



The Victoria Unitarian

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

N.B. Daylight Saving Time begins at 2:00am on November 1.

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

INTEGRITY
The Practice of Living Authentically



November 1 Integrity: Making Our Lives Whole
Fran Pardee, Sarah-Mae Adam and Leslie Gillett

Chalice
Choir

The monthly theme of Integrity: The Practice of Living Authentically will be explored with illustrations from the presenters' lives, past and present, and a look into fostering integrity into the future with our children and grandchildren.

November 8 You Put Your Whole Self In
Rev. Melora Lynngood

Youth
Choir

Bell
Choir

We say we welcome everyone here. We say everyone can come as their authentic, true, whole selves. No hiding necessary. And yet, some of us may still keep our guard up. Some of us may still stumble and unintentionally say something that makes another feel like they need to keep their guard up. How do we use language and behave in ways that foster, affirm, and support authentic living? We'll look at ways we can use language to welcome human vulnerability as well as ways to use language to welcome human diversity (e.g., race, class, gender identity, sexual orientation).

There will be a meeting after the service to discuss future plans on how we can help in the Syrian refugee crisis. (See page 10 for details).

November 8 Jazz Vespers--When the Saints Go Marching In (see page 5 for more information)
7:00pm Dixieland Express and Rev. Shana

Acknowledging the recent All Souls or All Saints Day, we'll explore how we honor our ancestors and those central figures in our lives who have passed away New Orleans style. Come for an evening of fun, reflection, reverence, and music.

November 11 Remembrance Day: Big Questions
Peter Scales

Pick Up
Sticks

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 includes Unitarians who have served and who are serving in the Canadian and other Forces, and speaks to all who never want to see war again.

November 15 Holy, W-holy, Wholly – Walking the Path of Integrity
Amanda Tarling

Men's
Choir

Our Principles encourage us as Unitarians to be a people of integrity by inspiring us to be honest and ethical. How else does our Unitarian faith help us to uphold the state of being whole and undivided? Join Amanda Tarling as we delve into the idea of what it means to be a community that cherishes the values of integrity.

This is a Pulpit Swap with our sister congregation in Victoria. Rev. Shana will be preaching at Capital Unitarian Universalist Congregation, while Amanda from Capital preaches for our congregation.

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The deadline for submissions to the
December issue of the newsletter is **November 17**.

SERVICES IN NOVEMBER (CONTINUED)

November 22 Our Larger Whole

Rev. Melora Lynngood, Pat Kinrade, and Kristina Stevens

Chalice
Choir

Along with Kristina Stevens, Board Member on the Canadian Unitarian Council, and Pat Kinrade, delegate to the General Assembly of the Unitarian Universalist Association, and Rev. Melora, who attended both CUC and GA, we will take a look at the larger whole—the integrity—of our faith movement. What is going on in the wider UU world? Why should we care?

Notice to Members: There will be a Congregational Meeting following this service. See page 3 for details.

November 29 The Threads of Being

Rev. Shana Lynngood

Chamber
Choir

Walt Whitman (considered a Unitarian by some) wrote, "I am large; I contain multitudes." As we conclude our month of exploring what it means to live with integrity, we'll think about how we hold all of who we are together. We each carry many identities—parent, child, career person, spouse, etc. How do we live in such a way that holds all of those aspects of our selves when they are in tension and in harmony?

ABOUT OUR NOVEMBER 15 SPEAKER—AMANDA TARLING

Amanda Tarling is one of the Lay Leaders of Capital Unitarian Universalist Congregation and has worked monthly with the Salt Spring Island Unitarian Fellowship since 2011. Amanda has also been a Lay Chaplain from 2004-2010 and will be again in 2016. She presents workshops for Lay Chaplains at the provincial and national level and is currently writing the first webinar training workshop for the CUC (Canadian Unitarian Council) to be presented in early 2016. Amanda is also a part time student at Starr King School for the Ministry. An avid hiker and yogini, Amanda is passionate about finding spirituality in the forest. She graduated from McGill University in 1986 and lived in London for 10 years. Amanda is married with two amazing children including a son with disabilities.

Training Session for OWL Leaders

On the weekend of November 6-8, we are hosting a training session for leaders of the Our Whole Lives (OWL) Sexuality Education Program, for elementary grades. Participants are coming from as far away as California, Corvallis (Oregon) and Calgary, and will be gathering in our Lion Hall all weekend. Thank-you to the many people who are helping with food and lodging for the participants, and to all of you for being considerate of their need for quiet on Sunday morning.

Faye Mogensen and Anna Isaacs

Faye Mogensen and Anna Isaacs

Special Congregational Meeting.

Sunday, November 22, 12:15pm in the church sanctuary

This meeting has been called by the Board of Trustees to vote on:

1. The Purposes to be submitted to the British Columbia Government and endorsed by the meeting are:
 - a) *to promote Unitarianism in the area of Greater Victoria;*
 - b) *to teach Unitarian Principles to members, youth, children and the public at large, and to encourage community participation that reflects these Principles;*
 - c) *to act in furtherance of the Principles and to cooperate with like-minded individuals and organizations in the furtherance of these Principles and on mutual concerns for the benefit of the community on Vancouver Island, in Canada and in the world.*
 - d) *to provide a place of worship, contemplation, discernment, music, celebration, fellowship and meeting for Unitarians and others.*
2. A motion in agreement, to have a sign at the entry of the church acknowledging First Nations.
3. A motion supporting refugees either by co-sponsoring with one or more other faith and/or community groups, or sponsoring a refugee family ourselves. (**NB:** There will be a meeting following the service on November 8 to discuss options in advance of this Congregation Meeting).



INTEGRITY: THE PRACTICE OF LIVING AUTHENTICALLY

REV. MELORA LYNNGOOD

Practices to
Transform Ourselves
and Our World
November's Theme

INTEGRITY

The Practice of Living Authentically



Integrity is twofold:

1. Living up to your own standards. That is, living in accordance with your own values, striving to be your best self, standing up for your values, even when its hard.
2. Living as your whole self, your authentic self. That is, accepting your own vulnerabilities, mistakes, and weakness. Resisting the urge to hide the parts of yourself you fear others will judge (for whatever reason).

These two aspects of integrity seem different, even contradictory. On the one hand, integrity is about living up to our ideals; on the other hand, integrity is also about accepting our limitations, including our inability to live up to our ideals. These two can come together. Consider this. Think of the you that you enjoy being, the you that you feel good about, the you that you like...the one who has values you respect, the one who tries his/her best to live up to those values, the one who is flawed and yet--in part because of that earnest striving--is still lovable and good.

There is a freedom to that feeling. Like in the Rilke quotation, "May what I do flow from me like a river, no forcing and no holding back, the way it is with children." When we live as our authentic selves in this way, we are living with integrity. It is a relaxing into our authentic, flawed, good-hearted, values-striving selves.

In light of this, consider:

- What are your values? How do you strive to treat this planet and others with whom you share it? Do you ever struggle to live by those values? Have you ever had to stand up for your values?
- When you imagine living with integrity as your authentic self-- your whole self--are there parts of you that you are tempted to hide? Why? What prevents you from living as your whole self? Alternatively, in what situations do you feel it is easy to relax and be your authentic self?

Continued on next page...

INTEGRITY: THE PRACTICE OF LIVING AUTHENTICALLY (CONTINUED)

Pick a Question to Ponder

To explore the theme of integrity further, we offer these questions from our Soul Matters program.

Read these over and choose one question (or see which question chooses you). Live with that question for a while and see where it takes you. Journal about it, draw or doodle, talk to friends about it, journal some more; actively wrestle with the question, let the process of pondering take you somewhere deeper than you were before.

1. As a child or young adult, what did watching those around you teach you about integrity? Were they positive or negative lessons? And maybe most importantly, how has that impacted you today, knowing that young ones around you are also watching you?
2. Has your integrity grown?
3. Does integrity bring you joy? Or does it feel like work?
4. One of our recommended quotes reads, "There are times in this harum-scarum world when figuring out the right thing to do is quite simple, but doing the right thing is simply impossible." Are you facing such a situation right now? As you struggle, are you being kind to yourself?
5. In her poem, *Now I Become Myself*, May Sarton, writes, "Now I become myself. It's taken time, many years and places; I have been dissolved and shaken, worn other people's faces..." Are you aware of wearing other people's faces? What's stopping you from taking them off?
6. Parker Palmer writes, "I now know myself to be a person of weakness and strength, liability and giftedness, darkness and light. I now know that to be whole means to reject none of it but to embrace all of it." What one thing could you embrace right now to feel more whole?
7. Is your workplace a place of integrity? If not, how have you learned to stay true to yourself in the midst of those pressures to do otherwise?
8. Have you raised your children to have integrity?
9. Does your marriage have integrity?
10. Do your friendships have integrity?
11. Does your spiritual life have integrity?

Credit for these questions and the many materials with which we explore each month's theme goes to the Soul Matters Program designed by Rev. Scott Taylor.

For Families of All Ages

to discuss over a meal or in the car

This year, in addition to the individual reflection questions for adults (see above), we will suggest questions to help families discuss together each month's practice. You could ask one another these questions when you share a meal together. Or, if sharing a meal together is a rare occurrence, you might try using the question as something to discuss while waiting for a bus or while riding in a car (maybe with your carpool on the way to church).

Here are the questions for November's theme of "Integrity: The Practice of Living Authentically." Feel free to edit at will, adapting the language to suit the age level of each family member.

- Tell me three words that describe your true self.
- Do you ever feel like you want to hide a part of your true self? Which part and why?
- Name a value that is important to you (like honesty, kindness, or loyalty).
- Can you think of a time you did something that is a good example of that value?
- When is it hard for you to live up to that value?
- Have you ever had to stand up for that value when someone else was not?



Shared ministry in our congregation is the way in which you help to care for our congregation, and the way in which you participate with our congregation to care for the world. As Unitarian Universalists, we believe that ministry—caring for our community and our world—is not just for clergy. Every person in our community has his/her own ministry.

The Shared Ministry team provides members and friends with opportunities to make connections.

Some Notes About Shared Ministry

Do things that you enjoy doing. Maybe you'd like to create worship, work with the children or join the Social Responsibility team. Maybe you prefer caring for our community by doing tasks like ushering, making coffee or gardening. Please don't do anything out of obligation. This is about you choosing something that is meaningful and enjoyable for you. If you feel burnt out, it's okay to take a break. Take a year's sabbatical to just come to services.

Suellen Guenther writes, "My ministry is fostering meaningful connections between our members and friends by coordinating church fundraisers". **Opportunity:** If you are enthusiastic about supporting our church financially, are organized and are looking for a one-time project, the services auction may be just right for you. Lots of action—lots of fun. If you are interested in helping with the services auction, Suellen would love to hear from you at sguenther@shaw.ca or 250 727-0454.

John "Tiff" Tiffany, Chair, Property Management Council, writes "My ministry is providing guidance and oversight to the upkeep of FUCV's buildings and grounds, utilizing our wonderful community." **Opportunity:** Building Maintenance Chair—respond to our property's needs; build close and lasting connections as, together, you and members/friends of FUCV provide a welcoming and safe environment. If your passion is being handy with repairs, you may find this most rewarding. If you are interested in the Building Maintenance opportunity, please contact Tiff at johntiffany0705@gmail.com or 778 432-0881.

Or, if you are looking for an outdoor experience, Earle Anthony writes, "My ministry is to care for the church property including the forested and developed areas". **Opportunities:** 1) Drive the ride-on mower once every four weeks (3 hours). 2) Tend one of the small church flower gardens (1 hour/week) at your convenience. Contact Earle at earleanthony@shaw.ca or 250 592-4831

Stop by our Shared Ministry information table on Sunday, October 18, November 8 or December 13 for more participation ideas. You are also welcome to contact Lorna Anthony at lrnathony@shaw.ca or 250 592-4831 for a list of current opportunities.

Spirited Jazz

Fall Jazz Vespers Series

Enjoy jazz with a splash of spiritual inspiration by Reverend Shana

Dixieland Express

Theme: When the Saints

November 8th at 7:00 pm,
First Unitarian Church Victoria
By donation and greatly appreciated

The Dixieland Express has been entertaining lovers of "Jazz of an earlier era" in Victoria since the 1980s. Fun, lovable and always in the party mood they have a steady following, while winning jazz lovers over to Dixieland, the writer included. Ever heard of New Orleans Jazz or Hot Jazz, Louis Armstrong? Then you have heard Dixieland. Joined by our own Rev Shana singing jazz standards the Dixieland Express Vespers will be an evening of fine old time jazz.



Norrie MacFarlane: Trumpet Al Pease: Clarinet, Sax Tom Vickery: Piano Don Cox: Bass Anita Bonkowski: Drums

She really walks the talk. He practices what he preaches. These are ways we commonly describe someone who has real integrity, but it isn't always easy to live that way. We have our ideals. And then there's the reality of daily life: a major deadline at work, a sick child in need of comforting, a teen overwhelmed by homework, a lonely parent to care for, the furnace breaks down. How do we maintain our best self through it all?

Something that can help me is to take even just a few moments to relax in my favourite armchair. Its fabric is snagged in a few places and the cushion is a little saggy in the middle. Still, despite these flaws, it is an 'authentic armchair' and able to support me. The other day, one of its springs poked me and reminded me that authenticity and integrity aren't about perfection. They have to do with knowing what we're aiming for but they are also about accepting ourselves when we notice that we've clearly reverted to a not-our-best-selves state.

What if we all treated ourselves and our loved ones with the same loving acceptance—the same forgiveness—that I have for my imperfect armchair? It might help us remember that even our so-called flaws are part of the real us, the true me, the authentic you, the one who acts with integrity by acknowledging what isn't perfect. It might even make it easier to get back on track towards being our best-selves.

This month, our Chalice Chapel falls on November 1, also Dia del los Muertos. In it, we will be exploring how we might remember someone who has lived with integrity, after they are gone.

In December we are exploring integrity in another way. The idea began last spring, when Rev. Shana and I asked how we might celebrate mid-winter with the children, youth and families of the church with what would feel like the most integrity for a church such as ours. We decided that instead of putting together a pageant this year, with all the fun, creativity and chaos that it entails, we would try something new. Please mark your calendars for 'after sunset' on Saturday December 12 when we are holding a special Family Chapel celebrating "Winter Quiet." It will be reflective time of spiritual sustenance and much singing. While the focus is on children and youth, all the congregation is most welcome to attend. More details (including the time) to come.

Meanwhile, I look forward to seeing you all in November.

Warmly, Faye

Director of Spiritual Exploration and Learning for Children and Youth • 250-744-2695 • fayem@victoriaunitarian.ca • Office hours Tues and Thurs, 10-4

SRC ACTION OF THE MONTH**EDWIN DANIEL****Paris, December, 2015-COP21**

In December, the UN Framework Convention on Climate Change Conference of the Parties (COP21) will convene in Paris. The goal is an international agreement to keep the average global temperature below 2 degree Celsius compared to pre-industrial levels. In 2015, the average temperature had already increased by 0.8 degrees C, and will increase 0.8 degrees more, even if greenhouse gas (GHG) emission targets are met. Moreover, the reality that consequences of climate change are happening has become clear: melting ice in the Arctic, Antarctic, Greenland, receding glaciers world wide, drought in the western USA, desertification in Africa and elsewhere, strong hurricanes as well as cyclones and more of them, extreme weather events nearly worldwide.

According to an article by Sania Bojovic in Corporate Knights, p.14*, only the European Union is on target to meet GHG reduction targets. Despite 44% increase in GDP, its GHG have declined 90% since 1990. Thus, it can be done. Even the USA and China are making moves, the USA saying it will reduce GHG emissions by 26-28% compared to 2005 by 2025. China, though considered a developing country is capping coal consumption to less than 62% from the current level of 66%. It is also ramping up renewable energy sources. Since air pollution from its coal burning and other sources are estimated to kill 1.6 million persons per year, this makes sense.

And what about Canada? The only reductions in GHG gases came from the BC government's carbon tax, the 2008 recession and the phase-out of coal fired power plants by Ontario. These will not be sufficient to allow Canada to meet its modest target of a 20% reduction from 2005 levels by 2020. Both the earlier Liberal Chretien Government and the Conservative Harper Government have failed to act. Canada has been called a "climate idler" by former UN Secretary General Kofi Annan. W.R Peltier, the Canadian scientist who first documented the connection between melting ice caps and rising sea levels, says that this is not "benign neglect, it's willful neglect".

The Environmental Action Team will have a letter to send to our newly elected leaders, available at the SRC shelf along with details of a rally on November 29, to encourage them to take a leadership role in committing to cut emissions at the Paris conference.

* CORPORATE KNIGHTS, Vol.14, issue 4, Fall 2015.

Environmental Action Team (EAT) Re-visited

iotrends4@pacificcoast.net

As we move into fall and winter, EAT, a sub-group of the Social Responsibility Coalition, is setting priorities for 2015-2016. We are looking forward to a new and exciting year and invite new members to join us at our Planning Retreat from 9:00am -12:00noon on Saturday, October 31 at the church.

Our activities include writing the Green Corner column in the church's monthly newsletter, organizing two SRC Actions of the Month campaigns as well as showing films and sponsoring workshops. In April of each year, the Team facilitates involvement in Earth Week/Day activities and provides a Sunday service focusing on environmental issues.

Climate Change is at the base of our concern and activities. We participate in broader actions in the community as well as in-house First Unitarian programs which will result in reducing carbon emissions and lower our carbon footprint.

Some Previous Campaigns

- Protecting Fish Lake and the area from extinction by Taseko's Mine Project in the Chilcotin Valley.
- Supporting Alexandra Morton's work for the protection of wild salmon from fish farming practices in the Broughtons and BC's coast.
- Working with the Dogwood Initiative to educate people regarding the Enbridge pipeline proposal and oil tanker traffic down the Inside Passage of BC's West Coast.
- Greening the Sanctuary supports all departments of the church to follow green practices such as recycling, composting and non-toxic gardening practices.
- The Team completed two Green Audits of the church's practices and raised funds and installed bike parking at the church. Also, renovated the Recycle area and installed a composter.
- Bottled water initiative as a motion was approved by the board in April 2008. They agreed that bottled water would not be used by renters or at congregation events and meetings except in emergencies.
- A proposal by EAT to Saanich Council submitted through their Healthy Living Committee for a GMO free Saanich, was approved.

Some Recent Campaigns

- Ride Share to church and church events has been an Earth Month focus and continues to be encouraged.
- First Unitarian signed the Earth Charter which commits signatories to activities that support a healthy Earth and social justice around the world.
- A proposal for a GMO free Victoria has been initiated by a Team member and is in the process of being considered.
- The Blue Dot Campaign, a long-range movement by the David Suzuki Foundation, seeks to enshrine an environmental Bill of Rights into the Constitution starting at the local level.
- EAT/SRC sponsored with BCSEA and Dogwood Initiative a series of five All Candidates debates on Energy, Climate Change and Our Future.



Community Dinner

6:00pm, Friday, November 13 in the church sanctuary

Baked Potato Night: hot fluffy potatoes with a wide range of toppings to choose from—beans, chili, veggies, cheese and much more!

Please bring a dessert, salad or beverage to share.

To help with clean-up please bring your own dishes.

A rinsing station will be provided.

The Twist! Want to see more socializing after community dinners this year? Volunteer to host an activity like games, crafts, dancing, singing, movies, or another fun social activity one month this year. Fun for all ages encouraged. Newcomers who have attended at least one community dinner are welcome to volunteer. Contact Anna Isaacs for more details by text or voice at [250-472-0117](tel:250-472-0117) or [email](mailto:anna@firstunitarian.ca) Robin van Gessel cell: 250-896-6927

MEET OUR LAY CHAPLAINS

Oceanna Hall B.Sc., M.Div., M.Ed., CASC Specialist, Certified Clinical Hypnotherapist

As one of the new members of the Lay Chaplain team I am excited to serve in a more active role with our community. I see the role of Lay Chaplain as an opportunity to provide out-reach to the greater Victoria and surrounding areas. Being a Lay Chaplain is similar to being an ambassador for First Unitarian Church of Victoria because many of the rites of passage our team provides are given to groups who may have never had any previous interaction with our inclusive welcoming community here at First. I have been a Unitarian for over 20 years both in the US in Maine and Oregon; in Canada I was part of the Toronto and Edmonton Unitarian Communities.

I moved to Sidney by the Sea in January 2014 after serving as the Spiritual Care & Counseling Coordinator at the Cross Cancer Institute in Edmonton Alberta. Before joining team at the Cross, I was a member of the Spiritual Care teams at the Royal Alexandra and the University of Alberta/Stollery Children's Hospital.

In Sidney, like many Island folks, I currently have two jobs serving as both the Director of Life Journey Hypnotherapy Solutions serving people struggling with life transitions, addictions, end of life/palliative care, bereavement and loss, and as the owner of Perfect Figures Bookkeeping Solutions providing financial record keeping services to small businesses. I come from a diverse career path. From professional blues singer and storyteller of strong women tales to spending 18 years as a Corporate Controller for a variety of large international corporations in the USA, England and Canada, I decided to pursue training in Counseling and the use of Narrative/Story as one way of dealing with chronic or terminal diagnoses. After completing a Masters Degree in Narrative Story Arts and a Masters Degree in Divinity, I began my formal training to become certified in Spiritual Care and Counseling. I am delighted to be part of the wonderful community here at First Unitarian of Victoria.



FIRST UNITARIAN CHURCH OF VICTORIA?

The name "First Unitarian Church of Victoria" and especially the shortened version "FUCV" have raised questions about whether our current name best expresses who we are. The ID Team is in place to guide our congregation as we explore together possible ways to convey our identity to the larger world--in our name, in images, in words.



Question for November: In keeping with this month's theme "Integrity" what images or words would convey our moral and ethical principles?

Please mark your calendar for Sunday, April 3, 2016 in the month of "Imagination" as we have fun brainstorming ideas. We will follow with a series of focus groups to consider options. In May 2016 we, as a congregation, will gather to decide on a new name (or not).

I.D. Team (Isabelle Grenon, Susan Bowers, Lorna Anthony, and Rev. Melora Lynngood.

Feel free to contact us if you would like to help us take this project forward.

Recommended Presentation

The Refugee and Middle East Team recommend this presentation. FUCV is a member of Kairos, one of the promoters.

Independent Jewish Voices, Kairos and the Social Justice Studies at UVic are sponsoring **Yonatan Shapiro**, a Human Rights Israeli with the guts to refuse to join the Israeli persecution of Palestinians, using non-violent methods of protest.

**UVic David Strong Building C118
Thursday, November 5 at 7:00pm**

Yonatan Shapiro is co-founder of Combatants for Peace (CFPeace.org) and one of the 27 Israeli Air Force pilots who sent a letter to the Israeli minister of defense in the fall of 2003 stating that they would no longer fly missions over Gaza, as they considered the policy of targeted assassinations of Hamas leaders to be a war crime.

He is a dynamic and empathic speaker with international recognition, who appeals to many on the spectrum of opinions on Israel/Palestine. He was prominently featured in the film "Little Town of Bethlehem" about nonviolent struggle to bring peace to Israel/Palestine. Yonatan has been to jail over his involvement with trying to sail into Gaza and is a member of "Boycott Within" as a form of nonviolent action.

CHALICE LIGHTER OF THE MONTH

Betty Sherwood

As soon as I moved to Victoria, in August 2005, I joined this church. That first day I stood up, knees shaking, and said 'I am Betty Sherwood and this is my community'. And so it is. I had come from Vancouver where I had been a member of the 'Vancouver Unitarians', the church on 49th and Oak, for 22 years.

Looking around the Sanctuary that day I realized that I knew only four people, Liz and Mike Graham and Phyllis and Herb Girard. To feel more at home and to meet people I joined the Worship Committee, and in 2006, the Board, the Membership Committee, set up a flower arrangers group and started, with two friends, our Women's Group. With the encouragement of Nancy Dobbs, I discovered the joy of singing - with the Jammers. Over the years involvement in various committees brought more and more people into my life. The church is full of so many wonderful people and as I get to really know them I feel a warm connection with each one.

I grew up in Victoria. An Anglican. At 18 I moved to Vancouver, to UBC, and graduated in English and Zoology. It was in a Philosophy class that a sudden realization came that all that I had learned in church no longer made sense. My own set of beliefs was based on truth, beauty and caring for all living things. Friends said 'you are a Unitarian'. But it wasn't until my son was six that I joined. In the meantime I had got a degree in Occupational Therapy and married. I worked 40 years as an OT in mental health.

I feel truly blessed to be part of this community. It gives me an outlet for a passion to work on projects. Currently I am chair of the Arts and Aesthetics Committee, and co-chair, with Elaine Dakin, of the Recognition and Awards Committee. It feeds my soul and my mind. And warms my heart.

Diana Smith says: "Betty contributes to the church life in so many ways with quiet grace, thoughtfulness and commitment. I have experienced her inquiring mind, her deeply held value base as part of a chalice circle, through the adult RE work, and in so many formal and personal encounters and commitments over time. I appreciate her insights, vision, and sense of beauty".

Pat Kinrade says: "I have enjoyed knowing Betty since she moved to Victoria from Vancouver. She knows 'how to do church'--she is an avid volunteer, starting with her board membership, then championing EAT, gardening and arts and aesthetics. All volunteer positions have their challenges and Betty meets them with thoughtful consideration and gentle wisdom. She is very concerned that everyone has their say in a discussion and respects the diversity of our congregation. She is a pleasure to work with.



Are You New to Our Church? Welcome!!

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

Introduction to Unitarian Universalism, Part 1, November 8, 12:00noon – 2:00pm

Introduction to Unitarian Universalism, Part 2, November 15, 12:00noon- 2:00pm

These sessions provide in-depth information about UUism for everyone (non-members, new members and longtime members).

Considering Membership, November 29, 12:00noon – 2:00pm

A gathering designed to give you the information you need in order to determine whether you would like to officially become a member of our church.

All events will be held on Sundays after the church service, in the Farmhouse Common Room, in the farmhouse just north of the main church building. Light refreshments will be available and childminding will be provided on request.

To sign up or if you have questions, please contact Rev. Melora at rev.melora@victoriaunitarian.ca or cell (250) 891-6330.

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

Handbell Choir a recent addition to music programme

This fall, after a hiatus of a few years, the Handbell Choir has begun again, this time under the direction of Victoria Beauchesne, whom you already know as our collaborative pianist. Victoria began incorporating handbells into her music teaching while living in South Africa where she taught at Clifton Preparatory, a private school for boys in Durban. In Victoria's own words, she describes the experience: "My supervisor, the teacher for Senior Boys' Music said 'Oh, and by the way, you'll be leading the two bell choirs'. I had only a vague idea of what handbells were, having heard them only once before in a Cathedral in Albuquerque. I was shown the bells, told to ensure the boys were careful, because bells are costly, and left to my own devices! I spent a lot of time arranging music, and highlighting notes so that the boys, from grades 3 to 5, would have equal opportunity to ring their bells. Even though rehearsals were at 7:30am. a few of the boys were so keen, they arrived as much as 30 minutes early! We performed a couple of times for school assembly, and I realized that handbells have a unique drawing power. The feeling of ensemble in bell groups is crucial because each ringer has a unique bell assignment. Everybody is needed!"

Back in BC, Victoria directed the bell choir at James Bay New Horizons for three years. During that time she also rehearsed as a ringer with Pringle Bells, directed by Fran Pollet, where she was introduced to "4-in-hand" and "weaving" techniques. Other methods unique to bell-ringing are a stopped, or staccato sound, a "mart." – short for "martellato" – where the ringer "hammers" the bell into the foam tabletop. Says Victoria, "Proper technique is critical so you don't crack the casting! Our current group of ringers already knows that one of my favourite techniques is the "swing" (or "tower swing") which produces a Doppler effect. It is equally fun to do this technique as it is to listen to a tight ensemble swing at exactly the same time!"

The Bell Choir (currently searching for another name with a "ring" to it) will be performing in church for the first time on November 8, and will become a regular contributor to the music programme. They also expect to do some musical outreach by performing in the community, and some members hope to attend a regional conference in Burnaby in 2016.

Currently in the First Unitarian Bell Choir there are seven regular ringers, several of whom have previous experience, and four substitute ringers who are available when numbers are short. If you would like to be involved, either as a regular ringer (rehearsals are Monday mornings in the Farmhouse Common Room) or as a substitute, please contact Victoria – mu-ralis@telus.net - or leave a message in the church office.

Refugee Sponsorship Meetings

Information Meeting after the service on November 8 Congregational Meeting after the service on November 22

Our congregation will decide on November 22 how we are going to offer our support to people fleeing their homes due to war and climate disruption. The SRC is in the process of gathering as much information as possible so we can make wise decisions. The information will be presented and discussed at the meeting on November 8.

So far, we see four possible paths.

1. We take on sponsoring a family on our own, realizing this is the work of two to three years and about \$12,000 per person or about \$40,000 for a family of four. First Unitarian has helped sponsor a family in the past so is not unaware of the work.
2. We co-sponsor with one or more other faith and/or community groups. This shares the work, fundraising and perhaps allows for a wider pool of expertise and experience in helping refugee families.
3. We co-sponsor with another Unitarian community. Same benefits as above.
4. We send the money raised through fundraising/Share the Plate in November to the Canadian Unitarian Council Refugee Fund. All money will then go to help another Unitarian congregation in Canada in welcoming a family in need.

For more information or suggestions, please contact Christine Johnston (Refugee Team) 250-385-5444 or Leslie Gillett (SRC chair) leslieucv@gmail.com, 250-592-7032.

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: Sixteen people gathered on Sunday afternoon, September 20, at Earle and Lorna's for finger-food and conversation. They were especially glad to have Rev. Shana with them. Now they are looking forward to getting together before Christmas at Katherine Jones' home.

Esquimalt: Pat McMahon writes, "Esquimalt had to cancel our planned potluck in October. Next event will be a finger-food potluck Christmas/Solstice party at Pat McMahon and John Lancaster's place Friday November 27, 6:00."

Far Out: This group kept us supplied with coffee time treats in October

Gordon Head: This group will be teaming up with Esquimalt to host the next Souper Sunday on December 6.

Grand Central: Samantha Magnus hosted Grand Central's recent event on October 7. She writes, "We had four adults and four kids—so pretty small. The soup was good and we shared fresh grape juice, sourdough, vegetable stew and apple pie. And we carved pumpkins! While a week night has worked well in past years, next year we'll shoot for midday on the weekend!"

James Bay: Lynn Hunter writes, "The James Bay Neighbourhood Group will meet for a potluck lunch at the home of Christine and Mel Johnston on October 31st. As it is Halloween, costumes are encouraged but optional." James Bay will also be putting on their kitchen costumes as they don aprons to bake for coffee time in November

Nearby: Nancy Dobbs sends this message, "Nearby Neighborhood Group co-hosted a Souper Sunday at the end of September with Western NG. Thanks to all who contributed to the event, which was well-attended and appreciated (and made \$500 for our church). Nearby will gather at the home of Laura Doyle and Nellie Van Leeuwen the last weekend in November for a potluck."

Oak Bay: Karla Thomson writes, "The OBNG will be gathering for a pot luck meal at Kristina Stevens' on October 18. Later that week the smaller group will meet for their monthly lunch at the Oaks. One of our members is still in hospital and will be there for a long time. In the meantime our group is delivering meals to his wife who visits her husband twice each day. She says the food we take is much better than the beans she would have to eat otherwise. This is a very big part of being a member of a neighbourhood group - helping each other!"

Royal Oak East: Two possible hosts have volunteered to have this group for a potluck on November 28, so Hanny will be notifying NG members about the location of the gathering.

Royal Oak West: Fran Hancock writes, "Royal Oak West Neighbourhood Group was graciously hosted to an afternoon potluck at the home of LeAnn, David, Alex and Tom Andersen on October 10th. Nineteen guests were welcomed into a child-friendly home, where newcomers Jim Willis, Glenyss Turner and Tracy Foster were warmly received. Many people at church the next day mentioned what an enjoyable time they had at the Andersen's and looked forward to the next get-together. If one knows of other newcomers to this Neighbourhood Group, please let me know so that they may be invited as well."

Western: Mac Elrod hosted seven people at Western's monthly potluck on October 10, including a guest from North Shore Unitarian Church, whose mother is the RE Director. Several members were unable to come, due to family Thanksgiving plans. A highlight of the event was hearing Oz's daughter, Anna, play the piano. Western will be gathering next at Oz's home on November 14.

We Care!

Care and Concern Committee
for hospital and home visits, or just to talk...

Daphne Dunbar at 250-381-7648

Val Roberts at 250-477-7192

or your Neighbourhood Group Care & Concern person

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



ART IN THE SANCTUARY

Jim Thomson

Inspired by my father's carvings, I started wood carving in mid-life. I enjoy working with various woods. I was attracted to the connection between wood and various life forces.

My main themes have involved nature and native images, and I have also enjoyed carving abstract forms.

Jan-Li Tiffany

Since I retired couple years ago, I have been trying and enjoying so much in painting watercolours, acrylic, and Chinese brush painting. I love nature, especially here, the beautiful Victoria. Mount Baker, the beach, the birds, the Gary oak trees, and flowers, all this has fascinated me. I hope my paintings can bring you sweet memories of the beauty of nature.

Thank you for our 'Quiet Time'!!

Administration Office hours have now been cut by 4 hours/week. To aid in accomplishing the same amount of work within this new time frame, we have asked that office weekday mornings become 'quiet time' from 9:00-11:00am (Monday-Thursday). During that time Karen and Sarah will not answer the telephone. We will respond to all phone messages after 11:00am. We also ask that in-person interruptions be delayed until the end of 'quiet time'. We can assist you after 11:00am.

'Quiet Time' allows us to maximize the efficiency of our hours by giving us focused time for our various projects (emails, calendar booking, record-keeping, church housekeeping duties), and by reducing the multi-tasking nature of our work.

Note: The office is not off-limits during 'quiet time' as issues will arise that require immediate attention (delivery of supplies, renters, building maintenance issues, urgent situations). However, by lessening interruptions we are finding we are able to work more efficiently.

New Office Hours

'Quiet Time'

Monday-Thursday: 9:00-11:00am

Open Office Time

Monday-Wednesday: 11:00am-4:00pm
Thursday: 11:00am-1:00pm (Please note the office now closes at 1:00pm on Thursdays)
Sunday: 9:00am-1:00pm

Karen's hours are now 33.5 hours/week (additional flex hours are added to stated office hours to make up the 33.5 tally) Sarah's hours are 15 hours/week. (approximately two days a week, varying from Monday to Thursday).

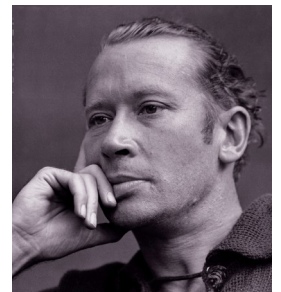
It feels really good to be supported by everyone with your respect for our new hours! It also feels good to be able to create solutions to some of the challenges caused by the ongoing multi-tasking aspects of our work.

Many appreciative thanks to everyone!!
Karen & Sarah

NOTABLE UUS

e.e. (or Edward Estlin) cummings (1894 – 1962), is remembered as an eminent voice of 20th century English literature with 2,900 poems, two autobiographical novels, four plays and several essays, as well as numerous drawings and paintings. He grew up in Cambridge, Massachusetts in a Unitarian family. His father was a professor at Harvard University and later a Unitarian Minister. Edward graduated with an advanced degree from Harvard in 1916 and later became a guest professor.

In his younger years he exhibited existential and anti-war views. He loved Paris (met Picasso) as well as travelling which included North Africa and Mexico. In later life, however, he became a Republican and an ardent supporter of Joseph McCarthy.



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 - Wednesday 9:00am - 4:00pm • Thursday 9:00am - 1:00pm • 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

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Oceanna Hall 250-886-1077

laychaplains@victoriaunitarian.ca
 Kjerstin Mackie 250-598-5975

Anne Vaasjo 250-385-1603

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

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 Anna Isaacs

Director of Music

Nick Fairbank
 music@victoriaunitarian.ca

Church Administrator

Karen Uldall-Ekman
 churchoffice@victoriaunitarian.ca

Assistant Church Administrator
 Sarah Versteegen

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Spiritual Development	Marion Sollazzo	250-721-1741

Unitarian 'Yellow Pages'

Hello Unitarians!

I will be compiling a list of locally-owned Unitarian businesses, and distributing it for members of the FUCV and Capital congregations. It will be like having our own Unitarian Yellow Pages.

A friend of mine attends a Pentecostal church in town that has created a similar book for their congregation. Whenever she's looking for a mechanic or a plumber, she refers to the book. I would like to be able to support my congregation when I can too.

- There will be a legal disclaimer at the front of the book letting people know the church doesn't endorse the businesses, it's just providing a resource.
- I will put together the book during the Christmas holidays and have it ready for the New Year.
- The book will be distributed for free to any members of FUCV and Capital who would like one.
- If you would like to have your business listed please have your information to me by Dec.1, 2015
- I will collect a \$5 fee from each business to put towards printing the book, any money not used will be donated to the church.
- You can provide a PDF of an ad or business card you have already created, or send text for a plain text listing.
- Businesses will be listed by category.
- The final booklet will be 5" x 8.5" and printed in grayscale (black and white).

If you would like to have your business listed, or have further questions, send me an email at ssharris@me.com.



Thank you, Sarah Harris

EVENT HIGHLIGHTS

Date	Time	Event	Location
Nov 1	DAYLIGHT SAVING TIME (clocks fall back one hour) 10:30-11:30am	SUNDAY SERVICE	Sanctuary
Nov 8	10:30-11:30am Noon-2:00pm 7:00-9:00pm	SUNDAY SERVICE UUism 101 Part one Jazz Vespers	Sanctuary Sanctuary Farmhouse Common Room Sanctuary
Nov 11	REMEMBRANCE DAY 10:30-11:30am	Remembrance Day service	Sanctuary
Nov 13	6:00pm	Community Dinner	Sanctuary
Nov 15	9:00am-1:30pm 10:30-11:30am Noon-2pm	Regifting Sale SUNDAY SERVICE UUism, part two	Lion Hall Sanctuary Farmhouse Common Room
Nov 22	10:30-11:30am Noon-2:00pm	SUNDAY SERVICE Congregational Meeting	Sanctuary Sanctuary
Nov 29	10:30-11:30am Noon-2:00pm	SUNDAY SERVICE Considering Membership	Sanctuary Farmhouse Common Room

NOVEMBER BIRTHDAYS

1	Gloria Turner	12	Brock Brown, Pauline Kenneally
2	Thomas Andersen, Linda Nicholson-Brown	17	Kit Filan
3	Lance Young, Angelina Templeton	19	Doug Seeley, Lila Watson
4	Harry Moore, Marion Sollazzo	20	Diana Black
6	Laura Porcher	22	Bob Van Alstyne, Simon Williams
7	Louise Parsons	23	Terri (Tera) Ziegler
8	Penny Furnes	25	Naida Hyde
9	Lorna Anthony, Bob Dobbs, Joe Fleming, Andy Lee	26	Anna Tilson
10	Faye Mogensen	28	Robert Gifford
11	Reese Willis	29	Alex Van Tol



Memorial Wall Plaques

LIMITED TIME OFFER

The current application fee for a plaque on the Memorial Wall is \$300. This fee covers the cost of producing and mounting the plaque, and the perpetual maintenance of the Memorial Wall and Garden.

Recently, the cost of producing the plaque has increased substantially and the cost of maintaining the enhanced Memorial Garden grounds is greater than before.

As a result of these increases, the application fee will be increased to \$400 beginning on the first of January 2016.

If you have been planning to make application for a plaque on the Memorial Wall, you may wish to file an application now at the current application fee.

Earle Anthony, chair
Memorial Garden Committee

CONTACT CHANGES

Louise Cole has permanently moved to land!
9480 Maryland Drive
Sidney, BC V8L 2R6
Phone number remains [250-656-5020](tel:250-656-5020).

Kellina Dyer
9606-B Fifth Street
Sidney, BC V8L 2W7
Phone number remains [250-885-8586](tel:250-885-8586).

Lisa and Mike Greenly have moved.
Their new (temporary) address is:

c/o 9456 Braun Crescent
Sidney, BC V8L 4Y1
New contact phone number is [250-415-0093](tel:250-415-0093).
Emails remain the same.
Moving from Royal Oak West NG to Farout NG.





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The **deadline** for submissions to
the **December** issue is **November 17**.
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 Events Highlights should be sent to
calendar@victoriaunitarian.ca or left at the church office.

Feedback is welcomed.

Staff
Bob Dobbs (editor); Doreen Burgess and Myra Rippon
(proof-readers); and Karen Uldall-Ekman (production, dis-
tribution and paid advertisements).

Winter Concert

Friday, December 4, 7:00pm




Performances by all our choirs and ensembles,
including the new Bell Choir and, of course, our
traditional "Twelve Days of Christmas" sing-along.

Come one, come all...

Admission by donation of either food or money to the Food Bank

BOARD MEMBERS ON DUTY



Nov 01	Jim Jordan
Nov 08	John Tiffany
Nov 15	Lorna Anthony
Nov 22	Shirley Travis
Nov 29	John Worton