



The Victoria Unitarian

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

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



Letting Go
The Practice of Facing Limits
and Finding Freedom

November graphic designed by Dar Gareau-Levy

November 6

Impermanence

Reverend Shana Lynngood WA Oliver Belisle

Chalice Choir

As we begin our exploration of letting go, we will examine the constantly changing nature of existence. One of the reasons we have to become accomplished at letting go is because few things stay fixed. How do we cope with this reality?

November 11

Remembrance Day Service (10:30 am)

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 11 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 13

Defying Gravity with Age and Grace (or, How to Keep Going On and Getting Up When Age is Dragging You Down)

Reverend Melora Lynngood WA Doug McGinnis

Chamber Choir

This topic comes to us courtesy of last spring's auction winner of the 'sermon on a topic of your choice.' As our memories fail, our energy decreases, and our bodies deteriorate bit by bit, how do we keep our spirits up – how do we continue to engage in life in ways that are rich, fulfilling, and meaningful? Looking at it through the lens of this month's theme, how might we face the limits of aging and find freedom through the spiritual practice of letting go?

November 13

Spirited Jazz—Jazz Vespers 7pm

Chris Millington Quartet

This month we explore the infectious and sensuous style of jazz known as bossa nova. This Brazilian style of jazz became widely popular in the 1960s primarily via the compositions of Antonio Carlos Jobim. Most renowned is his composition *The Girl from Ipanema*. Join us as we explore the soul of bossa nova with Chris Millington, saxophone, Brent Jarvis, piano, Bradley Clarke on drums, and bass.

WA = Worship Associate

Services continued next page

*Services Continued -***November 20****UU-UNO Sunday: Let go, and change the world**

Chalice Choir

Dr. Kenneth Christie, Royal Roads University WA Dan Klimke

In a month focused on Letting Go, our UU-UNO Sunday asks how do we change the world when we feel overwhelmed by obstacles at every turn? How do we overcome that defeatist voice, both within and without, that says the world is so large and so complex that we as individuals can have no effect through our actions? Dr. Kenneth Christie, head of Royal Roads University's Human Security and Peacebuilding Program, offers insights into how individuals, communities and institutions can let go of those paralyzing doubts and work to change the world, making it free from fear and want for everyone.

Dr. Christie will be available after the service for a facilitated conversation with congregants on his work and the role of the UN in bringing about Freedom from Fear, Freedom from Want.

The Church is going to conduct a Fire Drill at the end of the Sunday service today. The fire alarm will sound and the ushers and Reverend Shana will direct people to evacuate the Sanctuary through the closest exit. The object of the drill is to see if we can get everyone out of the buildings in two and a half minutes. To that end we ask that people wait for signals from the ushers at the exit closest to them, proceed in an orderly fashion without talking and without taking time to gather your coat from the closet and convene in the top paved parking lot closest to the water tank. We will wait for the all clear signal from Reverend Shana before returning to the Sanctuary.

November 27**Lightening the Load**

Men's Choir

Reverend Shana Lynngood WA Steve Soule

We often think only of the challenges that come with letting go, but there are times when it is a relief. How do we embrace the exhilaration of putting down something that is no longer ours to carry? Can we put things down without feeling guilt or remorse?

About Dr. Christie

Bio: Dr. Kenneth Christie is a political scientist, author, editor and international academic who has taught and conducted research at universities in the U.S., Singapore, South Africa, Norway and Dubai. Working all over the world has given him a unique perspective on peace, development and human security as his work has focused on issues of human rights, security and democratization. He is widely published as an author and editor with eight books to his credit. His most recent book, co-authored with Robert Hanlon and published this year, is called *Freedom from Fear, Freedom from Want: An Introduction to Human Security*, and focuses on potential mechanisms of deterrence such as conflict resolution, economic development, diplomacy, peacekeeping, international law, and restorative justice.

September Share-the-Plate**For Pacifica - \$837.96**

Pacifica Housing Victoria was our share-the-plate recipient in September and as a result will receive \$837.96 from this church community to advance its work building local affordable housing. Thank you, generous people!

Pacifica is a registered Canadian charity with an impressive record of building subsidized housing over many years. It also provides personal support for the people moving into its housing. -Don Vipond

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**THE DEADLINE FOR
SUBMISSIONS TO THE
DECEMBER ISSUE OF THE
NEWSLETTER IS
NOVEMBER 15!**

SEL

FAYE MOGENSEN

SElections on Letting Go

I had to scratch my head when my friend Wendy told me that she’d resigned as “Director of the Universe.” She went on to explain, “I’ve finally accepted that I can’t control everything, and this announcement is helping me let go of trying.” Since hearing about her practice, I’ve tried to “resign” whenever I’ve noticed that I’m clinging unnecessarily to my beliefs, routines or desires for specific outcomes.

Letting go is a delicate, challenging and necessary balance. It can feel like giving up, not caring or not being responsible. Yet, none of us is “Director of the Universe,” and there are always things outside our control. It’s important we do our best, but the second half of doing our best is to trust in the universe that things will work out. As parents, letting go of our children, through all their various ages and stages is arguably the hardest part of our job - but we aren’t doing our job of helping our children live into who they are if we hold them too tightly. We have to have faith that we have offered enough support, and then trust them to do what is right for them. Another line that helps me is one attributed to John Lennon, “Everything will be okay in the end. If it isn’t okay, then it isn’t the end”.

Over the four Sundays this month, we plan to help the children explore letting go. How do we let go of anger or sadness? What happens if we let go of our usual way of doing things? Why might we be happier when we let go of getting our own way? On November 21, our Children’s Chapel is also a special inauguration of the Nature Playground, and we’ll focus on ‘letting go of things always having to stay the same’ as we share stories of where various components of the playground originated. We hope that volunteers who helped build the playground will join us after the service for a short celebration.

Other specials this month include:

Nov 18, 7-9 pm ~ OWL Youth Movie Night, and concurrent Parenting your “OWL” Youth - the focus of that conversation will without doubt touch on ‘Letting Go’

Nov 19, 1-4:30 pm ~ Basic First-Aid with CPR "A"

Register for both by contacting me.

Nov 20 - Parent’s Circle - another opportunity to consider the role of Letting Go in parenting.

Warm regards,

Faye Mogensen

(alas, not Director of the Universe)

Director of Spiritual Exploration for Children and Youth

Sabbatical Planning Update

With our sabbatical drawing nearer, it feels like a good time to update you on plans being made and to invite your input. As you know, Reverend Melora and I will be away on four months of sabbatical (March 1 through June 30, 2017) followed by our usual six weeks of summer holiday. This means that all told we will be away from FUCV from March 1 until August 15, 2017. The Worship Committee (with extra assistance from former worship chair, Pat Kinrade) is diligently filling in the Sundays while we are away. Some of the guests you will hear from during our absence are: Sabine Lehr, the Immigrant Services Manager of the Inter-Cultural Association of Greater Victoria, Professor Paul Bramadat of UVic, Martin Settle, Co-Executive Director of the Unitarian Service Committee, and several area UU ministers including Reverend Steven Epperson from the Unitarian Church of Vancouver and one of the new Co-Ministers at North Shore Unitarian Church, Reverends Marcus and Emily Hartlief.

In addition to filling the pulpit with interesting and diverse speakers in our absence, we are also putting together a Pastoral Care Team. Much as we did during our maternity leave, we are putting together a Team to supplement the efforts of our Care and Concern network. To that end, I welcome your input on who you would like to see on that Pastoral Care Team. If you were to experience a health challenge or other crisis when Melora and I are away, who would you want to come visit you? Are there people in our congregation who come to mind when you picture a caring and calm presence? Is there anyone you see as just the type of person you want to visit if you were in the hospital or grieving a loss? We will put a team together and be sure that in the several months before we leave we communicate often about all of the plans in place and people to contact throughout the sabbatical.

Be aware also that the Committee on Ministry will be serving as a Sabbatical Team, so if you have a question or concern you are unsure about, you can take it to anyone on that Team. They will either handle your concern directly or point you in the direction of those who can. As a reminder, the Committee on Ministry (who will be the Sabbatical Team from March through June) are Kent Haden, Chair, John Hopewell, Suellen Guenther, Margot Lods, and Hanny Pannekoek. If you have any questions or concerns about the sabbatical please don't hesitate to ask either minister or a member of the Committee on Ministry.

Care and Concern Reminder

Periodically we find it helpful to remind everyone (and inform newcomers) about our care and concern structure. We have a Care and Concern Team of six members who meet every other month to go over the news from each Neighborhood Group about the people dealing with a caring issue. We offer care via our neighborhood group structure. If you have any kind of caring issue (you need a ride to a medical appointment, you would appreciate a few meals as you recover from surgery, you would like a visit as you cope with the winter blues, or you simply want to talk with someone, etc.) please contact the Care and Concern Liaison in your Neighborhood Group or a Minister. Please don't be shy either about expressing your need or want and being specific about what would be most helpful. The more clearly and directly you communicate your needs, the more likely we will be able to meet them. If you don't know who to contact in your Neighborhood Group, call a minister. Care and concern is always available and we are always saddened when we hear about care issues after the fact, or that we could have helped had we known what was needed. If you have any questions please contact Reverend Shana or Care and Concern Chair, Daphne Dunbar.

Workshop on Caring Presence

If you are interested in learning skills to deepen your ability to be a caring presence, consider joining Reverend Shana and the care and Concern Team at a workshop on Saturday, November 26 from 2 to 4pm. When offering a caring presence from the congregation we try to do more than chit-chat. We try to hear the spiritual and existential questions and musings within the circumstances of life. Come learn how to ask open questions that invite reflection, and how to be present in a way that keeps the focus on the concerns of the person being visited. Snacks and coffee or tea will be provided.

FROM YOUR INTERN MINISTER

CHRIS WULFF

“The psychoanalytic session, like the Sabbath, takes you out of mundane time and forces you into what might be called sacred time—the timeless time of the unconscious, with its yawning infantile unboundedness, its shattered sequentiality. It may not be pleasant, it may not be convenient, you may not want to go, but you do. On time. And the fixed time limits also keep you from losing yourself in that disorienting, disorganizing flux.”

— Judith Shulevitz, *The Sabbath World: Glimpses of a Different Order of Time*

I spent my last winter in Toronto driving out to the Brampton Civic Hospital each morning for Clinical Pastoral Education, one of the many steps in the path of ministerial formation. My three classmates and I spent days split, half in small-group learning and discussion, half visiting hospital patients. While we all served the entire hospital when necessary, we each had areas of focus and mine were palliative care, oncology, and surgery.

I remember in the first week struggling mightily to understand what it was that we were there to do. I wanted to have a concrete action plan, a step-by-step guide to walk through with each patient as I went bed-to-bed, some way of knowing that my visit had been efficacious and successful. In the second week, we started to see patients and I knew that there was no action plan or step-by-step guide that could be applied.

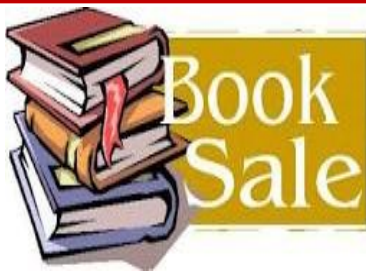
The effectiveness of spiritual care isn’t measured by how much it helps people to become more or less ‘spiritual’. We take for granted that we are all spiritual beings, makers of meaning and seekers of truth. Instead our work is to assess whether someone is experiencing spiritual crisis and respond to that. That response is almost always to listen more. To listen more actively, more compassionately, more pastorally.

There was no one who was ‘fixed’ by the work that we did in visiting them, and yet I felt the impact whenever I could sit with someone, whether patient or family member, and just let them talk, when I could listen to their fears and hear their strength, listen to their sorrows and know their joys. We all need people who can hear the hard things and not shy away or try to fix them, who can hold a space for us to simply be free.

While Judith Shulevitz’s quote above speaks directly about the psychoanalytic session, it could apply just as readily to pastoral visits. Pastoral visits are a form of Sabbath too when we may be struggling with finding meaning, feeling compassion, or setting limits in order to let go, as this month’s theme asks of us. Like her sessions, pastoral visits have limits of time, function and frequency, boundaries that make it possible to be more free in the moment.

I invite you to contact me if you’d appreciate a pastoral visit. Like the Reverends Lynngood, I keep clear boundaries around the work of pastoral care and professional counselling, recognizing that there are limits around the kinds of support we can offer. Also, like the Ministers, I keep confidences within the ministerial team, meaning that information you share with me may be shared with the Ministers if its relevant to continuing to offer you support, but it’s never shared outside of that group.

Whether you prefer to have a visit in your home, at a coffee shop, or on a walk in the park, I am open to whatever venue will make you most comfortable. You can reach me best by email at chris@victoriaunitarian.ca, or leave me a phone message at 647-708-2622 or on the Ministers’ phone at (250) 744-2601.



Thank you to everyone who had any part in making our Giant Book Sale and Bake Sale a big success!

It takes a whole community to put on an event like this. Did you donate books, haul them into the sanctuary, sort them, organize them, sell them, buy them, roll coins and count money? Did you set up the room, put the tables and signs away, clear out leftover books, flatten boxes? Did you design the poster, copy and cut flyers, put up a flyer, blow up balloons, advertise the sale on the website, online, on Facebook, or tell your friends? Did you bake, preserve, cook, or sell the delicious items for the Bake Sale?

Then **you** are the people we are thanking! Here’s how it worked out:

Bake Sale \$580

Book Sale \$2,875

Total for the church: \$3,455

BOARD BUSINESS**LORNA ANTHONY**

The following notes are a snapshot from the Board meetings held on Tuesday, September 20 and Tuesday, October 18, 2016. The minutes will be posted in the Lion Hall.

- Intern Minister, Chris Wulff, was welcomed. He will attend Board meetings as his schedule allows. Board minutes and Council reports will be sent to him with the invitation to ask questions of Board members at any time.
- At the September meeting, Kristina Stevens gave an informative presentation regarding a Vespers Project. It was written and translated into Latin by Reverend Fran Dearman during her sabbatical year and is a gift to the church. The majority of funding for a composer will be from various CUC and UUA grants. If the Board grants approval at the October meeting, a fundraising campaign for the remaining \$3,000 will be undertaken in January 2017. Endorsement of this project was given at the October Board meeting.
- Our church administrator, Karen Uldall-Ekman, plans to retire in February 2017 after nine years of dedicated service to our church. The Human Resources committee will strike a task force to review and revise the job description in the first step toward hiring Karen's replacement.
- Representatives from Capital UU Congregation and FUCV met with Vyda Ng, Executive Director, CUC for a low key meeting in August to discuss the lives of our congregations. A discussion ensued about the Canada Revenue Agency guidelines which will be finalized in February 2017.
- As initiated by staff members, they will be invited to individually attend a Board meeting each year in order to provide a fuller understanding for both staff and Board members of each other's roles.
- Our Ministers are kept very busy with their many roles. Because it is difficult for them to connect with all of our members/friends on a 1-to-1 basis, the first "coffee with the Ministers" was held on Sunday, September 18 following church with the next one planned for October 23.
- A coloured brochure to promote rentals of our church buildings has been produced and is ready for distribution to outside agencies. A lock box is to be installed as well as a "rental space available" sign.
- The Canada Revenue Agency has asked for comments regarding charities. Both the Social Responsibility Coalition (SRC) and the Board will be making submissions.
- An instruction sheet for the Fire Alarm will be posted inside the main front door beside the zone map which indicates the location of smoke alarms. A reminder that the alarm is not connected to the fire hall. In case of fire, 911 must be called.
- A fire drill will be held after a service in November. The date will be published in the e-weekly and in the order-of-services.
- Earthquake preparedness is being researched.
- November 25 circle dinners will be held either in the homes of Board members or with a Board member present. Sign-up sheets will be in the foyer during November.

Please contact me with any questions or concerns or chat with me at church.

Sincerely,

Lorna

**From the Editor
(Barbara Nyland)**

- Many thanks to all of you who send in your submissions by the deadline! It makes my job so much easier.
- I am now reverting back to the use of Garamond 12 as our text font, probably because my old eyes prefer it.
- Please let me know if you have suggestions for this newsletter. It is forever a work in progress!

**Christmas Day Potluck Dinner
December 25, after the Service**

- To attend, sign up on December Sundays in the Lion Hall with Edo and Barb Nyland.
- Turkeys have been donated but we need two people to cook them.
- Watch the e-weekly for details or contact Gita John-lyam at 778-426-2897.

REFUGEE REPORT**SUELLEN GUENTHER**

Sanaz (Sunny) is doing well in her English classes at Camosun and she was top of her class with 100% in a recent test. Sunny has told Kristina that most of the people in her class are teenagers from China, although there is an older woman from Mexico and a young Syrian woman. Sunny is 27, so she probably doesn't socialize or have much in common with her fellow students. She continues to receive occasional invitations from church members, although she sometimes declines, to focus on doing her homework. Apparently her class is reading Pride and Prejudice, which seems pretty ambitious for people learning English! Sunny went with Christine to the Multifaith Service and Dinner at the Hindu Temple recently, and Sunny knew some of the songs from India and Iran.



Sunny was having trouble seeing in class, so Mariko Matsumoto and Mary-Ellen Nichol took Sanaz (Sunny) to have her eyes checked, and she already has glasses. We believe her health insurance has covered the cost. Sunny and Pat Kinrade went shopping last week at Hillside Mall for clothes and Sunny now has a warm winter coat. Pat says Sunny likes brand names. She has Doc Martin boots, which she loves and that fit her well, so with water-proofing on the boots, she is now prepared for winter weather. Faye Mogensen's daughters wanted to meet Sunny, so she celebrated her first Thanksgiving with Faye's family.

Kristina and Roberta are explaining to Sunny aspects of our budget for her support and monitoring her bank statements monthly. Kristina talked with Sunny about her bills and learned that Sunny has stopped smoking. Sunny says she has smoked for 10 years, so it was hard at first, but it is easier now. If she can stick with it, it will certainly have benefits for her health and social acceptance, as well as finances. Sunny told Christine last week that it was our Canadian influence that caused her to stop smoking. Sunny also told Shelagh how much she is now liking Canada and appreciating the feeling of safety, as well the polite and respectful behaviour shown her. We hope she continues to experience encouragement and acceptance as she adapts to this new culture.

The Refugee Committee is continuing to explore ways to pressure the Canadian government to bring in approved, privately-sponsored refugees, as promised. The Sari family was approved in March and should arrive this fall, at the latest, but we have had no further word. Ali told Susan Layng that several groups have approached their MPs to expedite the arrival of their families, and in some cases, it has worked. So Kristina has written a letter to MP Murray Rankin, signed by members of the Refugee Committee and the SRC, and Christine hand-delivered it to his office after Thanksgiving. We remain cautiously hopeful. In the meantime, Sunny is occupying the Sari suite, so we are not paying rent for two places.

Creativity Micro Retreats

Creativity Micro Retreats are back!
Thursdays 5:00-9:00pm November 24, December 15
Library and Chaplains Rooms

Creativity is a spiritual practice. Take a micro retreat and nurture your spirit. All welcome! Bring a brown bag dinner if you like, contributions to a snack potluck welcome (both optional). Library and Chaplain's rooms available (enter side red door). Space open 5:00-9:00pm but you can come and leave as you wish.

Bring any self-directed activity that can be done quietly at a shared table in the company of others (lego, doodling, writing, sketching, knitting, hand quilting, etc). Questions? Anna cell 250-472-0117 or email isaacs.anna@gmail.com



Sponsored by the Worship Associate team of the First Unitarian Church of Victoria.

This poem was inspired by interviews Earl K. Pollon and S.S. Matheson conducted with native Sekanni peoples who were negatively affected by the flooding of their communal homelands by the building of W.A.C. Bennett Dam. They were driven from their ancestral homeland in northeastern B.C and were dispersed in the 1960s. Will another dam now be built downstream from the present dam?

The Shopping Cart Injustice

People, place and spirit
 All were our relation
 Biopeds, quadrupeds, beings with wings or fins -
 River language told us so.
 Fishing rocks spoke the run
 Where the riffles and the rapids talked.
 Ancestors, dead and alive, told living stories where
 Running the river banks, the children played.

The land was a book written in forms.
 We made our mark with love, community
 Fishing weirs, aspen dugout canoes,
 Hunting trails, camps and sacred sites.
 Always traders, we traded furs with
 White settlers when they arrived
 On the rivers Parsnip, Finlay and Peace at
 Finlay Forks, Fort Grahame, Fort McLeod.
 We added pack trains, teams of pack horses
 River freighters, flat bottom 'longboats'
 For supplies and for mail delivery.

It seemed we could live together.
 Then one day a government agent said

That shopping carts were coming
 They would flood our world
 Water rising everywhere
 Shopping carts with electric can openers
 Full, fast to check out,
 Shopping carts with hair blowers,
 Full, faster to check out,
 Shopping carts with electric air conditioners,
 Full, fastest to check out
 Shopping carts with electric stoves.
 Check out, check out, check out.
 They would make our rivers into a lake
 We would move or drown.
 Our elders did not believe it.
 That was the consultations!

Soon Saskatoon berries all under water
 Next, the banks sloughed back to graveyards
 Next cliffs crumbled, and banks fell into rising lake
 Houses of the villages slipped and floated
 Coffins, bones and bodies strewed the shore
 Where tangled trees, debris and more
 Eddied with flotsam in the wind.

We wept for our ancestors!
 We weep for our children.
 We had to flee the destruction
 Caused by tree grinders, D-9 bulldozers
 The dam construction.

Now they want to take more
 Another dam for more shopping carts.
 Please stop Site 'C'.



Suzanne Heron

Blue Heron Art

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art about places people love



Suzanne Heron - the person behind Blue Heron Art - is an artist with a passion for community. After 30 years working in Community Development and co-owning a small town toy store, she is using her own and others' art to celebrate places that people love to be part of.

“Thinking about our summer place, used by 4 generations, I realized my connection to that place gives me deep roots. A sense of belonging, being part of a community, is a basic need for all of us. So I am using art to share local places that have special meaning for people. Eventually I realized that I am still doing community development, just in a different way. And the process of building the annual Victoria & Circle Tour Calendar - discovering favourite places and meeting people who love where they live - gives me a strong sense of home.”

Suzanne paints digitally, using a Wacom tablet and stylus, linked to her computer. “Whatever I paint on the tablet shows on my computer and can be printed out on canvas. If something doesn't look right, I just erase. It's very cool!”

Suzanne Heron

www.blueheronart.ca

suz.heron@gmail.com

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* 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.

Did you miss the recent Church Orientation? Watch for the next Church Orientation in the coming months. In the meantime, you are 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, 12 noon-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.

HONoured VOLUNTEERS

HANNY AND HUGO SUTMOLLER

There has been a name change. Five times each year we have recognized church members who have made a huge contribution to the life of the church. Previously they were called 'Chalice Lighters of the Month', now they will be called 'Honoured Volunteers'



Hanny writes:

My first connection with the Unitarian Church was through a woman's group. In the early nineties I was invited by Marya Nijland to join them and several years later this evolved into the group I am still part of called "Women of Spirit." I treasure all the sharing, insights, rituals and celebrations this group has offered me, including the introduction to our church.

The idea of being part of a church was rather "foreign" to me. My mother rejected the strict Protestant church she grew up in and my dad was a humanist with a hint of pagan. I do not believe in a super natural power, nor in a heaven or hell. Or for that matter in a reward and punish mentality, living or dead. When I was working for the Vancouver Island Human Rights Coalition I came across this saying "all it takes for evil to flourish is for good people to be silent". This became my life slogan and has spurred me on to speak up for justice and against discriminating or otherwise hurtful behavior.

What attracted me to the Unitarian Church is the strong belief in human rights and social justice. I found that my personal values and my social worker ethics matched those expressed in the principles of our church. What a find!

Being a member of our church has brought me new friends, a deeper spiritual awareness and inspires me to be my best self. And of course I got involved in some of the "action." My first commitment was joining the choir. After a few years I became the convener of the Royal Oak East Neighbourhood Group, something I much enjoy. Members of our group are committed and involved, come readily forward to do their part. And, we care about each other. I have also been the co-chair of the Arts and Aesthetics team; I am co-chair of the Coffee and Tea serving team and a member of the Committee of Ministry. Until recently I was involved in accepting and sorting furniture and household articles for the family our church is sponsoring, witnessing the generosity and good will of our congregation.

I am pleased in November to be honoured for my involvement in the church community and will light the candle to my favourite Unitarian principle: "respect for the inter-dependent web of existence of which we are a part". The belief that all aspects of life and living are interconnected reminds me that I am responsible for whatever I do and will affect all that is around me; it tells me that it matters how I behave and it gives meaning to my actions.

Hugo writes:

When my first wife Sonja and I moved to Victoria from Alberta in 1995, we left behind three years of a deep personal crisis, and were in great need of a spiritual community. I remember her opening the newspaper the first day of our arrival and spotting the small ad of the Unitarian Church. We knew right away that this was the place to go to, because we had been exposed to Unitarianism through the weekly mailed sermons from the UUA headquarters in Boston. That same morning we were warmly welcomed by Wilma and Ron Neilsen and that same afternoon attended the James Bay Neighbourhood meeting !!! Talk about a great welcome and introduction.....

The church had just purchased the present buildings on West Saanich Road, and there was a vibrant energy of renewal. This fitted our emotional condition very well, and for weeks a small group of about 12 - 15 people worked hard to get the building ready for occupancy. We took out many partitions to create meeting spaces, tore down a vacant barn, built shelves and closets, painted on a large scale, improved the landscaping and parking, and dug deep in the bowels of the building to make it earthquake resistant. I think we moved permanently in the summer of 1995. It was the best thing that could have happened for me.

After the death of my first wife, Hanny and I were the first couple to get married in the new sanctuary in 1998, officiated by Felix Lion, our minister emeritus. That renewed feeling of belonging and fulfilling a need for spiritual connection carried me forward to many tasks and opportunities.

I have been involved in many aspects of the church: on the Board for four years, dealt with the replacement of the roofs and the construction of the gravel parking lot, have been singing in the Chalice Choir, starting with Sally Murphy, I founded, with Yvonne Bondachuk, the outreach singers called the Jammers, I drove for five years the rented shuttle van to bring car-less seniors from downtown to our church, I co-coordinate the coffee/tea service on Sunday mornings, and for three months volunteered with Hanny at Child Haven in Nepal.

Outside our church community I volunteer as a driver at the Cancer Society, and, since 1955 have shared my good health by being a regular blood donor, still going every two months.

My spirituality and philosophy have grown over the last 20 years, thanks to the sermons of our ministers and the connection with the church community.

Continued next page

Suzanne and Ross Beauchamp say:

Hanny and Hugo represent not only what giving means in our church but also humility. As co-ordinators of the Royal Oak East Neighbourhood group they strongly encourage us to participate in providing goodies after the service and tirelessly organizing Souper Sundays, even making a special pot of soup for the workers on that day. They often offer their home for the NG meetings and are the most gracious of hosts. They were the first people to offer their friendship to us when we first came to the church and not only espouse Unitarian principles but live their lives accordingly. It is a privilege to know them.

Bob and Glenys Thompson say:

Hanny and Hugo are great examples of living the Unitarian Universalist principle with positive energy. They made us feel so welcome in our Neighbourhood Group and provided opportunities to make us feel part of the church. They provide great support and compassion for anyone needing extra attention or assistance. We too feel privileged to feel their warm friendship.

Suellen Guenther says:

As a welcoming, organized convenor of the Royal Oak East Neighbourhood Group, Hanny invites church newcomers in her Neighbourhood to tea with a few other Neighbourhood Group members. Several of these people have gone on to join our church. At their regular gatherings she encourages members take turns telling a little of their own life stories. If there is work to be done, Hanny and Hugo will be there. Hugo can always be counted on to be part of a kitchen cleanup crew, not the most popular job to find volunteers to do. Hanny has also been a tireless advocate for social change in the larger community, pushing governments to adopt progressive policies to address many social issues over the years.

VALUED ELDER RECOGNITION AWARD

BETTY SHERWOOD

On September 30 Barbara Nyland was recognized for her generous and enthusiastic volunteer work both in this church and in the community. The Institute on Aging and Lifelong Health at U Vic honoured her with a Valued Elder Recognition Award. The ceremony was held at the Salvation Army Citadel.

Many of us know Barbara from her organizing fund raising bake sales, publishing the newsletter, serving on the Nominating Committee, co-chair of the Recognition and Awards Committee, Circle Dinners, raffle basket fund raisers, the church school, committees and making meals for Sandy Merriman House.

What you may not know is that she was a long standing President of the Sooke Garden Club and since 1994 an active member of the Fruit Tester's Association. From 1994 – 2005 she was editor of their newsletter, the Cider Press a quarterly publication of up to 32 pages. She resumed editorship recently and continues to be on the Executive of this Association.

She is known for her sense of humour, intelligence and lifelong interest in science, agriculture and genetics. Despite her busyness, she always has time to chat, and to offer good advice on a number of subjects. Barb is an amazing example of aging gracefully and well.

At the church it was said 'Barbara is an inspiration to other congregants with her energy, thoughtfulness and sense of humour'. I find myself wanting to present her to the younger members of our congregation as an example of heartfelt service to the community. Barbara is an extremely bright lady, and has a very positive attitude. It is in Barbara's nature to be generous, whether with her time, her knowledge, or her expertise. Her generosity and her positive outlook are very inspiring to those who work with her.'



Coordinator Betty Sherwood	Barbara Nyland Honoured	Nominator Suzanne Beauchamp
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WOMEN'S GROUP**LOUISE DE LUGT**

We are a fun and intimate Women's Group south of McKenzie Avenue who generally meet on the 2nd and 4th Wed. of the month from 3 to 5 pm in each other's home—unless we're doing something other than having a discussion! This year, for example, we played mini-golf. Another time we went to Sea Cidery. We are looking for a few more members. If you have questions or are interested in joining, please contact Louise de Lugt at: 778-679-0456 or ldelugt@shaw.ca.

BEDSIDE SINGERS**SUELLEN GUENTHER****Bedside Singers Wanted!**

What is a Bedside Singer? Bedside Singers sing gentle songs in pairs to patients in Hospice in the early evenings on Monday, Thursday, and Saturday.

When do they practice? Practices are held on the second and fourth Wednesday evenings of each month (except summer).

What is required? Must attend the winter training session, attend practices, and get a flu shot.

How do I find out more about this program? For more information about the program, to ask questions, or to apply, please contact Hospice Volunteer Services at volhospice@viha.ca or 250.370.8727. Or ask **Barbara Boyle and Suellen Guenther, who are both Bedside Singers.**

SHARED MINISTRY TEAM**MARION PAPE****Engage and Connect**

Many of us look forward to chatting after service on Sundays in Lion Hall. We have an opportunity for new volunteers to prepare tea/coffee an hour before service on Sundays. Sign up at the Engage and Connect Table on Sunday November 13th or contact Hanny or Hugo at hannyhugo@shaw.ca 250-385-2299.

There are lots of ways to become more engaged with the church community. Some more connections are:

- Social Responsibility Coalition (SRC) Community Events Calendar: SRC is seeking a person who will collect relevant community events from EAT/SRC members and collate in calendar format for e-weekly (1hr/month) Contact Leslie Gillett leslieucv@gmail.com (250) 592-7032
- Become a financial sponsor with Lifeline~contact Don or Clare at donandclare@shaw.ca

Do you have a friend in need ... of a ceremony?
A wedding, child dedication or memorial?



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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

November Circle Dinner - Get to Know Your Board

For several years our church has been having Circle dinners scheduled for the last Friday of the month for September to November and from January to May. Over the last three years the number of participants has been dwindling.

We are planning something different for November and beyond in order to attract new members and friends and perhaps add to the interest in the Circle Dinners. Some current board members have agreed to be hosts for the November dinners. And other board members will be in attendance at dinners.

Circle dinners were designed to be an unstructured social evening whereby people could get to know each other. The meal is planned by the host and attendees bring certain items for the menu. Since the goal has been 'getting to know you' we have not had specified topics for discussion, nor speakers or other forms of entertainment or interpersonal exchange. However the November meeting could have a theme of getting to know your board.

And as we move into 2017, we can think about how to be more inclusive of new attendees, and get to know people at a somewhat deeper level if people would like.

There will be sign-up sheets in the church office, and in the front hall-way on Sundays, for the three weeks prior to the November dinner date which is Nov 25. Please add your name to any list that has fewer than 6 people on it and standby to be contacted for a menu contribution and details as to the time, location, and directions to get there. You can also indicate whether you would like to receive regular notices for circle dinners.

So far we have not had families attending but we are open to suggestions in this area if there is someone who would like to host a Family Circle Dinner. *-Stu and Emily Whitney, Conveners*



NOTABLE UUS

Waitstill Hastings Sharp (1902–1983) was an American Unitarian minister who was involved in humanitarian work and social justice. A social worker involved with local internationalist and peace groups, Martha Dickie (1905-1999) would become his spouse in 1927, and remain his strong ministry partner in his outreach and rescue work in Europe during the Second World War.

The Sharps were recruited by Rev. Everett Baker of the American Unitarian Association to accept a posting in Czechoslovakia, as representatives of a new program to help endangered refugees. He administered relief to hundreds of endangered Jews and other refugees in Prague with his wife Martha, beginning in 1939. In 1940 they traveled to southern Europe to continue a relief and rescue program for endangered refugees as representatives of the newly formed Unitarian Service Committee (USA). Waitstill worked closely with the World YMCA to help Czech servicemen to escape from Vichy France. He also forged a collaboration to look after refugees in Lisbon. In this capacity, Martha and Waitstill personally escorted the novelist Lion Feuchtwanger from Marseille to the USA..

In 2005, Martha and Waitstill Sharp were named by Israel as "Righteous among the Nations", the second and third Americans so honoured. Recently shown on PBS is a Ken Burns documentary film, *Defying the Nazis: The Sharps' War*, that chronicled the efforts of Waitstill and Martha Sharp.

CHRISTINE JOHNSTON



Letting Go.....of Fossil Fuels

Climate change is the most important threat to the interdependent web of life of which we are all part. The accelerating rise in temperatures around the planet is being caused by increased concentrations of carbon dioxide resulting from the burning of fossil fuels. If we are even to keep temperature rise down to two degrees Celsius we need to reduce our consumption and production of these fuels. The Paris climate deal of last December was intended to bring all nations into a framework for reducing their output.

In Canada the government is sending mixed signals about their commitment to this goal. The recent approval of a major LNG project will result in an increase to BC's carbon emissions and make it very difficult for Canada to meet its already modest targets.

An even bigger issue is the pending approval of the Kinder Morgan Trans Mountain Pipeline. If approved this will not only further increase our national emissions from the increased tar sands production but also put many watersheds and communities at risk from pipeline leaks. Our own local coastline is at risk of severe contamination from tanker accidents. In spite of the barrage of propaganda from the oil industry, many of us do not find their safety claims very credible.

The Federal cabinet is set to make a decision on whether the Kinder Morgan pipeline should proceed at the beginning of December. Please contact the appropriate Cabinet ministers and the Prime Minister before then and remind them that approval would not be compatible with our climate goals. More details on how to do this will be available at the SRC shelf in the church foyer.

In addition to contacting the federal government, 30 environmental groups have sent a letter to Premier Christy Clark urging her not to approve the pipeline. https://www.wildernesscommittee.org/press_release/groups_across_canada_urge_premier_christy_clark_reject_kinder_morgan

The November Share the Plate will be donated to the Salal Foundation, a registered charity which in turn supplies some support services to the Dogwood Initiative which opposes tanker traffic in BC waters. The Dogwood Initiative is also preparing to act at the provincial level by collecting signatures in support of a referendum before any pipeline and tanker projects are approved. Many UUs have already signed, but if you have not please do so at the SRC shelf and/or visit the website <https://dogwoodinitiative.org/campaigns/>

Islay (Avren) Turyk: Mar. 14, 1922 – September 12, 2016

Written by Nona Avren (Islay's daughter)

Islay Alice (Avren) Turyk (nee Barkley) died peacefully at the age of 94 on 12 September 2016 in Crofton Manor, Vancouver BC, surrounded by her family. Islay attended First Unitarian Church regularly from the early 1960s until the early 1980s (about the time when the church moved from the James Bay to the Saanich location), and had my brother and myself enrolled in the Sunday School during the early years. As a single mother, Islay found great sustenance in the church community. Ministers that were especially significant to her included the Reverend Sears, and the Reverend Bill Mundy, as well as a Minister from Texas whose name I'm afraid we don't recall. We don't remember if she was involved organizationally with the church, but she loved discussions during the coffee hour, purchased many of the church's pamphlets about Unitarianism, and treasured Dr. Philip Hewett's "On being a Unitarian". The Ralstons, the Kondrashoffs and Mr. Munro of Munro's Books were all familiar names to my mother in those days. Although not publicly active as a Unitarian, she was nonetheless firm in her identity and beliefs, and Unitarianism was the subject of many lively discussions around our dinner table.

She enjoyed much happiness in Victoria. Proud of her Scots heritage, a beloved mother and grandmother, she will be remembered for her warmth, ready laughter and the hospitality she showed to so many at her homes in Victoria and Shawnigan Lake.

A memorial service for family and friends will take place in Victoria in March 2017.

If you would like to send a message to Nona or David (Islay's children) please contact the church office for more information.

AROUND THE NEIGHBOURHOOD**SUELLEN GUENTHER**

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: This NG will be gathering at Earle and Lorna Anthony's on Sunday afternoon, Oct. 23 for appetizers and drinks. Valerie is keeping in touch with long time member, Mary Hummel, who is still in her big house, doing all her own grocery shopping, and having Pepper's Market deliver it. Cadboro Bay worked with Royal Oak East to host the very successful Souper on Oct. 2.

Esquimalt: Pat McMahon writes, "Fran Pardee, assisted by Barb Boyle, hosted a baby shower for Forest Sterling and her new baby, Nola, on Friday September 23. Seven of us gathered for coffee at Cafe Fantastico on Harbour Road on Tuesday October 11. This informal drop-in gathering will meet again the second Tuesday of November at 2:30, in the same place. Other upcoming events are a potluck dinner at Cedar Shores hosted by Barb Boyle on Friday November 4, and a holiday season potluck at Pat McMahon's on Friday December 2."

Far Out: Visitors to our church who live in this neighbourhood group are looking forward to getting to know their church neighbours.

Fairfield: Louise de Lugt has sent this invitation to people new to the church who live in the Fairfield NG area: "Well, now that there are a few new Fairfield members, I'd like to invite you all to tea/coffee at my home (#408—1060 Linden Ave.) at 3 pm on Nov. 6th (Sunday). I live at the corner of Fort and Linden in a white building with blue shutters. Looking forward to it!"

Gordon Head: Mary Cramer will soon be contacting members of her group to help host the Souper lunch on Nov. 27.

Grand Central: Marya is hoping their NG can organize a gathering for a Christmas/ Winter Solstice celebration in early December.

James Bay: Lynn Hunter writes, "Our little group continues to be busy. There has been a good response to my request for baked goodies for the month of October and on October 27th we will be gathering at the home of Myra Rippon for a lunch time potluck. So far the list of attendees includes new members along with some of the regulars. These gatherings always provide an opportunity for lively conversation and we look forward to getting together." James Bay members were the busy bakers for coffee time at church in October.

Nearby: Elaine Klimke has already begun organizing Nearby to host the Souper Lunch with Gordon Head on Nov. 27. They also plan to gather soon for a potluck, perhaps in November.

Oak Bay: Tiff writes, "OBNG was supposed to have our potluck on Saturday October 15th but since this was also the night of the big wickedly bad storm, we postponed to October 22nd. Hopefully this new potluck will be better than that storm. OBNG also had our monthly luncheon on the third Wednesday of the month. Our next potluck will be in early December (weather permitting).

Royal Oak East: This NG is especially busy this fall. Hanny Pannekoek writes, "Together with the Cadboro Bay Neighbourhood Group we hosted the Souper Sunday lunch on October 2nd. The two groups worked together as if we had done it all before: a great team. We served over 130 people and received \$440 in donations for the church. Our group had offered a creole dinner for 20 people as an auction item. It will happen on November 13, before the Jazz Vespers. All 20 spaces are filled, so that day and the day before we will be busy cooking and setting it all up.

Continued next page

Around the Neighborhood continued ..

Should be fun! Our next and last gathering of the year will be on Saturday, November 26. This time we will get together at 16.00 instead of our usual 17.30, for appetizers and desserts. We choose to do it earlier in the day because many of us do not like to drive in the dark. It also makes a nice change.”

Royal Oak West: Fran Hancock writes, “Dolores Appleton kindly hosted a neighbourhood potluck on Sept. 24th which 14 people attended and where newcomers to the group were welcomed. Her efforts were appreciated. We are looking for volunteers to host a winter gathering for ROW.” Fran is busy organizing members of Royal Oak West to provide Sunday coffee time treats in November.

Western: Susan Lean reports that their group will be meeting Saturday, Oct. 22 at the home of Alex & Marilyn Robertson, who have been coming to our church for about a year now. Looking ahead to November, the group will discuss who will host the next one and on which November Saturday they will gather.



The Unitarian Universalist Islands Network provides multigenerational opportunities for Unitarian Universalists on Vancouver Island and surrounding islands to deepen our faith, to joyfully connect with each other, and inspire the larger community to join us in spiritual growth and actions for justice.

The next meeting of the Islands Chapter of CUSJ will take place Jan 14th at 1:00.

**You are invited to
The Community Dinner
Friday, November 11**

This month is Baked Potato Night. Big fluffy baked potatoes with tons of toppings to choose from - including vegetarian and gluten free options. Everyone is welcome! Please join us! Dinner is by donation. Please bring a dessert, salad or drink to share. ***To help with cleanup please bring your own plate and dessert bowl. A rinsing station will be provided.***

What is the Community Dinner? It is our once-a-month dinner gathering on the second Friday of the month - September to June. This is a very popular multi-generational event offering a great opportunity to meet new people or catch up with friends over a casual, fun, delicious meal.



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NOVEMBER BIRTHDAYS

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

NEW MEMBER AS OF OCT 19

Elinor Bazar
2375 Queenswood Dr
Victoria, BC V8N 1X4

Phone: 250-508-28194;
elinorbazar@gmail.com

Cadboro Bay NG
Daughter: Gaia Bazar-Bahoun

BOARD MEMBERS ON DUTY

November 6 **Lorna Anthony**

November 13 **Jim Jordan**

November 20 **Marion Pape**

November 26 **Karen Furnes**

CONTACT AND ADDRESS CHANGES

Don & Eleanor Lloyd
121 Kiowa Pl
Saanich, BC V9E 1J9
They have not actually moved. Their mailing address is at a new post box.

Sue Clement & Michael Thorne
1699 Brousson Dr
Victoria, BC V8N
Phone and e-mail remain unchanged.
Now in Gordon Head NG

Cheryl & Tim Hall
2708 Doubloon Crescent
Pender Island, BC V0N
2M0
250-629-3795

Ethelyn Rankin
1521 Montgomery Ave
Victoria, BC V8S 1T5
Ph: 250-595-7751
emcinnestrankin@yahoo.ca
Fairfield NG

Grace Scarabelli
Highgate Lodge
403-1538 Cedar Hill Road
Victoria V8P 2P1
Ph: 250 201 4083

E-MAIL

Karla and Jim Thompson as below.
Karla: thomkarla@icloud.com
Jim: kajimthom@shaw.ca

John Tiffany: johntiffany0705@gmail.com

Wilma Neilson no longer uses e-mail.

PHONE

Patty Disbrow 250-686-6797

Louise de Lugt 778-679-0456

John Tiffany (for Victoria)
778-432-0881

First Unitarian Church of Victoria

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 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

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

Director of Spiritual Exploration and Learning for Children and Youth

Faye Mogensen 250-744-2695
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Nick Fairbank
 music@victoriaunitarian.ca

Church Administrator

Karen Uldall-Ekman
 churchoffice@victoriaunitarian.ca

Assistant Church Administrator

Sarah Versteegen

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<i>Outreach</i>	Jim Jordan
<i>Administration</i>	John Worton
<i>Property Management</i>	John Tiffany

EVENT HIGHLIGHTS

DATE	TIME	EVENT	LOCATION
11/6	DAYLIGHT SAVINGS (clocks fall back) 10:30-11:30am Noon-2pm	Sunday Service Intro to UU Part 1	Sanctuary Farmhouse Common Room
11/11	10:30-11:30am	Remembrance Day Service	Sanctuary
11/13	10:30-11:30am Noon-2pm 5-6:30pm 7-9pm	Sunday Service Intro to UU Part 2 Jazz dinner Jazz Vespers	Sanctuary Sanctuary Farmhouse Common Room Lion Hall Sanctuary
11/20	10:30-11:30am	Sunday Service	Sanctuary
11/27	10:30-11:30am 11:45-1pm	Sunday Service Souper Sunday	Sanctuary Sanctuary

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Postage paid at Victoria, BC

5575 West Saanich Road

Canadian Publications Mail

Sales Product Agreement No. 40010260

THE VICTORIA UNITARIAN

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

The **deadline** for submissions to
the **December** issue is **November 15**.

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).