



The Victoria Unitarian

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

SERVICES IN OCTOBER

Practices to
Transform
Ourselves and Our
World

October's Theme



BLESSING

The Practice of Sharing What is Good

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

October 2

A Sense of Blessing

Reverend Shana Lynngood, WA Dan Klimke

Chalice Choir

This month we explore the notion of blessing. What is a blessing? How do we give or offer one? What does it feel like to receive one? Is it a spiritual term that holds significance now, or does it feel somehow antiquated and old fashioned? Let's look more deeply and see what we find.

October 9

Grateful Jazz

Reverend Shana Lynngood, Kim Greenwood Ensemble, WA Jane Wilson

This Thanksgiving weekend we will have a morning edition of Spirited Jazz to explore gratitude and blessing through music. The Kim Greenwood Ensemble (Barry Gray, drums; Doug Farr, vibes and harmonica; Gary Theal, guitar; Bill Kent, bass; and Kim Greenwood, vocals) will share many familiar jazz standards that lift up various dimensions of gratitude. Reverend Shana will offer some insight into the songs and a homily. If you have been curious about Jazz Vespers, but haven't made it to one yet, here's your chance.

October 16

Hoarding Hand Crème

Reverend Melora Lynngood, WA Susan Layng

Chalice Choir

All of us have more than some and less than others. Someone always has it worse than us; someone always has it better. This state of things can lead to jealousy, guilt, and sometimes fear. What spiritual practices might help us avoid these pitfalls? How might we engage in a practice of gratitude that feels genuine – not forced, but natural, joyful, and spontaneous? How might we get to a place where, regardless of how much we have, we feel good about what we can give? (You'll just have to come to the service to hear the story that explains the title.)

Stay for Luncheon after the Service! See page...for details see page 6.

Chamber Choir

October 23

Living Our UU Values

Youth Group and Reverend Melora Lynngood, WA Larry Boldt

This month, we look at the practice of 'sharing what is good.' In this service, the Youth share what is good about our faith tradition. Specifically, they will tell us how they live their Unitarian Universalist values in their everyday lives. Come be inspired by their stories, insights, and wisdom.

October Services Continued:

October 30

Who Do We Think We Are?

Chris Wulf, Ministerial Intern, WA Dar Gareau-Levy

Handbells

In some religious traditions the power to offer blessings is reserved for ordained clergy or recognized leaders, but Unitarian Universalism encourages us to bless one another. How do you claim and practice blessing in your life?

FROM YOUR MINISTER**REVEREND SHANA LYNNGOOD**

Blessing: The practice of sharing what is good

When I arrived at university, there were many spiritual words that I couldn't be bothered with. I had thrown them out in disgust or dismay. One such word was blessing. I had decided it was too trite or too laden with Christian-specific meaning. I wasn't interested in the afterlife or in pollyanna notions of having been the beneficiary of random good fortune. Somehow and someway, however, the notion of blessing refused to let me go. I looked at it again when I was encouraged to look at all the words I was throwing out in anger and frustration. Was there some way in which the idea or concept of blessing resonated for me? Was there a richer meaning of blessing I had never considered?

This month we will explore the many aspects of blessing together. Think of how we use the word, we can "count our blessings" or "be a blessing" or "feel we have been blessed". As we settle into this month's theme, consider the following questions and pick one to explore over the course of the entire month. The questions come from the Soul Matters Network and Reverend Scott Taylor:

- Do you believe you are a blessing? We talk a lot about giving and receiving blessings. It's another thing entirely to believe that we are a blessing. This has nothing to do with hubris. It's about owning your uniqueness. Our Christian friends say that we've already earned grace without having to do a thing. We UUs prefer to talk about inherent worth. But we agree that all the proving, striving, achieving and competing to earn acceptance is a waste of time and a drain on the soul. Does this task of accepting yourself as a blessing come easy for you? Or are you still a bit too hard on yourself and imagine it as something you still have to earn?
- Has age helped or hurt? At what age were you best at noticing the blessings around you? Have you gotten better as time has gone on? Or worse? What would improve your gaze?
- Have you paid them forward? Many of us are likely familiar with the idea of "paying it forward" rather than simply "paying it back". To pay someone back for a blessing or gift accomplishes little more than evening the score. The concept of paying it forward changes everything. Suddenly the blessings in our life are sources of abundance rather than sources of debt.
- Are you ok with asking for a blessing? Sometimes it is easier to offer a blessing rather than admit you need one yourself? What's getting in your way? Why not let others know your need?
- Do your words bless others? Are there any words that have fallen from your lips lately that you need to go back and turn into a blessing?
- Are your high expectations blinding you to the blessing? What if your standard for blessing was:
 - living with integrity, most of the time
 - loving your work, most of the time;
 - loving the people around you, most of the time;
 - loving yourself, most of the time.

In short, how would your life look different if you added that one simple phrase to all your assessments: "...most of the time"?

- What is "working" in your life? Buddhist teachers encourage their students to pay attention to what is "working" in their lives. This is a unique take on noticing the blessings around us. Often we focus on what is broken or stuck in our lives. But the truth is, there are usually aspects of our lives that are working well, that could be cause for amazement. So are you? Utterly amazed by what is working in your life?

Enjoy the exploration! See you in church!

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**DEADLINE FOR SUBMISSIONS
TO THE NOVEMBER ISSUE:
OCTOBER 18!**

SEL

FAYE MOGENSEN

SEL-ections on Blessings

These last few months, I've felt truly blessed. I didn't call it that - any form of the root word "bless" is a word I tend to avoid. It feels too loaded and, yet, those kinds of words intrigue me. Like Jeanne Nieuwejaar in her book Fluent in Faith*, I want to reclaim the words that can "deepen our inner lives [and] our holy relationships with others." (p.6)

When 'blessings' is described as 'the practice of sharing what is good,' I am immediately more comfortable. Realising that 'gifts unsought and perhaps undeserved' and feeling 'gratitude' are two sides of the blessings coin, then I know it is a practice that I embrace - for not entirely unselfish reasons. I have learned over and again that whether I give a gift or feel grateful for receiving one, my life feels more fulfilling and I am happier. In other words, I am blessed.

The church is full of people who are blessed. I have always been amazed by the outward focus here. Young and old, you inspire me with your support of refugees, the lifeline project and the many other social and environmental responsibility endeavours. You impress me with the energy you put into creating a warm atmosphere here as you help the church run smoothly. Recently, I've been awed by the outpouring of support for the children's program - both with the outdoor projects completed over the last three months and by the robust numbers of volunteers in the program. Your gifts are given with great love, often to those who don't ask you directly. I am almost certain that in sharing your gifts, you feel good. I am equally certain that the gift you share provide both the recipients and witnesses (like me) great cause for gratitude.

During this month of focus on Blessings, we'll spend time in the Children and Youth Programs giving thanks and considering ways that we might give to others.

With appreciation to this Congregation,
Faye Mogensen

Director of Spiritual Exploration and Learning for Children and Youth

FayeM@victoriaunitarian.ca or 250-744-2695 (generally in my office Wednesday - Friday)

*If you'd like help in reclaiming spiritual words, you can find Jeanne Nieuwejaar's Fluent in Faith in our church library.

Out of the Rain Youth Shelter Cooking Bee

As the weather begins to cool it is time to organize the meal making program for the Out of the Rain Youth Shelter. This year FUCV will be providing two meals per month from October 2016 to April 2017. We will be making hot, protein rich main courses for thirty homeless youth. In addition it would be great if we could supply muffins for them to freeze and use as needed.

Ways to help:

* There will be two cooking bees with the first one scheduled for Saturday, October 15, 2016 from 9:00 am to 2:00 pm at the church, in the kitchen off the sanctuary. The second will be scheduled for a Saturday in early January, 2016. Please RSVP Martha McDougall at marthaj.mcdougall@gmail.com if you can help for all or some of the time.



A Message from Soul Matters Facilitator, Shelley Motz

In her sermon on Sunday, September 11, Reverend Melora called us to find meaningful ways to connect and engage with our faith, with our passions and with each other. Doing so, she said, can expand our perspective; it can invite new experiences, insights and relationships into our lives. It can, ultimately, help us feel less alone, part of a whole. I agree.

I had been attending church services, orientation sessions and coffee time for close to two years but still felt like an outsider. At Reverend Melora's invitation, my partner Lauren and I joined a soul matters group last January.

Committing to Soul Matters transformed me and my relationship to the church. It gave me time, space and tools to explore the monthly themes in my day-to-day life, to engage or wrestle with concepts like reconciliation, and to connect in a deep way with other church members.

This year, I am thrilled to be co-facilitating a Soul Matters group at the church on Wednesday nights. (Childcare provided!) If you have any questions about Soul Matters, don't hesitate to reach out to me, the other facilitators or Reverend Melora. We look forward to connecting with you.

Shelley Motz is co-facilitating a group on the 4th Wednesday of the month with Sarah-Mae Adam (pictured here). Their group will meet for the first time on October 26. **See article on next page to join.**



Make Meaningful Connections, Talking About Things That Matter! "Soul Matters" Theme Groups Last Chance!

This Fall, we are launching five new "Soul Matters" theme groups. Each group of eight to ten people will meet once a month to listen to one another's experiences and ponderings related to each month's theme. Group members will be given thought provoking resources to explore and intriguing practices to try out in advance of each monthly gathering. Groups will run for six sessions, September – February, or October – March.

These are not 'drop in' groups – a full commitment to all 5-6 sessions is required to make the experience as rich as possible for everyone in the group. People who have attended all of their group gatherings and who have engaged deeply with the at home material have found the program deeply enriching – they report it makes a difference in their daily lives, while also helping them grow in their understanding of big-picture ethical, spiritual, and personal issues.

What works for you? Reserve a spot in the group of your choice by contacting Reverend Melora, rev. melora@gmail.com, text/phone (250)891-6330.

SOUL MATTERS GROUPS

Time	Day of the month	Co-Facilitators	Location
1:30pm – 3:30pm	4 th Tuesday October-March	Pat Kinrade & Brenda Pengelly	First Unitarian Church, Farmhouse Common Room
6:30pm – 8:30pm **FULL**	4 th Tuesday Sept-Feb	Fran Pardee & Rosemary Harri- son	Fran's home, 3018 Washington Ave. (near Gorge Rd intersection) Good bus access
7:00pm – 9:00pm **FULL**	4 th Tuesday Sept-Feb	Judy Gaylord & Anne Vaasjo	Judy's home, 1692 Carnegie Cres- cent (Gordon Head near University Heights).
6:30pm – 8:30pm *Childminding availa- ble upon request	4 th Wednesday October-March	Shelley Motz & Sarah-Mae Adam	First Unitarian Church, Farmhouse Common Room
6:30pm – 8:30pm	4 th Thursday Sept-Feb	Donna Warrender & Mary Burcher	Mary's home (Foul Bay Rd. & Fort St. in Oak Bay)

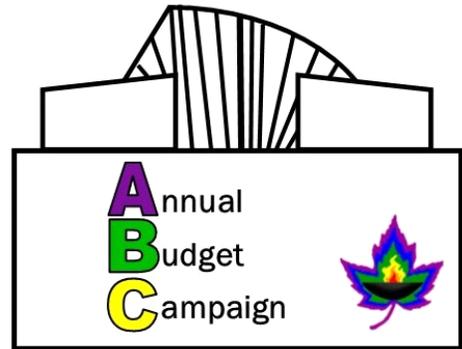
These are the themes we will explore in Sunday services and in Soul Matters groups --

	Practices to Transform Ourselves and Our World Themes for 2016-2017
September	Invitation: the practice of welcoming life in
October	Blessing: the practice of sharing what is good
November	Letting Go: the practice of facing limits and finding freedom
December	Expectation: the practice of watchful awareness
January	Creation: the practice of bringing something new into being
February	Love & Justice: the practice of caring for the world and those who share it

March-June, 2017 will be theme-free as we will have a variety of different preachers during Rev. Lynngoods' sabbatical.

Our Annual Budget Campaign is underway. You should have received an invitation to our Family and Fellowship Luncheon on Sunday, October 16th. You are asked to confirm your attendance by October 2nd.

The luncheon will be an opportunity to enjoy good food, connect with old friends, and then enjoy brief presentations about our congregation, including a video of highlights from the past year. Before leaving you will be asked to complete your pledge form with your financial commitment to the Congregation for 2017. Meanwhile, after eating, the children will be enjoying a full program of their own (see below).



This year we are also conducting stewardship visits to about one-third of the congregation. If you are contacted by a steward, please welcome their visit. They will provide you with some information on Church finances and ask some non-financial questions on behalf of the Shared Ministry Team. The steward will not collect your pledge this year; instead we will pledge before leaving the luncheon.

All Members and Friends should have received an email or letter explaining our congregation’s needs for next year and providing some financial information. If you did not receive this communication or if you have questions, please contact John Hopewell at 250-721-3920 or hopewell@telus.net

Fun for the Kids Too!!



Bouncy Castle!

Weather dependent



Crafts!



Games!



Face Painting!

After enjoying a free lunch with their “grownups” at the Fellowship Luncheon, children 5 years and older are welcome to join us for an afternoon of fun! We’ll have a bouncy castle, crafts, games and face painting.

Childminding will be available in the Sunflower room for children 4 and under

Activities will take place outside on the front lawn (if weather cooperates) and in the Lion Hall

After living with Christine and Mel Johnston for nearly a month, Sanaz, who likes to be called Sunny, has moved into the suite in Gordon Head that we are renting for the Sari family. She was anxious to have her own space and this is a good solution for now; it saves us the expense of paying rent for two places, and the rental market is so tight that very little is available anyway. Sunny understands that she will need to move into different accommodation when we hear the family is finally arriving.

Sunny has now obtained most of the Canadian legal documentation she needs and she scored very well during the assessment of her English level by the ICA. Her verbal skills are better than her ability to read and write English, but her overall score was high enough to qualify for English upgrading courses at Camosun. She received a bursary to cover the cost of her tuition and books and she attends classes at the Interurban campus four hours a day, from Monday through Thursday, travelling by bus. She has been taken grocery shopping and will continue to need transportation for groceries once or twice a week. Fortunately, she has the use of a shared washer and dryer in the suite, for laundry.

Church members have been taking her to inexpensive social events, so she has been to the Saanich Fall Fair, the James Bay Art Walk, the Beacon Hill Park petting zoo, a folk concert at Norway House, and Jazz Vespers, where she met Reverend Shana. Sunny loves music, so she will be trying out the Newcombe Singers Community Choir in Oak Bay. She has homework to do, but weekends may seem long and lonely for a newcomer to Canada, so we are encouraging church members to invite her to inexpensive musical or fun events that a young adult might enjoy. Please contact Christine Johnston about how to reach Sunny.

Some people who have met Sunny are surprised that she doesn't fit their image of an oppressed, downtrodden Muslim woman from a refugee camp. Sunny dresses with flair in Western clothes, is independent, and speaks quite good English. She self-identifies as an atheist. What we don't know is the kind of persecution she experienced in Iran for who she is that caused her to leave the mother she is close to, all her friends, and everything familiar, to flee as a refugee to Turkey. There, she was not always well-treated as she supported herself for several years while waiting for her refugee claim to be approved by the UNHR. Now she is on her own in a much different culture, operating in a new language, and learning different customs. I suspect she may appear more confident than she actually feels in many situations. It is our job to accept and support her as she finds her way in our country, discovering what it means to be Canadian.

What is happening with the Sari family, still stuck in Turkey? Here is what we have heard from their relative, Ali, "I spoke to my nephew a few times in the last few days and asked him about the Sari family. My nephew mentioned that his family and the Sari family are planning to leave the Camp and go rent apartments in the city of Urfa due to the horrible living conditions and due to the increase of assault incidences, especially sexual assaults. They went to the city of Urfa to look for apartments a few days ago. Furthermore, my nephew mentioned that drugs usage is on the rise at the camp and they do not feel they are safe staying at the camp anymore. After hearing this, I did encourage my nephew and the Sari family to move out of the Camp immediately and they should be moving out very soon.

"It is very disturbing to hear this news. The Turkish government is busy lately dealing with the military coup and there have been so many changes taking place. The Turkish government is not speeding up the process for the Syrian Refugees who want to leave the country and they are not issuing them an exit permission to leave the country. Hence, their arrival date is going to be affected unless the Canadian government does something about it. There are thousands of people who are supposed to come to Canada from Turkey and have sponsors waiting for them to come to Canada and many were prevented from boarding the planes lately due to the exit visa issue."

Susan Layng adds, "Further to Ali's e-mail, both his nephew's family and the Sari's are desperately searching for other accommodation and it seems they have found something, not together, but close. I understand the conditions in the camp are getting very dangerous. There also seems to be a problem with the exit visas. Ali told me that several families were actually on the plane ready to leave and were escorted off as they didn't have the proper exit visas. These families had given up everything they had and had nothing to return to!! I asked Ali if the Saris knew they had to have exit visas and he indicated that they had signed a form back in May when they travelled to Ankara which gave the Canadian officials authorization to apply and process these exit visas on their behalf. Something is slipping through the cracks."

Kristina will be meeting with the CUC soon, as she is the CUC Treasurer, so she will talk to April Hope to see what she is hearing from the Canadian government. The government told us applications approved by the end of March would mean those refugees would arrive by the end of this year, so we remain cautiously hopeful.





Path to Membership

Are you new to our church?

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

Would you like to know more?

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

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

STEP TWO: Church Orientation – October 2, 12noon–1pm

This is a gathering for all newcomers, whether you have just walked through the door or been coming for several months and want to know more about us, whether you eventually become a member, or choose to be a friend of the church. The Orientation provides basic information about our congregation and ways to make connections

If you miss the Orientation, you are still welcome to attend any or all of STEPS THREE AND FOUR below.

STEP THREE: Introduction to Unitarian Universalism, Part 1, November 6, 12noon–2pm
Introduction to Unitarian Universalism, Part 2, November 13, 12noon–2pm

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

STEP FOUR: Considering Membership, November 27, 12noon–2pm.

This session will help you determine whether you would like to officially become a member of our church. Whether you join right away, not yet, or not at all, the session will be informative and enjoyable, as we will be talking about things that matter in a small group setting with warm and interesting people.

All events will be held on Sundays, after the church service, in the Farmhouse Common Room, in the building just north of the main sanctuary building. A light lunch will be available and child minding is provided on request.

To sign up for any or all of these sessions, or if you have questions, please contact Reverend Melora at rev.melora@victoriaunitarian.ca or Cell (250) 891-6330.

STEP FIVE: Application for Membership. Fill out the application found in the membership packet. Submit the application and a financial pledge or contribution to the office. Your name will be read into the membership records at the next board meeting. Voting privileges commence 60 days after and you will be recognized at the next New Member Ceremony.

The next New Member Ceremony will be on January 15, 2017.

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

By Hanne Fair (pronounced Hannah)

I had visited First Unitarian a number of times in the past few years as a member of a flute quartet. I loved the sermons I heard from both Reverend Shana and Melora. When I read the seven principles and perused the hymn book to find poems, songs and readings from many spiritual teachings, I realized that this was a much better fit for my personal beliefs than the progressive United Church that I had been attending for many years. I consider myself a life-long seeker, and like to think that our spiritual understandings grow and evolve to incorporate our ever-changing knowledge and experience. The UU church's commitment to social justice and environmental stewardship is also deeply important to me.

I love the beauty of FUCV's physical space and the rural setting. I value the involvement of the members in the services and the respect shown for diverse needs and opinions. This past year I was invited to join both the Chamber Choir and the Bell Choir, and have enjoyed getting to know some the talented and dedicated members of the community. I am often moved by the service, and find something to ponder every week. I love to hear Reverend Shana break into song in her sermons, and was delighted last week to hear Reverend Melora say that the theology of Unitarianism is changing and evolving, not static or dogmatic.

I have lived in Victoria since the early 1970s, when I came as a student at UVic. My husband Patrick and I have been married for 38 years and I have two adult sons, Jordan (35) and David (32), both of whom live in Victoria.

I originally came to Victoria to study music, but ended up on an entirely different path, studying psychology and child development instead, as at that time I felt that I was much too introverted to become a successful musician. I began my post-university career working at Glendale Lodge, then completed an MA in counselling psychology. I maintained a part-time private counselling practice until my sons were of school age, then worked as a family outreach counsellor before becoming co-director at James Bay Community Project. I retired six years ago. I am a dedicated amateur musician, and have sung in Victoria Choral Society, as well as playing in flute ensembles, a wind band and two handbell choirs. I enjoy gardening, walking and hiking with my husband, who is an avid birder. Both of us enjoy photography and don't feel right unless we have spent time outdoors each day, often with binoculars and cameras close at hand. I love to read and write, and often finish the week with a murder mystery on Masterpiece Theatre.



HONOURARY MEMBER NORMA ELROD**BETTY SHERWOOD**

We were delighted that Norma Elrod, one of our treasured Elders, was in Victoria and lit the chalice on September 25, for the Fall Equinox.

Norma Elrod, along with husband, J. McRee Elrod, joined the First Unitarian Church of Victoria in the fall of 1990. Shortly after that, she became involved in the Sunday Services Committee and later became the chair of that committee.

After the purchase of the property on West Saanich Road, she helped organize the volunteers who did the work required for the rezoning of the property, work which lasted for a number of weeks and required numerous workers each day to complete the required changes.

She helped organize the move to the new property and served as the chair of the Board during that time.

A serious crisis arose which made it necessary to enlist the aid of the PNWD Conflict Resolution Team. In spite of this potentially divisive conflict, there were two very good results. One was the establishment of the Capital Congregation and the other was the writing and the congregational support for the Covenant of Good Relations.

Norma served on the Search Committee which was able to recommend Jane Bramadat to the congregation as our settled minister.

Norma began to spend much of her time in North Vancouver where she renewed her membership in the North Shore Unitarian Church.

She has been invited to offer Sunday services in our church on a number of occasions and has always felt honoured to do so.

She was named an Elder of the church and now has the distinction of being an Honorary Member.

This month I would like to write a word of thanks and appreciation to two people who have given many years of volunteer service to the music programme. Kristina Stevens and Nancy Dobbs have given their musical leadership skills to the Women’s Choir and to the Youth and Children’s programme, respectively. Both have decided to step down for a time while they pursue other interests, but they continue to sing in other church ensembles - Nancy in the Chalice Choir and Kristina in the Chamber Choir.

At the pre-service warm-up on Sunday, September 11, members of the Chalice Choir presented Nancy and Kristina each with a gift and a card of appreciation. I would like to add my own words of thanks to those of the choir members, and I know that I will be able to call upon both Kristina and Nancy to continue to share their expertise.

By the time this newsletter appears we will be well on our way in the rehearsal process for fall and winter music and looking forward to the Winter Concert, planned this year for Friday evening, December 9. Please put the date in your calendar and join us for this annual event. -Nick Fairbank, Director of Music

LEGACY CIRCLE (FORMERLY PLANNED GIVING)

Brooke Taylor

After retirement I decided to make our two congregations the beneficiaries of my RRSP so that funds would go directly to the churches tax free without having to go through probate.

I joined the church 25 years ago after attending a conference for liberal religious groups in Hungary after the opening of Eastern Europe. We were able to meet for the first time members of the congregation from the original Unitarian church in Transylvania. I have enjoyed being in the Victoria congregations and especially travelling to the many conferences in North America and abroad where I have met many new friends and have stayed in touch with those from my young adult days. Blessed Be.

If you would like more information about putting the church in your will, feel free to contact Frances Hancock at 250-477-1310 or visit Planned Giving on the church website. Thank you.



NOTABLE UU

CHRISTINE JOHNSTON

Fannie Farmer (1857-1915) was a Unitarian in Boston, Mass., who established the modern cookbook with standard measurements, diets and nutrition, etc, and even taught a course at Harvard Medical School. She had suffered a paralytic stroke at the age of 16, was unable to walk and for many years remained in her parents' care at home. During this time, Fannie took up cooking, eventually turning her mother's home into a boarding house that developed a reputation for its quality of the meals. Later she enrolled in the Boston Cooking School and eventually became the Principal there before starting her own school.

In 1896 Fannie published her best-known work, later known simply as the *Fannie Farmer Cookbook*, which was still in print 100 years later. She provided scientific explanations for the chemical processes in cooking, promoting accuracy and sanitation as well as nutritious diets, and many household tips. She became known as “the mother of measurement.”

Her family went to the Unitarian Church in Medford, which became famous as a member there wrote a song in the same year Fannie was born: we now know the song as "Jingle Bells.”



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

All members, friends, and newcomers to the church can be part of the Neighbourhood Group where they live. Groups meet monthly, bi-monthly, quarterly, or occasionally. If your group is missing from this column, there was nothing to report this month. If you don't know which group you are in, please phone the church office.

Cadboro Bay: Valerie Roberts and her crew will be working with Royal Oak East NG to host the first Souper of the season on Oct. 2. Then Cadboro Bay NG is planning to gather for lunch on a date to be determined in Oct.

Esquimalt: Pat McMahon writes, "Esquimalt NG meets for coffee on the second Tuesday of each month 2:30 - 3:30 at Cafe Fantastico (Fol Epi). Our next potluck supper will be November 4."

Fairfield: This NG is planning to gather this fall.

Far Out: This NG gathered at the home of Phyllis Aherne on September 10 for a potluck lunch. Twelve people came and welcomed Penny Furnes, who has recently moved into their neighbourhood from the Nearby NG. Far Out also provided us with treats for Sunday coffee time in September.

Gordon Head: Mary Cramer is hoping to get this NG together for a fall gathering.

Grand Central: Marya Nijland writes, "On Sunday Sept 11, we had a very enjoyable 'Tea and Tell Tales' at our house with 12 adults and 4 children attending. The children loved the colouring of a fantasy animal, which they took home with them and the adults sat in a circle hearing each others' summer stories about the Mexican tropics, Saskatchewan prairies, the English country side, the Shakespeare Festival in Victoria, sailing and gardening, resting and reading and we warmly welcomed two new members in our group"

James Bay: Lynn Hunter reports, "The James Bay Neighbourhood Group continues to be very active. On September 11 we are hosting a progressive dinner as part of the auction contribution -- nine people will be our guests. This event coincides with the James Bay Art Walk. In October, at a date yet to be confirmed, Myra Rippon will host a potluck lunch at her home. Also in October, our Neighbourhood Group will provide the goodies for after service coffee/tea."

Nearby: Group convenor, Elaine Klimke, writes, "The Nearby Group held a potluck at the Klimke home on Saturday, August 27. A small group gathered and we chatted about recent books and movies we've read or seen. The next potluck is being planned for October".

Oak Bay: We hear this from Oak Bay, "Oak Bay NG had a fun potluck on August 21 at Jim & Karla Thomson's place, celebrating Karla's birthday with birthday cake supplied by Jim & Karla. Fifteen of us sang happy birthday in three different versions, including in Dutch (OK, all 15 did not sing happy birthday in Dutch). We are holding our next potluck on Saturday, October 15, 6:00pm at Jan Li and Tiff's place, 1536 York Place. The theme for this potluck is: Tell an amusing story from your past employment. It can be from any job you held or presently hold. The Talk should be Brief (!) - 5 minutes or less."

Royal Oak East: Hanny Pannekoek writes, "We just had our potluck gathering a few days ago. Only a few members were missing, but we had extra guests: Thuli from Lesothu, Africa, who has been staying with Naida and Helga, and Hanny's brother and sister-in-law and their two friends from the Netherlands. Our hosts, Mary Ellen and Bruce, were most welcoming and generous in including them. We also had the pleasure of meeting Chelsey, one of our hosts' daughters. We had a great turnout and it had a feeling of 'home coming' after the summer months where many of us had been away. In our sharing circle after dinner we reminded ourselves about having to organize Souper Sunday lunch on October 2. And Mary Ellen outlined the tasks and program for the auction dinner 'All That Jazz' to be held on November 13. Busy times ahead! I have connected with a new member, Donna Warrender. She and her husband Ian were not able to join us this time, but Donna expressed great interest in meeting the group. We will have our last gathering of this year on Saturday, November 26. This will be starting at 4:00pm and rather than a potluck, we will share appetizers and dessert."

Royal Oak West: Fran Hancock writes, "Dolores Appleton graciously hosted a potluck dinner on Saturday, September 17 at her home near the Commonwealth Pool. Royal Oak West NG welcomed guests who were new to the neighbourhood."

Western: Susan reports their group has had a break for the summer and now they are planning to gather for a potluck on Saturday, October 8.

GE Free Victoria Resolution Passes Unanimously

This is one of ten presentations in favor of a resolution for a GE Free Victoria. The resolution was passed unanimously by Victoria City Council. Many thanks to all Unitarians who supported the resolution and signed our petition.

GE crops are not an extension of traditional plant breeding (or even hybridization); they involve the insertion of gene sequences into organisms in a laboratory (often from different species.) These kinds of modifications cannot and do not occur in nature.

Before WW II, all Canadian agriculture was organic. The factories making chemicals and weaponry for the war were re-purposed to churn out chemical fertilizers and pesticides. Later in the 90s, these companies decided to genetically modify seeds so that they could sell even more of their chemicals. They modified the seeds to express pesticides like BT and modified most of them to tolerate the herbicide, glyphosate. Note that glyphosate has also been patented as a broad spectrum antibiotic.

I'm going to touch on five major issues about GMOs. I don't have time to go into details but I encourage you to look them up in the excellent reference document, *GMO Myths and Truths*, which is available online.

1. Canadian GE crops are not engineered to increase yields or nutrition, most are modified to tolerate spraying for weeds and dealing with some types of pests
2. GE seeds are patented and a costly license agreement must be paid. Seeds cannot be saved and replanted from year to year.
3. GE crops contaminate conventional and organic crops. GMOs threaten the livelihood of Non-GMO and organic farmers. Canadian patent law favors the patent holders over the farmers whose fields are contaminated.
4. Our government doesn't do any of its own studies to assess the safety of GMOs. The data comes from biotech companies based on three- month long animal studies to confirm the 'safety' of their GMOS. Recent long-term, independent, peer-reviewed and published animal feeding studies have indicated that there may be problems.
5. Due to so much chemical use, weeds and pests have become resistant to the chemicals.

GMOs offer no benefits to Canadian consumers. Rather they offer a whole host of problems we don't need in our wonderful city of Victoria.



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Ministers

Reverend Melora Lynngood
 Cell phone: 250-891-6330
 rev.melora@victoriaunitarian.ca

Reverend Shana Lynngood
 Cell phone: 250-891-6331
 rev.shana@victoriaunitarian.ca

Minister Emerita
 Reverend Jane Bramadat
 250-652-1272

Intern Minister

Chris Wulff
 (647) 708-2622 cell/text
Chris@victoriaunitarian.ca
 Or leave message on ministers' office phone (250) 744-2601

Lay Chaplains

laychaplains@victoriaunitarian.ca
 Kjerstin Mackie 250-598-5975 Anne Vaasjo 250-385-1603
 Oceanna Hall 250-886-1077

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

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EVENT HIGHLIGHTS

Date	Time	Event	Location
10/2	10:30-11:30am 11-12:30pm	Sunday Service Souper Lunch	Sanctuary Sanctuary
10/9	10:30-11:30am	Jazz Vespers	Sanctuary
10/10	THANKSGIVING DAY		
10/14	6-8:30pm	Community Dinner	Sanctuary
10/16	10:30-11:30am	Sunday Service	Sanctuary
10/23	10:30-11:30am	Sunday Service	Sanctuary
	Noon-1pm	Coffee and Conversation with Ministers	Farmhouse C. Room
10/28	5:30-9:00pm	Church Celtic Ceilidh Event	Sanctuary
10/30	10:30-11:30am	Sunday Service	Sanctuary

OCTOBER BIRTHDAYS

- 1 Cedar Thokme
3 Forrest Smith, Winnifred Bocking
5 Stella Hagan-Braun
6 Francois Durvisseau
8 Karen Furnes, Sarah Harris
11 Mariko Matsumoto and Doreen Wood
12 Margaret McKelvie
13 Mary Canty, Barry Wiebe, Scott Branch
14 Doreen Burgess, Stu Whitney
15 Menno Tromp, David Smith
16 Trish Henry, Maria Hoffman, Bruce Edwards,
Rebecca Mellett
18 Rowland Mak
19 Bonnie Halvorson
20 Lorna Shaw,
22 Sharon Boldt
25 Virginia Daniel, Marion Pape, Zoe Brima
combe
26 Fran Hancock
27 Allen Milne, Don Armstrong
28 Susan Lean
30 Diane Berry, Helga Jacobson, Kent Haden
31 Ruth Ellen Pozer-Telford, Doug McGinnis

CHANGE OF ADDRESS

Penny Furnes,
#210, 9843 Second Street,
Sidney, BC,
V8L 3C7.

Telephone and email remain unchanged.

BOARD MEMBERS ON DUTY

October 2 John Tiffany

October 9 Marion Pape

October 16 Karen Furnes

October 23 Patty Disbrow

October 30 John Worton



COMMUNITY DINNER

October 14, 2016

Spaghetti Night

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JuneFukushima.com

The First Unitarian Church of Victoria
5575 West Saanich Road
Victoria, BC V9E 2G1

Phone: 250-744-2665
E-mail: churchoffice@victoriaunitarian.ca
www.victoriaunitarian.ca

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Copy should be sent to
newsletter@victoriaunitarian.ca.



For those without e-mail, copy may be left at the church
office. All copy is subject to editing.

Information for Events Highlights should be sent to
calendar@victoriaunitarian.ca or left at the church office.

Feedback is welcomed.

Staff

Barbara Nyland and Jen Young(editors); Doreen Burgess
and Myra Rippon (proof-readers); and Karen Uldall-Ekman
(production, distribution and paid advertisements).