



The Victoria Unitarian

Services in February

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

February 2 **The Complexities of Family** Reverend Shana Lynngood

We are all born into families not of our choosing. Sometimes family life is delightful and sustaining, and at other times vexing and confusing. For some, being a part of their family of origin was or is painful or haunting. How do we navigate or make peace with the complicated legacy of our family past? How do we create and maintain family ties that are meaningful and loving?

February 9 **Beginnings and Endings** Chris Cook

Your congregation's lay chaplains work with members of the general population to help them mark the major turning points in their lives -- their beginnings and endings. Today we also celebrate the beginning of a lay chaplaincy term for Kjerstin Mackie and recognize the ending of Fran Pardee's six year term.

February 16 **Welcoming Diversity: Blunders and Grace** † Reverend Melora Lynngood

As Unitarian Universalists, we welcome people of all kinds, for we know that our community is enriched by human difference. However, despite our best intentions, we sometimes repel the very diversity we seek, making blunders grounded in our own limited cultural perspective (see January 12 sermon). How can we expand our inter-cultural awareness and improve our skills for extending the warm welcome we wish to extend? This is Part III of a three-part series on "Living with Compassion across Diversity."

Everyone is invited to **stay for after-service conversations**, a chance to share personal reflections on the service topic in small groups. 12:00-1:00pm

February 23 **Spiritual Humanism** Reverend Shana Lynngood

A year ago I preached a sermon entitled Spirituality for Atheists. This sermon could be seen as a companion piece or a follow up. What is humanism? What did it mean to our Unitarian forebears? Is humanism spiritual?

† This sermon is a part of our preaching theme of the year: "Living With Compassion"

♪ denotes Chalice Choir

♪ denotes Womens Choir

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The **deadline** for submissions to the **March** newsletter is **February 11**.

SELEBRATING HOME

FAYE MOGENSEN

One of the aims of the SEL-CY program and the church as a whole is to create a sense of home here. “Creating Home” is also the name of the curriculum used with the children ages four to six years. As the group explores animal and family homes, they are creating a community home in their meeting space and learning about our faith home. They consider the joys, protections and responsibilities involved in being part of a home, and in particular the joys of our church home, including the beauty of hospitality, the gift of loving relationships and the chance to develop a sense of sacredness.

Each of the other groups, in their own way, is “creating home” in similar ways. This year, the Youth (grades eight to ten), are deciding a group focus for themselves. We encourage them to keep in mind the “Six Pillars” of UU youth ministry: building community, worship, learning, leadership, social action and congregational involvement. Thus far, the first and last of these has been their main focus - leaders will vouch that it’s lots of fun to participate in their community building process!

Amongst much else, our Youth (grades ten to twelve) are using a curriculum entitled “A Place of Wholeness”. An overarching theme of the curriculum is to help youth feel “at home” as Unitarian Universalists by providing tools for understanding, practising and describing our faith.

We are currently offering the eight- week grades five to seven OWL (Our Whole Lives) sexuality education. Naturally, it has the children learning about our bodies as our most personal homes. As well, it has an outward focus: with role playing and discussions about relationships, communication and decision making.

In the coming month, the Intermediate Group (grades two to four) will continue to consider food, in particular those foods that are healthiest for our bodies and/or have minimal impact on our larger home. They will also begin an exploration of the plants and animals that make their home on our property, posing a question that affects any community and home: “are some of the members ‘bullying’ the others, and what can we do to help those who are weakest?”

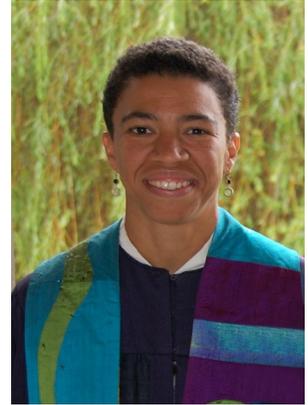
Last but not least, those who are participating in the Buddy Program are helping our church feel more like a home by expanding their circle of friends within the church.

It’s inspirational to develop and oversee the wide range of explorations of home and community – I’m learning all the time! Leaders say they are as well – and we think it’s true for the children and youth too. ☺

*Warmly,
Faye*

Taking Next Steps

At this moment in the life of FUCV we are wrestling with several issues that every congregation I have ever known has had to navigate (again and again and again). The first issue is what I would describe as the decision-making conundrum. When it comes to making decisions about anything, we try to be as democratic and inclusive as possible. At the same time, we recognize that it is unlikely that we will reach unanimity on any issue and that not everyone wants to be involved in every decision. In short, in order to get things done and keep moving forward, not all decisions can be whole congregation decisions. The challenge is always to discern which is which—when to ask the entire congregation to vote on something, and when to have a smaller group decide. The pace of change in congregations is slow, so we find ways to move forward on some things while awaiting choices from the whole in other areas.



The second issue congregations return to over and over is what I would call the broad-based leadership conundrum. We long to have more people involved in the various ministries of the church. Too often the same people serve in leadership roles on committees and the Board. The same set of members cycle through various commitments, and new leaders are hard to find. Usually, this is because we approach this dilemma the wrong way. We try to fill positions. We define a role and then ask someone to fill it. At FUCV, we are going to be taking a new approach from now on. Starting this spring we'll be asking members and friends to consider what matters most to them in the life of the church. What engages your heart and stirs your interest? Whatever that something is, that is the place where you should plug in to the church. How deeply you are involved and in what areas will change over time, and it should. What matters most is that you are engaged in some way, at some level in a way that feels meaningful to you.

I feel very excited about where we are as a community. We just completed a very successful canvass (Thank you!!) which will allow us to try some new initiatives. We have been fortunate enough to have many new members and friends join over the past year. Most Sunday mornings the church is packed. The question is how will we move forward? How will we respond to all this “success”?

Looking forward to the unfolding possibilities,
Reverend Shana

Sharing the Plate with Our Neighbour

Since 2009, the rooms beyond Lion Hall have resounded daily with the boisterous enthusiasm of children at creative learning and play. Ask Sandy Einarson, the Principal of Island Montessori House School (IMHS), what makes a child thrive and she will unhesitatingly reply that “each child needs a creative, supportive, individualized learning environment so that she/he can flourish according to their unique needs”. That is what IMHS insists on providing to all the children who find their niche within our walls.

IMHS receives these children, who are equally valued, on a first-come, first served basis. The children themselves are involved in how their activities are structured and are able to work at their own pace. The goal is to develop a lifetime love of learning through self-discovery within a nurturing setting.

Grants and fund-raisers assist the forty percent of families who require supplemental funding but do not cover all the costs. The school is working on establishing an “Access Fund” that would allow the school to continue providing its services to families that have few or no options other than IMHS for their children with special needs and those living in poverty.

The Social Responsibility Committee has designated IMHS as its organization to receive the “Share the Plate” donations in February. We hope that you will support the fine work of our cherished neighbor. **Learn more about the school at the service on February 2.**

Sonya Ignatieff

Circles of Connection

One-time small group gatherings, facilitated by Rev. Melora, in which participants share their experiences, struggles, and strategies around a common issue.

February 6, Thursday, 10:30-11:30am: Caregivers

Whether you care for your adult child, your aging parent, your partner, or someone else, you are invited to share with others who also know the difficulties as well as the moments of grace one can experience when being in the role of caregiver.

March 4, Tuesday, 6:30- 8:00pm: Living Alone

If you live alone, whether by circumstance or choice, you are invited to share with others young and old, the joys as well as any difficulties you may experience in independent living. This may also serve as a way to network with others. Joint outings or support systems may emerge.

Sign up for any of the above Circles of Connection by contacting Rev. Melora rev.melora@gmail.com 250-891-6330. If you are interested in a particular topic, but cannot make the date it is offered, let me know. If we get a critical mass, I can run a second session at a different time.

After-Service Conversation Circles

A chance to share with one another your reflections on the topic of the service in a facilitated small group.

Sunday, 12noon to 1pm, on the following dates:

February 16 Living with Compassion across Diversity, part III: Race and Culture

March 23 Living with Compassion in Society at large: Strengthening the Commonwealth

April 6 Living with Compassion for the Earth

May 4 Living with Compassion: The Practice of Loving Kindness

Pre-Service Choral Preludes

On Sunday mornings, after the Lion Bell is rung at 10:25, five minutes prior to the service, you are invited to join your fellow congregants in the sanctuary for a time of quiet centering, supported by the music of our Chalice Choir. Meditate, pray, or simply listen and BE...

February 9

February 23

Chalice Choir Sundays (twice/month through June), marked with a music note in the newsletter

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 or your Neighbourhood Group Care & Concern person

Needed: Regime Change

For several decades now, small “c” conservative governments, headed by both Liberal and Conservative parties, have taken Canada down a path that does not conform with the values of the majority of Canadians. Wealth, and with it power, have become concentrated in the hands of a few; corporate interests and profits have taken precedence over the interests of citizens.

The result has been a growing disparity in wealth, with its attendant problems (see JUSTnews Discussion Paper No. 22 on the SRC Shelf). Poverty and homelessness have increased, the social safety net is being shredded, our peace keeping reputation is in tatters, environmental protection is being abandoned, scientists have been muzzled, and now irreplaceable scientific data are being destroyed (CBC Fifth Estate “Silence of the Labs”). The current government does not share our Unitarian fourth principle.

With federal governments like these, letters and protests urging progressive legislation have limited effect. Letters are still worth writing because they keep issues before the public and are welcomed by remaining progressive politicians—and there are some. Nevertheless, while we may win the occasional skirmish, we are losing the war.

What we need is a regime change and reassertion of values held by the majority of Canadians. How can we bring that about? First by raising awareness: your SRC has devised a trial questionnaire available on the SRC shelf that might help draw attention to our crumbling democracy.

But what we really need is for more people to vote for other than small “c” conservative parties. We have two parties that have never been in power federally and could be more progressive, although there’s no guarantee. But at least both these parties have promised to institute proportional representation in our voting system; that would be an excellent start.

Regime Change at the SRC

Last September Philip asked if anyone was prepared to take over the chair of the SRC in June 2014. Lisa Greenly volunteered, and in view of Philip’s recent accident agreed to become the chairperson as of January 2014. Thank you Lisa!

First Unitarian Church of Victoria Foundation**Call for Grant Proposals**

The First Unitarian Church of Victoria Foundation was established to promote the principles and values of our Church. Currently the Foundation has contributions invested with the Victoria Foundation totaling approximately \$63,000. Income from approximately \$34,000 of these funds is dedicated to supporting First Nations post-secondary education through the Church. Income from the approximately \$28,000, is directed by request of the donor to support the music programme and/or social responsibility programmes of the Church.

In 2013 the Foundation funded two \$500 bursaries for First Nations students attending Camosun College and granted \$850 to the Church audio-visual fund to upgrade the sanctuary sound system.

This year we anticipate around \$1200 will be available to fund two ongoing First Nations bursaries at Camosun College from the First Nations Fund.

The Foundation is currently seeking proposals from Church groups who need a grant of up to \$1,000 to fund church music or social action programmes. Applications must be for enhanced activities not normally supported by the Church budget and must cover costs not yet incurred.

An application form is available at the Church office or from the church website under FUCV Foundation.

The deadline for submission is March 31, 2014 and funding will be approved in June at the Foundation’s annual meeting.

Heeding Our Call: What Calls to You? What Matters? What Action Will You Take?

This spiritual community is alive with the vibrancy and energy of the cumulative contribution of so many individuals who give freely and work with each other. Your nominating committee holds the intention to unleash this spirit, the leader in every chair, yes we mean you! It is through our connections, participation and involvement that we ‘walk the talk’, live into our mission and reach our highest purpose—individually and collectively.

It follows then that this spiritual community needs you...your unique talent, skill and perspective. If this has been your spiritual home for a month, a year, or a lifetime, regardless, we invite you to step in, step out, and step up. What is your passion? Calling? Skill? Gift? Idea? Desire for FUCV? How might you expand and enhance your spiritual community though engaging in some way?

Our Mission

*Strengthened in spiritual growth,
supported in community,
energized by diversity,
we strive to transform ourselves and our world
through compassionate action*

“I believe that the capacity that any organization needs is for leadership to appear anywhere it is needed, when it is needed.”*

Together we need all our gifts and capacities: to evolve, to lead, to create synergy, to share experience, to lead a team, a committee, to create a network, to manage a project, brainstorm, change processes, foster strategic visions.

What role might you take on? Committee member? Board member? Facilitator of a small group? Think about it, and as the opportunities arise in the next few months, step in, step up.

We’re experimenting this year, with an expanded role of the nominating committee to focus on developing leaders, fostering fresh thinking/ideas and supporting them to get into action. Talk with one of us, and watch for invitations and opportunities to engage in the next few weeks and months.

The Innovation Team: Reverend Shana Lynngood, Leslie Gillett, Diana Smith, Forrest Smith, John Waters, Jane Wilson.

*Margaret Wheatley. For further exploration of Margaret Wheatley’s work, esp. *Finding Our Way: Leadership for Uncertain Times* at: <http://margaretwheatley.com/findingourway.html>—<http://www.scottlondon.com/interviews/wheatley.html>



This Is My Sanctuary

This is my sanctuary on Sundays.
This is where hope waits around every corner.
This is where I am always greeted with open arms.
This is where my body language speaks volumes.
This is where I am allowed to feel hurt, worried and stressed;
And this is where I can get away from the hurt, worry and stress.
This is my sanctuary.

Mohammad Banaee

Victoria GE Foods and Human Health Tour Event

Thanks to everyone who helped with and/or attended the EAT-sponsored Tour event at UVic in November. We had two hundred to two hundred and fifty people in attendance. A special 'Thanks' to members of EAT and to the GEfreebc support group in Victoria for pulling off this successful event.

The presentation by Dr. Thierry Vrain, a retired federal government scientist and genetic engineer, was informative and entertaining. Though we are accustomed to negative aspects and problems with many new and evolving technologies, GMOs have been very controversial.

Dr. Vrain spoke about some of the recent problems observed with GMO technology, based on scientific studies mainly undertaken in Europe: i) yields no better than conventional crops, ii) increased pesticide use, iii) effects on the environment, iv) effects on human health, and v) contamination of nearby conventional and organic crops (e.g. canola, flax, wheat, and maize). The panel discussion following his presentation with Nicholas Simons (NDP Agriculture critic), Carolyn Herriot and Gurdeep Stevens was most informative.

Dr. Shiv Chopra joined the tour with Dr. Vrain throughout the rest of BC and Alberta during November/December. Dr. Chopra was the scientist from Health Canada (HC), who acted as a whistle-blower and was able to block rBST, a synthetic growth hormone used to increase milk production in dairy farming, from being introduced in Canada.

After the event, I was able to obtain a copy of Dr. Chopra's book, "Corrupt to the Core: Memoirs of a Health Canada Whistleblower", in which he details his career and the pressures he faced from industry. In this book, he introduces his Five Pillars of Food Safety - not allowing five substances to enter food production: hormones, antibiotics, GMOs, rendered dead animal wastes and pesticides/herbicides. I plan to donate this book to the FUCV library so that others in the congregation can read it. For more information see:

www.gefreebc.wordpress.com/gefoodtour

Food for the Future, a Family Day Rally, is Monday, February 10 at noon in front of the BC Legislature. This demonstration is to support the Agriculture Land Reserve (ALR) and the Agriculture Land Commission (ALC). For more information see: www.FarmlandProtection.ca

SELA

Becoming Intimate with the Earth - *with author Pauline Le Bel.*

This is a workshop co-sponsored by FUCV's Spiritual Exploration and Learning for Adults (SELA) team and Programs in Earth Literacies.

Time: Saturday, April 5, 9:30am-3:30pm

Location: Lion Hall

We have a new sacred narrative for the world – a scientific cosmology that redefines the role of humans and offers hope in these challenging times. Pauline Le Bel, in her book, **Becoming Intimate with the Earth**, offers powerful ways to live inside that story. With wisdom, wit, and poetry, she will guide workshop participants through the Ways of Intimacy described in her book: Wonder, Emptiness, Imagining, Transformation, and Community. There will be many opportunities for group interaction as we look at the stories that have led to our isolation and separation from the natural world, and unwrap the new stories—scientific, cultural, economic, environmental—that demonstrate how intimately we are connected to everything in the universe. The workshop includes storytelling, Intimacy Practices, and one or two of Pauline's Earth-honouring songs.

Cost: \$60.00. Please bring your lunch. Refreshments are included.

Contact information: 250-220-4601; earthliteracies@gmail.com; www.earthliteracies.org

Terry Czyz is being honoured as Chalice Lighter for the month of February, for his many contributions to the life of our church as well as for other initiatives outside it. He became a member of our church in 2004 and describes himself as a “recovering Catholic”. Initially, he was drawn to us by our sign on West Saanich Road and when he entered he was immediately made to feel welcome. Hanny Pannekoek gave him his first hug and both agree that they have since become good friends! Terry stayed because he appreciates our sense of community, including Community Dinners, Soupers and coffee times; now he considers our church as his home and all its members as his family.

I first met Terry at a Mad Hatters’ party, where he and I and our Secret Buddies were sharing a table. Terry continued being a Senior Buddy for two more years and has made some nice friends with the children.

Not much for meetings, Terry headed outdoors and devoted some eighty hours to grounds work, supervised carefully by his dog OHenry, so named because he is a Labrador of the chocolate variety. Says Don Vipond, “Terry Czyz is so much more than a guy favouring black coveralls and tweaker cap with a friendly big brown dog named OHenry. He is a compassionate man who has worked in a variety of roles for Reverend Allen Tysick’s downtown street ministry and for Our Place, the drop-in centre for those living on or near the street. And I know how he took care of his ailing mother, for years. He has worked hard around the church, mostly out of sight during the week, on the paths, on the yurt up on the hill, cutting grass, assorted carpentry stuff. He’s good with tools and he’s good with his hands, he’s strong and he shows intense enthusiasm for the projects he takes on.

“Beyond our church community, he has done good work at Heritage Acres in Central Saanich, which preserves local history, and is active at the BC Aviation Museum, beside the airport. Of late he’s taken to “scrapping”, meaning stripping discarded electronics of valuable metals like copper, part of the recycling process, and passing the cash proceeds on to Our Place and the Reverend Al’s Dandelion Society...” Terry says he raised some \$1500.00!

From Bob Thompson, who also devotes much time working on our grounds “Terry has always been available for any type of task or work duties when it comes to looking after the grounds at our church”.

You may have seen Terry serving as bartender at some of our functions. But he really morphed into my knight in shining armour after a Christmas Day dinner, when he returned to the Church after taking his mother home. For there I was, all alone in the kitchen, overwhelmed by dirty dishes, no hot water, an intransigent sterilizer, not to mention the chairs and tables that had to be put away. Terry simply set to work taking care of the furniture and sweeping the floor.

Terry was already on the Nominating Committee when I became Chair (he may have stayed because I too deplore meetings and never called one) and I could always rely on him to set up tables for signing in members to congregational meetings.

No doubt you remember Terry’s presentations on emergency preparedness: “Don’t Be Scared, Be Prepared!” When Edo and I finally got serious about it and asked for more information, we were treated to our very own hour-long presentation at his home - complete with a delicious lunch!

On that note I should say that Terry also makes fine cookies and other sweets for Church events...

And by the way, he’s on our Food Volunteers List!

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.

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 and childminding will be available for both events.

Both events will be in the church 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.

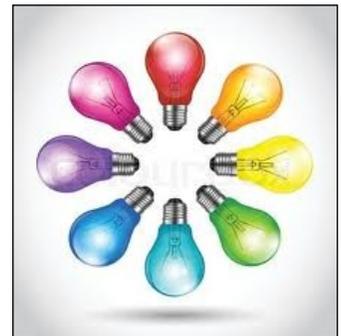
Innovations Fund Proposals Sought

The Ruth Humphreys Innovations Fund trustees are calling for proposals during February.

The Innovations Fund will provide funding for opportunities and new ideas that add value to our congregational life. Priorities for funding this year will be in line with the strategic priorities discussed at the January 26 congregational meeting.

Applications will be received from groups and committees for time-limited grants to projects, of up to \$10,000 per year that:

- apply new and different methods to existing programs,
- scale up successful and innovative programs and services,
- beta-test' or experiment with new ideas,
- offer collaborative approaches to address an issue or opportunity,
- improve the delivery of current programs and services.



Al Hoffman, John Hopewell, Lynn Hunter, Anna Isaacs and Peter Scales have been appointed as interim trustees to serve until the Annual General Meeting in May 2014. Further information and funding application forms will be available from the church website and the church office by late January. You can contact any of the trustees or email innovationsfund@victoriaunitarian.ca with your questions. Watch for further details in the E-Weekly.

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: More than twenty people gathered at Chris and Shirley's on December 15 for a potluck afternoon tea. They found this preferable to a sit down meal, which can be a bit challenging. They enjoyed each other's company and were particularly glad to welcome Howard Sturrock. Their next gathering will be in the spring.

Esquimalt: This group is still deciding on a date for a February gathering.

Fairfield: Nanw Cariad and Diana Smith report that Fairfield is trying something new this year. They want to deepen their connections with each other through two evening circle conversations to explore our ministers' sermon theme for the year. They will meet on Monday, January 27, focussing on "The Moments That Shape Us," the sermon topic for January 19. The next gathering will be February 24, focussing on "Living with Compassion Across Diversity." Diana and Lynn will host the conversation. Fairfield is also assisting Gordon Head with the Souper Lunch on February 2.

Far Out: Barbara Nyland notes that this group is still recovering from providing much-appreciated coffee hour refreshments for five Sundays in December. They hope to gather again in February.

Gordon Head: Soup pots are heating up in Gordon Head for the Souper Lunch on February 2, organized by convenor, Mary Cramer, with assistance from Fairfield.

Grand Central: This group is taking a break as convenor, Linda Nicholson-Brown, is away until April. Sadly, temporary convenor, Paula Steele, has had to step down, due to work and family commitments.

James Bay: This group provided the coffee time treats in January and now they are looking forward to a weekend luncheon potluck, hosted by Pat Kinrade, on March 8.

Nearby: January was a busy month for the Nearby Neighborhood Group. They hosted Souper Sunday on January 19 with Oak Bay. Then on January 25 they gathered at Brad and Madelaine Clarke's for tapas and a game of "Two Truths and a Lie". They also had a brief presentation by the transportation committee, which is working hard to visit all the Neighborhood Groups to encourage us to carpool to church.

Oak Bay: Karla Thomson is organizing Oak Bay to co-host the Souper Lunch with the Nearby NG on January 19.

Royal Oak East: This NG meets four times a year, so their next gathering will be in March.

Royal Oak West: Lesley Duthie and Kent Haden are hosting a potluck dinner for Royal Oak West on Saturday, January 18. Then, in February, the group will spring into action to provide baking for the Sunday coffee hour.

Western: Susan reports that Western is gathering for their monthly potluck on January 18 at Oz Tilson's. In February, Emily and Stu Whitney will host the potluck.

Auction Fever 2014

Friday March 28, 6:00pm-9:00pm

You may have 'hay fever', 'spring fever', 'gold fever' or 'hockey fever' but what you really want to catch is AUCTION FEVER! Symptoms include: fun with friends; enjoying food, raising funds and an evening of family-friendly good times.

We're gearing up for another fun, intergenerational evening, and we need your help. You provide the services that help us raise money to support our wonderful church community. We will not be having physical items this year – no stuff – services only. Here are some ideas to get you inspired:



- Has your service become a tradition, and you still like offering it? Offer it again.
- Are you famous for a recipe or skill or special interest?
- Could you offer a meal with a theme? Ethnic menu, mystery night, costume event?
- Breakfast, brunch, lunch, appies, tea, picnic, dinner?
- Could you feed the cat, walk the dog &/or water the plants? Babysit?
- Gardening or home repairs? Bridge party? Fishing? Games night?
- Airport rides? Bake a cake or pie or cookies? Lead a hike? Build a birdhouse?
- Knit, crochet, quilt, mend, sew doll clothes? Haul trash?
- Fresh veggies or fruit from your trees? Offer a professional service?
- A boat ride or stay in your cabin? Paint, carve, write a poem, create jewellery?

Here are some ideas offered at the auction at another Unitarian church:

- Better Than Chocolate: Lunch with wine for women only.
- Continental breakfast on Canada Day. Slide show and discussion.
- Carving workshop. Charades. Yoga.
- Team Scrabble: Players work together to create words with one hundred tiles.
- Mask Hysteria for Mardi Gras. Poker night.
- Men-U Dinner. Women guests only, with the food cooked and served by men.
- Offer an event at the church or outdoors with a set price and unlimited guests.
- Do it with friends or a group. A dance? Party? Coffee House? Slide show? Games?
- Offer something no one else would think of. Or something only you can do.

Please contact Jen Young at uujenyong@gmail.com or 250-888-4746 to offer your service or ask questions. Services offered by February 12 will be printed in the March newsletter, so please contact her soon.

Covenant of Good Relations

Question

After church, you are just about to join up with a friend with whom you are working on a church project. You notice a person with a new name-tag standing alone looking somewhat lost. How does the Covenant help us to be our best selves in this situation?

See page 13 for Answer

Introduction to Islam

Sunday, February 23,
12:10pm-1:10pm,
Lion Hall



Learn the basics about Islam from Church Friend, **Mohammad Banaee**.

From *Choices in Dying*

Is Your Advance Directive Up To Date? Do You Have a Representation Agreement?

Do you want your wishes to be followed about the medical treatment you will receive if you are unable to speak for yourself? If so, you need a current Advance Directive. If you would prefer a medical attendant to make these decisions, read no further.

In September 2011, the law in BC was changed. The good news is that the Advance Directive is now a legal document which doctors are bound to follow and it does not require the services of a lawyer. The bad news is that any former living will you may have is outdated and irrelevant. Even a DNR tattoo on the chest is not sufficient.

The second document you need is a Representation Agreement, which names the person you want to speak for you if you are unable to speak for yourself. She/he would ensure that your Advance Directive is being followed and give instructions about anything not covered in the AD.

On February 20, 2:30-4:30pm, Choices in Dying Victoria is sponsoring a presentation on how to implement all of this. We will have a Island Health speaker and the necessary documents for you. This is one of our regular meetings but most of it will be given over to this topic, and everyone is invited to attend whether or not you are on our list. It will be held in the boardroom unless there are too many people, so we are asking you to register by emailing choicesindyingvictoria@yahoo.ca or phone Margot at 250-920-3893. Look for further information in the February E-Weeklies.

Without these two specific documents, there is no guarantee that your wishes will be followed.

Planned Giving

Grace Mersereau

"I have put the church in my will because I love this church and I want it to grow and grow and grow and get even more new members..."



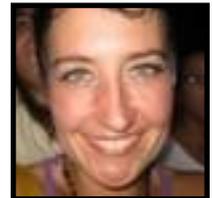
The Legacy Circle currently has twenty-five members who recently met to honour the donors of past bequests named on the new plaque which is hanging in the Church hallway.

It is open to all members and friends who have planned for a gift to the Church or Foundation upon their death. For more info contact John Hopewell or Frances Hancock or check the church website under Planned Giving. Thank you.

Art in the Sanctuary for February

featuring Penelope Hagan

"Penelope Hagan spent her childhood in northern Ontario and has lived most of her adult life on the west coast. Mother of two, she works as a Thai massage practitioner, yoga teacher and professional book nerd at Russell Books. A



writer and musician as well as a visual artist, Penelope is inspired by nature, colour, spirituality, and human relationships. She searches for beauty and synchronicity everywhere—and usually finds it! Working with acrylic, water-colour, pastel, pen and found objects, she loves to create evocative art that reflects both the whimsy and symmetry of nature.

For more information about Penelope and her work, to buy her art, or to learn more about her bodywork services, please visit her websites: www.lonepeep.com and www.lonepeep.ca"



Community Dinner

Friday, February 14 at 6pm

Bring your Valentine and join us for a fiesta of flavours! We will be serving tacos with all the fixings, chili and much more! Vegetarian options available.

Community Dinner is a multi-generational event and an opportunity to meet new people or catch up with friends over a casual, fun, delicious meal. **Everyone is welcome!!** Please join us!!

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

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

EAT Recommended Read

This month the EAT (Environmental Action Team) recommends that you review a list of Monsanto GMO products users. The list of companies will surprise you!

<http://www.realfarmacy.com/printable-list-of-monsanto-owned-food-producers/>

Covenant of Good Relations

Answer to question on page 11

The Covenant of Good Relations says: "I will welcome new members, friends and guests, and commit to getting to know people in this religious community."

Board Members on Duty



February 2	Jennifer Young
February 9	Mike Graham
February 16	Shirley Travis
February 23	John Hopewell



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

A Mindful Journey

Take a Mindful Journey with UUs to Jerusalem to experience a city that captivates the imagination of billions of people, and is home to a mosaic of cultures and beliefs. We'll also go to Jordan and restore our bodies and souls at the Dead Sea, and walk through the awesome pathways of Petra. Join Reverend Wayne Walder in October/November, 2014. Email beverlz@me.com

-- from the Neighbourhood UU Congregation in Toronto.

Contact Changes**New Addresses**

Terry Czyz
2090 Gourman Place
Langford, BC V9B 6E1
778-440-2229

Christine Petronis
976 Milner Ave
Victoria, BC V8X 2M1
250-479-7112

New Phone Number

Deanna Hutchings
250-598-0171

New Members

Rebecca (Becky) Denlinger and Patricia (Trish) Henry
44 San Jose Ave.
Victoria, BC V8V 2C2
250-590-5238

Penelope Margaret (Penny) Pattison
1340 Bond Street
Victoria, BC V8S 1C4
250-382-9190

**Birthdays**

- 1 Jean Mihell
- 2 Brenda Pengelly
- 4 Nanw Cariad
Kieran Domney
- 6 Clara Buttemer
- 7 Laura Anderson
- 8 Marcy Calberry
Jerrelyn Dause
- 9 John Stewart
- 10 Yvonne Bondarchuk
- 11 John Lancaster
- 12 Phyllis Gardiner
Anna Isaacs
- 15 Tiffany Moser
- 16 Kellina Dyer,
Robin Sacker-van Gessel
Jon Taylor
- 17 Larry Boldt
- 20 Penelope Hagan-Braun
Ted Humphreys
- 21 Leslie Gillett
Mary-Ellen Nicol
- 22 Sheila Drew
Marie Horncastle
Ruth Ralston
- 27 Thane Waldie
- 28 Jean Wallace



First Unitarian Church of Victoria

5575 West Saanich Road • Victoria BC • V9E 2G1 • Phone: 250-744-2665
 churchoffice@victoriaunitarian.ca • www.victoriaunitarian.ca
 Office hours: Monday - Thursday 9:30am - 4:30pm • Sunday 9:00am-1:00pm

Ministers

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

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

Minister Emerita

Reverend Jane Bramadat
 250-652-1272

Lay Chaplains

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 laychaplains@victoriaunitarian.ca

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Faye Mogensen 250-744-2695
 FayeM@victoriaunitarian.ca

Director of Music

Nick Fairbank
 music@victoriaunitarian.ca

Church Administrator

Karen Uldall-Ekman
 churchoffice@victoriaunitarian.ca

Assistant Church Administrator

Sarah Verstegen

Board of Trustees

Officers

President	Mike Graham	250-384-4351
Vice-President	Linda Nicholson-Brown	250-474-7182
Treasurer	Bob Dobbs	250-652-5438
Secretary	Jennifer Young	250-370-5106

Council Representatives

Administration	Lynn Hunter	250-220-2240
Congregational Life	Shirley Travis	250-386-3455
Outreach	vacant	
Property Management	John Tiffany	778-265-1210
Spiritual Development	John Hopewell	250-721-3920

February Events Calendar

Date	Time	Event	Location
2/1	10am to 4pm	Music workshop	Sanctuary
	12:45pm to 2:30pm	Meditation	Sunflower Room
2/2	10:30am to 11:30am	SUNDAY SERVICE	
	11:30am to 2pm	Souper Sunday	Sanctuary
	12 noon to 1pm	Orientation	Board Room
2/3	7:30pm to 9:30pm	Pub Night	Offsite location
2/4	-----		
2/5	10am to 11:30am	Child Haven Huddle	Library
	12 noon to 2pm	Care & Concern	Board Room
	5:30pm to 9:30pm	SEL-CY Training	Lion Hall
2/6	10:30am to 11:30am	Circles of Connection	Board Room
	6:30pm to 7:30pm	Women's Choir	Board Room
	7:30pm to 9:30pm	Music Program	Sanctuary
2/7	7:15pm to 9:30pm	Mindful Yarning	Offsite location
2/8	12:45pm to 2:30pm	Meditation	Sunflower Room
2/9	10:30am to 11:30am	SUNDAY SERVICE	
	12 Noon to 1:30pm	Diversity Group	Chaplains Room
	12 Noon to 1:30pm	Environment meeting	Library

Continued on next page...

February Events Calendar (continued)

Date	Time	Event	Location
2/10		'FAMILY DAY' HOLIDAY	
2/11	9:30am to 12 Noon	Learning Circle	Library
	10:00am to 4:00pm	Sandy Merriman cooking	Kitchen Sanctuary
	1:30pm to 3:30pm	Social Responsibility Committee	Board Room
2/12	-----		
2/13	6:30pm to 7:30pm	Women's Choir	Board Room
	7:30pm to 9:30pm	Music Program	Sanctuary
2/14	6pm to 10pm	Community Dinner	Sanctuary
2/15	12:45pm to 2:30pm	Meditation	Sunflower Room
	6pm to 8pm	Oak Bay NG Potluck	Offsite location
2/16	10:30am to 11:30am	SUNDAY SERVICE	
	10:30am to 11:45am	Parents' Group	Board Room
	11:30am to 1:15pm	After Service Conversations	Sanctuary
	11:50am to 1:15pm	After Service Conversations	Board Room
	12 noon to 1:15pm	After Service Conversations	Library
2/17	-----		
2/18	12:30pm to 2pm	Committee on Ministry	Library
	2:30pm to 4pm	Worship Committee	Board Room
2/19	10am to 11:30am	Library Team meeting	Library
	6:30pm to 8:30pm	SELCY meeting	Board Room
	7:30pm to 9:30pm	Pub Night	Offsite location
2/20	11:30am to 2pm	Board Meeting	Board Room
	2:15pm to 4:30pm	Choices in Dying	Board Room
	7:30pm to 9:30pm	Music Program	Sanctuary
2/21	7:15pm to 9:30pm	Mindful Yarning	Offsite location
2/22	12:45pm to 2:30pm	Meditation	Sunflower Room
2/23	10:30am to 11:30am	SUNDAY SERVICE	
	10am to 12 Noon	YOUTH WORSHIP	Lion Hall
	12 Noon to 2pm	Considering Membership	Board Room
2/24	-----		
2/25	9:30am to 12 noon	Learning Circle	Library
2/26	-----		
2/27	7:30pm to 9:30pm	Music Program	Sanctuary
2/28	-----		



A Community Choir for All Ages

Led by
 Mary-Wynne Ashford • Nancy Dobbs
 250-479-9189 250-652-5438
 mwashford@gmail.com nandobbs@shaw.ca

Prospect Lake Community Hall
Tuesdays, 4:00—5:30pm



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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).

Happy
Valentine's
Day