooperative

Self-organization is a fundamental process of existence. Atoms and molecules self-organize. The human brain self-organizes. Plants self-organize to warn each other of attack by fungi.

In the human realm, whenever something substantial needs to be achieved, we self-organize to make it happen, from protecting Clayoquot Sound to forming church communities.

Today, we face an enormous threat due to our multiple assaults on Nature's ecosystems. The very oil we put in our cars is causing climate change, and polluting Earth's rivers and oceans. The very food we buy—if not organic—is harming the birds, bees and butterflies, and destroying the soil.

There must be tens of thousands of people on southern Vancouver Island who are alarmed by what is happening, but we have yet to self-organize. We have formed non-profits to promote everything from cycling to organic gardening, but so far, we have not self-organized in a wider way to achieve the goals of living in harmony with Nature, and with each other. We think the time is ripe and people are more receptive both for deeper thinking and for taking the leap that is required.

This is where the idea of a Sustainable Living Cooperative arises. Imagine being part of a cooperative whose staff and fellow members can provide you with support and advice on everything from saving energy in your home to growing winter vegetables, from starting a green business to forming a neighbourhood tool-sharing coop.

Imagine having support to help you change your investment portfolio so that you no longer unwittingly invest in fossil fuels. Imagine having the advice needed to embrace more active and sustainable transportation for your family, including such things as commuting on the region's vast network of bicycle trails, purchasing an electric bike and car sharing.

The core of the business plan for such a Co-op is people's willingness to pay \$10-\$20 a month to be a member. When the idea was first floated at FUCV's Earth Day Workshop held in April, there was wide support for the proposal, and also a willingness to pay.

This support is important to such a major initiative that is still at a formative stage in its development. The next steps are to float the idea to a wider group in the region, and see if it has legs. This includes widening our team with members who would be willing to commit some time and energy to further develop the concept.

If you would like to discuss this further and/or assist in this process, please contact Marion Pape, a member of FUCV's Environmental Action Team (EAT) at 778-265-5467 or marionpape@shaw.ca.

Central American Development Project**Co-sponsored by Toronto First Unitarian**

Since 1997 over one hundred Canadian UUs from twenty-two congregations - New Brunswick to British Columbia - have travelled to Central America in the last fourteen years to help hard working people improve their lives. Working alongside Guatemalans, Hondurans and hundreds of Canadian volunteers from other walks of life, we have helped our hosts achieve their dreams. We have helped build schools, houses and training and community centres in the poorest areas.

This year, we would again like to extend an invitation to all UUs across Canada to join us for an unforgettable experience, building schools in the mountains of Honduras. There will be three trips this winter: January, February and March. For information, please phone 416-767-5837 or email me directly. (richardkirsh@sympatico.ca).

I am pleased to announce the following workshop for BC Region Unitarians and congregations sponsored by the Canadian Unitarian Council.

The Joy of Stewardship: Creating Congregational Generosity
Saturday, November 16, 9:30am–4:00pm; Vancouver location TBA

What's the best model for an annual canvass? Stewardship Consultant Mary Gleason is frequently asked this question. The answer: it only matters for organizing purposes. Most important is that people feel aligned with their values.

Explore how to inspire people's generosity for the annual canvass and other things that require people to give of their personal resources. Learn from others and share what you have learned. Bring as many from your congregation as possible so you can support each other and apply your new approach.

Mary Gleason joined UUA Congregational Stewardship Services in 2007 and has served the non-profit community for over 25 years.

\$75 per small congregation team (less than 100 members)
\$150 per mid- and large- congregation team



Mary Gleason,
UUA Stewardship Consultant

Online Registration opens September 15 at www.cuc.ca. Contact: Reverend Antonia Won, Antonia@cuc.ca

How Do We Listen? The Brain Science of Effective Communications

A presentation by Church member, **Dr. Ross Beauchamp**, professor and clinical neuropsychologist.
Sunday October 6, 11:50am - 1:00pm in the Sanctuary.

Conversation can be quite a strain on the brain. So much so, that if the brain is not in tip top shape, say after drinking too much alcohol, or being in the midst of a serious depression, the predictable result is disturbed conversation. That is because conversation requires many parts of the brain to function as a team. This is true especially when the conversation is of a higher order, that is empathetic, "listening with the inner ear" and responding to the true underlying messages received. To do this, the brain circuits enabling attention, language, analysis, empathy, memory, and speech all play a crucial part. Any one missing element will distort the whole product. We see this in certain degenerative conditions like Alzheimer's in which conversation may sound normal at first, but because memory circuits are not doing their part, soon degenerates into repetitive nonsense.

In this presentation, which is designed for those with a limited scientific background, or little knowledge of the brain, the neurological process of conversation will be traced with slides and simple explanations. The story will start when voice sound waves enter the ear and are transformed into neural impulses. This part will be especially interesting for those with hearing impairments. The story will end when it is your turn to speak, and the response fashioned by your brain is uttered, for better or worse. Because conversation is one of the most demanding of human intellectual tasks, and because so many parts of the brain are involved, the presentation will also serve as a simple introduction to the overall structure and function of the brain.

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 any or all of these events:

Orientation

Date: Sunday, October 6, 12 noon–1:00pm

Location: Boardroom

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

Introduction to Unitarian Universalism – Part 1

Date: Sunday, October 13, 12 noon–2:00pm

Location: Boardroom

Introduction to Unitarian Universalism – Part 2

Date: Sunday, October 20, 12 noon–2:00pm

Location: Boardroom

This two-part event is designed to give more in-depth information about UUism. Whether you are not yet a member, a new member or have been a member for a long time, if you wish to know more about our denomination, this is for you.

Considering Membership

Date: Sunday, November 10, 12 noon–2:00pm

Location: Boardroom

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 meeting 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.

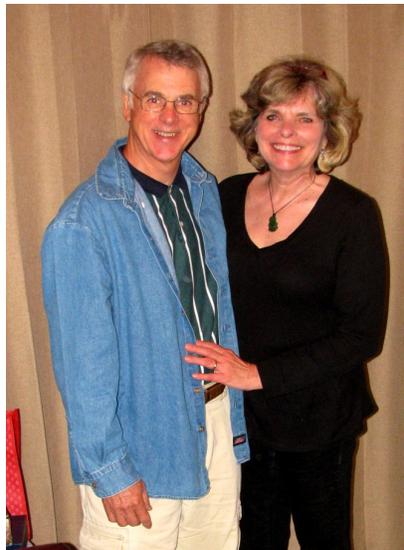
Light refreshments and childminding will be provided for all these events.

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

Greetings from Rev. Vann and Linda Lee Knight

Among the attractions that Bob and Nancy Dobbs enjoyed while vacationing on New Brunswick's lovely Bay of Fundy was a luncheon visit with Rev. Vann and Linda Lee. They have retired to a large waterfront property with a lovely cottage about 40 minutes southwest of Saint John.

They send greetings to their many friends at the First Unitarian Church of Victoria.



Covenant of Good Relations Question

It is out of office hours and you are undecided whether to phone one of our ministers about a concern or wait until the following day. Does the Covenant of Good Relations recommend what should be best?

See Page 13 for the answer.



Welcome back to another great year of music in the church. It has been a wonderful summer! Kristina Stevens and I were down in Dallas, Texas in July attending the Unitarian Universalist Musician's Network Conference. This conference brought together UU music directors from across the continent (which resulted in a 150 person choir for the Sunday service!!!) We came back with new ideas and lots of new music! Kristina, Nancy Dobbs, and I also attended a choral reading session in town put on by a local music store.

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 Choirs will be starting in mid-September. Our Children and Youth Choirs are getting started as well. The Handbell Choir will begin rehearsing in late September/early October.

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

If you are interested in joining any of our programs, please contact me at music@victoriaunitarian.ca

Everyone is welcome, and no experience is necessary! Have a wonderful year full of beautiful music.

Choir Dates for September

September 8: Chalice Choir meets at 10:00
 September 22: Chalice Choir meets at 10:00

**REGISTRATION IS *OPEN* FOR THE 2013
 BC REGIONAL FALL GATHERING AND FALL YOUTH CON!
 OCTOBER 4 – 6**

Presenting:
Namgis First Nation speaker Wedlidi Speck
Minister and sexuality specialist Samaya Oakley
Lay Chaplain Amanda Tarling and others
Saturday evening coffeehouse for all ages & Children's Program

Hosted by North Shore Unitarian Church at the North Vancouver Holiday Inn
 See the CUC website for registration and subsidy information:
<http://cuc.ca/regional-fall-gatherings/>
 Registration closes early.
See us on Facebook!

Sad News from Oregon

Rev. Arthur (Art) Wilmot, Minister of our church from 1968-1971, died in his sleep in Corvallis, Oregon on August 6th. He had suffered from Parkinson's for many years, and for the last ten had very limited mobility and progressive speech loss. Heather, Art's wife, says Rev. Jill McAllister, a minister who trained with Art, will be conducting Art's memorial service (sometime in September), the knowledge of which pleased him greatly.



CLIMATEFAST

HUNGRY FOR CLIMATE LEADERSHIP
AFFAMÉS DE LEADERSHIP POUR LE CLIMAT

Dear Fellow Unitarians,

CUSJ has renewed its involvement with Climatefast for 2013. Take the pledge and fast between September 21 and October 2 on Parliament Hill or wherever you are. We fast to focus our energy and the energy of others toward a healthier planet and a healthier relationship with our only home. Take twelve days to practice lightening your footprint. Will you join the action in your city? Go to **ClimateFast.ca** for ideas on carbon-fasting and food-fasting as well as what individuals and organizations can do to support the action. Let us work to raise general public awareness of the consequences of climate change and the urgent action required to stop the escalation. We want real leadership from our politicians to plan a transition to a renewable energy economy. Write, or even better, visit your MP. Talk with your family and friends. Invite your church or fellowship to support the campaign. See the full opportunity on our **CUSJ ACTION PAGE**.

If you belong to a small fellowship that is still planning September services we have designed a full service on your behalf to use as you please. If your services are already planned you might incorporate a service element such as the skit "Climate Slow" or the Covenant into your planned service and draw awareness to the climate action taking place the week of September 21-October 2. Invite your members to get involved.

You still have time to plan an event during that week to raise awareness about climate change.

See all these ideas on our **CUSJ ACTION PAGE**.

Give us feedback. Tell us if these materials are useful. Post your event to the ClimateFast website. That way people in your neighbourhood will know there is an event they can attend.

Thanks to Diana Ellis for her great sermon, Jon Cooksey for a fun skit, Joy Silver for Tiamat's Tears, and Karl Perrin and Forrest Smith for the great event ideas. Let's work together to make ClimateFast a great action to let politicians know what Canadians want.

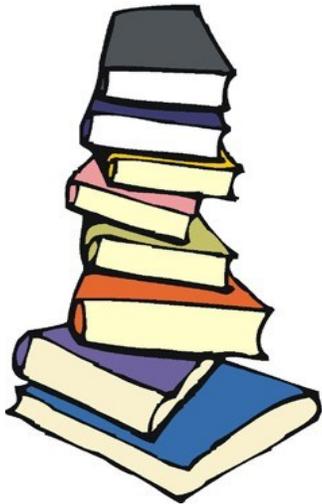
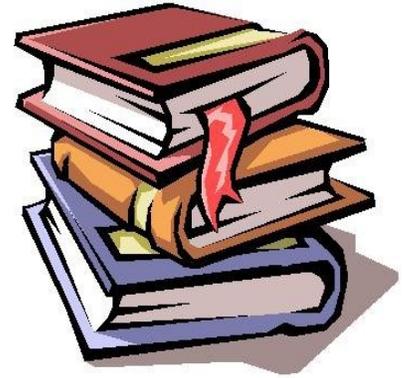
"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit." —Hellen Keller

The Learning Circle

This group works with books that bridge science and spirit, as well as important titles in spiritual poetry and psychology, on various Tuesday mornings from 9:15 until 12 noon (in the boardroom when available). It is led by Doug Seeley and other participants (group size limited to 14), and has been running regularly for 13 years. The Learning Circle is an opportunity to explore what is deeply meaningful for each of us regarding the big questions of life, "Who am I?", "What are we doing on this Planet?", "Is the Cosmos alive", and "How do we face upheaval in our world?". Beginning on September 24, we will discuss the book, "*The Elephant Whisperer*", a great summer read, for two sessions. It will be followed by "*Becoming Animal*" by David Abram (who has presentations at RRU in October). Doug will be absent for most of October and November, but meeting dates are scheduled for October 1, 8, 29, November 19, and December 3, 10. It will resume again on January 7. For further information please contact Doug at "radahtara@gmail.com".

Giant Book Sale Art Sale and Bake Sale

Saturday September 21, 9am to 3pm



First Unitarian Church of Victoria
5575 West Saanich Road

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

Payment by cash only.

Browse the books, then check out the art sale and bake sale.

All books half price from 1pm to 2pm.
Fill a bag with books for \$2 from 2pm to 3pm.

Firewood Sale

The Garden and Grounds Committee is offering to deliver a small truckload of split firewood (just under 1/2 cord) to your home for \$100. The wood is primarily from the apple and plum trees cut down three years ago (there is a small amount of alder and fir wood included.) For the sale price the wood will be delivered and stacked at your home.

If you are interested please call me at 250-592-4831. The supply is limited and the wood is offered on a first call, first served basis.

*Earle Anthony, chair
Garden and Grounds*

Silent Auction: Seven Small Trees

The Garden and Grounds Committee is looking for a new home for the seven small trees on the field in front of the Sanctuary. These dwarf trees are fruit and nut trees ideal for a small backyard garden.

Each tree has been tagged with a number and identification of tree type. If you have any questions about any of the trees, please call Barb Nyland at 250-656-9276.

If you decide to make a bid for any of these trees, the Silent Auction sheets are in the Church Office. The trees will be awarded to the highest bidders on October 1. Each tree will be dug up by a member of the Garden and Grounds Committee and the root ball will be wrapped in plastic for transport.

For an additional \$20, a member of the Garden and Grounds Committee will plant the tree for the new owner.

All funds raised in this Silent Auction will be placed in the Landscaping Fund and used for the purchase of new plants and scrubs for the Church grounds.

*Earle Anthony, chair
Garden and Grounds*



The Giant Book Sale, Art Sale, and Bake Sale on Saturday, September 21 is nearly here!

What do we need?

BOOKS. Please bring your books to the church library beginning September 1 or to the Sanctuary on Wednesday September 18.

ART. Arts & Aesthetics are hanging donated art in the Lion Hall for an Art Sale.

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 18.

SORTERS. Opening the bags and boxes of books is like Christmas! We'll sort from 10:00am to 9:00pm on Wednesday, September 18. It does help me to know if you will come in the morning, afternoon or evening.

SELLERS. Shifts are 8:30am-12:00pm and 12:00 noon-3:30pm.

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

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.

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 or 250-727-0454.

If you need to clear out your books or boxes now, contact me, or bring them to the church and put them with the other books for the book sale in the storage space under the Sanctuary.

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.

Healing Our World 2013

Project A - My Own Room - housing for the homeless
Project B - Innovative Communities in Rwanda for widows and orphans
Project C - BC Schizophrenia Society computer upgrade

Fully Funded! Thank you!



September Birthdays

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



Contact Changes

Cameron Egyeda
Email: None at present



Jan Y. Li
Email: janyLi0101@gmail.com

Christine Petronis
Phone: 250-479-7112

Linda Nicholson-Brown
Phone: 250-857-1860

Board Members on Duty

- Sept 1 Linda Nicholson-Brown
- Sept 8 John Tiffany
- Sept 15 John Tiffany
- Sept 22 Bob Dobbs
- Sept 29 Laura Doyle



New Members



Katherine Maas
110 - 151 St. Andrew Street
Victoria, BC V8V 2M9
250-563-2361
katherine@kjmaas.com
NG: James Bay

Ross Beauchamp
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Victoria, BC V8Y 1X9
250-433-2829
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NG Royal Oak East

Roberta Clair
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Victoria, BC V8V 2M9
250-563-1973
roberta@kjmaas.com
NG: James Bay

Covenant of Good Relations

Answer to the Question on Page 7

Unless it is an emergency, it would be more considerate to wait for an answer until the following day. Under 'My Relationship with the Ministers and Staff,' it says: 'I will respect their work hours and personal time'.

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.*

Please note that summer is often a quieter time for Neighbourhood Group gatherings.

Cadboro Bay: Valerie Roberts reports that despite her broken ankle, this group will be gathering in the afternoon on August 17 at Howard and Linda Petch's for a garden party.

Esquimalt: During the church auction back in April, this group offered a trip to the Sooke Art Show, including a picnic lunch, on July 27. Five members of the NG prepared a delicious picnic, which was served in the picnic site near the Museum. Four guests and three NG members attended the event, and Betty Sherwood reports that, after much planning, it was a huge success.

Seventeen members of this group will be meeting at Gloria and John Hopewell's beautiful waterfront home for their August Potluck Dinner and Gathering. Then, on Sept 15, Esquimalt and James Bay NGs will be offering the congregation homemade soups after church for the first Souper Sunday of the new church year.

Fairfield: The Convening Team for this NG are planning a get-together in September.

Far Out: This group shares our sadness at the recent passing of NG member, Ruth Humphreys, and is offering support to Ted and Echo at this difficult time.

Grand Central: This will be the NG who will be busy baking to welcome us all back to after-church coffee time in September, after a sunny summer.

James Bay: This NG will be baking and stirring soup pots with Esquimalt to prepare for the Souper Lunch on Sunday, September 15.

Oak Bay: Karla Thomson writes, "The OBNG is welcoming a new member, Doug McGinnis, and we are trying to arrange some car pooling to ease our imprint on the planet. We would also like to suggest that anyone who has known one of our newer NG members, Ella Small, might be able to show her your support and 'Unitarian caring' by paying her a visit at the Oak Bay Lodge. Ella, who is becoming very frail, is on the third floor and would love some visitors. We are looking forward to a Saturday evening potluck in October".

Royal Oak East: Hanny Pannekoek writes, "Royal Oak East has been providing hospitality cakes for the month of August. As usual, many of our members have come forward willingly, some of them even delivering their baking before they went away on holidays. Having to ask to get something done or organizing a schedule of who makes what when, could be a bit hard or even unpleasant. But for me, being the convenor of the Royal Oak East neighbourhood group is always a pleasure because of the quick and generous responses I get. Our next potluck gathering will be on August 27".

Royal Oak West: Three couples from this NG enjoyed a lovely potluck on the patio at the Hancock's on July 27. The group invited their Care & Concern Liaison, Pam Harte, to join them and she brought along three British relatives to enjoy the evening with everyone. Including members of the Care & Concern network is a wonderful way for the C&C representative to get to know the people in each neighbourhood..

Western: Elaine Hanson reports that Susan Lean is organizing an afternoon potluck on Saturday, August 24, at 4:00 at John's and her place. The group is pleased to hear of Alex Van Borek's recent marriage and are hoping to meet his new wife at a future gathering

Recommended Video

This month EAT (Environmental Action Team) recommends the video *Every Drop Counts: The truth about your water consumption* - ten minutes. There are a few editorial glitches in this video but the content is excellent.

<http://www.youtube.com/watch?v=XVioSBErS4s>

Spruce up the Building Property Day

Saturday, September 7, 9:00am - 1:00pm

ALL INVITED!

All members and friends of FUCV are invited to an annual cleaning-up of various parts of our buildings. Work that needs to be done includes:

- Outside washing of windows that are easily reached (not the tall or awkward ones - as we hire people to do those). Also the outside office windows.
- Clearing out the storage rooms, especially under the Sanctuary and Lion Hall.
- Dusting off tops of shelves; lights; etc.
- Checking out all of the chairs, to make sure they're all in good shape for us to sit on.
- Cleaning out window wells in the Lion Hall kitchen.
- We need a new lino floor for the Lion Hall kitchen. We rent it out and the floor looks worn and makes the kitchen feel unclean. If anyone has linoleum-laying skills that would be wonderful!! We could look for some discounted commercial lino.
- Paint touch-ups.
- Suggestions? Please feel free to contact me with more ideas.

We also need some baked goodies to be provided by volunteers, to keep the work gang refreshed. Coffee will be offered as well. We also need rags for cleaning.

This is an important opportunity to take care of a number of items that are just too much for the Building Maintenance Committee to take care of themselves. The more hands on deck the more we can do! Hope to see as many of you as possible. Feel free to come by for only one hour, as a lot can get done in that time with a bunch of us.

John Tiffany (Tiff) 778-265-1210 johntiffany0705@gmail.com



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

Come Sing A Song With Me**Children's Choir**

Children's Choir is all about sharing the joy of music...a joy that may last the children a life-time. 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 22 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 12-12:30pm. 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 22 at 12 noon upstairs 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.

You Are Invited to the Community Dinner**Friday, September 13 at 6:00pm**

What is the Community Dinner you ask?
That is the new name for our once-a-month gatherings on the second Friday of every month from September to June!
We started with Spaghetti Night, and then we added Fiesta Night, now we are going to add Baked Potato Night and other surprises. New menu equals a new name.
Same dedicated crew putting on this popular multi generational event.
A great 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, salad or drink to share.

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

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

ALPHABET SOUP, CONDENSED FROM AUGUST 11 SERVICE

If you would like to read the full fun fact filled version please visit:

<http://victoriaunitarian.ca/wp-content/uploads/Outreach-Alphabet-Soup-transcript.pdf>

What we do to live that part of our mission statement which invites compassion is considerable. But today, this occasion, is not for bragging. It is simply for acknowledging and celebrating our achievements, because they deserve to be celebrated, even as we know that the needs of people around us and among us will continue...and we will be there for them. It is who we are and who we want to be.

A is for action – our Environmental Action Team.

B is for book sale.

C is for Choices in Dying.

D is for dividing our Sunday collection with the Share the Plate program.

E is for Ethel May Fund.

F is for The First Unitarian Church of Victoria Foundation.

G is groceries at the six local food banks we support.

H is for Healing Our World or HOW for short. In eight years our church members and friends have funded eighteen projects and raised \$117,000.

I is for the interesting things found in a kid's backpack. The Backpack program works with Surrounded by Cedar Service to provide school supplies to First Nations children.

J is for Jammers – the Joyful Association of Music Makers. This dedicated ensemble takes music to rest homes and senior care facilities, once or twice a month.

K is for kids raising money for projects that help others. The Junior youth had fundraisers that saw \$83 go to Woodwynn Farm and \$45 to the USC Seeds of Survival program

L is for the Lifeline List. The Lifeline List is this church community ready on short notice to help local families on marginal incomes who get in a financial bind. We have helped more than 200 families over some very rough patches in their lives.

M is for micro loans. For one of the 2009 HOW projects we made 138 loans to women entrepreneurs in the developing world. Each month money is paid back and we make more loans – to date 1,117. Our Youth have been involved with micro lending with 60 loans so far.

N is for notes – musical notes - and the amazing generosity of our music program. Each year, the Christmas concert raises money and goods to support food banks. As a group, they have raised money for the Single Parents Resource Centre and hosted very popular singing and hand bell workshops.

O is for Out of the Rain Youth Shelter and the amazing outpouring of support from our community.

P is for protest, parades and participation. Our SRC banner attends a wide range of protests every year – rain or shine. Our rainbow banner is the largest in Canada and we walk it proudly in the annual Pride Parade. Thirteen of our church members presented passionately and eloquently at the hearings on the proposed Northern Gateway pipeline. Seven of our church members ran in support of USC Canada at the Victoria Marathon.

Q is for q tips, toothbrushes, shampoo and the many other items we buy for the Sandy Merriman women's shelter, using the money you put in the little red box on the SRC shelf. As well, once a month the Casserole Express team makes 90 meals for Sandy Merriman House – nutritious and yummy.

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R is for Robbie Burns Night, Spaghetti Night, Fiesta Night, An Enchanted Evening and all the other wonderful food events we host for anyone who wishes to attend.

S is for the Social Responsibility Committee. This committee is a passionate core group of church members which meets each month to assess social justice issues and devise ways and means for the compassion in this community to be expressed.

T is for Transylvania, Romania, the location of our partner church. This year's fund raiser joined with the Children's Mad Hatter programme and the local Hungarian dance team raising \$1,170.

U is for UU UNO. As members of the UU UNO, each year we have a service to celebrate the work they do and to raise money in support of it.

V is for the Victoria Interfaith Refugee Assistance Committee. Members of our church joined with others to cover all expenses and assist a Palestinian refugee family for a year.

W is weddings, baby dedications and memorial services. Last year our lay chaplains performed 32 weddings, four memorial services, one child dedication and one vow renewal for non-members. They also presented a workshop on planning a meaningful memorial.

X is for Xmas. On Christmas Eve, when we gather for our candlelight service, we also collect supplies and money for the Out Of The Rain Youth Shelter, Our Place and the Dandelion Society.

Y is for Yarning – Mindful Yarning. This group of knitters, made up of people from within and outside our congregation, make comfort shawls from donated materials.

Z is for zip - the zip you get with our *fair trade* coffee from Level Ground. You can buy this wonderful coffee in the church office for only \$8! All the profits (\$1.30 a package) go to support great HOW projects.

Circle Dinners

Circle dinners resume Friday, September 27. They are a long time tradition in Unitarian congregations and are a great way to get to know each other in an informal setting.

Do you have to be a member to participate? No, some of us are, some of us aren't. Friends and guests are most welcome.

Do you have to be a gourmet cook? No, some of us are, some of us aren't. By hosting and planning the menu, each guest contributes to the meal.

Do you have to be a wine connoisseur? No, some of us are, some of us aren't. Some of us drink alcohol and some of us don't, we usually have wine, we always have cold drinks, coffee and tea.

Do you have to be a brilliant conversationalist? No, some of us are, some of us aren't. Someone will always keep the conversation flowing.

Do you have to have a spacious home, fine china, solid silver and glasses that match? No, some of us do, some of us don't. Plastic plates and jelly glasses are just fine!

Do you have to help create an atmosphere where people can learn more about each other? YES, the whole idea of circle dinners is to get to know people better. Everyone has a story and we want to hear yours.

If you would like to join us, call or email me. Our dinners are held in small groups of six to eight people. We meet in each other's homes on the last Friday of each month with the exception of Christmas and the summer months.

Elaine Hanson . Contact me through the Church Office or at 1-250-743-9644, or elainehanson@shaw.ca



First Unitarian Church of Victoria

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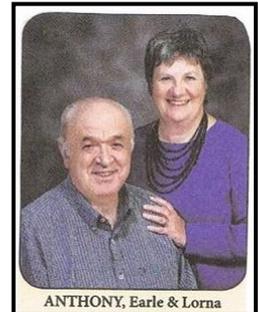
In gratitude

Ruth Miller and the family of the late Florence Best acknowledge with gratitude the love and support received from our co-ministers, the Reverend Jane Bramadat, the office staff, Lay Chaplain Joyce Murphy and the entire congregation. In this difficult time it has been comforting to receive so many warm and thoughtful remembrances.

-Ruth Miller

Planned Giving

It is our view that it is important to maintain this vibrant liberal religious community. We have named the church as one of the beneficiaries in our will in order to provide support after we have gone.



ANTHONY, Earle & Lorna

-Lorna and Earle Anthony

Events Calendar September 2013

Date	Event	Time	Location
9/1	SUNDAY SERVICE	10:30am -11:30am	Sanctuary
9/2	LABOUR DAY holiday		
9/4	SELCY (Spiritual Exploration: Children & Youth) Training	5-9pm	Lion Hall
9/5	Music Program	6-10pm	Sanctuary
9/6	Mindful Yarning	7:15pm - 9:30pm	Offsite location
9/7	Church Clean-up Day (volunteers very welcome!)	9am - 1pm	
	Meditation	12:45pm 2:30pm	Sunflower Room
9/8	HOMECOMING SUNDAY (beginning of church year)	10:30-11:30am	Sanctuary
	Corn Roast	11:30am-1pm	Sanctuary Kitchen
	Diversity Group	noon-1:30pm	Chaplains Room
9/10	Cooking, Sandy Merriman House	1:30-4pm	Sanctuary Kitchen
	Social Responsibility Committee	7-9:30pm	Boardroom
9/11	Care & Concern	noon-2pm	Boardroom
9/12	Music Program	6-10pm	Sanctuary
9/13	Youth Camping		Offsite location
	Community Dinner (formerly Spaghetti Night)	6-9pm	Sanctuary
9/14	Youth Camping		
	Memorial Service	(times to be posted)	Sanctuary
	Meditation	12:45-2:30pm	Sunflower Room
9/15	SUNDAY SERVICE	10:30-11:30am	Sanctuary
	Souper Sunday	11:30am-1pm	Sanctuary
	Environmental Action Team (EAT)	noon-1pm	Library
9/17	Committee of Ministry	12:30-2pm	Library
	Worship Committee	2:30-4pm	Library
9/18	Planned Giving Reception	1-3pm	Offsite location
9/19	Board Meeting	noon-2pm	Boardroom
	Music Program	6-10pm	Sanctuary
9/20	Mindful Yarning	7:15-9:30pm	Offsite location
9/21	Giant Booksale	9am-3pm	Sanctuary
	Facilitation Training	9:30am-1:30pm	Boardroom
	Meditation	12:45-2:30pm	Sunflower Room
9/22	SUNDAY SERVICE	10:30-11:30am	Sanctuary
	Mini-booksale	11:30am-1pm	Lion Hall
	Care & Concern workshop	noon-2pm	Boardroom
9/24	Learning Circle	9:15am-noon	Boardroom
9/26	Music Program	6-10pm	Sanctuary
9/28	Meditation	12:45-2:30pm	Sunflower Room
9/29	SUNDAY SERVICE	10:30-11:30am	Sanctuary
	Youth Worship	10am-noon	Lion Hall
	Neighbourhood Conveners' Meeting	noon-1:30pm	Boardroom

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newsletter@victoriaunitarian.ca.

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

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

Feedback is welcomed.

Staff

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

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