



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

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SEPTEMBER,  
2014

# The Victoria Unitarian

## Services in September

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



**September 7**      **Come As You Are... (really)**  
**Reverend Melora Lynngood**



Join us for the first Sunday of a new church year! This ingathering Sunday will feature our Chalice Choir as well as a sermon by Reverend Melora introducing our theme for September, "Welcoming: the Practice of Opening Your Heart." Children join us in the sanctuary for the first part of worship, followed by their own special water communion ritual.

**September 14**      **Wrestling with Addiction**  
**Reverend Shana Lynngood**

We all know or have known people who have struggled with addiction. The Social Responsibility Coalition has invited me to reflect on how we cope with those struggling with addiction in our greater Victoria community. What would harm reduction really mean? How can we help those with addictions and improve our community? As we continue exploring the spiritual practice of welcoming, we will delve into the implications of that welcome in the challenging context of addiction.

**September 21**      **Reconciling Christ: A Christian-Unitarian Perspective**  
**Samantha Magnus**

Do you wince at words like "Jesus" or "the Lord"? Samantha offers perspectives and interpretations that may help you overcome your "cross cringe" and feel a greater harmony with the living root of the Unitarian Universalist faith.

**September 28**      **Confessions of a Penny Pincher**  
**Reverend Melora Lynngood**



Whether we have a little or a lot, many of us struggle to feel open-hearted when it comes to money. The very word closes some of us down. It makes a person wonder, how can we feel good about money? As we kick off this year's Generosity Campaign (pledge drive for 2015), we take a look at the struggles and the delights (Really? Really!) involved in the search for an open-hearted way of stewarding financial resources.

## A Question to Live With

If you'd like to explore our September theme a bit more deeply, we invite you to look over the following questions and find the one that "hooks" you most. Then let it take you on a ride. Live with it for a while. Allow it to regularly break into - and break open - your ordinary thoughts.

You could write or doodle about the journey on which the question takes you and/or share your journey with friends, family, and/or fellow parishioners. Ask someone at coffee hour, 'which question chose you?'

- When have you felt most welcomed as your true, authentic self? To whom do you offer that kind of welcome? Over the course of a week, notice when you feel welcomed - and when you offer welcome.
- If you were to draw (or paint or photograph) a picture that expressed the feeling of welcome, what would it look like?
- How does being welcomed feel in your body?
- Under what conditions is it easy for you to open your heart? To whom is it difficult for you to open your heart? Over the course of a day, notice when your heart feels open, and when it feels closed.
- What would it mean for you to welcome a part of your own self to which you have closed your heart?
- As you have experienced more living (ie you have become older), has it become easier or more difficult for you to embody open-hearted ways?
- What do you have to do to make yourself ready and able to genuinely offer a warm welcome to others? Is there any spiritual practice that helps (walking in the woods, meditating, yoga, etc.)?

As Unitarian Universalists, we encourage each person to pursue their own spiritual path, and we learn from those who have taken paths different from our own. To what extent are you able to open your heart to the religious experience of others? Which theological viewpoints are more challenging for you to welcome? What would it mean to 'open your heart' to the experience of someone whose beliefs you don't believe?

The Social Responsibility Action of the Month for September is supporting a Safe Drug Consumption Site, and the Sharing the Plate recipient is Aids Vancouver Island. In what ways would the practice of open-hearted welcome help us with these issues?

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		The deadline for submissions to the October issue of the newsletter is <b>September 16</b> .	

## What Was That All About??!



Welcome to a new church year! This year, we are trying something new. We have done themed preaching in the past (e.g., 2012-13 “Growing in Spirit”; 2013-14 “Living with Compassion”). We even did a few special theme months in which the kids’ programming was coordinated with adult worship (an intergenerational focus on Love in February 2013, a focus on Caring for the Earth in April 2014).

This year, we are experimenting with a model of theme-based ministry that offers more opportunities to go deep - for adults and for kids. Many other Canadian Unitarian Universalist Congregations have already begun using this model. This will be a pilot year for us, so we’ll ease into it. Adult programs start in January. Kids’ programming will step on board in February.

The overarching theme, based in our congregation’s mission, is: Practices to Transform Ourselves and Our World. The themes we’ve selected for this year are as follows.

<b>Practices to Transform Ourselves and Our World</b> Themes for 2014-2015	
September	<b>Welcoming:</b> the practice of opening one’s heart
October	<b>Possibility:</b> the practice of seeing what isn’t there... yet
November	<b>Vulnerability:</b> the practice of being fully human
December	<b>Story:</b> the practice of making meaning
January*	<b>Yearning:</b> the practice of seeking depth
February*~	<b>Connection:</b> the practice of experiencing our interdependence
March*~	<b>Curiosity:</b> the practice of collecting a variety of truths
April*~	<b>Courage:</b> the practice of walking alongside fear
May*~	<b>Honesty:</b> the practice of living one's truth
June*~	<b>Play:</b> the practice of having fun

\*Adult Programs run January-June

~Kids’ Programming, February-June

Looking forward to hearing about your insights and experiences along the way,  
Reverend Melora

## Which Minister Does What? Co-Minister Portfolio Split for 2014-2015

When we began our co-ministry together, a career counselor advised us to ‘mix it up’ regularly. So that each area of congregational life can benefit from both our skill sets over time, and so that we don’t let our ministerial muscles atrophy in any given area, we switch things around. Here is the new portfolio split for this church year. *Changes are highlighted in Blue.*

<b>Reverend Melora and Reverend Shana both do:</b>	
Preaching and Worship	
Teaching	
Pastoral Care and Counselling	
Rites of Passage*	
<b><i>We both meet with:</i></b> Board, Committee on Ministry, Staff	
<b>Reverend Melora is primarily responsible for</b>	<b>Reverend Shana is primarily responsible for</b>
Worship Committee, <i>New Worship Associates Program</i>	Music and Choirs
Congregational Life: Membership, <i>Care and Concern, Neighbourhood Groups, Fun and Fellowship, Rec and Awards</i>	Congregational Life: <i>Care and Concern, Depression Group, Neighbourhood Groups, Fun and Fellowship, Rec and Awards</i>
Outreach: <i>Social Responsibility Coalition</i>	Outreach: <i>Social Responsibility Programs</i> , Lay Chaplaincy, Denominational Affairs  <i>Serving as chaplain at UVic</i>
Property Management Council  (includes Arts and Aesthetics, Gardens and Grounds, Audio Visual Team, Archives, etc.)	Spiritual Exploration and Learning  (includes Children’s and Adult programing, Parent Circle, Chalice Circles, AHA, Spirituality, Library)

*Table continued next page*

<b>Reverend Melora is primarily responsible for ministry in these areas:</b>	<b>Reverend Shana is primarily responsible for ministry in these areas:</b>
New theme-based adult program	New theme-based adult program
Administration (includes church office, human resources, dispute management resources, <a href="#">communications</a> )	Finance
Leadership Development (renamed “Shared Ministry Team”)  Chief of Staff (run staff meetings, work with HR on compensation issues, etc.)	Leadership Development (ie, “ <del>Innovation Team</del> ”)
<b><i>Supervises:</i></b>	<b><i>Supervises:</i></b>
Church Administrator (who, in turn, supervises office staff, custodians, and Maintenance Technician)  <a href="#">Bookkeeper</a>	Director of Music (who in turn, supervises Accompanist),  Director of Spiritual Exploration and Learning for Children and Youth (who, in turn, supervises Sunday childminders),  <a href="#">Bookkeeper</a>

\*In general, for Saturday rites of passage, the officiant will be the minister who is not scheduled to preach the following day (Sunday).

### **Contacting Your Co-Ministers**

We, Reverend Melora and Reverend Shana, share one position. We split the areas of church work between us (see portfolio split above). We also split the minister’s work week.

#### **When are Reverend Melora and Reverend Shana available to see me?**

##### **The simpler answer:**

We are available for meetings Tuesdays, Wednesdays, Thursdays, and Sundays. Friday is our sermon writing day, which we try to reserve for service preparation. Monday is our day off (a Sabbath from church business, but we are still on call for emergencies. Call our cell phones).

##### **The more detailed answer:**

Generally, Reverend Shana and Reverend Melora both work from 9:30 am-2:30 pm on Tuesday, Wednesday, Thursday, and Friday.

Reverend Melora also works through the evening on Tuesdays.

Reverend Shana works through the evening on Thursdays.

The preaching minister works through the afternoon (sometimes evening) on Wednesdays.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am– 2:30 pm	<b>Day Off; available for emergencies</b>	Rev. Melora & Rev. Sha- na	Rev. Melora & Rev. Sha- na	Rev. Melora & Rev. Sha- na	Worship Prep	<b>Sometimes work spe- cial events – work- shops, rites of passage, etc.</b>	Rev. Melora & Rev. Shana
2:30 pm- 9:00 pm		Rev. Melora	Preacher works until 5pm	Rev. Sha- na	Preacher continues worship prep.		Off ex- cept for Jazz Vespers

**The bottom line:**

We care about you. We want to be available and accessible to you! Please feel free to call our cell phones or email or set up a time to meet in person.

Ministers’ Cell Phones

Reverend Melora (250) 891-6330

Reverend Shana (250) 891-6331

Reverend Melora’s email: [rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca)

Reverend Shana’s email: [rev.shana@victoriaunitarian.ca](mailto:rev.shana@victoriaunitarian.ca)

(Note: If you have [rev.melora@gmail.com](mailto:rev.melora@gmail.com) and [rev.shana@shaw.ca](mailto:rev.shana@shaw.ca) in your email address books already, those also work. The ‘victoriaunitarian’ addresses redirect our email to the ‘gmail’ and ‘shaw’ accounts.)

## What Moves Us: Unitarian Universalist Theology

### An adult spiritual exploration course led by Reverend Shana Lynngood

This six week course will examine the theological convictions and perspectives of both historical figures in Unitarianism and Universalism as well as a few contemporary thinkers. Through shared direct experiences and reflection exercises, readings and lessons, and ethical deliberations, **What Moves Us** creates an adult faith journey for Unitarian Universalists. Deepen your understanding of the richness of our faith tradition and clarify your sense of your place in it.

This course will meet during the day at the church from 1:00 to 3:00 pm and will be repeated in the evening from 7:00 to 9:00 pm at the New Horizons Centre in James Bay. The dates for both afternoon and evening session are as follows: October 2, 9, 16, 23, and 30 as well as November 6.

There is a \$30 fee for all six sessions, but as always money should never be a barrier to participation (contact Reverend Shana directly if you have a financial concern). To register contact Margot Lods at 250-920-3893 or [mlods@shaw.ca](mailto:mlods@shaw.ca)

## Who's Who, Serving You!

(Tear or print out this sheet and put it in your photo directory!)



### Left to right, top row:

- Maintenance Technician, Bradley Clarke
- Co-minister, Reverend Melora Lynngood
- Music Director, Nick Fairbank
- Co-minister, Reverend Shana Lynngood
- Director of Spiritual Exploration and Learning for Children and Youth, Faye Mogensen

### Left to right, bottom row:

- Assistant Administrator, Sarah Versteegen,
- Administrator, Karen Uldall-Ekman
- Bookkeeper, Karen Potts



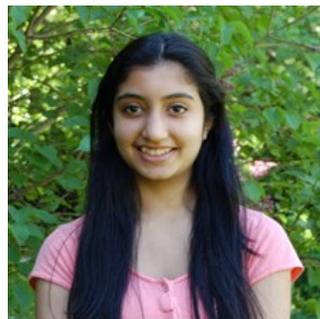
Accompanist, Victoria Beauchesne



Custodians, Gustavo and Concha Velasquez



**Child-minders:** Rachel Hunter



Geetanjali Jaswal



Rosy Morris

**Coming Soon!** New Programming Assistant for Children & Youth!  
New Youth Coordinator!

## Introducing Jazz Vespers at First Unitarian Church of Victoria

Reverend Shana introduced the quartet **Drinkable Jazz** with a theme of *a Life's Journey from Rocky Roads to Calm Waters* at UU's inaugural Jazz Vespers this past June 8 ...



The fall 2014 series continues, on the second Sunday of each month, alternating between our outreach location at the University of Victoria's on-campus chapel and our Sanctuary on West Saanich Road.

**Sunday September 14 at 7:00 pm** in the *UVic Chapel* features the unique quartet **Strings of Note** (all strung out on acoustic jazz) with the theme of "Changes".

**Sunday October 12 at 7:30 pm**, in our *Sanctuary*, we celebrate Thanksgiving on the theme of "Families" with the gypsy jazz sounds of the internationally renowned. **Marc Atkinson Trio**.

**Sunday November 9 at 7:00 pm** in the *UVic Chapel*, it's Victoria's premiere jazz couple **Rob and Linda Cheramy** featuring jazz guitar and vocals that explore the theme "Nature's Inspirations".

**Sunday December 14 at 7:00 pm** in our *Sanctuary*, it's "A Charlie Brown Christmas" with all the trimmings that make the music an annual tradition and featuring critically acclaimed recording artists the **Brent Jarvis Trio** and special guest children's choir.

### About Our Speaker Samantha Magnus

Samantha Magnus grew up in the Unitarian Church of Calgary and has also been a member of the Salt Spring Island Unitarian Fellowship. She has been attending FUCV with her two children, Luke and Mary-Stephanie, since June 2012. Samantha is a full-time student at the University of Victoria, halfway through her Master's degree program in Public Health and Social Policy.



### SElections on Welcoming

It can feel a little difficult to welcome September and the busy-ness it brings; but when I don new glasses and recall that it also means reconnecting with old friends and forging new relationships, it becomes far more appealing! It seems to me that to reconnect and truly welcome others, we need to do the groundwork of becoming comfortable with ourselves. This ties in with our Spiritual Exploration and Learning (SEL) programming since one of its profound aims is to help children and youth become who they truly are.

Curricula we'll be using this fall include 'Wonderful Welcome – an exploration of our relationships with one another and the earth' – for our Primary group; 'Holidays and Holy Days – an introduction to world religions' for those in Gr. 2-4; 'Sing to the Power – a social action primer' for those in Gr. 5-7; and what we might call 'Good Gardening (of the soil and the soul)' for Youth Group. Together the curricula help create a picture or life's more intangible gifts, including friendship, hospitality, diversity, acceptance, and fairness.

This month we'll also begin preparing for the Run for Biodiversity – a family friendly fitness event aimed at raising funds to support small scale farmers from around the world. Questions? email Mike at [greenlygrove2@gmail.com](mailto:greenlygrove2@gmail.com). We're redirecting our energy for the annual Youth Camping trip to the Fall Con Youth gathering on Oct 24-26. Please watch the e-weekly for up-to-date information.

Leaders include many of the same folks who have helped out during the five years of my tenure here. Some of them are too busy to be involved this year. I'd like to express my heartfelt gratitude to both Gita John and Amalia Schelhorn for many years of much appreciated service – we'll miss you both, but hope to see you some Sundays anyway! Also to Sheila Drew who offered wonderful musical leadership last year. If you feel drawn to work/play with the children or youth of the church, or to be involved in committee work please don't hesitate to be in touch. We welcome many levels of involvement.

All the best,

Faye Mogensen

Director of Spiritual Exploration and Learning for Children and Youth

[FayeM@victoriaunitarian.ca](mailto:FayeM@victoriaunitarian.ca)

## SHARED MINISTRIES (FORMERLY INNOVATION TEAM)

### Fostering Shared Ministry in our Congregation

Ministry is the act of serving. Shared Ministry is what **we** do to serve our congregation and the broader community, individually and together. Each individual brings unique gifts to contribute. **We** includes members of the congregation, paid staff and ordained minister(s), from the 2005 CUC Shared Ministry Task Force report.

In the past few months, we, the group constituting the nominating committee and last year's 'innovation team', have come to recognize that our purpose is to foster shared ministry, a focus that has rich meaning and possibility for each and everyone of us in the congregation. "Shared ministries is where the personal embodies the universal. Shared ministries is where we lift up in thought and deed the inherent worth and dignity of every being in this amazing web of life."

Stay tuned for our proposed initiatives for the coming months. Interested in talking further, sharing your ideas, becoming involved? Be in touch.

Jane Wilson, Leslie Gillett, Diana Smith, Marion Sollazo and Forrest Smith.

## Ageing to Sage-ing

Starting September 17 Spiritual Education and Learning for Adults is hosting CHANGING THE PARADIGM FROM AGING TO SAGE-ING®. This is a transformative educational program all about our natural yearning for meaning and a capacity for inner growth. Aging is evolving, forcing us to re-think what it means to grow older. Are we just living longer? Or living better?

There are gifts we receive with our elder years and one is the increased potential for acquiring wisdom. Now is the time to transform our life experiences into wisdom and be conscious of living with meaning, joy and connection to yourself and to others. The latter part of life offers a gateway to move from just aging to become a sage. What a blessing!

Together we explore a profound new vision of growing older. The core concepts of the Sage-ing Program are:

- **Expanding Elder Awareness** - Who am I as an older person?
- **Reviewing Our Life** - Looking at the past with what I know “now”.
- **Repairing Our Relationships** - Letting go of what is now no longer important, healing past hurts and forgiving ourselves and others.
- **Embracing Our Mortality** - Creating peace of mind.
- **Creating Non-Financial Legacy** - Ethical wills, sharing our story.
- **Gifts of the Emerging Elder** - What is the expanded life for?

The process of the Sage-ing Program is: input on a topic, reflection, sharing, harvesting wisdom, and deep listening to others, using the tools of guided meditation, journaling, unique exercises and creative activity.

The Sage-ing Program is based on the book, *From Aging to Sage-ing: A Profound New Vision of Growing Older* by Zalman Schachter and Ronald S. Miller.

Facilitated by Certified Sage-ing Leaders: Nancy Gray-Hemstock [nancygrayhemstock@shaw.ca](mailto:nancygrayhemstock@shaw.ca) and Annie Klein [annie.klein7@gmail.com](mailto:annie.klein7@gmail.com)

There is a \$75 fee for all six sessions, but as always money should not be a barrier for members and friends to participation (contact Reverend Shana directly if you have a financial concern). To register contact Gloria Turner at [gloriainvictoria@shaw.ca](mailto:gloriainvictoria@shaw.ca) 250-389-1789 by September 10. Limited spaces.



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# CUC CORNER

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## Pathways to the Spirit

Mark your calendars! The Canadian Unitarian Council's BC Regional Fall Gathering and Youth Con will be hosted by the First Unitarian Church of Victoria in cahoots with Capital Congregation on October 24 to 26!

Whatever our spiritual perspective, certain paths in life seem to lead us to connect more deeply with that which to us matters most. Some of these paths have shifted and changed, and few have stayed the same. What path are you walking? Is it filled with music? Stories? Does your life path also bring end-of-life questions? How does your path lead you to depth and connection?

During the BC Regional Fall Gathering you are invited to explore and deepen a familiar path or chart a new course. While youth and children partake in specialized programming, adults are invited to participate in four streams: 'Worship Leader Training' with Reverend Barbara ten Hove, 'Storytelling' with Wedlidi Speck, 'Choices in Dying, and Planning Your Own Memorial' with Galina Coffey-Lewis and Jasha Ramsay respectively, or 'Ubuntu - Singing with Spirit' with Barbara Slater and Kevin Wilkie.

***There are many paths to connecting with the Spirit - come, let us walk them together!***

### Schedule:

**Friday, 6:00 – 8:30 pm: Ingathering for all ages** at First Unitarian Church of Victoria, 5575 West Saanich Road, Victoria.

**Friday, 9:00 pm – Sunday 9:30 am: (Saturday evening at FUCV), BC Fall Youth Con** at Lau Welnew Tribal School.

**Saturday 9:00 am – 9:00 pm:** Adult and Children's Programs, CUC Town Hall, Dinner & Coffee House at First Unitarian Church of Victoria.

**Sunday 10:30 am:**  
Worship Service at First Unitarian Church of Victoria

For more details and to register go to: [cuc.ca/event/bc-regional-fall-gathering](http://cuc.ca/event/bc-regional-fall-gathering) - And if you would like more information from our Host Committee, please contact: Lorna Anthony at: [loranthony@shaw.ca](mailto:loranthony@shaw.ca) or [250-592-4831](tel:250-592-4831).

### Registration

Registration through the above CUC website will be available until October. Price includes materials and the following meals: Friday reception, Saturday lunch and dinner.

*\*Accommodation not included*

Regular – \$145

Youth Con – \$60

Children (six years to twelve years old) – \$55

Childcare (under six years old) – \$50

Saturday night Dinner and Coffee House ONLY (no workshops) – \$50

For Saturday night's Coffee House, collaborative ventures with multiple talents and participants are encouraged!

Sunday service – everyone welcome!

\*\*Note: Subsidies are available. Apply at: [cuc.ca/subsidies/](http://cuc.ca/subsidies/)

### Registration Deadline:

▪ October 17 for Adults and Youth, ▪ October 10 for Children.

*Out of respect for our volunteers, late registrations will not be accepted.*

## *Path to Membership*



*Are you new to our church?*

*Have you just discovered our church or  
are you a Unitarian from elsewhere?*

*Would you like to know more?*

We know it can be daunting to get to know people when everyone seems to already know everyone. And we know it can be hard to get to know us in the coffee hour. So, if you **would** like to get to know us better, we hope the steps below will help.

**You have already taken STEP ONE, which is to drop by the Visitors' Table** near the front of the sanctuary. Ask questions. Fill out a Visitor Welcome form where you can indicate if you would like to receive the monthly newsletter, weekly electronic mini-newsletter, be connected to your Neighbourhood Group, or have your own name tag.

**STEP TWO: Church Orientation, October 5, 12:00 noon-1:00 pm.**

A gathering for all newcomers, whether you have just walked through the door or been coming for several months and want to know more about us, whether you eventually become a member, or choose to be a friend of the church. The Orientation provides basic information about our congregation and ways to make connections. We will share light refreshments, and childminding will be provided on request.

**STEP THREE: Intro to Unitarian Universalism, Part 1, October 26, 12:00 noon-2:00 pm  
Intro to Unitarian Universalism, Part 2, November 2, 12:00 noon-2:00 pm**

This two-part event is designed to give more in-depth information about UUism. Everyone is welcome to come to this event: those who are not members, new members, or those who have been members for a long time. If you wish to know more about our denomination, this is for you.

**STEP FOUR: Considering Membership, November 9, 12:00 noon-2:00 pm.**

This session will help you 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 session will 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 available and childminding will be provided on request.

All four events will be held on Sundays, after the church service, in the Farmhouse Common Room, in the building just north of the main Sanctuary building. To sign up for any or all of these sessions, or if you have questions, please contact Reverend Melora at [rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca) or (250) 744-2601, voice mailbox #1 or Cell (250) 891-6330.

The next New Member Ceremony will be on November 30.

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

## “Come Sing a Song with Me”

Nancy Dobbs

### Children’s Choir

Children's Choir is all about sharing the joy of music...a joy that may last the children a lifetime. The music may be beautiful and touch the heart; it may introduce and reinforce Unitarian Values and/or it may be just for fun and silliness. Nancy Dobbs and Barbara Boyle invite all children in the RE 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 21 at 9:30 am upstairs in the SELC wing.**

### Youth Choir (New!)

All youth who would like to give our Youth Choir a try are welcome. Reading music is not a requirement. Youth Choir meets from 12-12:30 on Sundays. The choir will also meet at 10:00 am 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 Sunday, September 21 at noon, upstairs in the SELC wing.**

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



## Music Notes

Nick Fairbank

Did you know that singing in a choir is a proven benefit to health? Singing is good for the brain as well as for the cardio-respiratory system. Singers are healthier and live longer than non-singers.

Chalice Choir rehearsals have started again. Do consider joining us - no audition is necessary. We meet on Thursday evenings, 7:30 - 9:30, for two hours of music and social time. Part of the rehearsal is always devoted to vocal warm-ups, technique, and sight-singing.

If you are interested, please contact Nick Fairbank, Director of Music, at [music@victoriaunitarian.ca](mailto:music@victoriaunitarian.ca) or phone him at 250-514-2669.



# EAT's Tips for Two-Wheelers

Reese Willis

As a beginner cyclist, one of the things I have had to learn is how to plan a good route for my travels. There are two resources that I have found most helpful. Google Maps (<http://maps.google.com>) has been invaluable in helping me plan routes that use the many local paths as well as cyclist-friendly roads. Using their Directions tool, I can enter my starting location and my destination, select cycling as my mode of transportation, and I will be offered a handful of potential bike routes to investigate. Google provides the approximate travel time of each route, the distance in km, a general idea of the terrain, and provides a list of all the steps in following that route. I can also Preview Steps, which breaks down the trip into sections and also allows me to see pictures of intersections along the way.

The second resource is the CRD Bike Map, which is available on paper at all local bike stores. The map is an excellent tool, full of information about roads and trails in our area. My favourite part of the map is that suggested bikeways are colour coded to provide information about that area's comfort level for cyclists (see image attached). Being able to assess the road and trail classifications while planning my route helps my confidence a lot. I especially appreciate the map's identification of problem intersections and other Zones of Caution. I highly recommend this map for anyone biking in our area. An electronic version is available at:

<https://www.crd.bc.ca/docs/default-source/regional-planning-pdf/Pedestrian-Cycling-Master-Plan/bikemap2014-frontback-web.pdf?sfvrsn=2>



**Vancouver Island Unitarian Camp at Camp Pringle August 8-10**

*From Pat Kinrade:*

Over sixty campers enjoyed creative programs, caring community, interesting outings, and lovely weather. Thanks to the kitchen crew, the food was great from the welcome BBQ on Friday night to the snacks at the waterfront. Lots of swimming preceded The Talent show on Saturday night and then The family DANCE followed, which was awesome (in the true sense of the word). The live band even included a full drum kit played by Camp Chaplain, Amanda Tarling. Martha McDougall and Rosemary Morrison did a wonderful job of co-directing the camp. We had about twenty-five children who were enjoyed by all.

**Out of the Rain Youth Shelter**

As the weather begins to cool it is time for us to ready our meal making program for the Out of the Rain Youth Shelter. This year we will be making meals two Sundays a month from October to April providing a hot, protein rich main course for thirty homeless youth. In addition we will also be providing a steady stream of muffins for them to freeze and use as needed.



Ways to help:

\*The two cooking bees will be held Saturday, October 4, 2014 and Saturday, January 3, 2015 from 9:00 am to 2:00 pm at the church. Please RSVP Lisa at greenlygrove2@gmail.com if you can help for all or some of the time.

\*We will need lots and lots of muffins - any flavour as long as it freezes well. Costs can be reimbursed. If you would be interested in having a muffin cooking bee let me know and I will arrange one.

If you would like more information about this project please contact Lisa Greenly.

Thank you for your support.

**World Religions Discussion Group  
Cultural Literacy:  
Everything the Well-Educated  
Person Should Know**

**Based on a Half Hour Lecture Series by  
Dr. Mark Berkson, Hamline University**

Starting Tuesday September 30, 10:00-11:30 am in the Church library.

**Topics to be discussed will include:**

- September 30: Waking up. The Buddha and his teachings.
- October 7: Vehicles to Nirvana. The schools of Buddha.
- October 14: Chinese Religion and Cosmology.
- October 21: Confucianism. Rituals and relationships.
- October 28. Daoism. Harmony, Nature and the Way.
- November 4. Kami and Spirits. Shinto and Shamanism.
- November 18: East Asian Buddhism. Zen and Pure Land.

For more information and to register call Phyllis Aherne 250-655-7149 before September 25.

**Board Members on Duty**



- Sept 7 Linda Nicholson-Brown
- Sept.14 John Tiffany
- Sept.21 Shirley Travis
- Sept.28 John Worton

*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 and John Tibbles hosted an afternoon tea party for their group on Monday, August 17. Ten people enjoyed conversation and shared treats, including Val's chocolate cake.

**Esquimalt:** This group will have gathered for a summer potluck supper on Friday, August 22 at Gloria and John Hopewell's.

**Fairfield:** Forrest and Diana Smith have issued the following invitation to members of their group: "We are hosting a gathering of the Fairfield Neighbourhood Group on Sunday afternoon, September 7 from 3:00 to 5:00 pm. We hope you will be able to join us on our rooftop garden, as weather permits. It's been a glorious summer and we look forward to connecting.

We will explore the topic of 'change - making' and what inspires each of us. Jacqueline McAdam, a new member of our neighbourhood group will share her inspiring story of founding and growing Hakuna Matata Designs <http://www.changemakers.com/project/director-0> to start the conversation among us all. She'll have some jewellery available to buy, with 10% going to the church."

Church

**Far Out:** Oceanna Hall reports that she has surveyed members of her NG and she thanks them for responding. Plans for gatherings during this church year will be made in September.

**Gordon Head:** Mary Cramer writes, "Some of us arrived at Sarah Harris' home in June for our NG potluck to find a man lying on the floor in the kitchen. It seemed unusual, but it turns out, he was hooking up her new dishwasher. He finished just in time for a wonderful dinner to begin. After our meal, the new dishwasher was put to the test and worked quite well. We are now setting up our next potluck for the early fall...and we will see what interesting things happen then."

**James Bay:** This NG, where Ella Small lived for many years, will be participating in the celebration of Ella's life on August 23. They will be assisted by the Oak Bay NG, where Ella lived most recently.

**Nearby:** On her way out the door for a trip back east, Nancy Dobbs sends this message: "Nearby will have their first indoor gathering of the fall in mid-October. Details TBA in the October newsletter."

**Oak Bay:** Karla Thomson writes, "We are now getting ready to work with others on a memorial for Ella Small, a member of the OBNG. This will be held at 3 pm on August 23. Also we are organizing to provide goodies for the four Sunday services in September. The third item happening with our group is that we are looking forward to a Potluck at Kit Filan's on August 30. We are busy!"

**Royal Oak East:** Hanny Pannekoek reports, "Royal Oak East will meet on September 9, our third gathering of the year. Two of our members suggested holding it in the Lion hall. Their homes are too small to have our group, yet they do want to contribute, so the two of them will host our gathering in the Lion hall. I think this is quite a creative idea and I am looking forward to seeing how it will go. Our Care and Concern contacts are very attentive and visit where needed. At the moment people seem to generally be fine; I guess the lovely summer makes one feel better and more relaxed."

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# AROUND THE NEIGHBORHOOD CONTINUED

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**Royal Oak West:** Fran Hancock writes, "Royal Oak West will be having a potluck dinner on Sat., August 23 at 6:00 pm at the home of Frances and Peter Hancock at 5510 Forest Hill Road. Children of all ages are welcome! Also, we will be putting on a Souper Sunday Luncheon after church October 19 with Fairfield, so we'll have the opportunity to get to know more people from another group."

**Western:** After taking a break in August, Western will meet for their monthly potluck on Saturday, September 20. They are sorry to see one of their young families, Cody, Danielle and Bronwen Walker move away to Surrey, where Cody is joining a law firm.

## Artist of the Month Kathryn Harwood

A lifelong Seeker and taker of many courses in art, communication, healing, and many others. Living on the ocean in Victoria, BC, having sought and found one of the best places on earth to live. A theist Unitarian, social justice advocate and an elder. Who loves colour. I like working with the possible abstract textures of mixed media, possibly a remnant of my weaving days back in the 70s. Recently I have committed to working with coloured pencil. Very labour intensive, but I love the shading and blending possibilities.

I have some images of Seeker who is universal. Seeker is looking for wisdom, although grey hair implies that some wisdom may have been acquired with passing years. Seeker never stops being curious and hungry to learn. Seeker is from any culture or religion, is either man or woman and is not identified by skin colour.



## New Church Directory

We are planning to print a new church directory in September. Could you send us any new changes in your contact information (email, address, phone #)? Could you send it to us by **Monday, September 8** (so we can have the directories printed by Sunday, September 15)?

Many thanks for your help!!

Karen & Sarah 250-744-2665

[churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca)

## Church Member Memorial Book

Phyllis Gardiner and Judy Gaylord have been creating a wonderful Memorial Book for the church. The large binder holds information (as much as they could gather) about our church members who have died over the last few years. They will have the Memorial Book on display in the Lion Hall after church on two Sundays in September.

Phyllis and Judy would be very appreciative if anyone has any other information, articles or photos about people to add to the book!

Please drop by and see the book on display on Sunday, September 14 and 21!

Note: We used to have another similar memorial binder that Bert MacBain created when she was church administrator, but it has since disappeared. If anyone knows of its whereabouts could you let the office know and we will add its contents to our present book. Many thanks!

## "Right-to-Die: A dialogue"

Saturday, November 15, 2014

1:00 pm - 4:30 pm in the Sanctuary.

A moderated discussion of right-to-die issues featuring three outstanding speakers. Pros and cons of physician-assisted dying from medical, ethical and legal perspectives will be explored. Time will be given for questions and comments from the audience. All views will be respected.

### Speakers:

**Dr. Derryck Smith** is a Vancouver-based psychiatrist and clinical Emeritus Professor, Dept. of Psychiatry, UBC. He is Past President of BC Medical Association and actively advocates for physician-assisted death (PAD). He will discuss the arguments for and against PAD and, in particular, will focus on the concerns that physicians in Canada have had in accepting this practice. He will give his views of the future steps the medical profession can take to implement the overwhelming vote for assisted dying by the Canadian Medical Association membership (August, 2014).

**Dr. Eike-Henner Kluge** is a Professor at UVic in the Department of Philosophy and a leading figure in Canadian bioethics. He will discuss the ethical issues raised by PAD from the viewpoints of the patient, the physician and society, and the relevance of the Hippocratic Oath as a legitimate impediment to PAD.

**Tim Dixon**, a lawyer in the Ferris Group located in Vancouver, was deeply involved in the Carter case where he represented the Canadian Unitarian Council as intervener before the BC Supreme Court. He will discuss the brief that he presented in that case and the implications of the judgment, as well as give us an update on the Supreme Court of Canada's hearing of this case on October 15.

Free of Charge – Donations accepted

For further information, contact Margot Lods, [mlods@shaw.ca](mailto:mlods@shaw.ca)

## Workshop

### 'Supervised Consumption Services in Victoria'

September 14, 12:00 noon, after the service in the Common Room

The Drugs and Health subcommittee (of the SRC) will host a workshop given by an organization which believes that access to safe and dignified health care is a right for **All People** regardless of financial, housing or health status. They share our Unitarian principles in a commitment to social justice and public health.

This workshop will discuss the importance of developing supervised (drug) consumption services in Victoria. The Supreme Court of Canada, in a unanimous decision (2011), ruled that 'grave consequences' would follow if North America's first medically supervised injection site (Insite, Vancouver) closed. Yet a few miles away, eleven years after Insite opened, we have no comparable facility. Using the same data accepted by the Court, our citizens already suffer these 'grave consequences' which include higher HIV risk behaviour, poorer treatment of addiction, a higher death rate from overdose and many other harm enhancing practices.

Please support this event. Share-the-plate funds for September will be directed to this organization.



## Notable Unitarians

Edward Fisher (1848 – 1913) was a Canadian conductor, teacher, organist, and founder and first musical director of the Toronto Conservatory of Music. He was born in Vermont, studied at the Boston Conservatory of Music and in Berlin. In 1875, he moved to Ottawa becoming music director of the Ottawa Ladies' College and conducted the Ottawa Choral Society. Moving to Toronto, he attended the Unitarian Congregation but was an organist at St Andrew's Presbyterian Church from 1879 to 1899. He was also a music director of the Ontario Ladies' College in Whitby, Ontario. In 1886, he founded the Toronto Conservatory of Music and was their first musical director.



## Planned Giving

### Pat Kinrade

"A minister of mine, Robert Latham, when he conducted a generosity session at the then new Beacon Unitarian Church in New Westminster, made me aware of the significance of how I allocate my financial resources. In those days people used bank accounts and bank books and he said that you could tell a persons passions by their cheque books. My lawyer recently said to me that he could tell that I have a rich life because I chose to remember so many worthy causes in my will including Beacon Unitarian and First Victoria Unitarian."



### Legacy Circle Celebration

If you have planned a legacy gift to the Church, such as naming the church in your will, you are cordially invited to a "Legacy Circle Celebration" on Wednesday, September 24 from 2:00-4:00pm at the home of Frances and Peter Hancock. Refreshments will be served and transportation will be arranged if needed. If you have been meaning to arrange a legacy gift there is still time to do so. Please contact Frances Hancock by September 21. Thank You.

## Anniversary Celebration

Reverend Samaya Oakley, minister at The Unitarian Fellowship of Nanaimo announces that they are celebrating their Tenth Anniversary of being in their building.

## Peace and Justice in Palestine and Israel (Joint with Capital)

Four sessions throughout the year (maybe more)  
First meeting Saturday September 27 at 17 Dock Street, James Bay, 2:00 pm  
RSVP christine\_johnston@telus.net  
or 250-385-5444

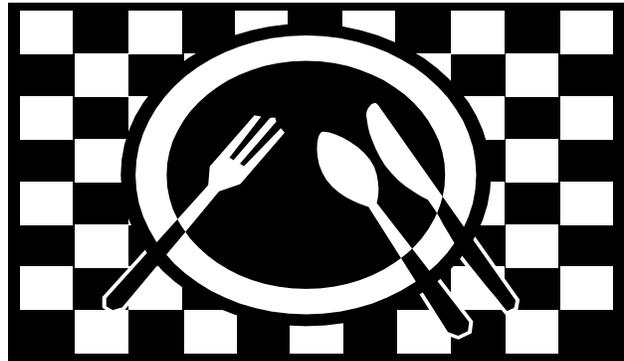
### "Witness in Palestine" DVD by Anna Baltzer

Since 2003 Anna has spent time in the occupied territories documenting the everyday life of Palestinians. An American Jewish girl who had taken the "BirthRight" trip as a student to learn about Israel, thinking all was well in this peace-loving country. She then taught on a Fulbright grant in Ankara. Later her travels in the Middle East showed a very different reality to the "BirthRight" experience. She has spoken across the United States about the American aid to Israel. Her DVD on her experiences is a gently spoken description of real everyday life in the occupied territories, with the frequent query "how would you feel if this was your situation?" Her website is A Witness in Palestine.

# Community Dinner is Back with a Twist!

## Mark your calendar:

September 12 - fiesta dinner and games\*\*  
October 10 - spaghetti dinner and SRC movie  
November 14 - baked potato dinner and ?  
December 12 - fiesta dinner and ?  
January 9 - spaghetti dinner and card making  
February 13 - baked potato dinner and ?  
March 13 - fiesta dinner and ?  
April 10 - spaghetti dinner and ?  
May 8 - baked potato dinner and ?  
June 12 - fiesta dinner and ?



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

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

Fiesta dinner is tacos (gluten free and regular) with all the toppings, vegetarian chili, and much more! Please bring a dessert or beverage to share.

Baked Potato is hot fluffy potatoes with a wide range of toppings to choose from—beans, chili, veggies, cheese and much more! Please bring a dessert, salad or beverage to share.

To help with clean-up please bring your own dishes. A rinsing station will be provided.

The Twist! Want to see more socializing after community dinners this year? Volunteer to host an activity like games, crafts, dancing, singing, movies, or another fun social activity one month this year. All ages fun encouraged. Newcomers who have attended at least one community dinner are welcome to volunteer. Contact Anna Isaacs for more details at by text or call at 250-472-0117 or isaacs.anna@gmail.com

\*\* September is games night! Stay and play! OR come for the food, stay for the games! Make an evening of community dinner in September. Let's play games together and enjoy each others company after a good meal. A few board games will be provided. You are welcome to bring your own games to share too.

## Thank You!

Dear Congregation of Victoria Unitarian Church,

I would like to thank you for allowing me to hang my paintings in the Sanctuary for the month of July. Particularly, I would like to thank Hanny Pannekoek and Betty Sherwood of your Arts and Aesthetics Team for inviting me to display my paintings. I also appreciate Karen Uldall-Ekman's support during the exhibition.

It gave me great pleasure to see my paintings in your peaceful Sanctuary, surrounded by an ambience which enhanced the essence of my paintings.

Thank you so much for this opportunity to share my painting with you.

Michiko Sakamoto-Senge

## GENERAL ASSEMBLY

THE ANNUAL MEETING OF THE UNITARIAN UNIVERSALIST ASSOCIATION

**Portland, Oregon**  
**June 24-28, 2015**

**Interested in going?** The theme for GA 2015 is Building a New Way.

A group of seven are already looking forward to the adventure! Join us!

Please contact Lisa Greenly at [greenlygrove2@gmail.com](mailto:greenlygrove2@gmail.com).

# "Spruce up the Building Property Day"

September 6 Saturday, 9 :00 am - 1:00 pm

## ◆ ALL INVITED

On September 6, Saturday, from 9:00 am - 1:00 pm, 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 include:

- ◆ Outside window 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, ledges, baseboards, 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.
- ◆ Paint touch-ups.
- ◆ Mopping / cleaning bathroom floors.
- ◆ Cleaning out floor vents.
- ◆ Vacuuming carpets.



Suggestions [?]; please feel free to contact me with more ideas.

We will need some volunteers to set up the coffee/tea ahead of time. We also need some baked goodies to be provided by volunteers, to keep the work gang refreshed. Plus we need lots of rags for cleaning and four vacuums.

Any people/committees with items stored in any of the basement storage areas are asked to label those items they want kept before September 4 (so we can quickly toss out unwanted stuff on the actual day and not wait around to see what's what in these areas).

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.

Property Management Council Chair

John Tiffany (Tiff)

(778) 432-0881 [new phone # for Victoria, Canada]

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](mailto:laychaplains@victoriaunitarian.ca)

## 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**

# Giant Book Sale, Bake Sale

Saturday, September 20

9:00 am to 3:00 pm

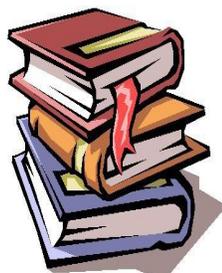
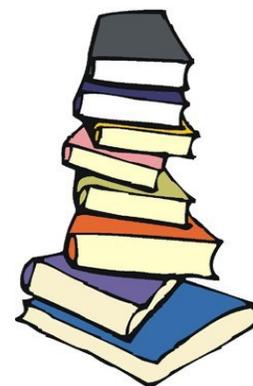
First Unitarian Church of Victoria

5575 West Saanich Road

Paperbacks \$1.00

Softcovers \$2.00

Hardcovers \$3.00



Payment by cash only

Browse the books,

Then check out the bake sale

Fill a bag with books for \$2.00, or a box for \$5.00, from 2:00 pm to 3:00 pm

## What do we need?

**BOOKS.** Please bring your books to the church library beginning September 7 or to the Sanctuary on Wed. September 17.

**DVDs and CDs.** They can be included with your books. No cassette tapes, please.

**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 17.

**SORTERS.** Opening the bags and boxes of books is like Christmas! We'll sort from 10:00 am to 9:00 pm on Wednesday, September 17. It does help me to know if you will come in the morning, afternoon or evening.

**SELLERS.** Shifts are 8:30 am-12:00 noon and noon-3:30 pm Saturday, September 21.

**PACKERS.** We need a crew from 3:00 pm - 4:30 pm to pack up all the unsold books and get the sanctuary ready for Sunday. Saturday, September 20.

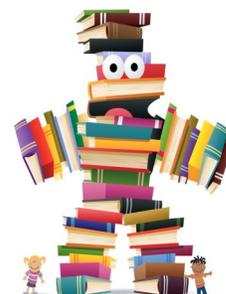
**BAKERS.** Cakes, cookies, bread, muffins and pies all sell really quickly.

**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](mailto:sguenther@shaw.ca) or 250-727-0454.

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.



# Contacts

Shirley D'Estrube  
new phone # 250-477-2410 (can leave message)  
email: destrube@shaw.ca (does do email)  
new address: #405 - 1665 Feltham Road  
Victoria V8N 2A2  
Remaining in Gordon Head NG

Patty Disbrow  
new address: 403 - 3905 Quadra St, Victoria, V8X 1J1  
same email & phone  
Moved from Gordon Head NG to Grand Central NG

Ruth Miller  
new address: #306 - 1433 Faircliff Lane  
Victoria, V8S 3J6  
same phone  
no email  
(moved from Grand Central NG to Fairfield NG)

John Tiffany and Jan Li  
new phone: 778-432-0881  
new address: 1536 York Place  
Victoria, BC, V8R 5X2  
same emails  
Remained in Oak Bay NG

Dee Heston  
#10 - 1144 Verdier Ave  
Brentwood Bay, BC, V8M 1K2  
same email  
new phone: 778-351-3665  
Moved from Oak Bay NG to Nearby NG



Bob Thompson  
new email: glenyst@telus.net

Sheila & Bob Shone  
new email: sheila5@shaw.ca

Diane McLaren  
email: dianemclaren73@gmail.com



Mohammad Banaee  
new phone: 250-595-3715

Ruth Ralston  
new phone: 250-419-4032

## 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

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

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

### Minister Emerita

Reverend Jane Bramadat  
 250-652-1272

### Lay Chaplains

Liz Graham 250-384-4351  
 Kjerstin Mackie 250-598-5975  
 Joyce Murphy 250-598-1506  
 laychaplains@victoriaunitarian.ca

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

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	Shirley Travis	250-386-3455
Vice-President	Linda Nicholson-Brown	250-474-7182
Treasurer	Bob Dobbs	250-652-5438
Secretary	Jennifer Young	250-370-5106

#### Council Representatives

Administration	John Worton	250-220-6258
Congregational Life	Suzanne Beauchamp	778-433-2829
Outreach	Susan Layng	250-370-2247
Property Management	John Tiffany	778-265-1210
Spiritual Development	John Hopewell	250-721-3920

## Events Calendar

Date	Time	Event	Location
9/1	LABOUR DAY holiday		
	7:30- 9:30 pm	Pub Night	Offsite location
9/3	5-10:00pm	SEL-CY Leadership Training	Lion Hall
	7-8pm	Finance Committee meeting	Common Room
9/4	1:30-3:30pm	Generosity Meeting	Common Room
	7:30- 9:30pm	Choir Rehearsal	Sanctuary
9/5	10-noon	Fall Gathering meeting	Common Room
9/6	9am-1pm	Church Spruce-Up Day	
	10am- 2pm	HOW Team	Common Room
	12:45-2:30pm	Meditation	Sunflower Room
9/7	10:30-11:30am	Sunday 'Ingathering service'	Sanctuary
	10:30-11:30am	Family Chapel	Lion Hall
	Noon-1pm	Learning Circle: Book-Choosing	Library
	Noon-2pm	AHA, Atheists, Humanists, Agnostics	Big Sky Room
	6-10pm	Curran Dobbs Comedy Night	Sanctuary

Continued on next page...

## Events Calendar (continued from previous page)

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
9/9	10am-4pm	Sandy Merriman cooking	Kitchen Sanctuary
	1:30-3:30pm	Social Responsibility Team	Common Room
	Noon-2pm	Care & Concern	Common Room
	7-9pm	Depression & Anxiety Support Circle	Library
9/11	1:30-3:30pm	Generosity Meeting	Common Room
	7:30-9:30pm	Choir Rehearsal	Sanctuary
9/12	6-10pm	Community Dinner	Sanctuary
9/13	12:45-2:30pm	Meditation	Sunflower Room
9/14	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	11:30-12:30pm	Memorial Book display	Lion Hall
	11:30am-1:30pm	Generosity Town Hall	Sanctuary
	Noon-2pm	Environment committee	Library
	Noon-1:30pm	Drugs & Health	Common Room
	7-9pm	Jazz Vespers@UVic	Offsite location
9/15	-----		
9/16	2:30-4:30pm	Worship committee	Common Room
9/17	1:15-3:45pm	Aging to Sageing workshop	Common Room
	3- 5:30pm	Board meeting	Lion Hall
9/18	1:30- 3:30pm	Generosity Meeting	Common Room
	6- 9:30pm	Choir Rehearsal	Sanctuary
9/19	-----		
9/20	9-3pm	Giant Booksale	Sanctuary
	12:45-2:30pm	Meditation	Sunflower Room
9/21	10:30-11:30 am	SUNDAY SERVICE	Sanctuary
	11:15am-12:30 pm	Memorial Book display	Lion Hall
	11:30am-1:30pm	Generosity Orientation	Fireside Room
	11:30-12:30pm	Mini- booksale	Lion Hall
	Noon-1pm	HOW Now	Sanctuary
9/22	-----		
9/23	10:30am-12:30pm	Generosity Orientation	Common Room
9/24	1:15-3:45pm	Aging to Sageing workshop	Common Room
	7-9pm	Story Circle	Sanctuary
	7-9 pm	Depression & Anxiety Support Circle	Library
9/25	1:30-3:30pm	Generosity Meeting	Common Room
	5:30-7:30pm	Generosity Orientation	Sanctuary
	6-9:3pm	Choir Rehearsal	Sanctuary
9/27	12:45-2:30pm	Meditation	Sunflower Room
9/28	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	11:30am-2pm	Generosity Lunch	Sanctuary
	11:45am-2:30pm	Care & Concern workshop	Common Room
9/29	-----		
9/30	10-11:30am	World Religion Discussion	Library

## September Birthdays

- 2 Stephen Lentz
- 3 Riki Sato
- 4 Sam Harris, Caleb Tilson
- 6 Pamela Desjardine
- 7 Louise Cole, Sarah Versteegen
- 8 Andrea Pite and John Waters
- 9 Tessa Buttemer, Sam (was Noah) Tilson
- 10 Christine Petronis
- 11 Shirley d'Estrube
- 12 Johanna Billung-Meyer
- 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
- 25 Clare Vipond
- 30 Sandra Jaques



Need Help?

*Call Jan*

- ◆ Clean the clutter in your kitchen, bedroom or basement?
- ◆ A room to be cleaned, walls to be washed, closets to be organized?
- ◆ Errands to be run or shopping to be done for you, or with you?
- ◆ Other driving services—Evening outings? Medical appointments?
- ◆ A scenic drive with someone with whom to enjoy the ride?

*Call Jan Thomson*  
**Reliable**  
**Flexible hours**  
**Reasonable rates**

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## Construction Expeditions

Volunteer trips co-sponsored by  
**First Unitarian Congregation of Toronto**

### **INVEST IN LIFE**

“What is it you plan to do with your one wild and precious life?” ~ Mary Oliver

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build a school in the mountains of Honduras. This is a hands-on opportunity to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip, beginning: January 10, February 7 or March 7, 2015. Construction and Spanish language skills are not required but would be welcomed. For more information contact Richard Kirsh (416-767-5837 or [richardkirsh@sympatico.ca](mailto:richardkirsh@sympatico.ca)) or see our poster on your congregation’s bulletin board.

**Red**

music lessons

**Door**

flute music for all occasions

**Studio**

original music

Diane Berry, flute, piano, composition  
 250-472-2590, [meander@shaw.ca](mailto:meander@shaw.ca)



**iTutor**

Ryan Kinrade  
 250-217-4507  
[rkinrade@gmail.com](mailto:rkinrade@gmail.com)

- Learn to use your iPad/tablet, smartphone, e-reader, Mac/PC
- Get assistance with technology purchases and home installations.
- Gain confidence and skills with specific programs and websites.

## DOES YOUR HOME NEED...

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



Call Brock Brown at 472-6065  
Email: brockbrown108@gmail.com

Reasonable rates



**lone peep creative therapies**  
for body,  
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Copy should be sent to [newsletter@victoriaunitarian.ca](mailto:newsletter@victoriaunitarian.ca).

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