



The Victoria Unitarian

Services in December

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

December 1 **Expecting Too Much** Reverend Melora Lynngood

"I can't believe she didn't call me!" "I can't believe he's mad that I didn't call him!" What happens when people fail to live up to our expectations? What do we do when people expect too much of us? How much can we realistically expect of others, how much should others expect of us, and how can we create a common understanding that supports our relationships and strengthens our communities? *(This service will begin with a New Member Ceremony and the Two Truths and a Lie Getting to Know You Game!)*



December 8 **Recovering Intellectual** Dr. Doug Seeley

"This is my personal experience around the usefulness of rationality, logic and intellectualizing, and how they can distance us from the essential vitality of life. Their abstractions and indirectness can create barriers to self-understanding, to developing thriving relationships with others, and openness to being present. I will describe my journey facing such barriers and adventures while beginning to claim my true birthright." (by request of Jane Bramadat)

December 15 **Our Annual Mid-Winter Pageant**

The children, youth and choirs star in a Medieval Christmas tale from the Arthurian cycle. Sir Cleges and diverse other characters learn about greed, humility, and gratitude. A bright medieval tale for this dark time of year.

December 20 **Solstice Service** (Friday at 7:00pm) Youth Group

On this darkest night of the year, come to celebrate the return of the light led by our Youth. Gather in community to sing, share, and greet the returning light.

December 22 **Owning Our Mistakes** Reverend Shana Lynngood

Continuing our theme of Living with Compassion, this morning we explore how acknowledging our mistakes is an important part of expressing care and compassion. This auction assigned topic wrestles with the ways we are often inclined to project our mistakes on to others or to try to avoid full accountability. How important is it to apologize? How can we genuinely express our regrets?

Services continued on page 2...

 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
January issue of the newsletter is **December 17**.

SPIRITUAL EXPLORATION AND LEARNING FAYE MOGENSEN

'SEL'ebrating Generosity in Winter

Many of the activities in the children's wing this month are directed towards the Annual Mid-Winter pageant on Sunday, December 15. This year, we are retelling the medieval legend of Sir Cleges, who loves to throw parties and give presents but meets a little trouble along the way. Other characters in the pageant are a little greedy, and they too get into trouble. The story lifts up questions about generosity and pride, humility and greed, and is providing some rich content for conversations in the Children's Wing. Here is some of the fodder for our conversations:

Making other people happy is one of the great pleasures in life. Sometimes, though, we give too much. Other times we offer gifts out of pride rather than love. We all have to sort out when it is right to give and what constitutes enough. These questions are as relevant to our personal gifts of talents and time as they are to questions about financial costs. How much can we give? What is enough and when is it too much?

Through life we learn again and again how to discern the difference between our wants and our needs. In the Children's Wing we talk about how mid-winter celebrations have become a time when we indulge in some of our wants – but sometimes we have to be careful what we wish for! When might our wishes back-fire on us?

Because I love to play with words, thinking about generosity in winter has caused me to think of the generosity of winter, an entirely new concept for me! In case you are

Continued on next page...

Services in December (continued)

December 24 Traditional Christmas Eve Stories and Song 🎵 (Tuesday at 5:00) **Reverends Melora and Shana Lynngood**

Come, celebrate the holiday season by reflecting on the Christian story of Jesus' birth and the ways in which we can hear this ancient story anew each December. This is a service for all ages--Bring the kids! The service will include lots of carols and the traditional candle lighting during "Silent Night." (*Bring donations for people without homes. See page 5 for a list of needed items.*)

December 29 Buddhism **Venerable Eshū Martin**

Just after Buddha's Awakening Day (December 8) and the Winter Solstice, when the days begin to lengthen, Ven. Eshū of the Zenwest Buddhist Society will speak about the Buddhist concepts of enlightenment and awakening. (*See page 20 for information about Ven. Eshū and the Zenwest Buddhist Society.*)

🎵 Braden and Hilary Young

SPIRITUAL EXPLORATION AND LEARNING (continued)

like me in wanting to develop an attitude of gratitude to the grey weather, here are the ways in which I think our west-coast winter is generous:

- The weather is never as bad as it looks through the window – and when I get outside, my lungs appreciate the moisture.
- In contrast to our grey skies, the landscape colours can almost vibrate some days. When endless clouds block the bright sunshine and sparkle of stars, water droplets shimmer and magnify the colours still more.
- the dark is like a cosy blanket - comforting in the quiet it offers my senses. Sometimes that quiet is like a tea cosy - helping brew my best creative impulses.
- the lack of snow means we can almost always get to where we need to go - like church.

I hope that you will enjoy the generosity of the season – personal, cultural and natural. I look forward to seeing you on Sundays and at the many special events at the church that aim to help you feel light and warm on the darkest of days.

Lightly and brightly, Faye

FROM YOUR MINISTER

REVEREND SHANA LYNNGOOD

A Holiday Season of Gratitude

As the winter holidays once again approach, I am mindful of how grateful I am to all of you. You each give so much time, energy, presence, and heart to this congregation. Helping to care for the buildings and grounds, bringing goodies and hosting receptions at memorial services, bringing soup for Souper Sundays...the list is seemingly endless. Without the efforts each of you make our congregation would be a shell of itself. Thank you.

I look forward to our holiday celebrations—the Pageant on the fifteenth, the Solstice service led this year by our youth, and the Christmas Eve service. Worship at this time of year always grounds me in the meaning of the season—the timeless and enduring message which often gets lost in the consumer-driven haze of gift purchasing. Peace on Earth and goodwill to all still rings true. Through the winter nights this season may we join the chorus of angels. Better yet, may we bring the better angels of our own spirits to bear in our community. I am humbled once again by the lyrics penned by Unitarian minister Edmund Hamilton Sears, “Still through the cloven skies they come, with peaceful wings unfurled; and still their heavenly music floats o’er all the weary world. Above its sad and lowly plains they bend on hovering wing; and ever o’er its Babel sounds the blessed angels sing.” Whatever you think of notion of angels, the lyrics of It Came Upon a Midnight Clear speak to me of the enduring hope and prayers for peace. That if we would but listen to the love song of the angels - both within and among and beyond us - we might create that more peaceful, fair, and just world we long for. May we join their song. I wish you and your families a joyful and meaningful holiday season.



Bright holiday wishes, Reverend Shana

Did a Book Influence Your Spirituality?

Did a particular book influence your Spirituality? We would like to feature the stories of several of our members in a spring Sunday Service. Would you like to contribute? Please submit your name to worship@victoriaunitarian.ca. Do you have other ideas for lay-led Worship services? We'd like to hear from you.

This month we say goodbye to Phil Hallman, our stalwart music director.

Phil's warmth, enthusiasm and dedication has kept up our reputation as a singing church.

Phil's goal was to have more people up in the choir than down in the seats. He didn't quite reach that objective, but he did his best to make it come true. Speaking as a member of the choir who has no particular talent, I can tell you Phil was never discouraging or disparaging.

In our travels we have visited a few other Unitarian churches and after going to a Sunday service it's pretty obvious that all of us here are enthusiastic singers, no matter where we sit. We love to belt out a good tune.

In some of our fellow churches you can feel that you're singing alone. But not here. We all give it a good try. And kudos too to our collaborative pianist Braden Young who tries his best to keep us on the right note no matter how much we may want to wander.

I've thought for some time we should have a good-sized screen that's lowered when Braden strikes up the piano. The hymn words would be projected so we could look up and sing. I'm happy to say I have an expert who backs me up.

Pete Seeger, poet, singer, activist and himself a Unitarian, performed at the Unitarian Universalist Association Annual General Meeting in Forth Worth, Texas, in 2005. He also had a message to the delegates. As he told the Dallas Morning News:

"The point I wanted to make to Unitarians is, too often you ask your congregations to sing, and they're supposed to open the hymn book and turn to page such-and-such. With their noses buried in their hymn book, they aren't really singing. They're kind of mumbling. I want them to start doing what some evangelical churches do – they project the words on the wall and everybody has their face up and they're singing out! Also I've tried to persuade them to have songs with more repetition. This is the great thing about spirituals and gospel songs. More repetition."

Pete Seeger is ninety-four and still going strong. According to Wikipedia (my Bible), last September Pete Seeger performed at Farm Aid at the Saratoga Performing Arts Center in Saratoga Springs New York. Joined by Willie Nelson, Neil Young, John Mellencamp and Dave Matthews, he sang "This Land is Your Land."

Now about that screen...



Thank You!

It has taken me until now to sit down to write to you on behalf of myself and my family. I wanted to thank Reverend Melora for her wonderful presentation at Auntie Mira's Celebration of Life/Legacy on October 23. It was quite obvious to me that Reverend Melora spent a lot of hours doing research (and correcting some of my inaccuracies!!) to make this Service into a detailed history of Auntie Mira's legacy of life. I can't thank her enough for her efforts. I also wanted to thank the Oak Bay Group for their wonderful preparation of refreshments.

And to all the people that so kindly prepared name tags, setting up and general preparation...OUR THANKS... To be quite honest, I was overwhelmed with the dedication and sincerity of all involved. God bless each and everyone.

Don Oliphant (Mira Yarwood's nephew)

Are You New to Our Church? Welcome!

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

Orientation

Sunday, February 2, 12 noon – 1pm

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

Light refreshments and childminding will be provided.

Considering Membership

Sunday, February 23, 12 noon – 2pm

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 event 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 will be provided. Childminding can be provided upon request.

Both events will be held at church, in the Boardroom, in the farmhouse just north of the main sanctuary building. To sign up or if you have questions, please contact Reverend Melora at rev.melora@victoriaunitarian.ca or (250) 744-2601, voice mailbox #1 or Cell (250) 891-6330.

We are so glad you have found us and we are looking forward to getting to know you.

**Social Responsibility Committee Action of the Month:
Out of the Rain Youth Shelter and The Dandelion Society**

For the month of December we will be raising awareness, funds and supplies for the Out of the Rain Youth Shelter and the Dandelion Society. Both of these organizations work with people living on our streets.

OOTR Youth Shelter is a thirty bed shelter providing a warm evening meal, a warm safe place to sleep and support for Victoria's two hundred and fifty homeless youth ages fifteen to twenty-five.

The Dandelion Society is the outreach program run by Reverend Al Tysick. It fights physical poverty by coming alongside one person at a time. It does its work on the street, in hospitals, in jails and in all places that shelter those who are forgotten.

Items can be dropped off at the SRC shelf in the foyer or contact Lisa Greenly. Thank you for your support.

Items Needed

- new or gently used coats, sweaters and shoes
- adult bus tickets
- \$5 coffee cards
- wool work socks
- large knapsacks
- travel size toothpastes, soaps and shampoos
- toothbrushes
- Dark coloured mitts/gloves/toques
- new or gently used blankets and sleeping bags
- \$5 Value Village gift cards

We Can Help

Unitarians and Universalists from around the world are responding to the desperate situation in the Philippines left by Typhoon Haiyan. The number of dead continues to rise, thousands more are left searching for loved ones, and are without homes, water or food.

The Unitarian Universalist Association (UUA) and the Unitarian Universalist Service Committee (UUSC) have launched a joint appeal in response. UUSC will coordinate the relief efforts, ensuring that funds reach those who are most in need. UUs have close ties to the Philippines and to the twenty-nine churches of the UU Church of the Philippines. Queries have been made about our fellow UUs there, and word has been received that the island of Negros and Manila, the two locations of congregations and communities, were thankfully not significantly affected by Typhoon Haiyan.

Here in Canada, those who want to help are asked to make monetary donations. Ottawa will match each dollar donated by Canadians to registered Canadian charities for the Philippines Crisis Matching Fund until December 8. Here are some ways Canadians can contribute:

- Canadian Red Cross—<http://www.redcross.ca/>
- GlobalMedic—<http://www.globalmedic.ca/>
- World Vision Canada—<http://www.worldvision.ca/>
- Save the Children Canada—<http://www.savethechildren.ca/>

Canadians needing urgent consular help following Typhoon Haiyan can email sos@international.gc.ca or call [1.800.387.3124](tel:1-800-387-3124).

SRC COMMITTEE**ADRIAN FINE**

Healing Our World (HOW) Needs Your Ideas!

Our church's Healing Our World (HOW) projects have built an impressive record over the past seven years. This congregation has supported eighteen projects. These projects have educated, protected, fed, employed and nurtured needy children and adults. But a HOW project always begins the same way—with an idea from you. Please think of a way we can join together to make a difference in some corner of the world. An easy to fill in application form can be found on our website <http://victoriaunitarian.ca/program/social-responsibility-committee/how/> or contact the HOW committee at how@victoriaunitarian.ca

Deadline is February 2, 2014!

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

Treasures in our Library

From Dee Heston : A timely read, which I picked off the shelves recently, is *'Conundrum'* by Jan (formerly James) Morris.

James was a celebrated foreign correspondent for, among others, The Guardian and The Times, who travelled widely, was happily married and the father of four children. An early assignment included the 1953 Everest expedition; he described the camp on the slopes of Everest as 'like living in a bowl of broken ice-cubes in a sunny garden'. In the course of his work he met many interesting people, like Che Guevara, 'sharp as a cat in Cuba' and Guy Burgess in Russia, 'swollen with drink and self-reproach'. He knew living conditions in places like Iraq, Sinai, Suez, Venice, Africa . . .

With a lifelong conviction that he had been born into the wrong sex, he decided with the consent of his wife to undergo hormone treatments, and eventually in 1973 to body alteration. Not the least fascinating part of the story is how his family – wife and teenage, then adult, children reacted throughout the changes and the eventual outcome. The writing is evocative and inspiring; a book that's hard to put down.

**Telling Us What You Want**

It must have been the Timbits that drew folks to the Library and got them chatting about books. We heard about interests that ranged from research about shame to the history of a tree. It's amazing the breadth of interest our congregation has and we're excited to follow up on suggestions.

If anyone reading this has either *'I thought it was just me (but it isn't) : Telling the truth about perfectionism, inadequacy and power'* -or- *'The gifts of imperfection : let go of who you think you're supposed to be and embrace who you are'* by Brene Brown we'd very much appreciate a donation (and look forward to a 'Treasures' report when we have one). We'd also love to get a donated copy of *'A life story: Tree'* by David Suzuki.

We look forward to receiving the promised donation of *Aging as a spiritual practice : a contemplative guide to growing older and wiser* by Lewis Richmond. One unexpected suggestion is that we work to make electronic books available on our church website. If anyone else is interested and/or anyone knows how we might go about doing this, please email us at library@victoriaunitarian.ca.

Please contact us as well if you have any suggestions about what you would like to see in Our Library. Remember, we want to have the books you want to read – and promise not to glue them to the shelves.

Covenant of Good Relations**Question**

You are working with other church members on a special upcoming social event in the church. Two of the team end up engaging in personal attacks on each other and later each seeks to engage you in the controversy. How could the Covenant of Good Relations guide a resolution of this matter?

See Page 13 for the answer

Environmental Action Team

The EAT recommends you watch the video:

https://www.youtube.com/watch?v=SyAEucg6teg&feature=youtube_gdata_player

It is a bit long at fifty-one minutes but gives a good explanation of how global warming can cause an ice age in Europe and eastern North America.

ARE YOU INTERESTED IN BEING A LAY CHAPLAIN?

On behalf of our church, the Lay Chaplaincy Committee is recruiting two new Lay Chaplains to assume the role when the terms of two of the current Lay Chaplains (Joyce and Liz) end. The work of a Lay Chaplain is to co-create ceremonies, including child dedications, marriages, memorials and other rites of passage to mark life's significant events. We are seeking men and women who are: members of our congregation; have a solid working knowledge of Unitarianism; good judgment and communication skills, compassion and empathy and a willingness to participate in a training program prior to appointment, as well as ongoing training as a Lay Chaplain. Typically the term of a Lay Chaplain is for six years.



Prior to appointment as a Lay Chaplain there is typically a one-year period of mentorship and training. It is hoped that both Lay Chaplains in Training would begin service in February of 2015.

Weddings are the most common ceremonies conducted by Lay Chaplains and take place primarily on summer weekends. Availability during that time is important, but with three Lay Chaplains at FUCV to share the workload, it is possible to have some time away. Lay Chaplains receive a fee for their services, but the honorarium is not intended to be a primary source of income.

People who would like to be considered for the position must complete an Expression of Interest form, available in the Lay Chaplaincy box in the office. Please leave the completed form in a sealed envelope in the same box. Deadline for completion of the form is December 31, 2013. Interviews with interested candidates will take place in the new year.

If you are interested in knowing more about the role, please speak with one of our current Lay Chaplains: Fran Pardee, Joyce Murphy, or Liz Graham.

Christmas Day Dinner

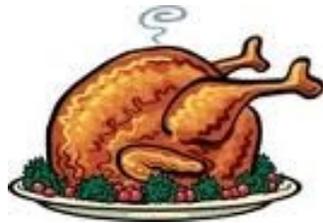
Join us December 25 at 1:00pm in the Lion Fall for our Annual Christmas Day Potluck!

There is no charge.

Turkey will be provided. You bring the rest, plus a small gift (\$5.00 or less) to go under the tree.

Beginning December 8 and continuing through December 15 and 22, sign up for this popular event in the Lion Hall during coffee. You will be asked what you'd like to bring, or if you'd like to help with set up or clean up.

For more details contact Gita at 778-426-2897 or gitanjolijohn@yahoo.com.



Christmas Raffle Baskets

It's time to collect goodies to fill our Christmas raffle baskets! This has been a great success in past years, thanks to your generosity in donating and buying tickets. Let's keep up the good work!

Proceeds will go to the Church.

Suggested items: Candles, coffee mugs; homemade pot holders, tea towels; homemade jams, cookies, jellies, wines, pickles, candies; serviettes, nuts, videos - let your imagination be your guide!

Tickets will be on sale beginning the last Sunday in November, in the Lion Hall.

Draw December 22.



Community Dinner

'Breakfast for Dinner'

pancakes, several types of eggs, and sausages

Friday – December 13 at 6:00pm



Five Frequently Asked Questions about Community Dinner

Who is invited? Everyone is welcome!! Please join us!!

Should I bring food? The main part of Community Dinner is whipped up in the kitchen by our amazing crew but a fully-rounded dinner depends on those attending to bring the salads, desserts and drinks. Those items are so popular we seem to often run out so please bring along your favourites to share! This month fruit salad would suit better than leafy salad.

I have dietary restrictions so what can I expect? The Community Dinner crew will always offer a vegetarian choice but since there are a wide variety of dietary restrictions we depend on you to take care of your needs.

How much does dinner cost? Dinner is by donation.

What else do I need to know?

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

Christmas Wreath-Making Morning to Decorate the Sanctuary

On Thursday December 5 we will be decorating large Christmas wreaths for the Sanctuary. Join us for what has become a joyous tradition. There will be tea, coffee and homemade muffins to sustain us while we work. We will start at 9am and by noon we will have glorious wreaths decorating the Sanctuary for the Christmas season. There will be wreath frames available, greenery and decorations and lots of help. Bring pruning shears if you have them and, if you wish, gloves. Donations of holly, cedar, fir etc. would be wildly appreciated! Contact me, Betty, at 250-382-4656 to let me know if you will be there.



GUENTHER, Suellen

Planned Giving : Suellen Guenther

Some of my best friends are in this church and I consider the church part of my family. My sons are remembered in my will, of course, and so is the church. If I leave behind any worldly wealth, I want it to benefit my family. In addition, just as my estate will settle any outstanding financial obligations, I have specifically directed that any unpaid pledges or other financial promises to the church be paid as well. I particularly dislike being in debt, so I want to ensure I owe no money anywhere when I leave this life.



Phil's Farewell!

Mark your calendars and plan to attend 'Black & White with a Splash of Colour' on December 6 at 7:00pm in the Church Sanctuary. This concert will be Phil's Farewell to First Unitarian as he prepares to move to Ontario with his new wife. In honour of the occasion, Phil has chosen some favourites from his years with the choir. You can look forward to a nostalgic musical journey and a few surprises!

As always, there will be performances by the Youth and Children's Choirs. You will also enjoy some special offerings from the Men's and Women's Choir. Add to that an uplifting performance by the Jammers, a solo or two, the PickUpSticks and this promises to be the best concert yet.

Our traditional reception afterwards will feature an array of holiday sweets and savouries. Admission is by donation of money or food bank items. Bring your family and friends to the party! Listen to the choirs, join in the sing-a-long and give Phil an enthusiastic sendoff!

Black & White
with a splash of colour

FRIDAY
DECEMBER 6

7:00PM

ADMISSION BY
DONATION

\$\$\$ OR
FOOD BANK

FIRST UNITARIAN
CHURCH OF
VICTORIA

5575 WEST
SAANICH ROAD

RECEPTION
TO FOLLOW

SING
ALONG

PHIL'S FAREWELL CONCERT

Men's Choir	PickUpSticks	Women's Choir	Jammers	Chalice Choir	Children's Choir	Youth Choir	Guests	Sing-a-long
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GMO Foods Labelling

Currently with one million ballots out of about 1.3 million total votes cast, Washington's Measure 522, which would have required prominent labels for foods containing genetically engineered ingredients, is losing by nearly fifty-thousand votes. As in California last year, GM supporters outspent those who wanted labels by about three to one.

As in California last year, Monsanto, grocery organizations and other food businesses bought the result they wanted. Initially supporters gathered enough signatures to get the bills on the ballot and the labeling bills started out with big leads in polls. The story seems to be that money and fear-inducing ads about food costs changed the outcome.

In twenty-three other states GM labeling laws are being considered. Industry money has twice until now beat back labeling votes, but the next labeling votes will happen in statehouses rather than at the ballot boxes. There is no doubt that the industrial food industry will try to persuade legislators as it did citizens, using money to induce fear.

Whether a ballot initiative to label GM foods would succeed in British Columbia is unclear. Differences in the handling of the referendum, allowed spending and in the knowledge of citizens might make for a different outcome. Labeling of GM foods in just one jurisdiction would have profound effects.

BC's Agricultural Land Reserve

But now in British Columbia, we have the looming threat to the Agricultural Land Reserve. A leaked cabinet document from Agriculture Minister Pat Pimm to "modernize" the Agricultural Land Commission, the Crown Agency that manages the land reserve, was received by the Globe and Mail. The proposal would see the Agricultural Land Commission cease to be an independent agency and come under the authority of the Agriculture Ministry.

Although these changes have recently been downplayed as representing an earlier proposal that has since been rejected, it is a concern that the Agricultural Land Reserve is under attack and other proposals are in the works in favour of development.

As Ronald Wright, author of *A Short History of Progress*, has stated, if you wish to avoid the collapse of civilization, it is important to respect this rule: "Don't build on your agricultural land. Don't build on your agricultural land. Don't build on your agricultural land."

You can write to the following:

Pat.Pimm.MLA@leg.bc.ca; premier@gov.bc.ca; Nicholas.Simmons.MLA@leg.bc.ca; and your MLA.

You can find good info here: <http://fooddemocracy.org/what-we-do/protecting-the-agriculture-land-reserve/> and also with this "action alert" link: <http://fooddemocracy.org/wp-content/uploads/2013/10/BCFSN-action-alert-on-ALR-and-Core-Review-for-local-government.pdf>

Christmas Bake Sale

Our popular Bake Sale will be held in the Sanctuary after the Service on December 8!

Please bring your donations to the Sanctuary kitchen that morning. Questions to Suzanne Beauchamp, suz46b@yahoo.com or [778-433-2829](tel:778-433-2829).



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: Valerie Roberts reports that thirteen members of their group had a lovely potluck at Lorna and Earl Anthony's on October 27. They invited their Care & Concern Liaison, Ross Beauchamp, and discussed each person identifying a first contact for the church to notify, if necessary, in the event of a personal emergency. The group is working with Royal Oak West on the Souper Lunch for November 17 and then looking ahead to a casual afternoon tea in December.

Esquimalt: This group will be meeting in early December in the Cedar Shores Common Room for their Christmas gathering.

Fairfield: Nanw Cariad writes, "Fairfield Neighbourhood group met at Lynn Beak's house on November 3 for a finger food potluck and we discussed the influence of children's books on us as children. I think we were thirteen in number. A woman new to our neighbourhood joined us. Our next meeting is at Diana and Forrest's on December 15 from 3pm to 5pm for finger foods."

Far Out: Barbara Nyland writes, "Fourteen Far Outs met at the home of Phyllis Aherne for two very Happy Hours. We welcomed some new people and, again, each of us gave a brief description of our pasts and connection with the Church. Our group will provide after-service goodies for the month of December."

Grand Central: Paula Steele is the new interim convenor for this group while Linda Nicholson-Brown is working out of town for a few months, and Kathy Gallegos has stepped in to be their new Care and Concern representative. Paula has invited the group to her home on November 16 for a late afternoon event featuring treats, crafts in support of the Child Haven fundraiser, board games, and conversation. Paula designed a very creative invitation to publicize this gathering.

Gordon Head: Mary Cramer reports, "We will be meeting for the first time in several months on Saturday, November 16 for a potluck. It seems many of us have been away and/or are recovering from a variety of ills over the last few months, so it will be good to get together again!"

James Bay: According to Pat Kinrade, "The James Bay NG enjoyed an evening meal potluck at the home of Lynn Hunter and Don Armstrong on Monday October 21. Ten of us sat down to a gracious table and we were glad to welcome two new Church Friends: Trish and Becky. We look forward to enjoying our next gathering on Friday 13 December at the home of Roberta and Katherine (for lunch). The group will receive a pep talk about preparing goodies for January Coffee Time."

Nearby: Nancy Dobbs sends this message, "The Nearby Neighborhood Group is having an informal potluck gathering on Saturday evening, November 23 at the home of Laura Doyle and Nellie Van Leeuwen. Guests are asked to arrive between 5:30 and 6pm." This will be the first gathering of their newly configured NG.

Continued on next page

AROUND THE NEIGHBOURHOOD (cont'd.)

Oak Bay: On her way out the door for an extended time away, Karla Thomson writes, "We met on October 26 at Joyce Murphy's home. As our numbers keep climbing, we had quite a large group. Of course this means more delicious dishes to choose from and even more laughs and a party atmosphere. We made a few changes in how we will organise ourselves for the popular potlucks in the future. One of these is that we bring our own dishes just like folks do for Spaghetti night or Potato night at church. Also we are going to wear our nametags so we can learn each other's name more quickly. We are lucky to have several new members. We have set a few dates for future potlucks and the next one will be in December at Jennifer and Lance Young's. Also, it was a treat to have Jean Evans still with us."

Royal Oak East: Hanny Pannekoek writes, "The Royal Oak East Neighbourhood Group will be gathering for our fourth and last potluck of this year on November 26. Elaine and Allan Dakin have generously offered their home. At our last potluck we decided to renew our buddy system. Our care and concern contacts, Elaine and Mary Ellen, put all the names of the women in a hat and randomly paired them up. They divided the men in two groups with the idea that this may be more suitable for them than in pairs. We will try this for the next six months." It's wonderful to see the many ways NGs are working to help members of their groups get to know each other better."

Royal Oak West: Convenor Fran Hancock has been busy organizing the Souper Lunch on Nov. 17, with the help of Cadboro Bay. Ten delicious kinds of soup, as well as buns and treats are on the menu. After all that cooking, Royal Oak West is now looking forward to a potluck at the home of Leslie Duthie and Kent Haden in January

Western: Elaine Hanson reports that eight people gathered at John and Susan's on October 19 and they are now looking forward to meeting at Mac Elrod's on November 23. Western were also the busy bakers for November who kept us plied with delicious treats. Sadly, Elaine finds she must resign from the group as back-up convenor, as her hearing makes it difficult for her to participate in conversations where several people are talking at once. You will be missed, Elaine!

Covenant of Good Relations

Answer
(to the Question on Page 7)

The Covenant of Good Relations suggests that anyone in a conflict seek to settle the issue with the other person on a one-on-one basis, or if this proves unsatisfactory, they may consult a Minister or member of the conflict Resolution Team.



Do you have a friend in need ... of a ceremony?

A wedding, child dedication or memorial?

Tell them about FUCV's

Lay Chaplains

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An important part of our ministry is providing memorial services for our church community and their families. Often we are celebrating the life of someone well known and recently active in our church. On such occasions we can count on considerable help and good attendance.

But there are also times when we celebrate the life of someone who hasn't been active or present for many years—perhaps someone remembered by only a few of us. Often ill health or disability have kept them away. Sometimes they were active Unitarians in other congregations, and moved late in their lives to be close to family in Victoria.

Usually the Neighborhood Group of the deceased person takes the lead in organizing support for the service and facilitating the reception. Our church's Memorial Team is a group of volunteers who assist when a Neighborhood Group needs help with the variety of tasks required—setup, ushering, greeting, serving and clean up. When you help in organizing or in carrying out a memorial service, or when you bring finger food for the reception, you are helping in this ministry.

The church often receives grateful feedback from families who have felt touched by the moving memorials and receptions provided to support them and honour their loved one. (See page 4 in this newsletter). If you feel moved to join our team, please contact Nancy Dobbs nandobbs@shaw.ca.

Camino Book for Children

The first ever Camino book written for children has just been released. The children's book, **Bedbug's Big Adventure** will be offered for sale at the re-gifting sale on Sunday November 17, December 8 and December 15. \$5 from each sale will go to the church. The author, church member Ruth Welburn, will be on hand to autograph them.

For further information about the book, checkout the website:www.bedbugsbigadventure.com and Ruth's blog site: blog.ruthwelburncamino.com

Back in May, Ruth gave a lay church service about her travels in Spain in 2012 when she walked the pilgrimage de Camino. The service was called A Pilgrim's Quest. At that time, she was asked to also give the children's story. She agreed and went looking for a children's book about the Camino but couldn't find one. So she wrote the story that was presented to the children that Sunday.

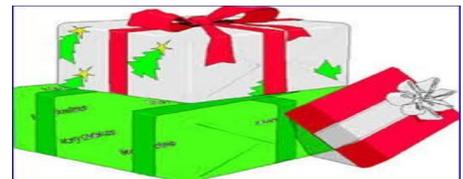
The story has since been published in a children's book that was released this week. It is the only book about the Camino that has ever been written for children.

ReGifting Sale

December 8 and 15

In the Lion Hall before and after the service

Nellie needs more donations of new (or nearly new) and old and interesting things to sell. Items such as jewellery, pottery, textiles, scarves, tools, crafts, toys and games all make good gifts--and all the money raised goes to the church.



Birthdays in December

- 1 Mike Greenly
- 2 Dean Henderson
- 3 Irene Guilbault
- 4 Daphne Horne, Victoria Barr
- 5 Dawn Fizzard
- 6 Michael Eckford, Edie Taylor
- 7 John Dalgety, Slaine Sutherland, Liz Graham
- 8 Diana Smith
- 9 Ron Neilson, Laura Doyle, Forrest Brown
Kilgour, Johanna Billung-Meyer
- 10 Nancy Dobbs, Kathryn Harwood, Finlay
(Finn) Taylor
- 11 Lesley Duthie
- 12 Dorothy Jones, Ellen Gabelmann
- 13 Nadia Cantera
- 15 Rowena Locklin
- 17 Penny Boyce
- 18 Jim Jordan
- 20 Rosemary Harrison
- 21 Gloria Hopewell
- 21 Lisa Hitch, Paula Steele
- 22 Archie McGugan, Edo Nyland, Hugo Sut-
moller
- 23 Ruth Wellburn
- 25 Katherine Dillistone
- 27 Christina Harris
- 28 Aaron Brimacombe
- 30 Deanna Hutchings



New Friends, Members

New friends

Bruce and Mary-Ellen Nicol

New members

Robin Charles Gee (Charles)
Susan Bowers



Contact Changes

New Addresses

Vera Tudor
5932 West Saanich Road
same phone number.

Val Roberts and John Tibbles
2566 Penrhyn Street, Victoria.

New Phone Number

Braden Young 250-893-4880
Peter Scales 250-889-7266

New Email

Adrian Fine
adrianfine@yahoo.ca

Irene Guibault
ireneguilault@yahoo.ca



Board Members on Duty



December 1	Laura Doyle
December 8	Mike Graham
December 15	TBA
December 22	John Hopewell
December 29	Lynn Hunter

The Principle of Equality

My name is Mohammad Banaee, and I am in process of becoming a member of our church. I was born in Iran and educated in U.S and Canada. In my younger years, I served the army of his Imperial Majesty, Shah of Iran. After the revolution of 1979, me and my family immigrated to Canada and have been in Victoria for the last 32 years. I am now a Canadian Citizen. During these years subject of 'equality' has been an issue and in some cases a serious problem for me.

In Orientation classes these last weeks, the subject of 'equality' has been mentioned in several writings and also in the principles of our Church. At the same time, Remembrance Day was coming up, and November Newsletter mentioned Remembrance Day Ceremony would be held for Canadian Veterans. As I mentioned earlier, my service was in the army of Iranian forces. I decided to try to participate as a Vet in the ceremony.

Yesterday, Nov. 11th, was my best day in Canada. In one week, I managed to get accepted in the group of veterans at the church and participated in the ceremonies. The principle of 'Equality' touched me deeply.

Today, Nov. 12th, I woke up at 3 am and I could not go back to sleep. I feel good and proud of becoming part of this organization. I have a much stronger faith in the principles and, yes, now I feel I am a Unitarian Universalist.

I would like to thank all the members and staff of the Church who helped me in such a short period of time to get noticed and treated me with respect. After 3 years, finally I have found my place to feel good on Sundays.

With Respect,
Mohammad Banaee

OUR VETERANS (Photo taken at our Remembrance Day Service)



Mike Greenly, Master Seaman Joel Tilson, Allen Milne, Pat Conroy, Oz Tilson, Peter Scales, Mohammad Banaee

First Unitarian Church of Victoria

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Reverend Jane Bramadat
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In Remembrance

Former church member, Kealey Pringle, is grieving the loss of her parents, both of whom were very involved in a Unitarian Fellowship in the Okanagan for 30 years. Colleen Pringle passed away October 3 and Rod Pringle passed away on January 3. They believed and lived the Unitarian Principles, such as the inherent worth and dignity of every person and the interconnectedness of all life.

Condolences can be sent to kealey.pringle@gmail.com

Edo Nyland of our Congregation has many fond memories of Rod and Colleen, dating from 1953 when he and Rod became classmates in Forestry at UBC.



Events Calendar

Date	Time	Event	Location
12/1	1 to 2 pm 10am to noon 10am to noon 10:30 to 11:30am 10:30 to 11:30am noon to 1:30pm	Holiday Kick-off Lunch OWL Parent Orientation OWL Leaders Sunday Service New Members' Ceremony After Service Conversations	Sanctuary Board Room Chaplains' Room Sanctuary Sanctuary Sanctuary and other rooms
12/2	—		
12/3	9:00am to 12:30pm	Learning Circle	Library
12/4	—		
12/5	9am to noon 6:00 to 10:00pm	Wreath Making Music Program	Sanctuary Sanctuary & Boardroom
12/6	7:15 to 9:30pm 7 to 9pm	Mindful Yarning Christmas concert	Offsite location Sanctuary & Lion Hall
12/7	12:45 to 2:30pm	Meditation	Sunflower Room
12/8	10:30 to 11:30am 11:30am to 1pm noon to 1:30pm noon to 1:30pm 11:30 to 1pm	Sunday Service Bake Sale Diversity Group Environment meeting Re-Gifting Sale	Sanctuary Sanctuary Chaplains Room Library Lion Hall
12/9	—		
12/10	9am to 12:30pm 3 to 5pm	Learning Circle Social Responsibility Committee	Library Board Room
12/11	noon to 2pm 6 to 8pm	Care & Concern Oak Bay Potluck	Board Room Offsite location
12/12	6-10pm	Music Program	Sanctuary, Boardroom
12/13	6:00 to 10:00pm	Community Dinner	Sanctuary
12/14	9am to 5pm 12:45 to 2:30pm	Pageant rehearsal Meditation	Sanctuary Sunflower Room
12/15	9am to 1pm 10:30 to 11:30am	Re- Gifting Sale Mid-Winter Pageant	Lion Hall Sanctuary
12/16	—		
12/17	Newsletter deadline today (for January edition) 12:30 to 2pm 2:30 to 4pm	Committee of Ministry Worship Committee	Board Room Board Room
12/18	10:00 to 11:30am	Library Team meeting	Library
12/19	11:30 to 2:00pm 6 to 10pm	Board Meeting Music Program (tentative)	Board Room Sanctuary
12/20	7 to 8pm 7:15 to 9:30pm	Solstice Service Mindful Yarning	Sanctuary Offsite location
12/21	12:45 to 2:30pm	Meditation	Sunflower Room
12/22	10am noon 10:30-11:30am	Youth Worship (tentative) Sunday Service	Lion Hall Sanctuary
12/23	—		
12/24	5-6pm	Christmas Eve Service	Sanctuary
12/25	Christmas Day 11am-2pm	Christmas potluck lunch	Lion Hall
12/26	Boxing Day		
12/27-28	—		
12/29	10:30 to 11:30am	Sunday Service	Sanctuary
12/30-31	—		

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THE VICTORIA UNITARIAN

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Copy should be sent to newsletter@victoriaunitarian.ca.

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

Information for the Events Calendar should 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).

Kōsen Eshū Martin, Osho Abbot of Zenwest Buddhist Society

“Eshū is a fully ordained temple priest (Osho) and authorized Zen teacher (Zenji) in the Hakuin lineage of Rinzai Zen Buddhism. He began practising Zen in 1994, was ordained as a novice in 1999, and was affirmed as a teacher in September of 2013.

Locally, Eshū is the Abbot and teacher of the Zenwest Sangha, which is a thriving community of Zen practitioners on Vancouver Island. Offering practice opportunities in Victoria and Sooke for all levels of interest from absolute beginner, to those who wish to investigate the path of ordinations themselves. Zenwest also sponsors the Buddhist Chaplaincy at the University of Victoria, a post currently held by Reverend Soshin McMurchy. Zenwest is in the process of developing a residential monastic training program, slated to begin in early 2014.

Eshū Osho’s background in theatre arts, performance, and technology, combined with his Zen training have led the development of a robust program of resources being made available to people all over the world via the internet. Through the website zenwest.ca web-based instruction, podcasts, and video teachings; as well as live online support via Skype, are helping to make Zen practice and Buddhism more accessible to people globally, regardless of how remote a person might be.”

Liz Graham