



# The Victoria Unitarian

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

## SERVICES IN DECEMBER

PRACTICES TO TRANSFORM OURSELVES AND OUR WORLD DECEMBER

# Expectation

The practice of watchful awareness

Our December theme graphic was designed by Chris Wulff

**December 4**

**Not-So-Great Expectations**

**Christopher Wulff, WA Larry Boldt**

Chalice Choir

This is, in many traditions, a season of expectation, of watchful awareness and anticipation. There is a certain privilege in being able to live a life that is, for the most part, mostly what we expect. But so many among us arrive in or return to religious community under the shadow of something that was unexpected and its impact. If, as UU theologian James Luther Adams once said, "Church is where we practise being human," how might we be a place to turn when the unexpected arises in life?

**December 11**

**"Expect nothing, you'll never be disappointed" and other Self-protective Philosophies**

**Reverend Melora Lynngood, WA Anna Isaacs**

Bell Choir

Have you ever been told – or do you sometimes tell yourself -- "Don't get your hopes up?" To what extent does this way of thinking protect us? To what extent might it hurt us? What spiritual lessons might we learn by pondering these questions?

**December 11 at 6:30 pm**

**Winter Quiet Family Chapel**

**Reverend Shana Lynngood and Faye Mogensen**

We'll gather in the Lion Hall at 6 pm for treats and simple craft activities. At 6:30 pm, we'll move into the Sanctuary to begin our ritual by the light of a single candle at the centre of a spiral of evergreen boughs. Surrounded by the Chamber Choir's music, each child will be invited to walk the spiral, light their own candle and bring forth their light, placing it somewhere along the pathway. Slowly, and magically, the room will grow brighter.

The youngest children will go first (and can leave when they need to). The 'young at heart' will be invited to participate in the ritual after all children have had a turn. More treats and crafts await in the Lion Hall when the ritual is complete, or when the young grow restless.

**December 18**

**The Good in Waiting**

**Reverend Shana Lynngood, WA Dar Gareau-Levy**

Chalice Choir

As we continue our exploration of the role that expectation plays in our lives, we spend some time with the Christian season of Advent. We often think of and see the good and positive in action and in "making things happen". Is there good in waiting? How do we prepare ourselves to be better at waiting?

*Continued next page*

*Services Continued-***December 21 at 7:00 pm****Christopher Wulff****Winter Solstice - Journey into Night WA N/A**

On the year's longest night, join us as we gather to invite back the light. Let us touch the ground below and find warmth in fire's glow. A contemplative service, we will mark in song and ritual those weights that sit heavy in our hearts and practise their release.

**December 24 at 4:30 pm****Christmas Eve for All Ages****Reverend Shana Lynngood, WA Dar Gareau-Levy**

Join us as we celebrate the arrival of Christmas in the traditional story of the birth of Jesus, carols, and a contemporary lesson. We will have the special musical gifts of Hillary and Braden Young to add to our celebration. Please bring gifts of clothing for the homeless in our community. **See below for suggested items.**

**December 24 at 8:00 pm****Christmas Eve Vespers****Reverend Melora Lynngood, WA Susan Layng**

Come join in this quiet, reflective service in which we consider the Christmas story through the lens of our theme "Expectation: the practice of watchful awareness." We'll sing carols and end with our traditional candle lighting.

**December 25****Christmas Day Service****Reverend Shana Lynngood**

Come honor this holy day with reflection, readings, and silence. What does the Christmas story mean to us now? What message does Jesus' birth offer?

## WHAT TO BRING TO THE CHRISTMAS EVE SERVICE

On Christmas Eve, FUCV children and youth will be collecting supplies to support two organizations that are helping those in our community without a home this winter – Out of the Rain Youth Shelter and The Dandelion Society.

Items Needed This Year Are:

- new or gently used coats
- hats, mitts and gloves
- sweaters and shoes
- bus tickets
- \$5 Tim Horton or MacDonald's gift cards
- \$5 Value Village gift cards
- movie passes
- knapsacks
- travel size toothpastes/toothbrushes, soaps, deodorants and shampoo, feminine hygiene items and condoms
- new or gently used sleeping bags, blankets and towels



Your donated items will be collected during the service and then delivered the week following Christmas. Thank you in advance for your support of these two worthy organizations.

**INSIDE THIS ISSUE...**

SEL .....	3	Events Calendar .....	16
Theme Article.....	4		
Board Business, Regifting Sales.....	5		
Winter Concert, Christmas Potluck, Lay Chaplains, Care and Concern, Board Members on Duty .....	6		
ABC Report, Gardens and G Fundraiser, Notable UU	7		
Notes from the Church Office.....	8		
SRC Our Place, Women’s Group .....	9		
Refugee Report, Ministers’ Coffee and Conversation.	10		
Green Corner, Share the Plate.....	11		
Around the Neighborhood .....	12		
Wreath Making, Micro-Retreats .....	13		
Advance Directive, Need Help? .....	14		
Birthdays, Contacts.....	15		

**DEADLINE FOR  
SUBMISSIONS TO THE  
JANUARY NEWSLETTER  
IS DECEMBER 13!**

**SEL**

**FAYE MOGENSEN**

**SElections on Expectation and Watchful Awareness**

December is a month filled with expectations, as well as activity. Along the lines of our monthly theme, I’m planning to take time to practise “watchful awareness” so that I can better enjoy the dark days and accept reality, as it seeps into the cracks that will no doubt arise in some of my expectations. I’m thinking that it might be just the trick for enjoying a month that is often far too busy.

For the second year in a row, we hope to help calm your December with our Winter Quiet Family Chapel - a restorative evening of music and ritual. It will take place on Sunday December 11 - gathering at 6:00 pm for a treat and craft activity so that we can begin the ritual at 6:30 pm. If you don’t have time to come to church in both the morning and evening, we encourage you to prioritize the evening; the candle lighting ritual is very special.

Earlier in the day and month, in the Children’s Program, we’ll be making preparations for “Winter Quiet.” On December 18, we’ll have a special morning that focuses on the “unexpected” at this time of year. In all our sessions, we aim to weave in a few mindfulness practices - another way to describe ‘watchful awareness’. We’ll focus especially on how mindfulness might help us step back from our ‘expectations’ so that they neither disappoint nor control us.

Recently, we’ve decided to develop a body prayer to highlight each of our monthly themes that the younger groups practise each Sunday of the month. Perhaps you’d like to try this one, that focuses on being “watchfully aware.” I suggest a few repetitions.

Sometimes, I feel strong and tall;	stand with legs hip distance apart, and stretch arms overhead
Other times, I feel weak and small.	slowly begin to drop down like a rag doll
When that’s the case, a thing to do	continue to slowly drop down
Is to look at life from a new point of view.	hold on to legs and look out, ‘upside’ down, in one direction and then another

May you all find that balance between living into and letting go of expectation, and find new points of view, too.

Warmly,

Faye Mogensen

Director of Spiritual Exploration and Learning for Children and Youth

fayem@victoriaunitarian.ca or 250-744-2695

## THEME ARTICLE

REVEREND MELORA LYNNGOOD

PRACTICES TO TRANSFORM OURSELVES AND OUR WORLD DECEMBER

# Expectation

The practice of watchful awareness

## An Invitation into Our December Theme

Read these over and choose one question (or see which question chooses you). Live with that question for a while and see where it takes you. Journal about it, draw or doodle, talk to friends about it. Actively wrestle with the question, let the process of pondering take you somewhere deeper than you were before. If you are in a Soul Matters group, come to the group ready to share about the journey you took with the question you chose.

Does “expectation” have a positive or negative connotation for you? Why?

What would it be like for you, this month, to engage in “the practice of watchful awareness?” To what extent could you be patient? To what extent could you remain open? To what extent could you remain attentive? To what extent could you sit comfortably in the unknowing?

What were you raised to believe about expectation? Did these lessons prove correct?

Are your holiday expectations set too high? Are your holiday expectations too low?

What happens to you when you don’t get what you expect? Is there work there for you?

Are you expecting too much of yourself? Are you expecting too little?

Do you expect the best or the worst of people? Are they innocent until proven guilty or guilty until proven innocent?

To what extent are you open to “whatever comes”?

Have you been chasing an expectation too long? Is it time to let it go?

How have “societal expectations” affected you?

What if “it” begins this very month?! What would happen if you knew this month was going to be the start of some yet-to-be discovered new adventure?

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

## WORLD-WIDE CANDLE LIGHTING SERVICE

The Victoria Chapter of Compassionate Friends invites bereaved parents, siblings and their families to the world-wide candle lighting service on Sunday, December 11, 7:00 pm at Cordova Bay United Church, 813 Claremont Avenue.



This non-denominational service features a speaker, soloist, candle lighting remembrance and reception. Please bring a labeled photo(s) of your child(ren) or sibling(s) to be placed on the Table of Tribute.

Contact person: Frances Aknai [faknai@shaw.ca](mailto:faknai@shaw.ca)



The following notes are a snapshot of the Board meeting held on Tuesday, November 15, 2016. A full set of minutes will be posted on the Lion Hall bulletin board.

Assistant Administrator, Sarah Verstegen, gave an overview of her role in the office. As well as assisting our office administrator, Sarah looks after the member/friend data base. One concern Sarah expressed was that as technology becomes more complicated, some of our members may become isolated by, for example, not being able to access live-streaming and computer-generated correspondence and information.

Saanich Municipality has offered to present a workshop on emergency preparedness. When a date has been set, information will be sent to our Church members/friends.

The Board acknowledged the diligence of the ABC team and the success of this year's pledge campaign.

Moved by Patty Disbrow and seconded by Jane Wilson that "Church meetings will be conducted according to Democratic Rules of Order, seventh edition by Fred Francis and Peg Francis. This motion will be added to the church policy." Note: This has been in use for the past 12 years but was not noted in our policy manual.

A Canadian Unitarian Council (CUC) webinar to focus on welcoming young adults to our congregation will be held on November 25 at 4:30pm or November 27 at 1:00pm. Reps from the Board, Membership and Shared Ministry will be invited to attend. If others are interested, please contact Lorna for more information.

Canadian Unitarian Council is looking for people who would like to sit on its Nominating Committee as well as people interested in putting their name forth for the CUC Board.

Please feel free to contact me at [lrnathony@shaw.ca](mailto:lrnathony@shaw.ca) or chat with me at church or by telephone if you have questions or comments.

Sincerely,

Lorna Anthony, President

## CHRISTMAS REGIFTING SALES

We are trying something a little different for the Christmas re-gifting sales this December.

The first sale will be on Saturday December 3, from 9:00am to 3:00pm, and will be open to the general public. (If you want to have first dibs on items for sale, you should come Friday night after 6:30, and help us set up.)

The second and third sales will be on Sunday, December 4 and Sunday December 11, before and after service. If there is stuff left, there may be a fourth sale on Sunday December 18. For sure, on December 18, there will be a bake sale and a sale of the wine and cider made from grapes and apples grown on the church property.

We are also open to crafters from the church community. Please call Nellie at 426-0300 if you're interested in selling your wares. At any of the above sales. Twenty percent of profits from craft sales goes to the church, and of course all the money from the regifting sales goes to the church.

Please come and participate in any way you can!

*-from Nellie van Leeuwen*



*Sound the Trumpet!*  
**Winter Concert**



**Friday December 9 at 7pm**  
**First Unitarian Church**  
**5575 West Saanich Road**

*Featuring a host of  
musical performances  
by our choirs and guests*



**Admission by donation (cash or non-perishable food)**  
**All proceeds donated to the Food Bank**

**CHRISTMAS 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.

Do you have a friend in need ... of a ceremony?

A wedding, child dedication or memorial?

Tell them about FUCV's

**Lay Chaplains**

It's what we do!

Email: [laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)



**BOARD MEMBERS ON DUTY**

December 4  
December 11  
December 18  
December 25

John Tiffany  
Patty Disbrow  
Marion Pape  
Lorna Anthony

**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

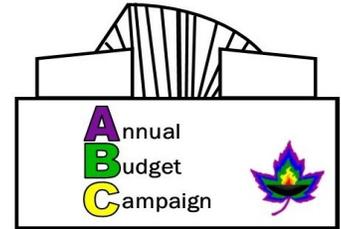
or your Neighbourhood Group Care & Concern person

## WE DID IT!

We have now received 218 pledges totaling \$322,218, surpassing our goal of \$317,000. Finance Committee is hard at work developing a budget to present to you in the New Year – always a challenging task but made a little easier by your generosity.

THANK YOU so much to each of you who has returned your pledge form with a pledge for next year, or a comment that you are unable to pledge this time. There are still a few incomplete pledge forms out there so if you didn't pledge yet, please do so as soon as possible. You can do this by simply sending an email to [pledge@victoriaunitarian.ca](mailto:pledge@victoriaunitarian.ca) giving your pledge amount and how you plan to pay, or by getting a completed pledge form to the Church office. If we need additional information we'll get back to you.

If you have any questions about this year's Annual Budget Campaign please contact John Hopewell at 250-721-3920 [hopewell@telus.net](mailto:hopewell@telus.net)



## GARDENS AND GROUNDS FUNDRAISER!

Biba...Gayola...Lissoi...Marurung...Prost...Salute!!!! This year's Gardens and Ground fruit harvest has been bottled – join us in high spirits to support this congregation-only fundraising initiative!

On Sunday December 18 only, G&G's limited release of BU\*UTLEGGER apple cider will be available in the Lion Hall to adult congregants before and after church service and, in preparation for release in May 2017, orders for CHATU\*U ENIGMA fruit wines (red and white) will also be accepted.



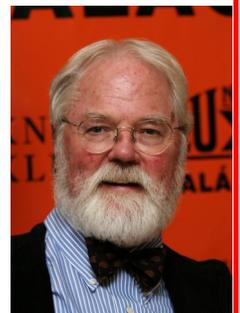
Want more info? Contact Earle Anthony: [earleanthony@shaw.ca](mailto:earleanthony@shaw.ca) or 250.592.4831.



## NOTABLE UU: ROBERT FULGRUM

Robert Fulgrum ( 1937- ) served as Unitarian Universalist Minister in Bellingham, Shoreline and Edmonds, all in Washington State. He became famous for his book entitled All I Really Need to Know I Learned in Kindergarten. It was on New York Times bestseller list for nearly two years, selling 16 million copies in 27 languages in 103 countries. He has been a nationally syndicated newspaper columnist. His first play is based on all his eight books, and is an optional musical. A second one is called *Uh-Oh, Here Comes Christmas*. To date there have been more than 2,000 national and international productions of these plays.

He lives out his retirement in Seattle; Moab, Utah; and on the isle of Crete in Greece.



*-from Christine Johnston*

### Church Items: Placement, Repairs and Storage:

We have a lot of various items throughout the church that we use regularly: tables, chairs, ladders, dollies, kitchen appliances, etc.

When they break down and need repairs please do not leave them in place. Please bring them to the farmhouse hallway and label them with an explanation of what is wrong - or let the office know about the issue. That way our Property Maintenance volunteers are aware of repairs needed and can deal with those repairs.

Also, we often use our locked Sanctuary basement for storage - as it is dry, although not heated. If you do store goods down there please label the items as to their use, ownership +/- or destination. We clear out that area annually, and un-labeled items may be sold, removed to thrift stores or sent to the Hartland dump.

Due to Fire Regulations, the electrical panel room (also under the Sanctuary) is not allowed to have any items stored in there (apart from the freezer). ***\*Please remove all items from that room or they will be moved out - by January 2017 - into the main area of the basement.***

We are well stocked on the items we use each week and the church and farmhouse have little to no spare storage. Please take your items with you each week and, if you would like to donate anything to the church (kitchenware, furniture, office supplies, other items, etc) please bring them directly to the office and we will let the appropriate folks know.

Also, if you choose to leave an item in the church for pick-up by another person, please label the article with their name. ***If it is not picked up after one week it will be moved to the Lost and Found and eventually taken to a thrift store.***

### Church Event Responsibilities:

When a church event is held (eg. Sunday coffee, Souper Sundays, fund-raising events, social events, musical events, etc) the group who is organizing and coordinating the event is responsible for setting up needed chairs and tables. They are also responsible for cleaning the kitchens after use and disposing of garbage to the outside bins area before they leave the building. Recycling is put in the blue recycling bins in the church.

If the event is held during week days the organizers are also responsible for putting away the chairs and tables afterwards - as we have several groups (rentals and our own) who make weekly use of the Sanctuary and Lion Hall.

On Friday evenings and weekends our custodian can put away furniture as needed. However, our custodian's main role is to clean floors and bathrooms and set up and put away chairs for our church services (Sunday morning, Vespers and our own memorials).

If there are any items left over from an event please remove them at the time of the event - as putting items away, or dealing with leftover items, is not part of the custodian's job.

Often folks leave items in the church for pick-up. Please put labels on the items with the receiver's name as we will remove the items to the Lost and Found.

Please don't hesitate to call Karen in the office if you have any questions about your event - or any questions in general...



**REFUGEE REPORT****SUELLEN GUENTHER**

Shelagh and Colin visited Sunny the day before Halloween so that Colin could pick up her bike to work on it. He discovered she had a flat tire, so he showed her how to change a tire, gave her a small tire pump, and showed her how to use it. He then brought the bike back with him, as he is replacing the mountain bike tires with thinner ones that have a smooth inner rim for streets and sidewalks and rougher outer rims, in case she wants to also ride on trails. He will also try out a new rear fender before he brings the bike back this week. Sunny thinks the thinner tires look much better.



During their brief visit, Shelagh gave Sunny Halloween candy to give out and explained about the custom of children in costumes knocking on doors on Halloween night. The night before, Sunny had dressed up as a corpse and gone downtown with a friend. She was surprised and delighted to see many people wearing costumes on the bus. On Halloween night, Sunny texted Shelagh that Trick-or-Treaters were ringing her doorbell every two minutes during the evening and she thought it was really fun. She had about 60 children and ended up with only four little chocolate bars.

Shelagh adds, "I had a chance to ask Sanaz about her English classes and it sounds as though she is doing really well. She recently wrote mid-terms and says she is always in the 85-90-95 percent range. She says her instructor is very nice and kind and has told her that she will probably be moved after this semester into Level 7 in Reading and Writing, and skipped to Level 9 in Speaking and Listening."

In fact, Sunny is doing so well in her English classes that she has been asked to volunteer to help teach some of the other students. She is very excited to think she can help others in the way she has been helped. Knowing that she is a refugee, her instructor has let her borrow a book that would have cost \$120, and she also suggested that Sunny check out mysteries by Agatha Christie from the library. She is quite enjoying this lighter reading.

Sunny had to miss a job interview at the Bay recently because she was writing a final exam, but she wasn't worried. She told Gallina she trusts and believes she will find a job that is right for her. She is going for a second interview at the Thrifty's near her, and Gallina's friend, who works as a manager at a different Thrifty's, has met Sunny and offered to be a reference on her resume.

Sunny continues to receive invitations to various musical events, including operas, Jazz Vespers, Herman's Jazz Club, and the Joni Mitchell production at the Belfrey.

In the meantime, we have not forgotten the Sari family, still stuck in Turkey. One of our church members has personal contacts with the Turkish Consul General in Vancouver, so Kristina Stevens, Jim Willis and Christine Johnston crafted a letter and sent it last week. Christine received a reply by telephone and reports as follows: "The Consul in Vancouver, to whom we sent the letter, phoned me to say that they heard back from Turkey today that the hold-up is Canada. They are happy to issue an exit visa whenever the Canadians give the family an entrance visa to Canada. They can get that exit visa in Urfa."

Based on this information, the committee plans to approach MP Elizabeth May with a letter similar to the one we delivered to MP Murray Rankin, asking for assistance in urging the Minister of Immigration to fulfill the government's promise to bring approved privately sponsored refugees to Canada by the end of the year.



## **COFFEE AND CONVERSATION WITH THE MINISTERS**

**Sunday, January 8, 12:00-1:00 in the Sanctuary**

Bring your comments and questions for another chance to connect with our ministers for an hour of informal conversation.

## Bees Pleas

Some make honey for us too, but bees everywhere can mainly be credited for their life-sustaining and essential hard work as plant pollinators. About 70% of all fruits, vegetables, seeds and nuts depend on bees in this way, and about one out of three foods in a typical diet depends on their pollinating prowess. Fruits pollinated by bees are typically much larger, and humans simply cannot duplicate their capabilities. We are blessed with an estimated 20,000-25,000 bee species, on this planet *alone*. This number might seem huge, but tragically, we might need to look for bees on other planets if we fail to heed the persistent warnings of bee scientists and professional bee keepers around the globe: Bees are in serious trouble, many in decline, and some now extinct. From “Colony Collapse Disorder” to “Zombie Bee Syndrome”, our magnificent bee benefactors are suffering from an arsenal of assaults stemming mostly from one brilliantly stupid species: no, not the *Varroa mite*, ...us.

That species, hereafter referred to as “*We*”, has transformed staggeringly large portions of the earth into green monoculture deserts, so that less than one percent of our population can produce, from factory farms, most of the food we all consume. *We* repeat the all-too-familiar story of greater cost-efficiency, but with many, many hidden costs. Summed up, these costs have been called “Nature Deficit Disorder”. *We* employ vast amounts of fossil fuels, copious quantities of diverted water, insecticides, herbicides, genetically modified crops and powerful fertilizers, for crops all planted and plucked using a dazzling array of ever-more-clever machines. *We* allow ourselves to be impressed by our own food-gathering brilliance, yet we are still conveniently neglecting most of the biosphere equation.

For example, in a multiplicity of ways, agriculture alone is significantly contributing to climate change which, from phenology studies, is implicated in having a deleterious impact on a bee’s sense of seasonal timing for flowering. This is not to say that *we* should not be grateful for those many harvesting heroes amongst us who have filled, and continue to fill, our plates every day. But we as consumers MUST NOW take on a personal responsibility for the bees and the planet, where that has, for generations, been ceded to big agri-business producers whose mandate has too-rarely included a satisfactory level of environmental stewardship and long term vision.

Our attention must surely turn to the plight of the bumblebees and their many cousins, before that plight becomes their last flight. *One* way that we can do this is by inviting bees of all kinds into our back yards, by turning lawns and pots into urban meadows. Thankfully, bees do well in cities, which ironically, are generally “cleaner”, chemically speaking, than much of the agricultural countryside in which honey bees perform half-well for us, above neonicotinoid and GMO-insecticide-laden flowers and manure-soaked soil. To help safeguard our wild bee’s future, we can also perform “guerilla gardening”, by working with our community to transform forgotten weedy wasteland boulevards and vacant lots into fantastic, flower filled destinations for bee vacationers. Never mind that in England alone bees have been estimated to do the pollination work that would otherwise cost £600 Billion annually for humans to perform. It’s not just their value as aggie workers that we can appreciate; it’s in the buzz of their amazing example of life itself, in all the kaleidoscopic beauty they are and seek to visit. As one Monty Python cast-member might have reflected, back in the 20th century, “Eric, who is half-a-bee, has been overly underestimated; Ipso facto, one bee’s plea: please make a bee line to the seed store for dear Eric”.

## SHARE THE PLATE

"The seven UU principles speak to our ideals and hopes. This month the Share the Plate recipients Dandelion Society and Out Of The Rain Society were chosen as a responsive action to our collective support for upholding the inherent worth and dignity of every being. The Dandelion Society helps Rev Al Tysick bring food, help and recognition to people living on the street. The Out Of The Rain Society operates the city's only winter time night shelter for youth aged 15 to 25. Both charities work to assist and make visible some of our most vulnerable neighbours. Please give as you are willing and able. As we unite, the world unites."

-Thanks from Leslie Gillett, SRC Chair

## Around The Neighbourhood

*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 have a busy holiday season, as they are providing treats for December coffee time. They are also looking forward to gathering at the home of Linda Petch for Christmas tea on December 4 from 3:00-5:00.

**Esquimalt:** Pat McMahon writes, "Esquimalt had a potluck supper at Cedar Shores on November 4. Eighteen of us enjoyed the feast. A small group gathered for afternoon coffee at Cafe Fantastico on November 8. We are looking forward to a holiday season party at Pat and John's on December 2."

**Fairfield:** Lynn Beak sends this invitation to her NG: "Diana and Forrest Smith have graciously invited the Fairfield Neighbourhood Group to their home for a Winter gathering.

Time: December 11, 2016, 3:00 PM - 6:00 PM. There will be finger food and a book exchange. Please bring a wrapped used book and we will have a swap! For the finger food, if you wish to contribute, we ask that those with a surname starting A to R bring a savory item and S to Z bring a sweet one." She adds that Louise de Lugt held a tea for new FNG members on November 6.

**Far Out:** Phyllis Aherne reports, "We are not doing anything as a group before February. A few of us got together with one of our newcomers, Penny Furnes, for coffee recently, and we are hoping to do the same with Gary and Joan Porter before too long." (Note: Penny is a long-time member of our church who recently moved into the Far Out neighbourhood.)

**Gordon Head:** Mary Cramer is pleased to report that their long-awaited potluck is now scheduled. She writes, "We are having a potluck on November 19 at the home of Diane Berry and Remi Odense. It will be our first meeting at their home and we are pleased to have another space that will be large enough to accommodate our potential numbers. We have church members new to our NG, a member returning to our NG, and several new guests in our NG. We are looking forward to getting together with many new and previous members. Also, we will be hosting the November Souper Sunday with Nearby, so are in the planning stages of that."

**Grand Central:** Marya Nijland reports, "On Sunday October 30, Sam had organized for Grand Central a lovely 'Apple Cider drop-in' at her place, but unfortunately only a few people came, which was a bit disappointing. For December, Philip and Marya are planning a Solstice Get-Together at their home around December 21."

**James Bay:** Lynn Hunter sends this news, "The James Bay neighbourhood group had a potluck lunch at the home of Myra Rippon on Oct. 27. We outdid ourselves with 14 attendees who also helped celebrate Don Armstrong's birthday. We had a rousing conversation on pipelines, with dissenting voices acknowledging that government requires revenue to provide the social services we demand. Given the low level of debate in the U. S. campaign, it was reassuring to be able to have respectful disagreement. The next gathering will be a potluck tea at the home of Katherine Maas and Roberta Clair on December 3 at 2:30PM.

**Nearby:** This NG is busy working with Gordon Head to host the Souper on November 27. Then they will share a holiday season potluck in Lion Hall on Friday, December 9 at 5:00. Following the potluck, those who wish can continue celebrating the season at the Winter Concert in the Sanctuary at 7:00 p.m.

**Oak Bay:** This group is hoping to have a potluck in early December and details will be finalized when their convenors return from their travels.

*Continued next page*

**Royal Oak East:** Hanny Pannekoek writes, “Our group is busy preparing for the auction ‘All That Jazz’ dinner for Sunday, November 13. Mary-Ellen has been taking the lead and it looks like we have a good team in place to make this feast happen. Our next neighbourhood gathering will take place on November 26. To accommodate those who prefer not to drive in the dark we are starting this one at 16.00. Instead of our regular potluck, this will be appetizers and dessert, which makes it a more casual and extra social occasion.”

**Royal Oak West:** Fran Hancock sends this appreciation, “The really wonderful thing about asking for help from our Royal Oak West Neighbourhood Group is the timely and positive response that is received. Many volunteers offered to bake for the November tea and coffee sessions after the services.” Then she adds, “HO! HO! HO! Jen and Lance Young have graciously offered to host a potluck on Sunday, December 4, starting around 4:30-5:00 pm. Their son Braden, our former church accompanist, will lend his talents to make it a festive gathering by providing some entertainment --a Christmas sing-or-listen-along. We are in for a real treat to have this accomplished musician take part in the festivities. We look forward to welcoming newcomers to our group, as well as families with children!”

**Western:** Susan Lean reports that Stu Whitney will be organizing their potlucks now. The group expects their next Saturday potluck will be on November 19.



## COME MAKE A WREATH!

### Hanny and Betty invite you to a Christmas wreath-making morning!

On Friday December 9 we will be making large Christmas wreaths for the Sanctuary. Join us for what has become a joyous tradition. There will be tea, coffee and homemade muffins to sustain us while we work. We will start at 9:00am in the Lion Hall and by noon we will have glorious wreaths decorating the Sanctuary for the Christmas season. There will be wreath frames available, greenery and decorations and lots of help. Bring pruning shears if you have them and, if you wish, gloves. Donations of holly, cedar, fir etc. would be wildly appreciated! Contact me, Betty at 250-382-4656 or [bsherwood@shaw.ca](mailto:bsherwood@shaw.ca) to let me know if you will be there.

## CREATIVITY MICRO-RETREATS ARE BACK!

Thursday 5-9pm December 15  
Library or 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 Chaplains rooms available (enter side red door). Space open 5-9pm 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](mailto:isaacs.anna@gmail.com)

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



## GETTING YOUR ADVANCE DIRECTIVE DONE

*A four-session workshop on Mondays in February 2017*

*1:30-3:30 pm in the Common Room*

*Presented by Choices in Dying Victoria*

Have you written your Advance Directive describing the medical treatments you want and don't want, if you are not able to speak for yourself? Have you filled out the required form appointing a representative and an alternative to speak for you, if you cannot speak for yourself? If your answer is NO, this is the workshop for you. Perhaps you have been intending to do so, but haven't got around to it. There are reasons for this, other than procrastination. This is not a workshop just about what you have to do and how to do it. It is a workshop by the end of which you will actually have it done. At the end of the first session, you will be asked if you wish to continue, which means committing to complete the course which includes some "between-sessions activity" (aka homework).

Maybe you have an AD but need to update it. In British Columbia, it does not require a lawyer, but it does need to be on the required forms that have been available since 2011. Or maybe you have changed your mind about the representative you want or your wishes about treatment.

No adult is too young to have an Advance Directive. The chance of a heart attack or stroke may seem very far off, but an automobile accident can occur any time. It is like fire insurance. You don't want it to happen but you have it, just in case. If you need evening sessions rather than afternoon, get in touch with me.

**A \$5.00 fee includes the booklet My Voice.**

**Preregistration required: email or phone Margot Lods, [mlods@shaw.ca](mailto:mlods@shaw.ca) or 250-920-3893**

### COULD YOU USE SOME HELP?

Andy Lee has been in contact with a Syrian man he met recently who has a suite in Blanshard Court. This is what Andy has to say about him: "Though our contact has been limited, I'm quite impressed with him so far as a person. He seems able, energetic, and surprisingly warm and open. He's married and has two children, ages four and one and a half. He's been in Canada a few months, and is taking English lessons all day at both Camosun and the ICA. We conversed without too much difficulty. I don't think he has a local sponsor. Though I didn't ask directly, I suspect he's government-sponsored. I have a friend who needs help in his yard, and Abdullah is eager to work on weekends, so I connected them."

Do you know of someone who needs odd jobs done? If so, please contact Andy Lee [andrew.lee@firley.ca](mailto:andrew.lee@firley.ca) and he will connect them with Abdullah.

Andy adds this request, "Abdullah needs two sponsors to bring his father and brother with their respective families to Canada. One group is in Turkey and the other in Lebanon. I'm not clear on how many people there are in each group. Do you know of people or groups who want to act as sponsors but who haven't yet found families to sponsor? Or do you have any leads on how I might locate prospective sponsors? I'd like to get in touch with them."



*-from Suellen Guenther*

## DECEMBER BIRTHDAYS

- 1 Mike Greenly
- 4 Daphne Horne, Victoria Barr
- 5 Dawn Fizzard
- 6 Michael Eckford, Edie Taylor
- 7 John Dalgety, Liz Graham, Susan Bowers
- 8 Diana Smith, Cheryl Hall
- 9 Laura Doyle, Forrest Brown Kilgour, Johanna Billung-Meyer
- 10 Nancy Dobbs, Kathryn Harwood, Finlay (Finn) Taylor, Henry Hagan-Braun
- 11 Lesley Duthie, Kyunje Thokme
- 12 Dorothy Jones, Ellen Gabelmann
- 13 Nadia Cantera
- 14 Mohammad Banaee, Mary-Stephanie Walrafen
- 15 Rowena Locklin
- 17 Penny Boyce, Valerie Howe
- 18 Jim Jordan
- 20 Rosemary Harrison
- 21 Gloria Hopewell, Lisa Hitch, Paula Steele, Nolan Branch
- 22 Archie McGugan, Edo Nyland, Hugo Sutmoller
- 23 Ruth Wellburn
- 26 Edith Jasechko-Burton
- 27 Christina Harris
- 28 Aaron Brimacombe
- 30 Deanna Hutchings

## CHANGES IN CONTACT INFORMATION FOR MEMBERS (INCLUDING HONORARY AND LIFETIME) AND FRIENDS:

### E-mail address:

Linda Stanton now uses only [lindajstanton@gmail.com](mailto:lindajstanton@gmail.com)

### Moved

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Esquimalt NG

Volker Rademacher  
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Brentwood Bay, BC V8M 1J7  
No current tel #  
Nearby NG

Phillip Hewett  
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Vancouver, BC V6S 1N7  
604-225-5035

Ellen Gabelmann  
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Victoria, BC V8V 2P4  
250-385-3346  
James Bay NG

### Address correction

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Sharyn Alexander  
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Brentwood Bay, BC V8M 1P7  
Same phone 778-533-8884  
Nearby NG

Jim Jordan  
228 Irving Road  
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3Z9  
250-654-0672  
Email unchanged

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 Or leave message on ministers' office phone (250) 744-2601

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<i>Property Management</i>	John Tiffany

**EVENT HIGHLIGHTS**

DATE	TIME	EVENT	LOCATION
12/4	10:30-11:30am	Sunday Service	Sanctuary
12/9	7-9:30pm	Winter Concert	Sanctuary and Lion Hall
12/11	10:30-11:30am	Sunday Service	Sanctuary
	6:30-8pm	Winter Quiet Family Chapel	Sanctuary
12/18	10:30-11:30am	Sunday Service	Sanctuary
12/21	7-8pm	Winter Solstice Service	Sanctuary
12/24	4:30-5:30pm	Christmas Eve Family Service	Sanctuary
	8-9pm	Christmas Eve Service	Sanctuary
12/25	CHRISTMAS DAY		
	10:30-11:30am	Christmas Day Sunday Service	Sanctuary
	12:30-2pm	Christmas Potluck Dinner	Lion Hall

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For those without e-mail, copy may be left at the church  
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Information for Events Highlights should be sent to  
[calendar@victoriaunitarian.ca](mailto:calendar@victoriaunitarian.ca) or left at the church office.

Feedback is welcomed.

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(production, distribution and paid advertisements).