



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

SERVICES IN AUGUST

August 5

Join Sherri Dev Dharam and Mitra Agni Atma

We Are One - A Yogic Experience

Worship Associate: Madelaine Clarke

“Wherever we are, whatever we are, we must stay together as one. Let us all be one with the One. That can only be realized if we are one with everybody.” (Yogi Bajan) In the realm of conscious compassion and wisdom, each of us is whole – recognizing the golden thread woven through everyone and everything – we are one. Yogic practices can bring the body, mind and spirit to a state of present-moment awareness where we can experience our true identities – beyond roles, life stories and judgements. Join Sherri Dev Dharam and Mitra Agni Atma for this experiential interfaith offering.

August 12

Mark Lemon

Authenticity

Worship Associate: Doug McGinnis

How might an individual confidently re-claim "AUTHENTICITY" into his or her own expressions of identity and self? How might a person create a true awareness of self, while setting aside false or misleading narratives about their true identity and value to others? Towards finding answers to these questions, Reverend Mark Lemon will lead us on an exploration of how "being our authentic self" serves us in creating full and meaningful lives.

August 19

Rev. Shana Lynngood

The Long View

Worship Associate: Larry Boldt

I have been reflecting on and discussing the value of perspective in our lives a great deal lately. What does it mean to have a sense of perspective? How do we maintain it when our lives tend to pull us in to only seeing the immediate? How can we both be present in the now and maintain a broader view of where we are in our lives?

Ritual of Thanksgiving for Trees

Following today’s service, join Rev. Melora for a ritual of thanksgiving for two trees on our property that are dying, as well as a blessing of new life for the new life that will be planted in their place.

August 26

Lynne Bonner and Rev. Melora

Loving Someone with Mental Illness

Worship Associate: Anna Isaacs

From depression to borderline personality disorder, mental illness is often stigmatized in our culture. The suffering, exacerbated by the stigma, impacts those who love the one who suffers, as well as the one who struggles with mental illness. Struggles with mental illness range from mild to fatal, and are sometimes intertwined with addiction, which further intensifies the suffering for all involved. In this service, we lift up some personal stories to shed light on the experience of loving someone who struggles with mental illness, and lift up some lessons learned as well – insights that apply to human relationships in general, as well as relationships affected by mental illness.

ABOUT THE SERVICES

!! ——— View Sunday's complete service live on your computer or tablet. Video is available for one week after the service.——— !!

Past Sunday sermons are available on audio podcast. You may also Open iTunes to download and subscribe to the sermon podcasts.

Join the Choir

First Rehearsal--August 30

Contact Jen: hellojenyoung@gmail.com

IN THIS ISSUE

Services in July	1
Committee on Ministry.....	2
Survey on Ministry.....	3
Book Sale; Board Members.....	7
Smiths are Moving; Cards for signing.....	8
Artist of the Month	9
Share the Plate.....	10
Around the Neighbourhood.....	11
SRC Democracy Team	12
Women's Retreat; Refugee Report.....	13
Birthdays; BMOD.....	14

Mindful Vietnam Trip.....	16
Minister Contact info.....	17
Ads.....	18/19

DEADLINE FOR THE SEPTEMBER ISSUE IS AUGUST 14!

COMMITTEE ON MINISTRY

One purpose of the Committee on Ministry (CoM) is centered on developing a strong, healthy relationship between the ministers and the Congregation. During the summer, when the ministers are on holiday and study leave and some members of the CoM will be occasionally out of town, if you have a concern you would like the Committee on Ministry to know, the main contact will be Mark Danley, markdanleyb@shaw.ca or 250-686-3320. The other members of the committee are Suellen Guenther, chair, John Hopewell, Margot Lods, and Kent Haden.

Results of the Survey on Ministry

Several themes emerged from the 112 responses we received to the recent survey on ministry.

Our over-all evaluation of our ministers is very positive. They are appreciated, loved, and admired. At least 80 % of us rated the quality of their ministry as excellent or very good. “I am a more spiritual person and engaged in my faith because of our Ministers’ fabulous gifts of worship and spirit. I never knew ‘Church’ could be such a lovely and grounding experience.” “I feel very fortunate to have such dynamic, compassionate, innovative ministers, who are present to individuals, as well as congregational needs.”

Many people would like a more personal connection to the ministers. “I would like to get to know them better, but realize they have many competing demands.” “I would like to get to know the ministers as persons. They seem very busy and I feel it may be too much to ask.”

Many comments expressed the worry that the ministers are working too hard and will burn out. “I want them to have balance in their lives for family and friends and their ministry. Are they being stretched too much by work demands? My fear is that they will burn out...leave us.”

Several people expressed a concern about the ministers leaving. “We need your outstanding ministry, don’t leave us!” “I hope they stay with us for a long time. It would be hard for me to imagine FUCV without them.” “I think we are very blessed to have them, and I hope they will stay with us for a very long time.”

There were 89 comments about the quality of the sermons. “Look forward to their sermons, they always hit a nerve and get me thinking...great research.” “I find sermons by both our ministers to be consistently interesting, well thought out, well delivered and frequently moving.” “I encourage non-Unitarian friends to check out a service some Sunday, since I think both Ministers ‘knock it out of the park’ with every sermon.”

Fourteen people commented on the pastoral care they received. “I appreciated their response when I was ill and their supportive meeting with me.” “I’m inspired and appreciative of the pastoral care both Shana and Melora provide.” “I truly appreciated the fact that both times when I’ve been challenged by health issues, both Ministers visited me and spent quality and uplifting time that really made me feel supported by them and our church community.”

Ten people expressed a desire for small group connections and for spiritual deepening. “I miss the Soul Matters small groups. I definitely miss having a small core group of folks to share with.” “I love to be part of a small group called a covenant circle that meets in someone’s house. Could you arrange these again?” “I think the Soul Matters is an important element that needs to continue.”

Some would like more emphasis on social justice or a response to current events. “Personally, I would like more Social Action focus, but others may not.” “I would like to see time devoted to social action issues in every service, including things such as services devoted to the UU UNO.” “I would like more sermons tackling environmental and social issues.” “I would like to see more emphasis on leadership in social justice locally, nationally and internationally.”

A few would like more times for discussion. “Provide more opportunities/forums for theme-and topic-based discussion among congregants and between congregants and reverends.”

There were 23 comments on theme-based ministry. Sixteen like the themes and seven don’t.

“I really like the theme based ministry. The themes, articles in the newsletter really do help me focus on the subject all month long.” “I like having monthly themes to focus on and gain new insights.”

“I appreciate the sermon themes—exploring something over time and from different perspectives adds depth to my experience.” “I enjoy the monthly (annual) worship themes. I find the two ministers often present a different approach to the same subject. This is very helpful.” “I do not like monthly themes. I like separate sermons that stand by themselves; sermons that inspire me and that have nothing to do with the theme of the month.” “Not fond of monthly themes; would like topics about what is happening right now in the world or Canada that are disturbing us.”

Results of the Survey on Ministry cont'd...

Many people would like more meditation time in the service, but silence doesn't work for everyone. "I would like longer periods for the meditation time." "I would like longer periods of silent (not led) meditation." "Longer silent meditation time on Sunday would be a good idea." "Periods of silence maybe used a little too much."

Many people commented on the music in the service and especially appreciate the times when Shana sings during her sermons. "I appreciate Rev. Shana's musical touches in her sermons." "I find Shana's gift of bursting into song especially moving. When she repeats the lyrics which the congregation has just sung, they take on a whole new meaning." "I appreciate Melora's using more contemporary music or musical meditations. I also enjoy Shana's choice of traditional hymns."

There were many positive comments about the personal stories the ministers include in their sermons. "I love their stories about people they know, about the things they have experienced and learned." "I appreciate that the ministers include personal stories in their sermons." "I always appreciate the personal aspects included by the ministers—i.e. they share themselves openly with the congregation."

A few people would like more variety in the structure of our services. "I would appreciate a much greater variety of service format. Structure is very traditionally Christian."

The following quote sums up the tone of most of the comments about our ministers: "I think that Revs. Shana and Melora are excellent and we are lucky to have them serving with our congregation."

The Committee on Ministry would like to thank all of you who took the time to write so many thoughtful comments.

An Invitation

Dear Annie Nemus and other folks who used pseudonyms when filling out the survey:

We appreciate your input and we would like to invite you to have a private conversation with either of us. This would allow us to deepen our understanding of your perspective and create the opportunity to take action that respects your specific perspective.

Your Ministers



Q.7 How would you rate the quality of ministry provided by Revs. Shana and Melora in the following areas? (Note that in some areas, the ministry is provided directly to recipients by the minister(s), while in other areas the ministry provided is in the form of supporting lay leaders.

	EXCELLENT	VERY WELL	REASONABLE	NEEDS IMPROVEMENT	DON'T KNOW*	TOTAL	V A
Worship	78.43% 80	16.67% 17	2.94% 3	0.98% 1	0.98% 1	102	
Developing a Welcoming Community	70.37% 76	25.93% 28	3.70% 4	0.00% 0	0.00% 0	108	
Encouraging Diversity	69.16% 74	23.36% 25	5.61% 6	0.93% 1	0.93% 1	107	
Pastoral Care & Support	64.76% 68	20.00% 21	2.86% 3	0.00% 0	12.38% 13	105	
Music	61.11% 66	27.78% 30	6.48% 7	0.93% 1	3.70% 4	108	
Providing Leadership (supporting lay leaders and helping church live its mission)	56.07% 60	30.84% 33	2.80% 3	1.87% 2	8.41% 9	107	
Promotion of Social & Environmental responsibility	50.00% 55	33.64% 37	14.55% 16	0.00% 0	1.82% 2	110	
Fun and Fellowship	49.06% 52	33.96% 36	11.32% 12	1.89% 2	3.77% 4	106	
Spiritual Exploration and Learning for Adults	47.71% 52	35.78% 39	8.26% 9	1.83% 2	6.42% 7	109	
Interfaith connections within Victoria	46.73% 50	39.25% 42	5.61% 6	0.00% 0	8.41% 9	107	
Denominational Connections (Unitarian Universalist Ministers Association, Canadian Unitarian Council, Unitarian Universalist Association, etc.)	42.06% 45	35.51% 38	3.74% 4	0.00% 0	18.69% 20	107	
Church Administration (Staff supervision, Communication & Publications, Canvass, Budget and Property Management)	40.00% 44	39.09% 43	6.36% 7	1.82% 2	12.73% 14	110	
Spiritual Exploration and Learning for Children & Youth	40.57% 43	29.25% 31	6.60% 7	0.94% 1	22.64% 24	106	
Strategic Planning	32.71% 35	31.78% 34	8.41% 9	0.93% 1	26.17% 28	107	

Q.7 How would you rate the quality of ministry provided by Revs. Shana and Melora in the following areas? (Note that in some areas, the ministry is provided directly to recipients by the minister(s), while in other areas the ministry provided is in the form of supporting lay leaders.

	EXCELLENT	VERY WELL	REASONABLE	NEEDS IMPROVEMENT	DON'T KNOW*	TOTAL	V A
Worship	78.43% 80	16.67% 17	2.94% 3	0.98% 1	0.98% 1	102	
Developing a Welcoming Community	70.37% 76	25.93% 28	3.70% 4	0.00% 0	0.00% 0	108	
Encouraging Diversity	69.16% 74	23.36% 25	5.61% 6	0.93% 1	0.93% 1	107	
Pastoral Care & Support	64.76% 68	20.00% 21	2.86% 3	0.00% 0	12.38% 13	105	
Music	61.11% 66	27.78% 30	6.48% 7	0.93% 1	3.70% 4	108	
Providing Leadership (supporting lay leaders and helping church live its mission)	56.07% 60	30.84% 33	2.80% 3	1.87% 2	8.41% 9	107	
Promotion of Social & Environmental responsibility	50.00% 55	33.64% 37	14.55% 16	0.00% 0	1.82% 2	110	
Fun and Fellowship	49.06% 52	33.96% 36	11.32% 12	1.89% 2	3.77% 4	106	
Spiritual Exploration and Learning for Adults	47.71% 52	35.78% 39	8.26% 9	1.83% 2	6.42% 7	109	
Interfaith connections within Victoria	46.73% 50	39.25% 42	5.61% 6	0.00% 0	8.41% 9	107	
Denominational Connections (Unitarian Universalist Ministers Association, Canadian Unitarian Council, Unitarian Universalist Association, etc.)	42.06% 45	35.51% 38	3.74% 4	0.00% 0	18.69% 20	107	
Church Administration (Staff supervision, Communication & Publications, Canvass, Budget and Property Management)	40.00% 44	39.09% 43	6.36% 7	1.82% 2	12.73% 14	110	
Spiritual Exploration and Learning for Children & Youth	40.57% 43	29.25% 31	6.60% 7	0.94% 1	22.64% 24	106	
Strategic Planning	32.71% 35	31.78% 34	8.41% 9	0.93% 1	26.17% 28	107	



Keep Piling Up Your Books For Our GIANT BOOK SALE!

Saturday, September 22

It's fruit season, so please save any low fruit boxes to help display the books.

Would you like to help?

Contact Suellen Guenther, sguenther@shaw.ca or 250-727-0454

Do you have books to donate?

Please keep them until September. However, if you need to clear them out now, please bring them to church in boxes and put them in the storage space under the sanctuary.

Please do not donate textbooks, encyclopaedias, Reader's Digest Condensed books, computer books, or magazines. They don't sell. Please put them in your recycling.

Our book sale is a tradition, attracting buyers from all over Victoria. Don't miss it!

**FIRST UNITARIAN CHURCH OF VICTORIA
Board of Trustees 2018-2019**

EXECUTIVE MEMBERS

President	Marion Pape	marionpape@shaw.ca	778-265-4567
Past President	Lorna Anthony	lranthony@shaw.ca	250-592-4831
Vice President	Steve Sharlow	sharlowsteve@yahoo.ca	250-519-0400
Treasurer	Earle Anthony	earleanthony@shaw.ca	250-592-4831
Secretary	Kathleen Zimmerman	agresults@shaw.ca	250-474-0492

COUNCIL CHAIR MEMBERS

Administration

Finance	Bruce Nicol	brucenicol@inbox.com	250-590-4107
HR & Communications	Bill Glassman	glassman@ryerson.ca	250-595-6990
Congregational Life	Nancy Dobb	nandobbs@shaw.ca	250-652-5438
Outreach			
All but SRC	Susan Layng	salwplg@telus.net	250-370-2247
SRC	Lynn Hunter	lynnhunter2828@gmail.com	250-220-2240
Property Management	John Tiffany	johntiffany0705@gmail.com	778-432-0881
Spiritual Development	Rebecca Mellett	rlmellet@gmail.com	250-483-6900

Diana and Forrest Smith are moving to Guelph, Ontario. On August 26 we will be saying good-bye and thank you for their many, many contributions to this church over the years. There will be an 'appreciation cake' after the Service, one of Suzanne Dearman's best carrot cakes.

How do you summarize all that they have done? Many of us have encountered Diana and Forrest in various committees. But new members will be surprised to learn of their continuing dedication to the life of the church.

Diana was on the Board for 4 years (Finance & Outreach Councils). She was involved with the Admin Task Force, the 10 Year FUC Checkup 2004-2014, and two strategic planning processes and sessions and the inception of the Innovations team. She was on the Spiritual Development for Adults committee. Diana is an exceptional facilitator. She led facilitator training for a couple of years, convening and facilitating covenant groups, circles and small group sessions. She was part of the CUC Visioning Task Force, and co-facilitated the 2012 Leadership Symposium. She was part of convening team for the Fairfield Neighbourhood group. Both Diana and Forrest committed to Truth, Healing and Reconciliation initiatives. They trained as facilitators for the training material. Diana applied for and received innovations funding to bring interactive play to Victoria community, also convened service and related circles/dialogue to develop awareness and commitment. Forrest was a committee member supporting this Interactive Reconciliation Play.

Forrest was on the Board (Spiritual Life Council). He also served on the Nominating Committee and was a member of the Search Committee which selected Melora and Shana as our ministers. He was a member of the SRC and chaired the Environment Team for a number of years. He was active on the Property Committee including a "Space Task Force" which recommended the expansion of the Fellowship Hall and the rehabilitation and improvements in the Farm House Common Room. He represented the congregation at CUC AGMs on 8 different occasions and has chaired the CUC Environmental Monitoring Group for about 18 years. For several years he has chosen to be with the children and participate with them as we explore what 'spirituality' means.

PROCEDURE FOR ARRANGING CARDS FOR CONGREGATION TO SIGN

NB. Anyone can put a card out for any reason. There is a supply of cards in the church office in the farmhouse (on shelf to your left as you go in office door).

Obtain permission from individual/family/minister/contact for reasons of confidentiality.

Touch base with neighbourhood convenor and/or C&C person to ensure that someone else is not already planning to bring a card.

Email to Worship Associate (WA) and/or Minister with service announcement: "There will be a card on Sunday, (state specific date), for the congregation to sign for individual/family who (state reason for card). Please sign on the table at back of the sanctuary." Check monthly newsletter for information related to who is scheduled as WA for the Sunday service.

Select a card from supply in church office or bring one you would like to use.

Touch base with Worship Associate (before service starts) to ensure that they have received your announcement for that morning. If not, hand them a copy of the dated service announcement to use.

Put card out on table at back of Sanctuary on a clipboard with attached note stating who card is for and reason for card. Remember to include a working pen (clipboard and selection of pens stored in credenza in sanctuary).

Following service, encourage and remind folks to sign card.

Circulate card to tables in Lion Hall to catch those who may not yet have signed.

Arrange for card to get to the person by giving it to someone who is going to be seeing the person, delivering it yourself if you are planning to visit or take card to church office to ask Nadia to stamp and address for mailing.

...Barbara Boyle

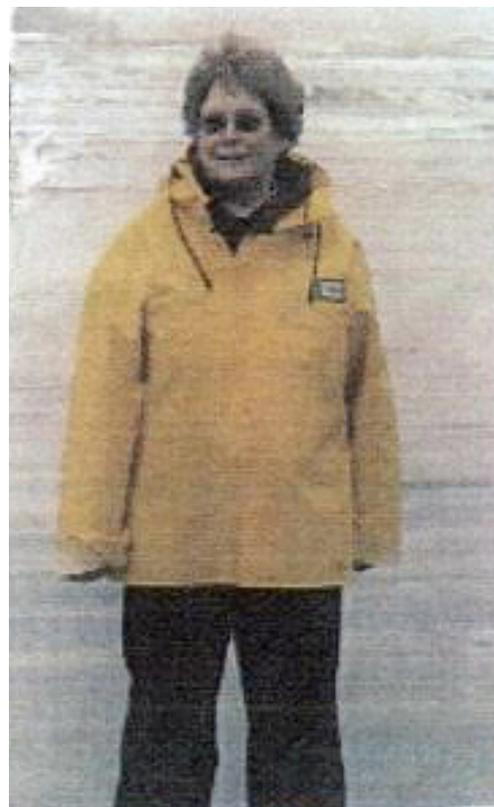
When I retired from Calgary to Invermere in the Columbia Valley, I was for the first time in my life blessed with the freedom to pursue my lifelong artistic passion, using a wide range of colour and value.

Today I have moved from watercolour into collage and acrylics.

I exhibit at many local shows, including Sooke Fine Arts, with the Arts Council of Greater Victoria, the Victoria Sketch Club, Saan Pen Arts & Crafts as well as other venues and galleries.

In the summer of 2000 I was invited to show and participate at three venues in the Calgary Stampede. My work has been purchased by collectors throughout the world.

My home studio is at #62 Marsett Pl. Victoria Ph. 250-658-0855.



**Delores
Vance
Appleton**



CREATE A VISUAL STORY!

Do you enjoy creating a visual story? Do you believe that "a picture is worth a thousand words"? Are you looking for a project to work on over the next couple of months?

Your Annual Budget Campaign team is looking for you!!

We are looking for someone who would like to create a seven to eight minute slideshow (approximately 100 photos) highlighting activities of the past church year. Photos available from several sources. Project to be completed by end of September 2018. If interested, please contact Barbara Boyle at (250) 381-0264 or email barbara.boyle@shaw.ca

Many thanks, -*Barb*

Share the Plate -- Big Brothers Big Sisters of Victoria and Area

Some young people find themselves in vulnerable situations. They face adversities such as family disruptions, unstable living conditions and challenges to their self-esteem, putting them at risk of missing their full potential.

With the guidance and support of a mentor these risks can be reduced. Young people gain the skills and confidence to achieve more – happier lives, better results in school, more stable employment as adults, and greater contributions to their communities.

At Big Brothers Big Sisters, mentors advise and challenge young people; act as their champions; provide consistency in their lives; connect them to broader experiences, opportunities and networks; and provide safe, non-judgmental environments in which kids can talk about whatever is on their minds.

BBBS matches volunteers with children who need support, and the waiting list for volunteers is long. Staff screen volunteers and regularly monitor mentoring relationships. Volunteers spend anywhere from one hour per week to much longer with their “littles”. Your contribution through Share the Plate helps BBBS continue to make and support these healthy matches.

For the last three years I've had the joy of mentoring a boy, and I expect our relationship will last as long as I do. We go on nature tours, attend events at places like the Institute of Ocean Sciences and the Provincial Museum, ride bikes, play games, and I help with and encourage his schoolwork. More than anything, my “little” just seems glad to know I'm there. Thanks to donations from church members, he now has a bike and a ukulele, and he loves them.

Thank you, FUCV, for sharing the plate with this worthy organization.



Our Commitment to Inclusivity

Big Sisters Big Brothers of Victoria and Area believes that every child and youth on Vancouver Island who needs a mentor, should have a mentor.

We provide positive mentorships to female, male, transgender, and non-binary children and youth who face challenges like bullying, isolation, poverty, abuse, social anxiety, low self-esteem, and more.

Our programs are open to volunteers and youth who identify as female, male, transgender, or gender fluid. No one will be turned away based on these identities.

We are committed to providing safe, inclusive environments for all individuals.

Happy Pride Week!



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.

Please note that some of the Neighbourhood Groups are less active in the summer.

Cadboro Bay: This NG sponsored “Beer, Bocce, and Burgers” in the Auction, so they are now very busy preparing to host this popular event. So many people wanted to come that they offered it twice, so some members of the Royal Oak West NG are helping on the second day. Not only will it be a lot of fun, but this auction offer raised over \$1,000 for the church.

Esquimalt: Maureen Sherlock writes, “Esquimalt Neighbourhood Group is planning to have a ‘Drinks on Deck’ Social on Wednesday July 25th, hosted by Anne Vaasjo and John Stewart. On August 10th at 6 pm we will have a potluck dinner hosted by Gloria and John Hopewell.”

Fairfield: Lynn Beak notes that their group will miss members Forrest and Diana Smith, who are moving to Guelph to spend more time with their grandson. Fairfield is currently looking for someone to be their new Care & Concern Contact.

Far Out: Phyllis Aherne writes, “The Far Out group met for a Chinese lunch at a local Chinese buffet in June. The food was good, and new and old friends were present. One of our members, Barb Nyland, is at home recovering from some minor health problems and we wish her a speedy recovery. Ride sharing for Sunday service is also on our agenda, as this lovely summer goes on. We are planning to meet again in September after taking July and Aug. off.” Far Out will be providing coffee treats for the church in August.

Grand Central: Retiring convenor, Marya Nijland, is slowly recovering from surgery and was able to attend church recently, but she still tires easily and couldn't stay after the service to visit with her many friends.

James Bay: Lynn Hunter writes, “The James Bay neighbourhood group had a potluck dinner at the home of Don Armstrong and Lynn Hunter on June 27th. There were 12 of us attending. Good food and good conversation was enjoyed by everyone. We talked about our Souper Sunday in September and made sure everyone knows that Carol Smith has taken on the role of Care and Concern coordinator for our neighbourhood. We plan on having another gathering in the fall.”

Oak Bay: Mary Burcher reports that this large group are taking the summer off, but they will be experimenting with a new way to host potlucks in the fall. She writes, “Several people in our group have homes that are too small to host the 15+ neighbours who usually attend so we will be testing a ‘buddy’ system. Small-homers match up with large-homers; they are designated as kitchen help to give instructions, answer questions, organize clean-up, and other such hosting duties - to share the load of hosting a potluck.”

Royal Oak East: Hanny Pannekoek writes, “Royal Oak East met last on June 19 at the home of Mary-Ellen and Bruce. They wished to host our potluck at their home once more before they move. It shows, I think, the connection we feel as a group: it was like an important ritual of thanks, endings and new beginnings. Some of us have been involved in the transition of one of our members, Bunny, from home, via hospital to a care home. We have been able to support both her and Jim in dealing with this very important and challenging time. Mariko and Bruce continue their supportive visits with Tess, playing the games Tess likes. Elaine, our Care and Concern Contact, makes sure we all know who needs some extra attention or help. It is very rewarding to find how we can be there for each other, and we are learning lots about the next phase of our lives! Our next potluck gathering is on Tuesday, September 18.”

Royal Oak West: Former convenors, Fran and Peter Hancock hosted a potluck for the Royal Oak West NG in their new home on Queenswood Drive on July 6. Fifteen people enjoyed the rare treat of eating outside on the patio, surrounded by forest, and visiting while listening to the wind in the trees. Fran and Peter's lawn is the site of the Beer, Bocce, and Burger events in August.

Western: Susan Lean and her NG have been busy providing coffee time treats for the month of July.

Non-arguments of opponents to Proportional Representation Voting Systems

We'll be voting on B.C.'s referendum on electoral reform between October 22nd and November 30th this coming fall. It's important you know as much about proportional representation as possible to make the choice that's right for you.

Some opponents to proportional representation (PR) oppose it because they haven't taken the trouble to learn about PR (i.e., they oppose out of ignorance). Others oppose because the First Past the Post system has benefited them (this includes some politicians and business people). Some oppose because they simply don't like change. Whatever the reason, most of the arguments these people raise are groundless. Here are three examples.

1. We've heard opponents of PR **blame Angela Merkle's recent difficulties in forming a government in Germany on its Mixed Member Proportional representation voting system.** The difficulties arose through Merkle's compassion for refugees and her willingness to allow large numbers of them into her country. This did indeed cause some problems, but they had nothing to do with the voting system.

2. However, Germany's problem has led to **a fear that small right-wing radical parties can gain power easily with proportional representation.** All the PR systems being considered for B.C. require that a party have 5% or more of the votes before it can win a seat in the Legislature. If more than 5% of voters have radical ideas that the rest of us don't like, maybe we should at least listen to them! In the meantime why should they not have some representation in the legislature? Yes, small parties can occasionally hold the balance of power, but this is not limited to PR systems: we currently have a small Green Party in B.C. propping up a minority NDP government. Is that so scary?

3. **We should reject PR systems because they are too complicated!** This argument should make you smile. What it is really saying is, "Canadians are too stupid to understand PR used in most other democratic countries." Yes, analysis of votes in PR systems is necessarily somewhat complicated, but the analysis is logical and can be understood with a little study. Voting itself is as simple, or nearly so, as voting using the First Past the Post system.

If you hear an opponent of PR say something that concerns you, check Fair Vote Canada's Myth Busters site at <https://www.fairvote.ca/category/mythbusters/> to see if what they are saying is accurate. But remember also, there's no such thing as a perfect system!

A handout is now available on the SRC shelf briefly explaining the three PR systems the B.C. government is proposing. This column will offer similar explanations next month.



Making democracy better in BC

Proportional
Representation

Unitarian Women's Retreat at Bethlehem Center in Nanaimo in September

Sheila Drew would like to invite you to join me at the women's retreat from September 21-23, 2018.

Fee is \$325.

Location: Bethlehem Retreat Centre, [2371 Arbot Road, Nanaimo, BC V9R 6S9 https://bethlehemcentre.com/](https://bethlehemcentre.com/)

Please join us for the 2018 Unitarian Women's Retreat at the Bethlehem Retreat Centre, which is located in a serene setting overlooking Westwood Lake in Nanaimo. There is a walking trail around the lake, and a garden labyrinth for walking and meditation.

The Centre supplies towels, bedding, pillows and comforters. Each woman has a single room to use for the weekend and washrooms are shared. There are four accessible bedrooms available in the main building for those with limited mobility.

The retreat runs from Friday late afternoon to Sunday after lunch, and includes Friday dinner, Saturday and Sunday breakfast and lunch, and Saturday dinner as well as snacks.

There will be a nature workshop, crafts, singing, an exchange table for jewelry, books and small items, a Sunday service and much more. Be prepared for a lovely, relaxing, rejuvenating weekend.

More info: Theresa Marion, tm Marion3@yahoo.com or Sheila Drew here in Victoria 250-598-1884 sheiladrew@shaw.ca

Bursaries and partial bursaries are available.

REFUGEE REPORT

CHRISTINE JOHNSTON

The Refugee Steering Committee were alerted late in June by the refugee lawyer they were using, that the Immigration officials refused the appeal to reopen the legal case into why the Syrian family was refused entry into Canada as security risks. Similar refusals happened to two other families that we know of, all because of photos of deceased relatives in army uniform being found on their equivalent of Facebook sometime during the past 3 years. Considering army service was mandatory for young men in Syria in recent years this is not surprising and does not indicate loyalty to violent regimes or security risks. But we have exhausted all avenues of appeal, and sadly have given up on bringing the Sari family to Victoria.



The Steering Committee is exploring next steps with the help of Canadian Unitarian Council staff. One course of action is to select a government-approved refugee family so we do not have to wait another 2 years and possibly get another rejection. We will keep you posted. There are two Syrian families interested in coming to Canada in the very near future.

Any new volunteers interested in helping out who did not sign up 2 years ago? Apply to Susan Layng or a member of the Steering Committee. More details about our plans will be coming out soon. Anyone good at exploring housing, short or long-term? That will be our first job if we decide to act.

Birthdays August



- 1 Galina Coffey-Lewis, Frank Monaghan
- 2 Oceanna Hall, Sharyn Alexander
- 3 David Hoadley
- 5 Lies Weijs
- 6 Dolores Appleton, Kym Hines
- 7 Demetrius Lynngood
- 8 Kimberly Bramadat, Frances Dearman
- 9 Marya Nijland, Glenys Thompson
- 10 Madelaine Clarke, Mel Johnston
- 11 Susan Breiddal, Karen Lee Pickett
- 12 Don Mills
- 13 Diane McLaren
- 18 Katherine Jones, Lynda Mazerolle, Linda Siegel
- 20 Linda Stanton
- 21 Emma Lentz, Bill Glassman, Brandon Niven
- 22 Karla Thomson
- 24 Marie Drew
- 26 Glenyss Turner
- 27 Patrick Conroy
- 28 Astrid Firley-Eaton
- 30 Sandra Emerson
- 31 Herb Girard

Board Members on Duty

August 5 – Nancy Dobbs

August 12 – Marion Pape

August 19 – John Tiffany

August 26 – Kathleen Zimmerman

New Members and Friends

NONE

Contact info changes

Mark Danley: new email address is: markdanley@gmail.com

Ted Humphreys: No longer available on email. Please do not send emails to his old address: tedlongvu@gmail.com

Calendar Highlights August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 10:30 Sunday Service* 11:30 Coffee and Tea Time	6 7:30 FUCV Pub Night	7	8 1:00 Care & Concern	9	10	11 12:45 Buddhist Meditation
12 10:30 Sunday Service* 11:30 Coffee and Tea Time 11:30 Coffee on Me	13 1:00 ABC Meeting	14 11:00 Sandy Merriman Cooking 12:00 Board Meeting 2:00 SRC Meeting	15	16	17	18 10:30 Depression & Anxiety Support 12:45 Buddhist Meditation
19 10:30 Sunday Service* 11:30 Coffee and Tea Time	20 1:00 ABC Meeting	21 11:00 Committee on Ministry Meeting	22	23	24	25 12:45 Buddhist Meditation
26 10:30 Sunday Service* 11:30 Coffee and Tea Time	27 1:00 ABC Meeting	28 12:30 Music Committee Meeting	29	30 6:00 Choir Rehearsal	31	

*Children and youth programs run concurrently with the service.
For a comprehensive listing of First Unitarian Church of Victoria events and locations, please visit www.victoriaunitarian.ca/members/events.

Northern Vietnam & Angkor Wat: A Mindful Journey

A pilgrimage is different from a vacation even though it looks like one. On a vacation we are likely to “take in” the scenery, the people, and the culture. We take pictures of each interesting and amazing thing. More is better when you are “taking in.” After a while though, we become full. And when we are full, we can miss the beauty we have gone half way around the world to see.

On a Pilgrimage the focus is different. Instead of looking outside, we are also noticing what is happening inside ourselves. How does the beauty we see affect us? How do different customs and morals make us question our values? How can we allow the difference in human culture to teach us? Even history can remind us life is precious and temporary, no matter how grand or beautiful it may appear. A Pilgrimage includes two journeys, the one we visit and the one inside our hearts and minds.

On this trip we immerse ourselves in the scenery, history, and traditions of northern Vietnam and Cambodia. We visit monasteries to meditate at an eclectic collection of temples, learn about Zen and Theravada practices from monks and novices, hike in the outstanding natural environment of the Sapa highlands, and marvel at the ethereal beauty of Halong Bay. And at Angkor Wat, we spend time at the abode of ancient gods. If you have a little more time available, consider extending your stay in Luang Prabang replete with timeless architecture, gilded temples, and saffron-clad monks.

MARCH 15-27, 2019

COST: US\$4245

GROUP SIZE: 12-18 PARTICIPANTS



MORE INFO: https://www.worldwidequest.com/index.php?page=trips&cmd=review&key=northern_vietnam_angkor_wat_a_mindful_journey#ad-image-0

First Unitarian Church of Victoria

5575 West Saanich Road • Victoria BC • V9E 2G1 • 250-744-2665

churchoffice@victoriaunitarian.ca • www.victoriaunitarian.ca

Office hours: Monday thru Thursday 11 - 4; Sunday 9 - 1; closed statutory holidays on weekends

Ministers

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

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

The ministers' day off is Monday.

Minister Emerita

Reverend Jane Bramadat

250-652-1272

Lay Chaplains

laychaplains@victoriaunitarian.ca

Oceanna Hall 250-886-1077

Kjerstin Mackie 250-598-5975

Anne Vaasjo 250-385-1603

Director of Spiritual Exploration and Learning for Children and Youth

Arran Liddel 250-744-2695
arran@victoriaunitarian.ca

Arran is in the office Tue, Wed, Thu and Sun.

Director of Music

Nick Fairbank
music@victoriaunitarian.ca

Church Administrator

Nadia Kozak
churchoffice@victoriaunitarian.ca

Communications Assistant

Natalie Brake
communications@victoriaunitarian.ca

Officers

President	Marion Pape
Past President	Lorna Anthony
Vice President	Steve Sharlow
Treasurer	Earle Anthony
Secretary	Kathleen Zimmerman

Board Members

Trustee	Bruce Nicol
Trustee	Nancy Dobbs
Trustee	Lynn Hunter
Trustee	Rebecca Mellett
Trustee	Susan Layng
Trustee	John Tiffany
Trustee	Bill Glassman

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



We Care!

Care and Concern Committee

for hospital and home visits, or just to talk...

Barbara Boyle at 250-381-0264

Val Roberts at 250-477-7192

or your Neighbourhood Group Care & Concern person

Ads appearing in this issue are not necessarily endorsed by the church.



Astrid Firley-Eaton
Design

interior design
colour consultation

250-384-3405
afe.design@firley.ca



island montessori
A local non-profit for all children (Since 1973)

Accepting Enrollment
Book Now for a Tour!

- preschool to grade 2
- before and after school care
- small class sizes
- supportive and caring staff
- excellent academic foundation
- Kodaly music program
- lovely rural location connecting children to nature

5575 West Saanich Rd (across from Red Barn Market)
250 992 4411 info@telus.net
www.islandmontessori.com



Sandra Jacobsen, BScN, MA



Downsize in Comfort ◦
We lighten your life

250-370-1204
samvic@shaw.ca



IN VIGOURAID

Mary Burcher

Quality of Life
Facilitator &
Companion

778-977-5394
invigouraid@gmail.com

NEWSLETTER ADS

Ads are business-card sized; please submit in pdf format. Rates are as follows:

Members &
Friends:

\$80/year \$50/6 months \$30/3 months
\$12/month

Others are 50% more than prices above:

\$120/year \$75/6 months \$45/3 months
\$18/month

Double-sized ad (wider or taller) is 50%
extra i.e. non-member:



Lance Young
Electrician
#18138



For all your electrical needs

No job too small Free estimates Honest Advice

Call: 250-893-3214
Email: hellolanceyoung@gmail.com
or talk to me at church

Ads appearing in this issue are not necessarily endorsed by the Church

Need help downsizing?

Are you ready to move on? Are you feeling overwhelmed by the prospect?

At **Picture Perfect Staging and Down Sizing**, I'm here to support you with organizing your downsizing and getting your place ready to put on the market.

A simple plan can take all the stress away!
Let me help you.



OTHER SERVICES & PRODUCTS
Soul Signature Art • Art Cards • Books



Kressa Sisu
ORGANIZER • STAGER • ARTIST • AUTHOR
PICTURE PERFECT STAGING
AND DOWN SIZING

To learn more, book a service or simply connect:
250.588.8605 • kristinasisu.com • kristinasisu@gmail.com

MOVING IN MINDFUL EASE

This mindfulness based program is for anyone who experiences stress, anxiety, pain or illness, or who wishes to know the extraordinary aliveness that is the undercurrent of daily life.

We will explore our own physical, emotional and mental landscapes through wise and compassionate practices to discover our internal wellspring of well-being. This is our freedom to move through our lives in mindful ease even in the midst of difficulty.

We will meet for eight sessions on Wednesdays from 1-3pm in the Lion Hall beginning Sept 5.

Please contact Mitra at mitra.atma@shaw.ca or 250-580-8888 to register.

Registration required by Aug 29.



CAT'S EYES

MOBILE OPTICAL

CATHERINE RAMSAY

Licensed Refracting Optician

(250) 217-4460

info@catseyesoptical.ca

catseyesoptical.ca

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

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

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 **September** issue is **August 14**.
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.

Staff Barbara Nyland and Jen Young (editors);
Doreen Burgess and Myra Rippon (proof-readers);
Nadia Kozak and Natalie Brake (production,
distribution and paid advertisements).