



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

VOLUME 53,
ISSUE 10
OCTOBER, 2014

The Victoria Unitarian

Services in October

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

October's Theme

Possibility:
The Practice of Seeing What Isn't There ...Yet



October 5 Embracing What Might Be Reverend Shana Lynngood

As we begin a month of exploration about the practice of possibility, we begin by exploring our posture. Often we are convinced that something is an impossibility before we even take the first step. What might help us stay open to many options and new ways of looking at things? What practices might help us transform past nos into maybes and what ifs?

October 12 A Pessimist Considers the Possibilities of Gratitude Reverend Melora Lynngood



There is nothing less effective (or more irritating) than someone telling you to 'be grateful,' especially when you're in a rotten mood, or when you are just generally a negative person. Gratitude is not like an eager-to-please dog that comes on command. And yet, people who live with a sense of gratitude do seem to be happier people. Is it perhaps, worth considering how we might coax a fleeting bit of gratitude to come our way, like a shy bird that might light on our shoulder for a rest?

October 19 Reflections of a Unitarian Activist Reverend Frances Deverell

Unitarians have always desired a public voice and presence in the modern era. Where have we come from? What role has the Canadian Unitarians For Social Justice had to play in the process? What are the possibilities for us going forward? What does CUSJ have to contribute to the Canadian Unitarian search for wholeness?

October 26 Pathways to the Spirit Reverend Dr. Barbara ten Hove (with Reverend Melora and Friends)



Join us for the Sunday morning culmination of the Unitarian Universalist BC Fall Regional Gathering, hosted by our congregation. In keeping with the theme of the Regional Gathering and our congregation's theme for October, our guest preacher, Reverend Barbara ten Hove will preach about three different possible "pathways to the spirit." Reverend Melora will serve as host and will present the kids' message.

 denotes Chalice Choir

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Deadline for the November Issue is October 14

About Rev. Frances Leigh Deverell

Reverend Frances Leigh Deverell served three Unitarian congregations before retiring in 2010. This followed a twenty-five-year career in Management Training and Organizational Development. She is the author of *Finding Common Voice*, the Canadian congregational handbook for social responsibility and currently serves as Past President of the Canadian Unitarians For Social Justice. She works to build vital Unitarian communities that provide sanctuary for the soul and a voice for justice in the world. Her current involvements include a Restorative Justice Round Table in Vanier, ClimateFast, Fair Vote Canada and USC Canada. She is a member of the First Unitarian Congregation of Ottawa. Frances is supported by her husband, Ron Wilson and her daughter, Karen Abramson, who lives in Vancouver.



About Reverend Dr. Barbara ten Hove

Reverend Dr. Barbara ten Hove serves, with her husband, as co-minister of the Unitarian Universalist congregation on Bainbridge Island. She has been working as a consultant with Reverend Melora and the Worship Committee to set up our new Worship Associates Program, and she will be offering a workshop on leading worship at the Fall Regional Gathering on Saturday, October 25. (Anyone can register! <http://cuc.ca/bc-rfg-adult-registration/>)

Choir Notes

- Men's and Women's Choirs begin rehearsals on October 2.
- Women's Choir will be singing on Sunday, November 2.
- Men's Choir will be singing on Sunday, November 30.
- **Mark your calendars:** The Winter Choir Concert will be on Friday, December 5 at 7:00pm.



Questions for Reflection: The Practice of Possibility

This month our theme for reflect and deep exploration is Possibility: The Practice of Seeing What Isn't There... Yet. In many ways, the art of the possible is rooted in the willingness to reconsider past answers. Sometimes we are so sure that we know something won't work, or that it will only work one way, so we don't take any time to consider alternatives. What's more we are so used to our own perspective and vantage point, that we can't even conceive of another option.

Often I am most keenly aware of other possibilities and the potential for another path when I collaborate. The way that someone else can offer me a new vision about how to undertake something I am working on, or suggest a solution I never imagined serves as a good reminder to stay away from a silo mentality.

I have often also observed that some of my least creative responses and most rote replies come when I have rushed to a conclusion. Possibility almost always necessitates taking one's time. Creativity and openness rarely come when we are in a hurry.

As you explore and consider the places of possibility in your life and in our world, take some of the following into account: In worship this month we will look at possibility in its broadest sense as well as in connection to the Thanksgiving holiday (what is possible in family connections?), and also in the social responsibility challenges around pipeline issues. In the final Sunday of the month we will join with Unitarian Universalists from all over BC and consider the possibilities inherent in these larger connections of our faith tradition.

Some beyond worship things to consider:

Our Unitarian and Universalist forebears have been adamant in their belief in different theological possibilities from the prevalent ones of their day. Where other traditions saw human beings as inherently sinful and fallen they saw potential and blessing. When others preached that this life was lost and the afterlife the only answer for salvation, they preached a gospel of making a better world and life right here, right now. I have heard some colleagues describe our religion as the tradition of "why not?"

What about you personally - how open have you been to the why not? How is your faith in possibility doing?

Take a few days or a week to reflect - what are the things in your life that you have placed a can't beside? What have you "closed the door" on? (e.g., "my sister and I will never see eye-to-eye" or "I couldn't possibly leave my job" or "I will never really make a difference, so why bother trying?" or "I will never have close friends the way she does").

As you do this reflecting try to see if there is a can't that some part of you second guesses. Try this month to commit yourself to proving yourself wrong. Embrace the what if and the why not. Give something a try. Embrace the possible.

I look forward to exploring with you!

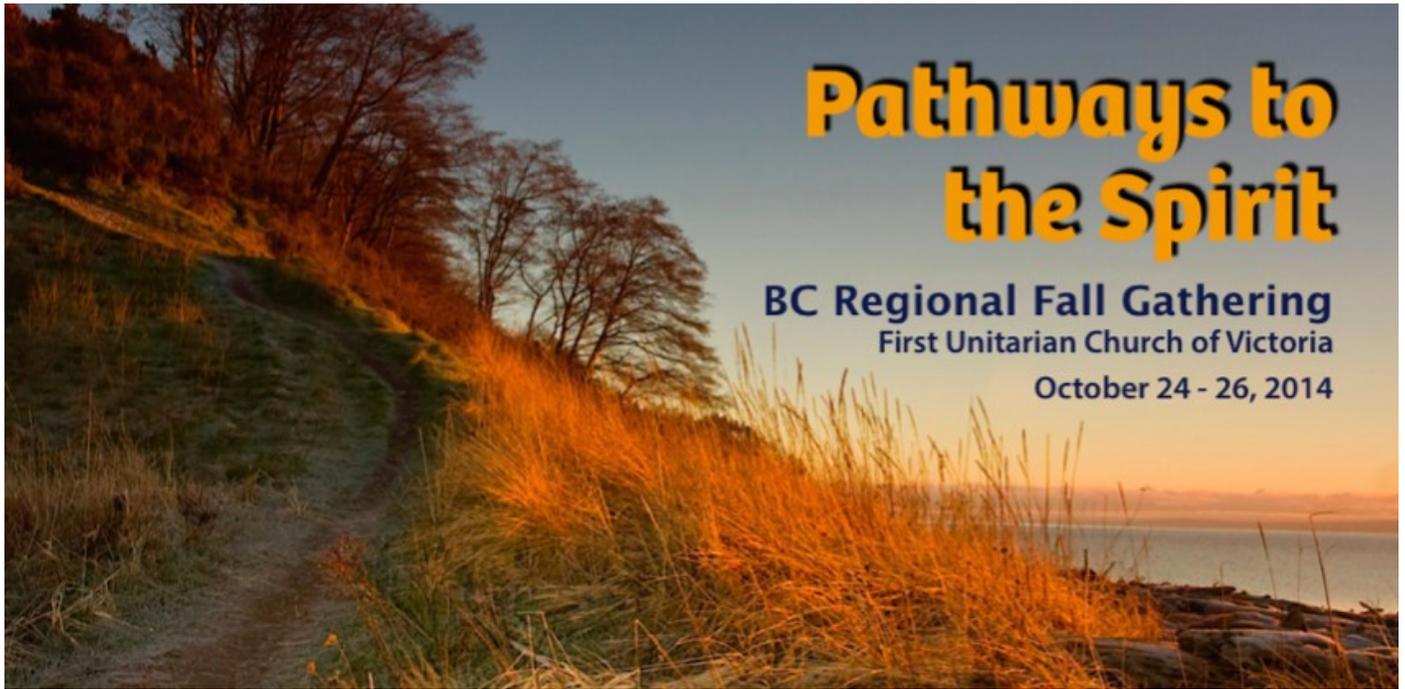
Blessings, Reverend Shana



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



Pathways to the Spirit

BC Regional Fall Gathering
First Unitarian Church of Victoria
October 24 - 26, 2014

Mark your calendars and register today! The Canadian Unitarian Council's B.C. 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 the 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 Dr. 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!

For more details and to register go to: cuc.ca/event/bc-regional-fall-gathering. And if you would like more information from our Host Committee, contact: Lorna Anthony at: lrnathony@shaw.ca or 250-592-4831.

Price includes materials and the following meals: Friday reception, Saturday lunch and dinner.

*Accommodation not included. Subsidies are available. Apply at: cuc.ca/subsidies/.

Regular – \$145

Youth Con – \$60

Children (6 to 12 years) – \$55

Childcare (under 6 years) – \$50

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

Sunday service – Everyone welcome!

Registration Deadline: October 17 for Adults and Youth; October 10 for Children

SElections on Change

In September, in the Spiritual Exploration and Learning (SEL) program for children and youth, we all settled into a change of season and change of curriculum; a change of leaders and a change of peer groups.

In October, the change that you might not be expecting is our involvement in the annual BC Fall Conference put on in association with the Canadian Unitarian Council (CUC). This year, we are the hosts of this multi-generational and inspirational gathering! Information about the adult programming is elsewhere in this newsletter and at cuc.ca/event/bc-regional-fall-gathering, where you can register both adults and children.

I've enjoyed making plans for a rich day of activities for children ages five to fourteen. On Saturday morning October 25, Beangka Elliot from the Tsartlip Nation will lead participants on an "Ethnobotany Exploration" at Tod Inlet. Along the way, she'll share stories and give children the opportunity to try their hands at some Coast Salish cultural practices. After lunch, Heather Stretch of Saanich Organics will lead a session called "Edible Botanicals," with a scavenger hunt and food tasting at Northbrook Farm. It's also a chance for children to get their hands dirty as they learn about compost and plant care. Even if adults in your family are not able to attend the conference, we welcome your children to participate in Saturday's activities, from 9:15-4:30. Sign up soon to reserve one of the ten 'local' spots! Adult volunteers are also very welcome. The deadline to register is October 10.

Youth are busily planning their part of the Conference, which will take place at the Tsartlip Cultural Hall on the beautiful grounds of Tribal School just north of Brentwood Bay. Registration deadline for this is October 17.

Will these workshops, or anything else we do at the church change things? Nelson Mandela suggests they just might! He wrote that "Education is the most powerful weapon which you can use to change the world." Our hope is that both the special and regular programming at the church will help open our minds and our hearts to ourselves and others, including all the web of life. May it be so!

Warmly, Faye

Director of Spiritual Exploration and Learning for Children and Youth • 250-744-2695 • fayem@victoriaunitarian.ca

Acronyms, acronyms, acronyms! What is CUSJ?

Newcomers to our church can be forgiven for thinking the place is inhabited by more acronyms than people. But in addition to acronyms within our church, there are those beyond it. "UU" stands for "Unitarian Universalist," of course, but then there's the "CUC" (Canadian Unitarian Council, our national governing body), "CUSJ," and...well, more!

"CUSJ" stands for "Canadian Unitarians for Social Justice." CUSJ is affiliated with the CUC, but separate from it. That's because CUSJ is a non-charitable organization whose members write letters, lobby governments and raise awareness of social injustices in Canada.

UUs are known for their strong support for social justice. On Sunday October 19, CUSJ's immediate past president, the Reverend Frances Deverell, will preach here on an issue of concern to many of us.

Find out more about CUSJ by checking out the CUSJ's website at www.cusj.org or by picking up a copy of JUSTnews, CUSJ's national newsletter, from the SRC shelf in the foyer. Oh, yes, "SRC" stands for our church's "Social Responsibility Coalition."

CHALICE LIGHTERS OF THE MONTH: THE SMITHS

A Profile of Diana and Forrest Smith

We were first inspired to join the Church in the '80's by individuals we knew in Ottawa whose 'walked the talk' of their values through their work and actions...politicians, activists, feminists, parents, seekers. We started attending the Unitarian Congregation and there found a spiritual home that has been a part of our lives for thirty-five years, first in Ottawa, then Vancouver, and at FUCV since 2000 when we moved to Victoria.

We have been active in the congregation and the CUC in many different capacities. Both of us have been on the Board for several years at different times in the last decade. We are currently part of the Shared Ministry team, and the Nominating Committee.

Forrest was a member of the recent "Search Committee" which had successfully brought Melora and Shana to our congregation. He has previously been an active member of the SRC, chairing the Environment Team. He continues to be active on the Property Committee. Some of his contributions involve planning and project managing recent improvements to the Farmhouse Common Room, and the expansion of the Fellowship Hall several years ago.

Diana has been active on the Spiritual Exploration and Learning—Adults] and Finance committees, led two congregation wide strategic planning initiatives, facilitated covenant groups, led several worship services and co-convoked the Fairfield Neighbourhood Group.

Both are contributors to the CUC. Forrest has chaired the CUC Environmental Monitoring Group for about fourteen years and represented the congregation at five CUC ACMs. Diana has facilitated workshops at PNWD and CUC, and supported leadership development.

Our response to what aspects of the church we most enjoy is multi-faceted. We share a passionate commitment to building and sustaining a flourishing spiritual community and try to 'live' that. Forrest's current ministry of choice is with the children as they explore what "spirituality means", experiencing the joy of their exuberance and inquiring minds. Diana is nurtured by small group ministry in its many guises that foster deep and enduring relationships. We appreciate the many opportunities in the congregation for spiritual development, fun and adventure with friends old and new, all dear to us.

Forrest and Diana are celebrating forty-five years of marriage this year and have lived in Fredericton, Halifax, Edmonton, London, Ottawa, Vancouver and Victoria. Forrest grew up in Belleville ON, Diana near Stony Plain AB. Our personal and professional journey has and continues to be fulfilling, ever evolving from our, fiercely independent and strongly interdependent relationship. We have a son in Vancouver and one in Guelph, both married and three grandchildren (a fourth by the time you read this!).

For the past fifteen years, we have had a management consulting company, EcoSol Consulting, with the tag line 'shifting thinking, building capacity'. Both of us have many personal and community interests and commitments. We're at the enviable [we think] stage of our lives where we choose where we invest our time and energies—a bit of paid work, travel, family/friend time, and community involvement.

Forrest is a professional engineer (Queens '67) and a committed environmentalist. He has had many challenges and achievements in his professional career, including the clean-up of the largest oil spill on Canadian shores and development of National Defence's and UBC's first Sustainable Development Strategy. His current work focuses on energy performance contracting. He has a background as a senior federal civil servant and the military.

Diana has an MA in Public Administration from Carleton University and is currently an Adjunct Assistant Professor in Public Administration at UVic. She has thirty years experience in consulting, teaching leadership and management in public, non-profit and private organizations at the local, national and international level, including the MA Leadership at Royal Roads University and national-level nonprofit executive director. She



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enables community and organizational change processes which foster transformation and capacity development through participatory leadership development, design, mentoring and facilitation in informal/formal settings within a systems context.

From Liz and Mike Graham:

'Forrest and Diana are a dynamic team, dedicated to Unitarian values and environmental sustainability. They work well together using their skills in dreaming a better world and planning the steps to get there, helping to bring us along with them. They have made great contributions to the church. Both have served on the Board in various capacities. Forrest spearheaded the renovations to Lion Hall and contributed to the Common Room project. Diana has been involved in areas as diverse as the Finance Council and the Innovations team, building leadership in the congregation. And they are good friends, too!'

SHARED MINISTRY TEAM

DIANA SMITH

What's Your Calling: Sharing Your Ministry[ies]



Ministry is no longer an act provided only by those who are ordained or called to serve. Ministry happens wherever individuals embrace the belief that their good works, their volunteerism, their acts, can help serve the mission and vision of their congregation.

Where formerly people may have thought of themselves as 'just a volunteer' or one of a nameless group of people performing a task, now, more and more, members of Unitarian Universalist congregations understand that ministry is something shared by all who are part of a spiritual community; a way to put faith into action for the benefit of the church and the wider community.

We want to hear your stories of ministry: what calls to you? Might you be wondering how to get engaged? Be in touch by email at

www.sharedministries@victoriaunitarian.ca or by talking with one of us personally: Jane Wilson, Leslie Gillett, Diana Smith, Marion Scollazo and Forrest Smith.

You'll want to check out the shared ministry page on the church website for some background information. And please review the CUCs 2005 Task Force report: <http://cuc.ca/archive/wp-content/uploads/2011/10/SharedMinistryReport.pdf>

Archives Announcements

- John Stewart has joined the Archives Team. John has volunteered to become the main contact for the Archives. There will be a period of transition while Louise, Alison and Nanw bring John up to speed.
- The Archives is in great need of a newer computer as the current one is obsolete and cannot communicate with the church network. Is there anyone who is getting rid of a tower/desk top computer with Windows 7 and able to donate it to the church Archives? Please contact Karen at the church office if you do: churchoffice@victoriaunitarian.ca or 250-744-2665.

NEW ELDER: SUZANNE DEARMAN

On September 8 and at long last, Suzanne Dearman finally allowed us to honour her as a new Elder of our Church!

Current Elders include : Ruth Ralston, Jean Evans, Wilma and Ron Neilson, Norma Elrod, Mertie Chilton, Don Mills, Shirley d'Estrube, Laurence Cottrell, Keith Jobson, Faye Sturrock, Allen Milne, Gloria and John Hopewell, Helen and John Hvozdzanski, Emily and Stuart Whitney, Lorna and Earle Anthony, Don Armstrong. Unfortunately not all were able to be present at the ceremony.

Suzanne has written the following, on her long association with our Church:

In 1958 we, Frank and Suzanne Dearman, had read the Humanist Manifesto and Pierre Berton's "The Comfortable Pew" and sought an acceptable faith community which would offer a more acceptable Sunday School experience for our two little girls.

We were steered in the direction of the Unitarian Fellowship by our friends Clare and Mira Yarwood. Mira needed six families with children to start Sunday School, using the Beacon curriculum. We were ready!

In the process, we found a new direction for our own spiritual development. We both taught classes, built furniture, painted and cleaned. We participated in the adult education. We listened to the CARNES course of taped lectures, enjoying the discussions that ensued.

The "six families" grew rapidly, developed into a "church", called Reverend Marvin Evans, and finally purchased the Seamen's Institute and named it "Servetus Hall". Frank was chairman in his turn as chair of Servetus Investments and Suzanne became Treasurer at the Church.

At the same time, the Victoria Operatic Society was renting Servetus for rehearsals and workshops, Frank and Suzanne were members and so were involved in both groups. Suzanne might be sewing costumes in the basement on Wednesday and banking the Church collection on Sunday, after the service.

1981. After a life-changing accident, the Church Family closed ranks around us, enabling us to survive and reshape our lives.

Suzanne served on various committees and in 1985 again became involved in finances as Second Vice President, Finance Chair. This, at a time when the **Really Big Decision** was made to sell Servetus and **Buy** our present home! Lots of negotiating, papers to be signed, money transferred, building permits to be sought and bonds to be signed. For a period we could not occupy our new property and were generously housed by Metropolitan United Church. Suzanne remembers accepting pledges in her "office" at McDonald's after Sunday service at the "Met".

The transition to the new premises saw a time of "Family Comes First" and Suzanne passed the torch on, happy to be working at whatever was requested in a supportive manner. Suzanne says, "I don't know why the members want me to be an Elder, but I've been a member since 1960, and I'm old, and it will look good on my resume". I hope I will be able to offer a "**Wise Counsel**" if requested and according to Church policy, and continue to play my small part in the future of my Church Family.



Our seventh principle is: Respect for the interdependent web of all existence of which we are a part. To support this principle we need to stand with those who uphold it. In British Columbia, those working hardest and with most effect to protect our land and streams, our oceans, islands and their ecosystems from the danger of spills and pollution from bitumen are our First Nations. Moreover, the recent declaration of Tsilhqot'in title by the Supreme Court of Canada, makes clear that First Nations have true title to their land and can stop Northern Gateway using legal challenges in the courts. To date, eight First Nations have applied for federal judicial reviews of the Enbridge approval based on infringements of their constitutionally protected rights and title.

Therefore your Environment Action Team (EAT) will work with The Pull Together campaign, which brings individuals and groups together to support these legal challenges by hosting fundraisers in their communities. In our case we will Share the Plate with the RAVEN Trust, a Victoria-based legal defense fund.

This fund collects money from groups and individuals to be distributed to the involved First Nations which need them as their legal cases proceed. Community groups in Terrace and Smithers have already raised about \$3,000 and have issued a challenge to people and communities around the province to match or beat their contributions. From Prince George to Haida Gwaii, communities are already pulling together to support First Nations going to court to stop Enbridge. As Unitarians we need to pull together to help our First Nations in the essential task of stopping bitumen export and attendant pollution and increased global warming.

<http://www.sierraclub.bc.ca/our-work/mining-energy/spotlights/pulling-together-to-stop-enbridge>

<https://www.facebook.com/pages/RAVEN-Respecting-Aboriginal-Values-Environmental-Needs/121099651233937>

<http://www.sierraclub.bc.ca/takeaction/environmental-hotspots/nopipelines-in-parks/view>

GREEN CORNER

LOUISE COLE

Green Sanctuary

Many of the activities of your Environmental Action Team (EAT) are focused on what we as a church can do to help alleviate Climate Change. Focusing on our church practices led us to the Green Sanctuary program offered by the Unitarian Universalist Association (UUA).

In 2005, we began a process of greening our church's practices and procedures instead of pursuing the more formal certification process with the UUA. Since then, we have audited our performance in the various departments of the church, the last one being in 2011. Since then, we have had on-going projects to improve our practices.

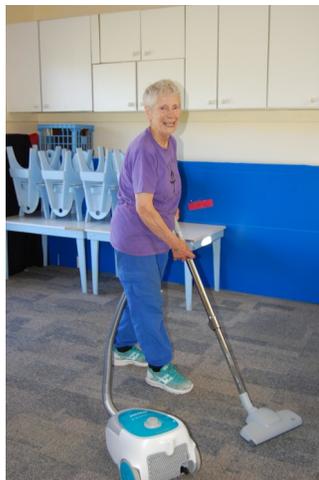
The latest project was the completion of the Re-Cycle/Compost/Garbage enclosure in the upper parking lot. When at church we encourage everyone to recycle paper products, cans, bottles and plastics in the blue boxes located in the entry halls. Kitchen volunteers, renters and Montessori staff use the green barrel compost-er for kitchen waste which is then used by our Gardens and Grounds Committee.

Some other changes we have made over the years are the programmable thermostats, energy efficient lighting and a bottled water policy which encourages the use of tap water rather than the purchase of bottled water for church and rental events. Of course, the RideShare program to and from church on Sundays as well as riding bikes have been recent initiatives to encourage a smaller carbon footprint.

Current practices include the purchase of green janitorial and office products and the management of our property in an environmentally sensitive manner.

We appreciate each department of the church doing their part to follow sound environmental practices with the help of the EAT team. If you have suggestions or ideas on how we can improve greening our church, please put a signed note in the Environment mailbox in the church office. Let's do what we can to take care of Mother Earth.

Spruce Up Party



...and a tribute to Mary Cramer who also attended the Spruce Up Party and took these wonderful photos!

Also our congratulations to Mary who brought us those fabulous staff photos in the September issue. Anyone who has ever attempted group shots will fully appreciate how difficult it is to capture everyone at their best in the same picture!



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

Birthdays in October

- 3 Forrest Smith, Winnifred Bocking
- 6 Mike Thorne, Francois Durvisseau
- 8 Karen Furnes, Sarah Harris
- 11 Mariko Matsumoto, Doreen Wood
- 12 Margaret McKelvie
- 13 Mary Canty, Barry Wiebe, Scott Branch
- 14 Doreen Burgess, Stu Whitney
- 15 Menno Tromp
- 16 Trish Henry
- 19 Bonnie Halvorson
- 20 Lorna Shaw, Elinor Tennyson
- 22 Sharon Boldt
- 25 Virginia Daniel, Marion Pape
- 26 Fran Hancock
- 27 Allen Milne, Don Armstrong
- 28 Susan Lean
- 30 Diane Berry, Kent Haden, Helga Jacobson
- 31 Ruth Ellen Pozer-Telford



Grounds and Gardens Work Party!

Grounds and Gardens will be having a work party for general fall clean up! Starts 9:00am on October 4 and goes to noon. All experience levels welcome. Soup and a bun provided as well as band-aids.



RSVPs appreciated, but not necessary.

A Giant Thank You!

Thank you to everyone who contributed in any way to make our Giant Book Sale and Bake Sale such a success. Thank you if you brought books, sorted them, organized them, bought them, sold them, and cleared them away. A special thank you to Peter Hancock and the men who helped him move the books from the storage space into the sanctuary. They really did the heavy lifting!



Thank you to the bakers who stocked and staffed the Bake Sale, and a special thank you to Naida Hyde, who organized the baking.

Here's how it all turned out: Book Sale \$3,268.50 Bake Sale \$510.25 Total: \$3,778.75

Environmental Action Committee Recommended Video

The Environmental Action Committee recommends you watch "The 2050 Weather Report" for four and a half minutes at:



<https://www.youtube.com/channel/UCMCDaG2oNwzEZLTk4ZJiWjg>

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.

Esquimalt: Betty Sherwood writes, "On August 22 we met at Gloria and John Hopewell's for a potluck dinner. We welcomed a new visitor to the church who lives in our area, Charles LeVoie. On August 14 Marion Pape welcomed us to her beautiful condominium for tea. On October 3 we gather again at Barbara Boyle's."

Fairfield: Diana and Forrest Smith hosted this NG recently. Diana writes, "On a sunny September afternoon, twelve of us gathered [only four 'officially' within the church designated Fairfield boundaries] to enjoy savouries, sweets and drinks and to learn about Jacqueline Crisp's social enterprise, Hakuna Matata Designs. The church will receive ten percent of the sales that day. We will next be meeting on December 7 for our traditional book 're-gifting' gathering; details forthcoming."

Far Out: New convenor, Oceanna Hall, is looking forward to meeting the members of her NG when they gather on October 4 at the home of Phyllis Aherne. They will enjoy a 4:00pm finger food potluck and discuss future venues and activities for their group

Gordon Head: Mary Cramer reports they are looking forward to gathering at the home of Oona and Todd in mid-October.]

James Bay: Pat Kinrade says, "Myra Rippon will be hosting a NG event for us early this fall."

Nearby: Convenor Nancy Dobbs sends this invitation, "The members of Nearby are invited to Bob and Nancy Dobbs house for a potluck dinner and an informal 'getting to know you' evening on Friday, October 17 at 6pm."

Oak Bay: Karla Thomson writes, "The OBNG enjoyed a wonderful dinner at Kit Filan's on August 30. We all went home with at least one gift from the 'Ride Share' basket and we shared our 'good reads' over this summer. This was very interesting and enjoyed by all. We are responsible for all the coffee time goodies during September. Hope everyone enjoyed all our baking. Our next pot luck is at the beginning of November so we have the whole month of October to prepare for that." This NG will also be hosting the memorial reception for long-time member, Grace Mercereau.

Royal Oak East: Hanny Pannekoek writes, "Royal Oak East had its third potluck gathering in the Lion Hall, hosted by Suzanne and Glenys. Thanks to their choice of tablecloths, table set up and lovely flower arrangements, they managed to make it look very attractive and intimate. For appetizers we sat on the deck, and a circle of chairs was set up inside for our discussion after dinner. It worked very well and it certainly is an option for at least one of our gatherings. We agreed to have the fourth and last gathering be appetizers and desserts on a late Saturday afternoon, instead of our usual Tuesday evening, just to try something different."

Royal Oak West: Fran Hancock describes the Animal Adventure they offered in the auction as follows: "ROW hosted a fundraiser, ANIMAL ADVENTURE, on September 14 where visitors could visit various homes to feed, brush and/or interact with the animals. Lesley Duthie had baby chicks and chickens; Fran and Peter Hancock, horses; Susan Donnecke, pet rabbits; and Astrid Firley Eaton,, donkeys and dogs. A light progressive luncheon was served at each stop. WHAT FUN!

On Sunday, October 19, ROW and Fairfield are looking forward to hosting the first Souper Sunday of the fall season. If groups are having meetings after church, they are welcome to go through the soup line while oth-

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AROUND THE NEIGHBOURHOOD (cont'd.)

ers have their tea and coffee in the Lion Hall. It is such a nice experience to work with and to become better acquainted with people from other Neighbourhood Groups."

Western: In addition to their monthly potluck, this NG will be warming up their ovens to provide baking for coffee time in October. We are meeting at Mac's this Saturday for our Potluck. Emily and Stu are down East visiting Emily's sister. No other news except Alex Van Boren is back in town with a new phone number. We hope to see him soon.

ARTIST OF THE MONTH: VERGIL SAMPSON

I am Coast Salish from the Tsartlip First Nation. My father was also from this area and my mother was Nez Perce from Idaho. My family was raised with a deep respect for our traditions and values.

It is an honour for me to share my talent as a First Nations artist with people from different cultures. Being an artist, for me, is a win-win situation because I love what I am doing. The figures I paint share the knowledge of the healing and spiritual meaning of our beliefs. In these times when awareness of native culture is becoming more appreciated there will be a better understanding of my people.

I am a self-taught artist, influenced and guided by local artists: John Sampson, Charles Elliot and Joe Wilson. I take pride in my unique style and clean lines, and especially enjoy painting on different sized drums of elk and deer skin. I also do workshops where you can learn to make drums or mandelas while sharing cultural values.

Commissions welcomed.

The smaller items, such as mandelas, that I create are unique and small enough that visitors can easily carry them home. I enjoy talking with people from all over the globe, learning about other cultures and languages.

I hope you enjoy my artwork as much as I enjoy creating it.

I have a slide show of my other art work on my blog: <http://virgilsampson-c.blogspot.ca/>



The Lifeline List Project is 10 years old!

On Oct 14, 2004, church member Joyce Murphy, in the role of “assessor”, for a brand new church initiative, visited a woman named Veronica in a modest Pandora Avenue apartment. A staffer at the Cridge Centre had tipped us that Veronica had left an abusive relationship, had taken her nine-year-old daughter with her and now had some urgent needs.

Loud music confirmed the apartment walls were paper thin and there was virtually no food in Veronica’s place. The building had a problem with “bugs”. Veronica also needed a bed as she and her daughter were sleeping on a foam mattress. Veronica had recently been laid off and could not apply for social assistance for a month. Her most pressing needs: groceries, including snacks for school lunches, and clothes for her daughter.

Pause here for a moment and imagine yourself as Veronica. Desperate, yes. Finished, no. If you met Veronica today, would you find a way to help her? Of course – and if you come to this church as a member or friend, you have been delivering help in situations like this for a decade now. That’s worth marking.

The Lifeline List is like a chain, with three strong links, each one essential to the whole. One link is the seventy-seven church members and friends who are “sponsors,” people who understand that there are neighbours hurting, living in poverty all around us if we care to look closely, people who are in quiet but deep trouble, sometimes but not always of their own making.

Sponsors understand the need for a rapid response once the need has been confirmed as genuine, so they have pledged to donate up to \$200 once a year, on short notice, when the project calls upon them. They also know that they can come off the sponsors list any time they choose.

Another link: Behind the sponsors is the entire church community. Our faith community serves as a platform for launching a great variety of outreach work. To find out just how much, and how varied, come to church on Sunday, November 16, and help celebrate all of them. The bottom line is: no church, then no platform, no Lifeline List, no nothing.

The third link is the church assessors. These are the handful of church members, all women because it is mostly women the Lifeline List helps. When we get a call for help at the church office or a tip from one of several local social service agencies we partner with, these are the people who go out to meet those asking for help face to face, to assure the need is genuine. We owe that to our seventy-seven sponsors. The assessors calculate how much help we should give. It is often a wrenching task.

Veronica got a food voucher she could use at Wellburn’s, close by her home. Alexandria got a winter coat. And the Lifeline List got rolling. Over the past ten years, the people of this church have helped two hundred and sixty-two individuals or families, probably five hundred people all told. (We have also declined to help in about forty cases, for a variety of good reasons.)

We are a culture which loves numbers, so those numbers work out to helping a family about every two weeks for the past ten years. But when the numbers have been recorded, we can turn to less measurable aspects. When someone is helped by total strangers, simply because they need help, the message to them is that they matter. They are seen as worthy, not just by their family or friends but by strangers. That lifts them, that’s the wind beneath their wings, at least for the day and maybe longer.

If you have comments or questions about the Lifeline List Project, or if you would like to become the seventy-eighth sponsor, please let me know.



—Don Vipond



BUILDING CONNECTIONS

generosity campaign 2015

Get ready to receive a phone call from your Visiting Steward and to welcome their visit to talk about our congregation and receive your completed pledge form. This is an opportunity to connect with a fellow congregant, to talk about the congregation, and to remind each other why we attend and contribute in so many ways. It will help to give some context to pledging.

If a Visiting Steward has not been assigned to you, you will receive information on how to pledge and how to request a visit.

If you have any questions about this year's Generosity Campaign please contact Roberta Clair at 250-532-1973 roberta@kjmaas.com or John Hopewell at 250-721-3920 hopewell@telus.net.

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.

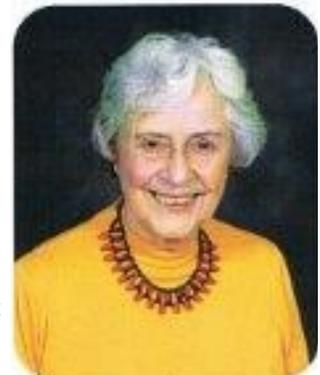
This course will meet during the day at the church from 1:00 to 3:00 pm and will be repeated in the evening from 7:00 to 9:00 pm at the New Horizons Centre in James Bay. The dates for both afternoon and evening sessions are as follows: October 2, 9, 16, 23, and 30 as well as November 6.

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

Planned Giving

Margot Lods

“What first attracted me, back in 2001, to the FUCV was the principle of theologic diversity. It was like a breath of fresh air. This is still important, but now the Church means much more to me—community, social action, spiritual growth, friendships, etc. But what, I ask myself, touches me in the deepest place in my heart. When I watch the news on TV, I am sometimes reminded of the terrible cruelty and injustice of which humankind is capable. When I go to Church on Sunday, I am reminded of the worth and dignity of every person, of the goodness, love and compassion that is in each of us. This gives me respect for myself, respect for other people, and hope for the future. This is why I want support for the FUCV to be part of my legacy”.



If you are interested in learning more about making a legacy gift to the church, please contact plannedgiving@victoriaunitarian.ca. Confidentiality will be respected.

What's In A Name(tag)? Something New

We are planning to have new nametags for all church Members and Friends ready by Sunday, September 28 So what's new?

New Name. Your name will be larger, with the first name larger than the last name. The point of a nametag is to greet one another by name, so we want to be able to read your name without intently staring!

New Size. The smaller nametag holders are no longer available, so the new ones will be slightly larger.

No Pin. Pins can damage fine fabrics, clips don't fit in the slots on our nametag board, and strings become tangled and messy. The new nametags will be magnetic. Please alert Gloria Turner gloriainvictoria@shaw.ca if you have a pacemaker or cannot wear a magnet, and your nametag will have a pin.

New Symbol. We have used the "tree of life" symbol for many years and it holds special memories for people who attended our church when we were located on Superior Street. However, we have discovered newer members have no idea why our nametags have a tree on them. So Braden and Jen Young have designed a Canadian Unitarian symbol, showing a flaming chalice against a maple leaf, in rainbow colours to show we are a congregation that welcomes diversity.

Mission Tag Line. The name of the church will be replaced by the tag line from our mission statement. The name of the church may change next year and we didn't want to delay the process of introducing new nametags. (We have been working on this for a year already.)

More

How will I get my new nametag? If you leave your nametag at church, we will put your new tag in the nametag board. If you keep your nametag at home or in your car, a Membership Committee member will be beside the nametag board in the foyer on September 28, October 5 and October 11 to exchange your tag. After that, remaining nametags can be picked up in the church office.

What will happen to my present nametag? The nametags we are replacing will be in a box near the nametag board. If you would like to keep your nametag, please feel free to take it home with you.

What will happen to the special stickers on my nametag holder? Your new nametag will not have choir notes, rainbow flags, or NG stickers. It will be up to the groups involved to add those to your tag.

What will happen to my twenty-five-year pin? We are hoping it print "twenty-five-year or fifty-year member" right on your nametag. The twenty-five-year pin is yours, so you can put it on your new tag or wear it separately.

What if I want to wear my old nametag? You are free to continue to wear your old nametag, if you wish. After all, we are Unitarians and we accept diversity! However, if your old plastic holder gives way, we will put your tag into the new larger size holder.

What if I want my nametag on a string or with a clip? This is your choice, but since those holders don't fit well on our nametag board, we ask you to keep it with you.

Is the new rainbow maple leaf chalice symbol our new church logo? No. Any change in the church logo will be made after consultation with the congregation and approved by the Board and the congregation. So sometime next year, our church may have a new name and perhaps a new logo.

How will my nametag be made? Bob Dobbs will create and print our new nametags. Did you know Ruth Ralston has been writing the names of members on their nametags in calligraphy for over forty years? Now that Ruth is ninety, we couldn't really ask her to do more than three hundred names by hand, so a computer will take over the task from now on.

Who do I contact if I have questions or want to comment about the new design? Gloria Turner looks after all things to do with nametags. Also, if you lose your nametag or the holder wears out, please contact Gloria.

Your new nametags were developed by the Membership Committee: Martha McDougall, chair, Gloria Turner, Jen Young, Bert MacBain, Glenys Thompson, Sharon Boldt, and Suellen Guenther, with assistance from Reverend Melora and Bob Dobbs. Please speak to any of us if you have any comments about nametags.



EAT's Tips for Two-Wheelers

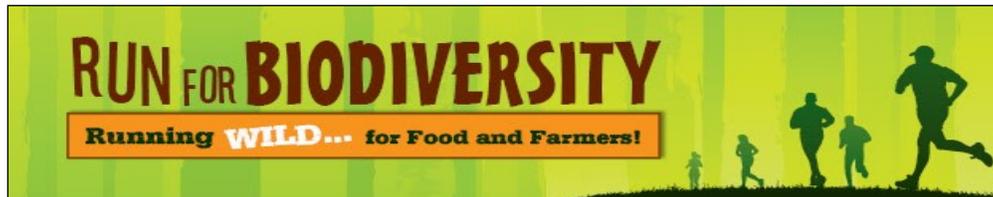


Our beautiful autumn weather is perfect for cycling. This is a favourite time of year to ride because it's cooler but still sunny. The EAT hopes to see lots of bikes in the shed on Sundays this fall.

Our church is within fairly easy biking distance of Central Saanich. For those coming from the Mt. Newton Cross Road area, there are a few routes that each take just over thirty minutes. For a route that sticks mostly to recommended cycling roads, take Tomlinson Road to Wallace Drive, eventually connecting with West Saanich Road near our church. This route is slightly longer than traveling along West Saanich the whole way, but Wallace Drive has far less car traffic making it a safer and a more enjoyable ride. For an interactive map, step by step directions and alternate routes, visit <http://goo.gl/thVNwm>.

For the brave souls who intend to cycle in wet weather this fall, don't forget to do your monthly bike maintenance, including cleaning and lubricating your chain, to keep your bike in good shape. For instructions on lubing a bike chain: <http://www.wikihow.com/Lube-a-Bicycle-Chain>

-by Reese Willis



A Win-Win Opportunity—Get Fit and help Farmers in Nepal!

On Sunday, October 12, please consider raising money and running or walking to support our USC Run for Biodiversity (R4B) team as we have a great day together at the Goodlife Victoria Marathon. The funds we raise will help make a difference by assisting farmers in Nepal with seed saving techniques. Our goal is to raise \$5000 to support these programs, as well as raising awareness about the USC.

You can join Team R4B when you sign up to run or walk any of the events on race day. These include the marathon, half marathon and 8k. Please contact me if you have any questions about how to join the team. We will have a team tent on race day, so we have a meeting place and somewhere to store gear.

This is our third year for Team R4B being at the Goodlife Victoria Marathon and we look forward to it being our best year yet!

<http://www.runvictoriamarathon.com/Sponsors-Charities/CHEK-Charity-Pledge-Program.aspx>
<http://usc-canada.org/run-for-biodiversity/victoria/>

—Mike Greenly

Board Members on Duty



Oct. 5	Jennifer Young
Oct. 12	Suzanne Beauchamp
Oct. 19	Bob Dobbs
Oct. 26	John Hopewell

An Opportunity to Help

Why? To support a worthy cause, Choices in Dying Victoria

When? Only one or two hours at the CUC Fall Gathering at FUCV, Oct. 24-26.

What? Sit at the CIDV Table Display, be friendly, and talk with people.

If you don't know the answer to a question? You will have a handout with the contact information for each member of the Steering Team.

To volunteer or just get more information, contact Margot Lods, 250-920-383 or mlods@shaw.ca

We Need Your Support

Right-To-Die Dialogue Cancelled

The good news is that the Canadian Medical Association very recently voted overwhelmingly that physicians should have the right to follow their own conscience when it comes to medically-assisted dying. This is a huge step forward in our effort to have this medical action, subject to patient request, removed from the criminal code.

As a result, Choices in Dying Victoria has cancelled the Dialogue planned for November 15 because this issue was a major focus of the Dialogue's theme, and we have neither the time nor the energy to make the many changes required to remain relevant.

But Choices in Dying Victoria is not dead. We are focusing our energy this fall on three activities: a flash mob on October 15 and both a workshop and display table at the CUC Regional Gathering—see information about these activities elsewhere in this newsletter.

Contact Changes Extra Extra!

Read all about it in your new
September 2014 Directory!

There has been a fair amount of updating as the new September 2014 directory has been prepared. Members and Friends who are listed in the directory are welcome to pick one up in the office.

Community Dinner with a Twist!

Friday, October 10, 6pm is spaghetti
dinner and SRC movie night

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.**

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

The EAT folks will be showing **On the Line**, an eco-adventure documentary like no other. Follow Frank Wolf and Todd McGowan on a 2,400 km journey by foot, bike, raft and kayak as they seek to uncover the truth about a proposed 5.5 billion dollar oil pipeline.

Can you do 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 by text or call at 250-472-0117 or isaacs.anna@gmail.com

Flash Mob

To support the Canada Supreme
Court Hearing of the Carter Case

October 15, 3:30 - 5:50pm—500 Block Culduthel Rd.

Douglas Street Galloping Goose Trail Overpass
Parking: Culduthel Road across from Uptown Mall

Come out and support the right to die

Sponsored by Choices in Dying Victoria. For information, contact Bonnie Halvorson, bonnie-h@telus.net or 250-478-7736.

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: 250-891-6330
 rev.melora@victoriaunitarian.ca

• Reverend Shana Lynngood
 Office phone: 250-891-6331
 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
Past President	Mike Graham	250-384-4351
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	778-432-0881
Spiritual Development	John Hopewell	250-721-3920

Events Calendar

Date	Time	Event	Location
10/1	-----		
10/2	1:30-3:30pm	Generosity Meeting	Common Room
	7:30-9:30pm	Choir Rehearsal	Sanctuary
10/4	8am-5pm	Cooking Bee	Sanctuary Kitchen
	12:45-2:30pm	Meditation	Sunflower Room
10/5	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	Noon-1pm	Orientation	Common Room
	Noon-1:30pm	NG Convenors	Library
	Noon-2pm	Atheists, Humanists, Agnostics	Fireside Room
10/6	-----		
10/7	10-11:30am	World Religion Discussion	Library
10/8	Noon-2pm	Care & Concern	Library
	7-9pm	Depression & Anxiety Support Circle	Library
10/9	7:30-9:30pm	Choir Rehearsal	Sanctuary
10/10	6-10pm	Community Dinner	Sanctuary
10/11	12:45-2:30pm	Meditation	Sunflower Room
10/12	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	Noon-2pm	Environment committee	Library
	7:30-9pm	Jazz Vespers Service	Sanctuary
10/13	THANKSGIVING DAY		Continued on next page...

1 Events Calendar (continued)

Date	Time	Event	Location
0/14	10am-4pm	Sandy Merriman cooking	Sanctuary Kitchen
	10-11:30am	World Religion Discussion	Library
	1:30-3:30pm	Social Responsibility Team	Common Room
10/15	Noon-2pm	Worship Associates	Common Room
	3-5:30pm	Board meeting	Common Room
10/16	7:30-9:30pm	Choir Rehearsal	Sanctuary
10/18	12:45-2:30pm	Meditation	Sunflower Room
10/19	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	11:30am-2pm	Souper Sunday	Sanctuary
	Noon-1pm	Learning Circle: Book- Choosing	Library
10/20	-----		
10/21	10-11:30am	World Religion Discussion	Library
10/22	7-9pm	Depression & Anxiety Support Circle	Library
10/23	7:30-9:30pm	Choir Rehearsal	Sanctuary
10/24	6-8:30pm	Fall Gathering (register by Oct.17)	church
10/25	9am-9pm	Fall Gathering (register by Oct.17)	church
	12:45-2:30pm	Meditation (check first)	Sunflower Room
10/26	10:30-11:30am	SUNDAY SERVICE	Sanctuary
	Noon-2pm	Intro. to Unitarian Universalism	Common Room
10/27	-----		
10/30	7:30-9:30pm	Choir Rehearsal	Sanctuary

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THE VICTORIA UNITARIAN

is the monthly publication of the First Unitarian Church of Victoria.

The **deadline** for submissions to the **November** issue is **October 14**.

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).

Famous UUs



Dr. **Emily Stowe** (1831–1903) was the first female medical doctor to practice in Canada. She was an activist for women's rights and suffrage. She was raised as a Quaker and began life as a teacher. Denied entrance into the Toronto School of Medicine in 1865 and was told by the school's Vice President, "The doors of the University are not open to women and I trust they never will be." So she earned her degree in the homeopathic New York school and was

finally licensed in Canada in 1880.

Stowe ran a suffragette club at the Toronto First church, under the guise of the Woman's Literacy Club. She herself was not very active in the church but her daughter Dr. Augusta Stowe-Gullen was married in the church and became much more involved than her mother. Augusta was the first woman to earn a medical degree within Canada.