



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

VOLUME 53,
ISSUE 11
NOVEMBER, 2014

The Victoria Unitarian

Services in November

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

Practices to
transform
ourselves and
our world

~~~  
November's Theme

Vulnerability:  
The Practice of Being  
Fully Human



### November 2 Removing our Armor

Reverend Shana Lynngood



As we begin our exploration of this month's theme of vulnerability, we will look at the personal dimension. We often guard ourselves so well as to be hard to know. How can we be our authentic and genuine selves in a way that is safe and meaningful? What would it mean to allow ourselves to be vulnerable more often?

### November 9 Spiritual Injury and other Potential Consequences of Crashing into Mortality"

Reverend Melora Lynngood



As part of this month's theme, we consider the ultimate vulnerability: our own mortality. We are all going to die. What happens when we are forced to consider that possibility before we are ready? Whether through age or diagnosis, what happens when we are put in the position of needing care, or put in a position in which others perceive we need care? What spiritual challenges are a part of the landscape of this terrain?

*This sermon topic comes to you courtesy of Cameron Edgyda, who won Rev. Melora's 'sermon on a topic of your choice' in the auction last spring.*

### November 9 Jazz Vespers at the UVic Interfaith Chapel

7:00pm

Nature's Inspirations

Join Rev. Shana, and husband and wife jazz duo Linda and Rob Cheramy, for a service of music and reflection. We will explore through song and word the ways in which the natural world feeds our spirits and calls for our care.

### November 11 Remembrance Day

Tuesday

Peter Scales

Remembrance Day is a time to remember those who died in wartime, and to consider the Big Questions surrounding war and peace. Our November 11th ceremony is performed by Unitarians who have served and who are serving in the Canadian Forces.

 denotes Women's Choir

 denotes Chalice Choir

# Services in November (continued from page 1)

## November 16 Outreach Alphabet Soup Social Responsibility Coalition

Join the Social Responsibility Coalition as we share and celebrate the many wonderful ways our church community reaches out to the wider community around us – locally, nationally and internationally. You will be amazed!

## November 23 What Do We Owe Each Other? Reverend Shana Lynngood



This morning we will explore the vulnerability created by income inequality. As the poor get poorer and more people slip below the poverty threshold, vulnerability can take on another meaning. We will look not only at the current circumstances, but at the ways in which poverty is rooted in systemic factors with deep historical roots.

## November 30 “True Self”? Reverend Melora Lynngood



We begin our service with a ceremony to welcome in our new members, and then reflect together on the challenge of bringing our authentic selves into community. What does it mean to be your ‘true self’? To what extent can we be our ‘true selves’ here, at home, with family, anywhere? To what extent does authenticity make you vulnerable? To what extent does it make you strong?

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 denotes Chalice Choir       denotes Men's Choir

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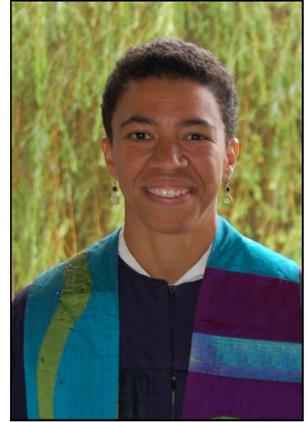
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**Deadline for submissions to the  
December issue is November 18**

## The Merits of Vulnerability

Often we think of vulnerability as a bad thing. “To be vulnerable is to risk being hurt.” Or we think of being vulnerable as a hard thing. “Be vulnerable? Why on earth would I want to do that?” As we go through life, however, we often find that it is in those moments when we have been vulnerable and open that we have been most moved or touched or changed by our experiences. While this may not be easy, it is preferable to walling ourselves off so that nothing and no one can reach us.

This month we will explore vulnerability. What it asks of us and what it makes of us. We will look as well at why we resist it, and whether we ultimately can. We will also look at the ways in which those who are marginalized in some way (class, race, sexual orientation, etc.) are often put in vulnerable positions. As we consider vulnerability I invite you to engage with the following questions and materials:



1. C.S. Lewis writes, *“Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable.”*

2. How unbreakable have you become? Wendell Berry writes, *“It may be that when we no longer know what to do we have come to our real work, and that when we no longer know which way to go we have come to our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings.”*

3. Are you really baffled and stuck, or getting ready to sing? Watch the TED talk by Brene Brown: [The Power of Vulnerability](http://www.youtube.com/watch?v=iCvmsMzIF7o) (<http://www.youtube.com/watch?v=iCvmsMzIF7o>). *“In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.”* How do you relate to what she has to say?

4. Reverend Megan Foley writes, *“I’ve learned that if I’m able to say ‘I’m feeling vulnerable,’ rather than say, ‘You’re making me mad’, then there is much more room for connection and healing.”*

Are you better at saying “You’re making me mad” or “I’m feeling vulnerable”? And how much room has that left?

Looking forward to the exploration,  
Shana

## Lay Chaplain Basic Training

Lay chaplains are important emissaries of joyful Unitarian spirituality in the wider world. They perform marriages, child blessings, memorials and other rituals to mark life's passages.

If you have ever considered taking on this role, or being on the committee working to support our lay chaplains, there is an upcoming workshop in November which will give you the basic information on lay chaplaincy. It will take place at the Unitarian Church on West Saanich Road November 21 to 23.

Anyone interested in lay chaplaincy must complete this weekend training to become certified by the CUC. It may be two years before it is offered again. One of the facilitators is our own long-time lay chaplain Liz Graham.

For more information and registration, please go to the CUC website at [cuc.ca/event/lay-chaplain-basics-training](http://cuc.ca/event/lay-chaplain-basics-training). For more information, contact Leslie Gillett at 250-592-7032.

"Registration for the Basic Course closes November 7."

## SElections on the Vulnerable Side

Our Sundays are bustling with energy in the Children's Wing and, as I do my 'rounds', checking in on each group, I notice over and over again how each age group offers both unique gifts and challenges to the leaders. We have wonderful curricula – from packaged to 'homegrown' but, thanks to the spontaneity of our audience, no matter how perfect it seems on paper it unfolds in unexpected ways. Children's questions often cause us to veer over to a whole new side of the topic than we might have planned, or even thought about. Sometimes we are inspired by their questions and other times feel worried by their behaviour, wondering: what should I do; and what is the best response? Sometimes we feel vulnerable.



When working with children, we can do well to consider Pema Chodron's words. Though she was talking about human relations more generally, her wisdom applies to working with children. "When things are shaky and nothing is working, we might realize that we are on the verge of something." We might have an opportunity for a deeper level of conversation, an opportunity to explore what is truly important. Parker J. Palmer would agree. In *The Courage to Teach*, he writes "my ability to connect with my students, and to connect them with the subject, depends less on the methods I use than on the degree to which I know and trust my selfhood – and am willing to make it available and vulnerable in the service of learning." When we admit we are vulnerable (or in child-friendly language: worried or uncertain about something), children, youth (and adults too) often stop up in their tracks and try to help make things work.

In thinking about leadership and vulnerability, I smile a little at the title of the curriculum from which we are drawing inspiration for our Questor Group (Gr. 5-8) – "Sing to the Power". The UUA describes it as affirming our Unitarian Universalist heritage of confronting "powers and structures of evil with justice, compassion, and the transforming power of love." The aim is for participants to experience their own power, and understand how it can help them to be leaders. Of course, that is the aim, but as we work through it with a group of intelligent and active children all of whom have their own interests and needs, we sometimes find ourselves exploring the flip side power: "When don't we feel powerful?" "When is it hard to be our best selves?"

All the ages and stages offer great learning opportunities to the adults who work with them. I feel full of appreciation for the lessons the children and youth in my life continue to offer me, and appreciation for the adults who choose to work with children.

Warmly, Faye

Director of Spiritual Exploration and Learning for Children and Youth • 250-744-2695 • [fayem@victoriaunitarian.ca](mailto:fayem@victoriaunitarian.ca)

## Cooking for Sandi Merriman House

Do you enjoy cooking? If so we would love to have you join our team that prepares three large casseroles for Sandy Merriman House. We cook on the second Tuesday every month preparing basic but nutritious high protein casseroles for the women living at Sandy Merriman House, a women's shelter in downtown Victoria. Please contact Sandra Jordan at [sandrajordanca@gmail.com](mailto:sandrajordanca@gmail.com) or 250-654-0672 if you are interested or would like more information.

Also, I am stepping down from my position of coordinator at the end of 2014. It is not a difficult job and I would be most happy to discuss all that it entails with anyone interested.

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## SRC ACTION OF THE MONTH

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The SRC action for November is...well, the SRC. We are taking this month to share and celebrate the work our church has done, and is doing, in living the last part of our Mission statement, "...we strive to transform ourselves and our world through compassionate action". Though there is always work to be done we will take a moment to pause, reflect and celebrate. On November 16 we will be celebrating the Outreach work of our church during the Sunday service.

Beforehand we will have a Pancake Breakfast and afterwards a birthday cake for Lifeline!

### Outreach Celebration Pancake Breakfast

Sunday, November 16, 8:30am - 10am

**Join us for pancakes, fruit, sausages and other yummy stuff!**

Breakfast is by donation with proceeds going to T.A.P.S. – Together Against Poverty Society. TAPS provides free, face-to-face legal advocacy for people with income assistance, disability benefits and tenancy issues.



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## SHARE THE PLATE

## MARGOT LODS

In November we are sharing the plate with Dying With Dignity. In the words of John Polani, Nuclear Physicist and Nobel Prize Winner, "Dying With Dignity is a pioneering Canadian organization that is showing courage and compassion in an area of deep concern to all of us – the making of wise and deliberate choices at the end of life." The core parts of DWD's work are:

- (1) providing education about the reasons why end of life choice should be legalized in Canada.
- (2) providing education about patient rights and the importance of advance care planning.
- (3) providing members at end-of-life with information about all available options and emotional support.

DWD does not break the law forbidding medically-assisted dying, but does advocate that the law be changed.

The Canadian Unitarian Church has a long history of supporting the right-to-die movement, from providing the venue for the very first meeting of Dying With Dignity in 1980 to participating as an intervener in the Carter Case Appeal which was heard by the Supreme Court of Canada this past October 15. The CUC has a monitoring group called Choices in Dying, and FUCV's Choices in Dying Victoria is proud to co-operate with Dying With Dignity.

Dying with Dignity has no other income than the donations it receives from its supporters. Our November Share the Plate is an opportunity for you to help enable DWD to carry out its mandate.



**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)

***“This Changes Everything—Capitalism vs the Climate” by Naomi Klein***

This week, Canada’s Commissioner of the Environment and Sustainable Development said that failure to act will ensure that Canada's Copenhagen 2020 target for emission reduction will not be met. This target was reduction of greenhouse gas emissions by 17% below 2005 levels. Mr. Harper commented “We have lowered greenhouse gas emissions and, at the same time, been able to grow the economy. That is why we will continue on track”.

We have been reading about the pressure on the government of British Columbia by companies considering LNG production, demanding tax breaks and removed or reduced environmental regulations. The BC government has touted LNG production as the key to our economic future. Naomi Klein's book points out that fracked gas, when extraction, transport, liquefaction, burning and restoration of fracked sites are counted, is not better than other fossil fuels. Besides, its development competes with and delays installation of renewable energy sources.

Klein states that capitalism requires continually increased access to and exploitation of resources. Its monetary power gives it political power, which leads to control of government actions, both directly and indirectly, as in BC. If climate change is to be stopped, green house gas emissions must decrease, and resource exploitation must revert to what is sustainable over time. Fossil fuel burning must be drastically reduced, replaced by sustainable energy sources.

Contrast that to what is actually happening under capitalism. The production of oil and bitumen is at an all time high, and predicted to grow as shale oil is exploited worldwide. Oil is used as a political weapon, and there is no plan to stop, as long as free trade rules ensure that energy sources remain in private rather than public hands.

Klein believes an abolitionist-style climate movement would allow a global alliance of left-wing activists to achieve a diverse range of social justice goals. These include repealing free trade agreements, easing immigration rules, establishing indigenous rights, and guaranteeing a minimum income level. These goals are similar to several Unitarian goals. Can we help?

If you plan to read, or have already read this book and would like to participate in a book club or discussion about its implications please contact Judy Gaylord at [jgaylord@shaw.ca](mailto:jgaylord@shaw.ca).

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**NOTABLE UNITARIAN****CHRISTINE JOHNSTON**

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John Priestley(1733-1804) was an early English Unitarian clergyman, political theorist, teacher and scientist whose work advanced liberal political and religious thought and experimental chemistry. He is best remembered for his contribution to the chemistry of gases, especially oxygen. Priestley's science was integral to his theology, and he consistently tried to fuse Enlightenment rationalism with Christian theism. Unitarian ideas, however, were persecuted at that time. In addition he was a close friend of Theosophus Lindsey who in 1774 began to conduct the first ever Unitarian services in the Essex St. Chapel, London. The controversial nature of Priestley's publications combined with his outspoken support of the French Revolution created public and governmental suspicion. After a mob burned down his home and church in Birmingham, he was eventually forced to flee, in 1791, first to London, and then to the US, where he died ten years later in Pennsylvania. He was a major influence in the UK and USA. Birmingham, England (where the IARF Congress was held this year), holds his memory dear.



We hope you've all had a chance to ride your bikes as much as possible in the beautiful fall sunshine. We've seen lots of bikes in the shed on Sundays, which is fantastic!

For this last article before we take a break for the winter, Judy Gaylord has been kind enough to share her bike route with others who would like to try biking from the McKenzie/Cedar Hill X Road area. This route takes Judy around an hour, and she says there are a few significant hills.

Briefly, Judy takes McKenzie Avenue to Borden, then some side streets to Quadra, up to Glanford and Mann, eventually taking the Glendale Trail until it meets up with Interurban and the Rail Trail. For those reading the newsletter electronically, the detailed route can be viewed here: <http://www.plotaroute.com/map/16495>. Anyone interested in a paper copy of the map or detailed written directions can talk to me at church or call me at 250-381-3527.



Isabelle and Francois riding off after the Fellowship Luncheon in September

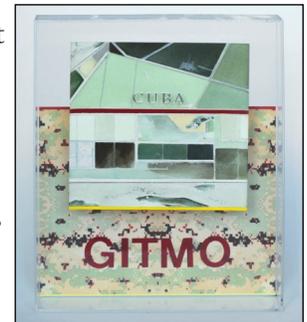
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## ARTIST OF THE MONTH—ANNE VAASJO

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### Salt

The internet offers new ways of integrating images and information. Over the last few years, using Google Earth, I have scoured the coastlines of politically volatile countries, looking for salt farms. I create small watercolour paintings combining them with text, photographs, plus other materials. I have ordered actual salt from some of these countries. All of this has been done almost exclusively using the Net. I then encase the works in plexiglas boxes to suggest artefacts, since the events are already past, and the impossibility of making actual contact with the situations. Using views from space exemplifies the distance between our comfortable lives and significant events which we can only partially understand. This acknowledgment that something inaccessible but crucial is happening seems an appropriate, realistic political perspective. Paradoxically the ability to accumulate images and find materials almost instantaneously makes global situations seem tantalizingly near.



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## 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

## Long Term Durability Costs for Our Buildings, Equipment and Furniture

**What does it really cost to run this place?** For too long, FUCV has not really focused on what it really costs to maintain our assets, including not just annual maintenance issues, but the necessary building, equipment and furniture replacements. Most of us are familiar with Strata Council “Depreciation Reports” that do address all of these issues. Our Community must also now take the same approach, as we near our twentieth year of occupancy.

Our buildings need a detailed cost accounting that looks at:

1. Annual Maintenance (items that typically occur annually).
2. Replacement Maintenance (what replacements are required, when and for how much).
3. Improvements and Enhancements (must be factored in, so we don’t “rob” from items 1 and 2).

In the past, the Property Council put in a yearly budget request for Building Maintenance, which historically has been about \$15,000 annually. Mostly, this dealt with on-going costs, such as roof inspections, fixtures, water supply; etc.

Three years ago, realizing that this wasn’t enough to deal adequately with the buildings, a Property Fund was developed, with some members and friends pledging over a five year span to try and bridge this gap. What has become clear is that while the Property Fund has certainly been useful, it’s simply not enough. But before FUCV could weigh what was needed, a detailed review of **all** of the projected costs needed to be prepared.

A “Long-Term Cost” Team was set-up early this year by Property Council to do just that, honing the various building expenditures over a thirty year span, up to the year 2033. A lengthy spreadsheet was prepared, and revised a number of times to finally come to a basically sound understanding of what FUCV does have to look forward to. Numerous items with their expected replacement schedule over the next thirty years shows that we are actually facing approximately expected expenditures of \$21,000 annually for the next upcoming ten years, and if averaged over the next thirty years, an annual cost of \$27,000. This is outside of the annual Building Maintenance budget.

For example, there are two heat pumps that serve the Sanctuary. The life span of a heat pump is fifteen to twenty years and each cost \$15,000. One heat pump was replaced in 2011 (failed after fourteen years); the other also installed in 1997 is currently projected to fail. Various other replacements we are facing within three to five years would be four of our twelve hot water tanks; windows (twenty have failed seals already); major painting; flooring; gutters; and sewer cleanout among others.

Because often the annual Building Maintenance budget was used to attempt to cover costs that should be really taken care under Replacement Maintenance and/or Improvements, the Long-Term Cost Team projects that the Building Maintenance annual budget would be \$10,000. The Replacement Maintenance and Improvements and Enhancements annual costs would be in the range of \$20,000 over the next decade, or an annual cost of \$30,000 to keep our buildings in decent shape.

Property Council intends to hold forums discussing these issues, as well as actually looking at the detailed spreadsheets, over the next four months leading up to our January AGM. Our intent is to see, given these facts, how our Community would want to approach these issues.

### Board Members On Duty

|        |                       |
|--------|-----------------------|
| Nov 2  | Susan Layng           |
| Nov 9  | Linda Nicholson-Brown |
| Nov 16 | John Tiffany          |
| Nov 23 | Shirley Travis        |
| Nov 30 | John Worton           |



## Planned Giving

Members of the Legacy Circle celebrated with Reverend Shana at the home of Fran and Peter Hancock September 23.

If you too are interested in naming the church in your will, you may contact [plannedgiving@victoriaunitarian.ca](mailto:plannedgiving@victoriaunitarian.ca). Your confidentiality will be respected.

Thank you.



## BC Sustainable Energy Association Victoria Chapter presents "Energy and the Next Federal Election"

First Metropolitan United Church, Doreen Room, Balmoral Road at Quadra 7:00-8:30pm

### ***Six Talks on Key Energy Issues Facing our Country and One All-Candidates Meeting***

Over the next year, leading to the next scheduled federal election (currently 19 October 2015), we will host six expert and engaging speakers to address six key sustainable energy and climate action issues from a federal policy perspective, to be followed by an all-candidates meeting just before the election.

**Make sure to mark your calendars for all of the Speakers Series and the All-Candidates Meeting:**

- Monday, October 20, 2014: Behavioural Change with Heather Bauer
- Monday, November 17, 2014: Energy and Buildings with Andrew Pape-Salmon
- Monday, January 19, 2015: Transportation
- Monday, March 16, 2015: A National Energy Strategy
- Monday, May 18, 2015: A National Carbon Tax for Canada
- Monday, June 15, 2015: Building a Viable Economy Based on Sustainable Energy
- Monday, September 21, 2015: All- Candidates Meeting

**Facebook.com/BCSEA**

**Sponsoring partners Include: Social Responsibility Coalition of the First Unitarian Church of Victoria, Pacific Institute for Climate Solutions, Campus Planning and Sustainability, University of Victoria, Dogwood Initiative, Kairos Victoria, and Peninsula EcoVision**

## Choir Notes

- Women's Choir will sing Sunday November 2
- Men's Choir will be singing Sunday November 30
- Mark your calendars: The Winter Choir Concert will be held Friday, December 5 at 7:00 pm



## Cracking The Code -- Deciphering a Name Tag

### Clues to the messages hidden on a nametag:

**Stick-on Label:** I am visiting today. This may be my first Sunday. Please welcome me warmly, speak to me during coffee time, and offer me gracious hospitality.

**Name Tag with No Logo:** I have come more than once. I may have filled out a Welcome Visitor form or asked for a nametag. I have come for a few weeks or a few years, so feel free to offer an extra smile, and introduce yourself if you don't yet know me. As I have not yet decided to officially join as a Friend or Member, my name and contact information are not in the church's Membership Directory.



**Name Tag with a Logo:** I am a Member or a Friend of the church. I have filled out the application form. I have attended Orientation and Considering Membership sessions. I am involved with the life of the church and I support the church financially. My name and contact information are in the church's Membership Directory. If I am a Member: I am eligible to vote and receive complimentary Rites of Passage.

### Special Titles:

*Co-Minister:* I am one of your two ministers.

*Elder:* The congregation has honoured me with this distinction. I have given many years of service to the church and I am someone people turn to for wise advice and guidance.

*Board Member:* I serve on the Board of Trustees.

*Committee on Ministry:* I serve on the Committee on Ministry.

*Staff:* My job title indicates the work I do for the church. I am a paid employee.

**Long-time Member:** My nametag has twenty-five years or fifty years below the logo. The congregation has also presented me with a recognition pin containing the Canadian Unitarian symbol that I may wear on my nametag.

**Logo:** Maple leaf (Canadian), Chalice (Unitarian), Rainbow colours (Congregation that welcomes diversity).

**Mission Tag Line:** A condensed version of our church mission statement.

## Community Dinner

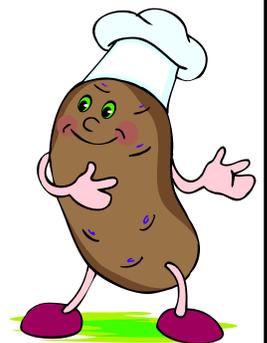
### Friday, November 14, 6pm is Baked Potato Night

Our Community Dinners are wonderful opportunities to meet new people or catch up with friends over a casual, fun, delicious meal. Dinner is by donation. **Everyone is welcome !!**

**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 Social Responsibility Coalition's Refugee and Middle East Team will be presenting 'Zionism Unsettled'. What all Unitarians should know! We will show a short series of DVD movies that expose the myths about Zionism, Israel and Palestine. The series is presented by Israeli authorities seeking resolution of the problem of Israel/Palestine.



## Birthdays in November

- 1 Gloria Turner
- 2 Linda Nicholson-Brown
- 3 Lance Young, Angelina Templeton
- 4 Marion Sollazzo, Harry Moore
- 6 Laura Porcher
- 7 Louise Parsons
- 8 Penny Furnes
- 9 Lorna Anthony, Bob Dobbs,  
Andy Lee, Joe Fleming
- 10 Faye Mogensen
- 11 Reese Willis, Pat McMahon
- 12 Brock Brown, Pauline Kenneally
- 19 Doug Seeley, Lila Watson
- 20 Diana Black
- 22 Bob Van Alstyne, Simon Williams
- 23 Terri (Tera) Ziegler
- 25 Tatha Cornish, Naida Hyde
- 28 Robert Gifford
- 30 Ray Page



## New Members

Oona Hayes & Todd Webber

4046 Cavallin Court  
Victoria, BC V8N 5P9

Ph: 250-978-0097

Oona's e-mail: [ohayes@shaw.ca](mailto:ohayes@shaw.ca)

Todd's e-mail: [tgwebber@gmail.com](mailto:tgwebber@gmail.com)

Gordon Head NG

Samanatha "Sam" Magnus

2330 Spring Road  
Victoria, BC V8T 5E7

Ph: 250-886-5339

E-mail: [magnussamantha@gmail.com](mailto:magnussamantha@gmail.com)

Grand Central NG



## Address Changes

Raymond Page & Elinor Tennyson  
326-2245 James White Blvd  
Sidney, BC V8L 1Z5



Kellina Dyer  
103 B - 10230 Bowerbank Road  
Sidney, BC V8L 0C1

## E-mail changes

Van Gessell and Sacker-Van Gessel family  
Remove old address and add [familyvanges-sel@gmail.com](mailto:familyvanges-sel@gmail.com)



Sandra Jordan updated to  
[sandrajordanca@gmail.com](mailto:sandrajordanca@gmail.com)

## Rejoining

Stan Evans  
1225 Monterey Avenue  
Oak Bay, BC V8S 4V7  
250-370-2102

## New Phone Number

Alex van Borek  
778-865-93333



## Deceased

Alan M. Baker  
Laurence "Laurie" Cottrell

## Resigned

Gayle & Bob Elson  
203-2360 James White Blvd.  
Sidney, BC V8L 1Z7

*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 writes, "We are in a state of appreciating Autumn."

**Esquimalt:** Their host was unexpectedly out of town, so Esquimalt had to cancel their October get-together. They are now looking forward to gathering again on December 19.

**Fairfield:** Members of this NG will be contributing to the Souper Lunch on October 19. Fairfield is also hosting the Memorial Reception for long-time member and church Elder, Laurie Cottrell, on October 17. Then they will look ahead to their Christmas gathering on December 7.

**Far Out:** New convenor, Oceanna Hall, reports that nine people gathered on October 4 at 4:00 pm to share finger food snacks, and she offers a huge thank you to Phyllis Aherne for hosting. The group hopes to gather four times a year and are considering common rooms in complexes where their members live as possible meeting places. Far Out will be busy baking for coffee time in November.

**Gordon Head:** Mary Cramer writes that their group is gathering at 5:30 on Saturday, October 18 at the home of Oona and Todd. They have said goodbye to Patty Disbrow and David Collins, who have moved into the Grand Central neighbourhood.

**Grand Central:** Now that she is living in Grand Central, Patty Disbrow has agreed to be the central contact for this group, as they have no convenor at present. There will be a special table for the Grand Central NG at the Souper Lunch on October 19, and Patty is looking forward to meeting some of her new neighbours.

**James Bay:** Pat Kinrade notes, "James Bay NG will enjoy a pot-luck lunch at noon at the home of Myra Rippon on Monday October 20. They welcome all newcomers."

**Nearby:** Nancy writes, "Bob and I hosted a potluck at our home on October 17. There was no shortage of animated conversation with our 16 guests, including Jane Bramadat's two grandchildren. It was a great opportunity to 'build connections'".

**Oak Bay:** This NG is very busy at the moment. They are hosting the Memorial Reception for Alan Baker on October 29, and three days later, the Memorial Reception for long-time member, Grace Mersereau on November 1. After that flurry of responsibility, they can relax at the new home of Tiff and Jan Li for a potluck on Saturday, November 8.

**Royal Oak East:** Instead of their usual potluck, Royal Oak East is trying out a late Saturday afternoon event on November 29 for their final gathering of the year, where they will share appetizers and desserts.

**Royal Oak West:** Fran Hancock writes, "Royal Oak West, with assistance from Fairfield, will be hosting the first **Souper Sunday** of this church year on Sunday, October 19, after church. We have plenty of delicious soups (clam chowder, Greek lentil, split pea and ham, turkey, curried sweet potato and cashew, etc.) and a wide range of **delicious desserts**. We will be serving those members who have meetings to attend shortly after the service or after people have had tea or coffee in the Lion Hall. Please bring your whole family and have a good time eating with friends and meeting new people! We thank all the volunteers in advance for their kind contribution to the church."

**Western:** This group were the busy bakers for coffee time in October. They will be gathering for a potluck on October 18 at either Susan and John's place or Oz's.

## 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 Versteegen

### Board of Trustees

#### Officers

|                |                       |              |
|----------------|-----------------------|--------------|
| President      | Shirley Travis        | 778-433-2063 |
| Past President | Mike Graham           | 250-384-4351 |
| Vice-President | Linda Nicholson-Brown | 250-474-7182 |
| Treasurer      | Bob Dobbs             | 250-652-5438 |
| Secretary      | Jennifer Young        | 250-370-5106 |

#### Council Representatives

|                       |                   |              |
|-----------------------|-------------------|--------------|
| Administration        | John Worton       | 250-220-6258 |
| Outreach              | Susan Layng       | 250-370-2247 |
| Property Management   | John Tiffany      | 778-432-0881 |
| Spiritual Development | John Hopewell     | 250-721-3920 |
| Congregational Life   | Suzanne Beauchamp | 778-443-2829 |

## Events Calendar

| Date  | Time          | Event                               | Location         |
|-------|---------------|-------------------------------------|------------------|
| 11/1  | 12:45-2:30pm  | Meditation                          | Sunflower Room   |
|       | 2-4pm         | Memorial: Grace Mersereau           | Sanctuary        |
| 11/2  | 10:30-11:30am | SUNDAY SERVICE                      | Sanctuary        |
|       | Noon-2pm      | AHA, Atheists, Humanists, Agnostics | Fireside Room    |
|       | Noon-2pm      | Intro. to Unitarian Universalism    | Common Room      |
| 11/3  | -----         |                                     |                  |
| 11/6  | 1-3pm         | What Moves Us?                      | Common Room      |
|       | 6-9:30pm      | Choir Rehearsal                     | Sanctuary        |
| 11/8  | 11-5pm        | Installation art set up             | Lion Hall        |
|       | 12:45-2:30pm  | Meditation                          | Sunflower Room   |
| 11/9  | 10:30-11:30am | SUNDAY SERVICE                      | Sanctuary        |
|       | Noon-2pm      | Environment committee               | Library          |
|       | Noon-2pm      | Considering Membership              | Common Room      |
|       | Noon-1:30pm   | Lay chaplains meeting               | Fireside Room    |
|       | 7-9pm         | Jazz Vespers at UVic                | Offsite location |
| 11/10 | -----         |                                     |                  |

Continued on next page...

## Events Calendar (continued from previous page)

| Date  | Time            | Event                                   | Location          |
|-------|-----------------|-----------------------------------------|-------------------|
| 11/11 | REMEMBRANCE DAY |                                         |                   |
|       | 10am-4pm        | Sandy Merriman cooking                  | Kitchen Sanctuary |
|       | 1:30-3:30pm     | Social Responsibility Team              | Common Room       |
| 11/12 | Noon-2pm        | Care & Concern                          | Common Room       |
|       | 7-9pm           | Depression & Anxiety Support Circle     | Library           |
| 11/13 | 6-9:30pm        | Choir Rehearsal                         | Sanctuary         |
|       | 6:30-8:30pm     | SELCY Team meeting                      | Library           |
| 11/14 | 6-9pm           | Community Dinner                        | Sanctuary         |
| 11/15 | 9:15am-4:30pm   | Choices in Dying Forum                  | Sanctuary         |
|       | 12:45-2:30pm    | Meditation                              | Sunflower Room    |
| 11/16 | 10:30-11:30am   | SUNDAY SERVICE                          | Sanctuary         |
|       | 8-10:00am       | Pancake Breakfast                       | Lion Hall         |
|       | 10:30-Noon      | Parents Circle                          | Common Room       |
|       | Noon-1pm        | Shared Ministry Round Table             | Lion Hall         |
| 11/17 | -----           |                                         |                   |
| 11/19 | Noon-2pm        | Worship Associates                      | Common Room       |
|       | 3-5:30pm        | Board meeting                           | Common Room       |
| 11/20 | 6-9:30pm        | Choir Rehearsal                         | Sanctuary         |
| 11/21 | 5:30-9:30pm     | Lay Chaplain training workshop          | Common Room       |
| 11/22 | 9am-6pm         | Lay Chaplain training workshop          | Common Room       |
|       | 12:45-2:30pm    | Meditation                              | Sunflower Room    |
| 11/23 | 10:3-11:30am    | SUNDAY SERVICE                          | Sanctuary         |
|       | 9-1pm           | Re-Gifting sale                         | Lion Hall         |
|       | 11:30am-1pm     | Souper Sunday                           | Sanctuary         |
|       | 9am-4pm         | Lay Chaplain workshop                   | Common Room       |
| 11/24 | -----           |                                         |                   |
| 11/25 | 11am-12:30pm    | Committee on Ministry                   | Library           |
| 11/26 | 7-9pm           | Depression & Anxiety Support Circle     | Library           |
| 11/27 | -----           |                                         |                   |
| 11/29 | 12:45-2pm       | Meditation                              | Sunflower Room    |
| 11/30 | 10:30-11:30am   | SUNDAY SERVICE:<br>New Members Ceremony | Sanctuary         |

**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?

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## THE VICTORIA UNITARIAN

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The **deadline** for submissions to the **December** issue is **November 18**. Copy should be sent to [newsletter@victoriaunitarian.ca](mailto: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](mailto: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).

## Christmas ReGifting Sales

Yes, it's time once again to scour your closets for old and interesting or new or nearly new items for the third annual Christmas ReGifting Sale. This year, there will be an Early Bird sale on November 23, and two pre-Christmas sales, on December 14 and 21. All sales take place in the Lion Hall, before and after Sunday service, and all proceeds will go to the Church. Nellie is now accepting contributions (see example pictures, of some donated treasures so far this year). Items can be left for her at the Church office, or call Nellie at 778-426-0300 or email her at [nellyavan@yahoo.ca](mailto:nellyavan@yahoo.ca) to arrange drop-off.

