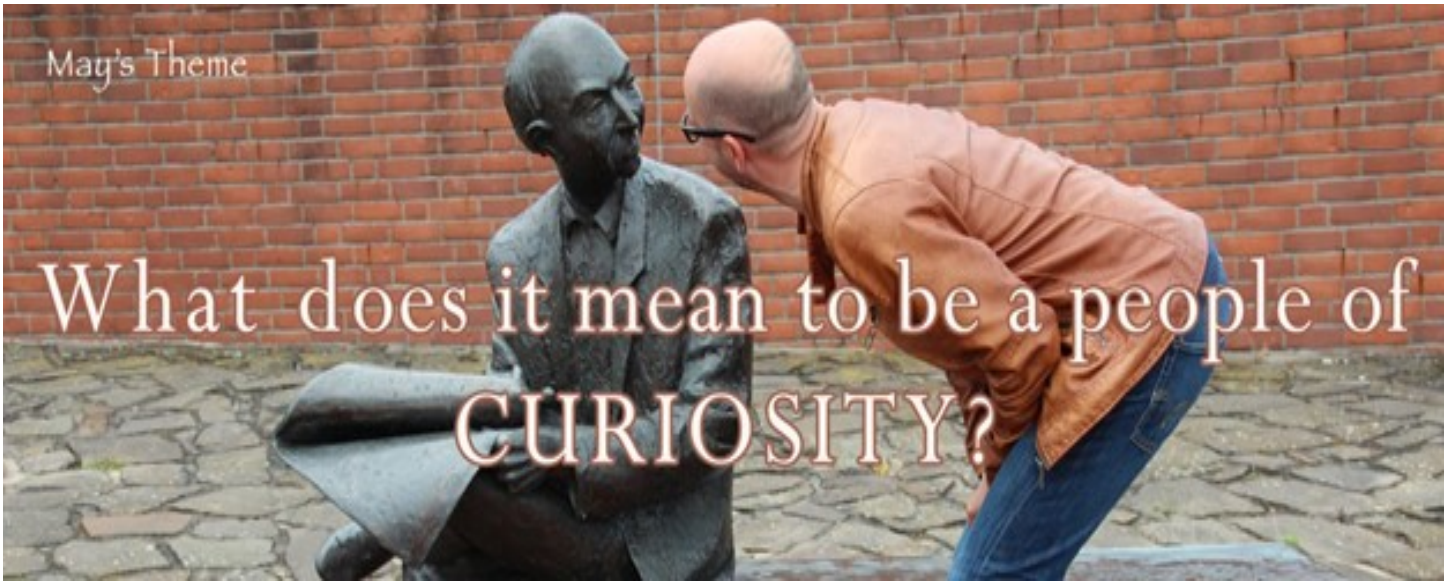




**The Victoria Unitarian**  
**FIRST UNITARIAN CHURCH OF VICTORIA**  
*Growing in Spirit, Living with Compassion, Inspired to Serve*

**SERVICES IN MAY**

**SUNDAY SERVICES BEGIN AT 10:30am**



| Date   | Title / Topic           | Homilist      | WA             |
|--------|-------------------------|---------------|----------------|
| May 5  | The Music of Cuba       | Rev Shana     | Doug McGinnis  |
| May 12 | Curiosity Over Judgment | Rev Melora    | Kressa Sisu    |
| May 19 | Music and Curiosity     | Nick Fairbank | Oliver Belisle |
| May 26 | Curious About Ourselves | Rev Shana     | Lynne Bonner   |

**DATE: May 5**

**TITLE:** The Music of Cuba

**HOMILIST:** Rev. Shana Lynngood

**CHOIR:** None

**WA:** Doug McGinnis

*With special musical guests Michel Rivero Quartet.*

This special service arranged by the Music committee invites us to explore the unique beauty and power of Cuban music. As we begin to explore curiosity, we will see how different musical forms can help spur our interest and openness to new things. We welcome Michel Rivero, a native of Havana who has lived in the Comox Valley since 2016.

Livestream begins each Sunday by 10:25 am. To view [please click on this link](#). To view past

*Services continued next page...*

**DATE: May 12**

TITLE: Curiosity Over Judgment

HOMILIST: Rev. Melora Lynngood

CHOIR: Bell Choir

WA: Kressa Sisu

Have you ever been judged? Not a helpful constructive critique based in loving support and respect, but unhelpful, demoralizing criticism— spoken or unspoken negative judgement. Despite our intentions of living our Unitarian Universalist first principle – affirming the inherent worth and dignity of every person – have you ever caught yourself silently (or not so silently) passing judgement on others? How might we lean into the spiritual practice of curiosity instead of judgement?

**DATE: May 19**

TITLE: Curiosity and Music

HOMILIST: Nick Fairbank

CHOIR: Chalice Choir

WA: Oliver Belisle

Director of Music Nicholas Fairbank talks about how curiosity has motivated him through his life and led him down many roads. In particular, he will speak of how, as a musician, a desire to seek out the unknown has motivated him to explore music from different periods, places and styles.

**DATE: May 26**

TITLE: Curiosity About Ourselves

HOMILIST: Rev. Shana Lynngood

CHOIR: Men's Choir

WA: Lynne Bonner

Often the first thing that comes to mind when we think about curiosity is all the searching and seeking and learning we do outside of ourselves. I have begun to notice that I need to apply the same sense of curiosity to my own mind and being. How and why do I react as I do? Why is it that some things draw me more than others? How can I stay open to new ideas?

**May 26, 7:00-8:00 pm: Jazz Vespers**  
**page 4 for details.**

The John Lee Trio with Rev. Shana Lynngood, **see**

Livestream begins each Sunday by 10:25 am. To view [please click on this link](#). To view past worship services (as of Jan. 27) [click on this link](#).

## COMMITTEE ON MINISTRY

Talk to us. Do you have a concern about our church that you would like the ministers to know? One purpose of the Committee on Ministry (CoM) is centered on developing a strong, healthy relationship between the Minister(s) and the Congregation. Members of the CoM are: Suellen Guenther, **Chair**; John Hopewell, Mark Danley, Jeri Dause, Andy Lee, Mary-Ellen Nicol.

# IN THIS ISSUE

|   |    |   |    |
|---|----|---|----|
| Sunday Services .....                           | 1  | Refugee Report.....                             | 19 |
| Committee on Ministry.....                      | 2  | Child Haven Dinner.....                         | 20 |
| In This Issue, Deadline, From the Editors ..... | 3  | GVAT .....                                      | 21 |
| Jazz Vespers .....                              | 4  | Neighbourhood Groups.....                       | 22 |
| Theme Questions and Spiritual Exercise .....    | 5  | UU Summer Camp.....                             | 23 |
| Photo Directory .....                           | 7  | Power and Leadership.....                       | 24 |
| SEL.....  | 8  | Staff, Lay Chaplains, Care & Concern.....       | 25 |
| President's Report.....                         | 10 | Ads.....  | 26 |
| Share the Plate, Community Dinner.....          | 11 | BMOD, Calendar, Birthdays., Death, New Members. | 31 |
| Artist of the Month.....                        | 12 |   |    |
| Green Corner .....                              | 13 |   |    |
| One Planet Saanich News.....                    | 14 |   |    |
| HOW.....  | 15 |   |    |
| New Elder.....                                  | 16 |   |    |
| Honoured Volunteer, Song Circle.....            | 17 |   |    |
| Innovation Fund, Hard of Hearing? .....         | 18 |   |    |

**DEADLINE FOR JUNE  
NEWSLETTER  
IS MAY 14**

## FROM THE EDITORS: GUIDELINES FOR YOUR SUBMISSIONS

*We try to standardize the presentation, to avoid the dog's breakfast aspect...*



1. Where possible we use Calibri font.
2. One space between sentences and between lines.
3. No pdf files, please, use either Word or jpeg.
4. Take the deadline seriously!

Also.....

# **SPIRITED JAZZ**

## **Spring Unitarian Jazz Vespers**

**Enjoy jazz with a splash of spiritual inspiration**

**May 26<sup>th</sup>, Sunday, 7-8 PM**

## **The John Lee Trio Theme: “Art of Trio”**

**John Lee – Piano; Graham Villette – Drums; Brock Meades – Bass**

**First Unitarian Church of Victoria**

**By donation and greatly appreciated**

Those who have been appreciating the short trip on a country road to a beautiful setting with top jazz musicians, completed with the musings of Reverend Shana, will be sure not to miss this upcoming vespers with the John Lee Trio.

Raised in Nanaimo BC, John Lee is one of the most respected and acclaimed young jazz musicians nationwide. After showing great interest in music at a young age, Lee developed into a virtuoso by his late teens and is a graduate of the prestigious Berklee College of Music.

As an artist, John Lee is widely known for his immense proficiency as a multi-instrumentalist as well as his ability to connect audience to his music with a charming and positive charisma. Lee has done an extensive amount of performing in cities located in North America including New York City, Boston, Washington, Toronto, Edmonton, Vancouver, and Victoria. Lee has performed numerous times as a sideman and leader at international jazz festivals including TD Prince Edward County Jazz Festival, DC Jazz Festival and TD Victoria and Vancouver International Jazz Festival.

John Lee currently leads his own project called Next Generation Jazz Collective and his own trio while working with Cory Weeds (Cellar Live/Reel to Real label) as a hired sideman on many different projects and performances in the Vancouver scene. Lee is also in early concept development stages for his debut album which he is planning on releasing under the Cellar Live label.

Enjoy jazz with a splash of spiritual inspiration in venues with exquisite sound and setting. These hour-long evening services are a unique blend of jazz and spirituality. Each service brings together live music from popular local jazz musicians, a brief meaningful message, and a little of the history of the music performed.



**First Unitarian Church of Victoria 5575 West Saanich Road (250) 744-2665**

Program of First Unitarian Church Victoria; [www.victoriaunitarian.ca](http://www.victoriaunitarian.ca)



## Theme Questions and Spiritual Exercise

This month we explore what it means to be a people of **Curiosity**.

Here are some questions to spark your thinking from the UU Soul Matters Network. Discuss the questions at coffee hour with a fellow congregant, at the dinner table with a friend or with family, and/or journal about them on your own. If the list is overwhelming, scan it, and simply **choose one question** to ponder and revisit over the course of the month. See what insights might come from living with the question over time. Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out which question is “yours.” Which question captures the call of your inner voice? Which one contains “your work”? What is it trying to get you to notice? Where is it trying to lead you?

1. Who has modeled for you the practice of approaching life with an attitude of open curiosity?
2. When in your life has curiosity been fun, interesting, and even playful? When has it challenged you to change your own ways of seeing things, your own ways of being in the world?
3. As you get older, are you more curious or less?
4. What don't you know yet? What would you like to know?
5. Who would you like to understand better? How might you start?
6. Are you regularly curious about what your body is trying to tell you?
7. Is that person who drives you crazy trying to teach you something?
8. When it comes to you worrying about the future or being curious about it, which one wins?
9. Which were you taught was more important: the “expert mind” or the “beginner’s mind”?
10. **What’s your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

*Continued on next page...*

# Spiritual Exercises:

*These suggested spiritual exercises are two options of several that are suggested by the Unitarian Universalist Soul Matters Network this month (If you are in a Soul Matters Small Group at our church, see your packet for more options).*

## Option A:

### Get Curious About Yourself

When it comes to curiosity, we often leave out ourselves. Saint Augustine captured this perfectly when he wrote, “People go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.”

So this month you are invited to get curious and wonder about yourself. Aim your inquisitiveness your way. Here’s one way to try:

#### **Through the Eyes of a Trusted Friend**

There’s no better way to get curious about yourself than with the help of an honest and trusted friend. Often, we only see ourselves clearly when looking through the perspective of someone else. This exercise invites you to get curious about how others see you. Here are your directions:

1. Think of a few questions that get at the heart of who you are. We’ve provided some examples below.
2. Then ask a friend out for coffee or invite them to take a walk and ask them how they would answer these questions about you.
3. Sit with and get curious about their answers. Take time to mull them over. Notice how they challenge, open, affirm or redirect you.
4. Later, share with that friend where this brave adventure led you.

#### EXAMPLE SELF-EXPLORATION QUESTIONS:

What makes me come alive?

What is my greatest strength as a parent? grandparent? son? daughter?

What scares me?

What makes me a good friend?

How happy am I?

What three adjectives describe me best?

Do I fight fair?

Am I good at saying I’m sorry?

What makes me light up with joy?

When was/am I most daring?

Do I take care of myself?

Where do you see me in 10 years?

*Continued on next page...*

## Option B:

### Get Curious About God

Rev. Kathleen McTigue, Director of the UU College of Social Justice, sets aside time each night to get curious about God. She describes it this way:

“My spiritual practice consists of this: I think back on the events of the day and ask the question, “Where was God in this day?” It’s a question that can be asked in a dozen different theological voices, and if God language fails to resonate, then we might ask merely, “Where today did I really hear the language of my life?” The question puts a sheen of attentiveness and care on even the most mundane dimensions of the day. It gives us a way to cradle the moments of the day just lived and see them again before they’re too far away.”

It’s a powerful way to see the sacred in your daily life. So, take a week and end each day by asking “Where was God in this day?” or “Where today did I really hear the language of my life?” “Where was the Sacred in this day?” “Where was the Spirit of Life and Love in this day?” You can simply meditate on the questions or take it to the next level by journaling about them. Then share with a friend or fellow congregant how this spiritual practice altered your days. They will surely be curious to hear!

### Curiosity Songs

Click [here](#) to check out this month’s Spotify play list on the theme of Curiosity.

You can also explore the playlists from other theme months [here](#). Memory, Hope, Perseverance, and much more. <https://www.soulmatterssharingcircle.com/spotify-lists.html>

### WHAT’S UP WITH THE PHOTO DIRECTORY? ONLINE ACCESS COMING SOON!

You likely know that the church has been working on making an online photo directory available to members and friends. This will be a *secure, private, password-protected* directory of information that was previously only available in print – with the addition of photos, and accessible from both your desktop and a mobile app! Board members will be testing the service in May and June, and our aim is to have the new directory available to members and friends in July. Stay tuned for further updates! (And, if you have questions, please contact Nadia in the church office.)

### Spiritual Exploration & Learning (SEL): What Does It Mean To Be A People of Curiosity?

In May, we explore the question 'What Does It Mean To Be A People of Curiosity?' Which ties to our fourth UU Principle is about curiosity - that we believe in a free and responsible search for truth and meaning. In May our children will be searching for truth and meaning using science, imagination, and curiosity to explore what is and imagine what could be.



May is also the month of Ramadan, a time for spiritual reflection, for Muslims. One way Muslims express their curiosity is through a meditation practice called Tafakkur (pronounced TA-FAK-KUR) where they reflect on the mysteries of the universe - often when reciting the Quran (their holy book). We can do a similar practice... Try this meditation inspired Tafakkur written by Rev. Jaelynn Scott:

- Take a moment to appreciate all of the things that were a part of making you, me, and all that is around us.
- Find something in the room that catches your attention, you may feel it, hold it, or just look at it.
- Think of all of the things that went into the making of this object. For example, a pencil is made by the workmanship of a pencil maker, it is done in a factory made by people, there is wood in it that was once a great tree, that tree needed much water and little insects to keep it fed and alive, and so on. Isn't that amazing!?!)

- What else can you find? Where did it come from? Who helped to make it?

If you are curious about other forms of Islamic meditations see: <http://www.islamicinsights.com/religion/meditation.html>

### Popcorn Theology: Zootopia (all ages)

**Friday, May 10, 7pm in the Lion Hall** Following Community Dinner on May 10, we will have a new Popcorn Theology! A fun UU program which invites us to take part in some activities, watch a section of a movie and discuss the themes and how they apply to our lives... and eat popcorn!



We will have the play mat and cushions out, feel free to come in your PJs and get cosy. We will explore our first principle, believing in the inherent worth and dignity of all people, through the movie A Wrinkle in Time. After watching a key section of the movie we will discuss what the movie shows us about:

- How are each of us special and unique?
- how can we all be the most special person in the universe?
- How can we become "one with ourselves"?

If you haven't seen the movie before, feel free to watch the full movie in advance, but it is not necessary.

All welcome, no need to register.

*Continued next page*

SEL-CY Continued from previous page...

## **FUCV Strategic Priority: Family Ministry**

In the article '[Death of Sunday School and the Future of Faith Formation](#)' Kimberly Sweeney lists six reasons why the 'old-school' model of religious education in UU congregations is no longer working. She argues that we need to embrace a culture change, of the kind 'family ministry' promises, not superficial solutions or a shiny new curriculum.

Given space limitations I will touch on two of the facts she presents with you. The first:

*As stewards of our Unitarian Universalist faith, it is our responsibility to adapt our approaches to faith formation to the contemporary times.*

Kimberley outlines in some detail the numerous changes we have had since the current model of religious education was pioneered in the 1940s and 50s. These changes in culture, family structure, family size, relationship to religion, work life, volunteer expectations have been vast... Shifting our approach to reflect these realities is key to thriving spiritual community in the future.

Another reason she highlights for culture shift in UU congregations is:

*Adults need just as much faith formation as children and youth.*

This is particularly true in UU where approximately 88 percent of adult members did not grow up in our faith. Kimberley identifies this as a "serious problem, resulting in a high percentage of adults with a tenuous connection to or understanding of Unitarian Universalism". We say that the parents and families of our children are the primary educators on matters of faith. And yet how can we expect them to do that if they do not have opportunities to develop their own faith?

Dr. Diana Butler Bass, a scholar specializing in US religion and culture, tells of a church in California that was rapidly attracting two groups of people: baby-boomers who had negative relationships with the church they were brought up in and had stopped going to church as young adults and Gen Xers who had rarely been in a church but were seeking spirituality. In trying to meet the needs of these distinct groups she states:

*Our problem was not evangelism. People were coming to the church. Our problem was adult education. And, still worse news: no single curriculum or program could help us. We needed to fashion an introduction to church that worked in our setting. Adult formation would be a process, not a program. We needed to understand our own identity and communicate our vision of faith and vocation to the new members.*

Sweeney passionately believes we have a unique opportunity to "contribute to the evolution of faith formation in a way that is relevant spiritually and contextually and is mindful of the contemporary realities of the day". She highlights that engaging in faith formation for *the entire congregation* is the way to do that. Quoting UU leader Connie Goodbread, Sweeney reminds us "Faith development is all we do. Unitarian Universalism is the faith we teach. *The congregation is the curriculum.*"

Next month we will look deeper into what 'congregation as curriculum' might mean for us and Sweeney's ideas of the Future of Faith formation. If you'd like to skip ahead you can [read the full paper](#) on the UUA website.

## **Spring Energy at FUCV:**

Please excuse this perhaps clichéd metaphor but it seems like many of the efforts of the last several months are beginning to take root at FUCV and energy is increasing.

The Location Task Force survey results are in and the co-chairs presented to the board at its April meeting. The survey analysis to date indicates the majority of respondents wish to stay at our current location, but suggested additional off-site services, programs and social action projects, transportation enhancements for easier access, and provided ideas on how to use the property better and for long term sustainability. Please join the Task Force members on May 11 from 1-3 in the Sanctuary to select and design pilot projects for FUCV to implement. See the Task Force report in this newsletter.

Family Ministry has determined two foci of this initiative: to strengthen intergenerational relationships and create a culture of warmth. They plan to begin reaching out to the congregation by working with NGs.

**FUCV co-hosted ordination ceremony of David Dumbledam:** This was a once-in-a-generation event. 40 people from FUCV participated in the livestreaming from Philadelphia.

**Priorities for 2020:** Possible priorities for the 2020 budget included: adding a Board contingency fund line item; a staff benefits package; possible costs for the Location Task Force; acoustical upgrades in the Sanctuary. The Board is starting earlier this year to develop high-level priorities and after consultation with Human Resources, Finance and Long Range Planning Committees, will make a decision on the priorities for the ABC 2020 pledge campaign at the May Board meeting. It will also be reflected at the May AGM.

**CUC 2020 Spring Gathering:** CUC is seeking congregational support for a CUC Island Spring Gathering in 2020.

**Staff News:** The Board approved the decision of the Hiring Committee to hire Shannon Oatway as Communications Assistant, as she has successfully finished her three-month probationary period. Congratulations, Shannon.

LREDA Religious Education Credentialing Scholarship Award: LREDA has chosen Arran Liddell, our religious educator, to receive a scholarship. This will enable Arran to take the OWL leader training. Congratulations, Arran.

**FUCV Annual General Meeting, May 26, 2019, 12:15 in the Sanctuary: All Committees are requested to use a standard template to submit your Annual Report reflecting activities from May 2018 to April 2019. Please send them to your Council Chair asap.**

## **Announcements:**

**CUC AGM will be held on May 11, 2019 from 10-1:30pm Pacific Time. Several FUCV delegates will participate via Zoom in the Farmhouse Common Room.**

In May our congregation is Sharing the Plate with La Leche League Canada. This is a charity that has been close to my heart since before giving birth to our daughter. They provided us with support that was ongoing for years. I was inspired to become a La Leche League Leader and then a District Advisor.



La Leche League Canada (LLLC) provides mother-to-mother/parent-to-parent/peer support for pregnant women, new parents and beyond. As parents, we have breast fed or chest fed our own children and now volunteer to support others to reach their goals. Leaders are accredited within La Leche League Canada after a detailed training program and have access to current scientific and legal information to help support others. Connection and respect are at the heart of what Leaders do and we strive to ensure that all families are welcomed and reflected in every aspect of La Leche League Canada. We believe that nobody knows your baby or family better than you and that everyone deserves the right circle of support in which to raise their children. La Leche League Canada is a national registered Canadian charity and part of a global organization, La Leche League International. LLLC has been supporting families in Canada for over fifty years.

In person, by phone, online, and in informal group meetings, the volunteer Leaders provide support through evidence-based information on breastfeeding and human milk. We live and parent in the communities we serve and tailor programs to the needs of each community. The goal is to support parents in raising happy, healthy children in every Canadian province and territory. There is no cost to receive support from a Leader and all regular informal group meetings are free of charge.

It is LLLC's privilege to support families during the exciting first days, weeks, months and even years of raising children.

<https://www.lllc.ca/>



## COMMUNITY DINNER

**FRIDAY, May 10, 6:00 pm**

It's baked potato night, offering many delicious toppings, a chance to visit with old friends and new.

Please bring a salad or dessert to share, plus your own plate. A rinsing station will be provided.

## JEWEL'S Enthroned OFFERINGS

My OFFERINGS follow my family's Song Lines, their heirlooms woven into my bones a passion for dance, storytelling and joy of creating. I appreciate belonging to a theologically free community where free spirits thrive. Ancient Celts upon meeting would ask 'to whom do you belong? My church roots have offered me the gift of belonging. My offerings arise from a well spring of gratitude for the spirit of life.

My secret heart whispered 'go to the Victoria College of Art' where I discovered the 'well spring' of flowering imagination. Calm reigns, clocks stop, in creative flow all children live in a make believe world. Graduating from Art school in 1998 my confidence aperture closed. With my apprenticeship closing I felt lost.

On retreat at Yasodhara Ashram a mystical door opened into the Hindu Goddess stories, 'Saraswati' the musician, Divine Mother, Shiva. We chanted ancient Sanskrit. Swami Radha's Invocation of divine light surrounded her temple. My hands began painting Goddess images. I longed to merge music and art. I longed for awakening to wholeness.

Remembering ourselves Home means to feed all the parts of who we are, thanks to being your Artist of the Month I started courting creativity. I recognize the privilege of living within a dream. Artists must learn to forget a perfect offering, my favorite chant 'there is a crack in everything, that's how the light gets in'.



## The Debate Over Whether Glyphosate Is Carcinogenic

This Green Corner reports on the debate over the health effects of the herbicide, glyphosate, commonly used to kill weeds in GM (genetically-modified) crops including corn, canola, soybeans, sugar beets and alfalfa. Monsanto produces the weed-killer Roundup, which incorporates the active ingredient glyphosate (along with other chemicals), used in growing these crops. Recently, the US-based Monsanto was taken over by Bayer, a giant German chemicals conglomerate.

In March 2015, the UN World Health Organization's international agency for research on cancer (IARC), classified glyphosate as "probably carcinogenic to humans" (Group 2A), based on a review of many scientific studies. This assessment has been controversial and has been disputed by the biotech companies that produce these chemicals. Representatives of the IARC have stood by their evaluation, even speaking out as recently as February 2018 to defend their findings.

Last summer, a California school groundskeeper, Dewayne Johnson, who is dying of cancer, initiated the first lawsuit to go to trial, saying Monsanto's Roundup likely caused his disease, non-Hodgkin's lymphoma. The court ruled against Monsanto, awarding Johnson \$39 million in compensatory damages. In a second lawsuit in federal court recently concluded (March 2019), another California man, Edwin Hardeman, was awarded \$80 million in damages in a major blow to Monsanto and its parent company Bayer. One has to wonder in the current political climate, if business interests "trump" concerns for the food safety of individuals. Evidently, Monsanto is appealing these ground-breaking court cases, but faces thousands of lawsuits as well as a class action lawsuit from other people with cancer.

For the ordinary consumer trying to make sense of this, the precautionary principle is probably worth adopting. Buying organic food is the best guarantee of avoiding glyphosate spray residues. Alternatively, avoiding foods from GM crops, processed foods, and foods on the "dirty dozen" list (heavily sprayed with pesticides) may be helpful – see references below. Unfortunately, even non-GM crops may be sprayed with Roundup at harvest, which is often used to desiccate these crops for uniform ripening.

### References:

1. CBC's The Weekly by Wendy Mesley:  
[https://www.youtube.com/watch?v=D\\_ewXRu9qAc](https://www.youtube.com/watch?v=D_ewXRu9qAc)
2. EWG "Dirty Dozen/Clean Fifteen" Shopper's Guide:  
<https://www.ewg.org/foodnews/>
3. Greenpeace Shopper's Guide: How to Avoid GE Food  
[http://gmoguide.greenpeace.ca/shoppers\\_guide.pdf](http://gmoguide.greenpeace.ca/shoppers_guide.pdf)

***The FUCV Board has voted!***

On March 12, I made a brief presentation to the Board, outlining the reasons why the Environmental Action Team recommends that FUCV join the One Planet Saanich (OPS) initiative. I'm happy to report that the Board voted **YES!** which has enabled our OPS team (Wally du Temple, Audrey Taylor, Bernhard Spalteholz and myself) to get to work.

***FUCV on OPS Website***

You can now see First Unitarian Church of Victoria on the list of [stakeholders](#) on the One Planet Saanich website ([oneplanetsaanich.org](http://oneplanetsaanich.org)).

***First Steps***

We held our first team meeting via Zoom software which saved both time and fossil fuel emissions. We are currently brainstorming ideas and will soon meet with consultant Cora Hallsworth to get some feedback and further ideas. She hopes that our team can soon meet online with [Pooran Dessai](#), (co-founder of Bioregional) and [Marina Goodyear](#) (Project Officer for Bioregional) for further guidance, which will be exciting! As we get further along in the planning process, we will be asking for feedback from the congregation.

***One Planet Saanich Celebration***

Our OPS team has been invited to a celebration of the first year of One Planet Saanich on June 6 at the Horticultural Gardens of the Pacific. The participants will be sharing the results of their efforts so far, including highlights of the One Planet Action Plans that have been created. Saanich's Mayor, Council, and staff representatives will be attending to hear about our experiences. There will be an update from the project leaders and ideas for next steps. This will be a wonderful opportunity for our team to meet and learn from our colleagues.

***We welcome your input***

If you have questions or ideas about FUCV's OPS project, please email me at: [glenyss.turner@hotmail.com](mailto:glenyss.turner@hotmail.com)

## HOW HISTORY: A LONG TIME AGO, IN A COUNTRY FAR, FAR AWAY . . .

That country was Sierra Leone and the year was 2006. This tiny place, at the south end of that big bump on the west coast of Africa, had just been through a devastating civil war. With our first HOW (for Healing Our World) project, we undertook to help rebuild a primary school.

Why would we do that? For one, it needed doing. Children, wherever they live, need a school to help prepare them for what's to come. Beyond that, this faith community over the years gives the distinct impression it really does believe that "every child is our child."

Sierra Leone offers numbers we can scarcely believe: literacy, 35 percent; life expectancy 41; median age, 17.

We've funded 10 local projects and touched a lot of far-away places (and people) on the map through our 29 HOW projects over the past 14 years. In Africa, Ghana, Kenya, South Africa, Rwanda, Lesotho, Tanzania. But we have also left an impression in Thailand, India, Philippines, Burma, Jamaica. One example in Jamaica: we provided breakfast through a whole school year for 30 children. With our ongoing mini-loan activity through Kiva, we have had a presence in 62 countries through 1,911 loans.

But that was then and this is now. Now we are asking support for two excellent HOW projects close to home. Donations at the time of writing total about one-third of our target of \$9,500. Thank you, generous people.

One of our projects supports the Borderline Personality Disorder Society of BC to help re-build an outdated website, thus expanding the Society's outreach to people with BPD and their families. Outreach here is critical. The problems and behaviors of Borderline Personality Disorder can be very difficult and painful for the person with BPD and equally difficult for those who love them. There is help but not everyone knows about it.

With our other HOW project, we will assist refugees whose daily lives are still impacted by the trauma they have experienced and who are not in a position to seek counselling elsewhere. We will do this through the Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR). Our donations will help compensate interpreters (themselves hard-pressed) and provide them with training and debriefing sessions. We will be also be providing hours of effective counselling for refugees, including children and entire families.

If you would like to see our faith community continue it's lengthy healing, please make your cheque payable to First Unitarian Church of Victoria and on the memo line write, "HOW. " You can drop your cheque into the collection basket on a Sunday or mail it to the attention of the Treasurer, First Unitarian Church of Victoria, 5575 West Saanich Rd., Victoria, BC, V9E 2G1.

– *Don Vipond*



## NEW ELDER: CHRISTINE JOHNSTON

Christine Johnston will be recognized as an Elder of the church and will be honoured at the Sunday Service on June 16<sup>th</sup>. This choice was enthusiastically endorsed by our current Elders.

Our Elders have given an outstanding contribution to the life and well-being of the Church over a long period of time, are source of inspiration and encouragement to others over the years of membership; will have shown tolerance, understanding and offered counsel during difficult times and will have brought honour and recognition to the Church from the outside community.

Recognizing an Elder's wealth of experience, the Minister and Church leaders consult Elders from time to time for guidance and wise counsel in regard to Church governance or any matter affecting the church community.

Christine said that her lifetime desire to serve came from her family's tradition. They were missionaries in Malawi where she was born before they continued to do this work in Glasgow, Scotland. This tradition gave her the ability to network and connect with diverse people and cultures, connecting people and need to the right resources to help solve their issues.

Christine also has the ability to lead and co-ordinate many people at the same time. She said "You must have trust in the people you work with." Her trust in others makes everyone trust her.

Christine was a high school teacher but then studied Social Work and worked at the Children's Aid Society of Metropolitan Toronto and at the Faculty of Social Work, University of Toronto. Now retired, she uses many of the skills she used in social work. Some of these include listening skills, empathy, and networking and organizational skills. She also enjoyed writing and on retirement she finally managed to complete her biography on Dr. Joseph Workman, the 'Father of Canadian Psychiatry', giving numerous talks on this famous Canadian doctor, who was, among other achievements, the key founder in 1845 of the first Toronto Unitarian Congregation.

In 1997 she moved with Mel to Victoria, where they immediately joined the First Unitarian Church. A few years later she served on the Board and became President in 2001. The Social Responsibility Coalition has claimed her loyalty since arrival. Then from 2015 -2018 she chaired the Refugee Steering Committee. She also served on the Worship Committee, the Nominating Committee, the Human Resources Committee, the Denominational Affairs Coalition and as the treasurer of the Zoie Gardner Fund.

As part of her community outreach activities she started the Child Haven support team in Victoria, for homeless children in the Indian sub-continent, chairing it for the past 20 years. At that time too she signed up as the representative for our church in KAIROS, an interfaith social action group in Victoria. More recently she represented the church on the Victoria Multifaith Society Board, which focuses on dialogue between different religious traditions. Less intensive has been her involvement in other local organisations related to Africa, Tibet, Nepal, the environment and poverty. Last year she received the "VERA Award" from UVIC Aging Institute for her extensive community service.

In 2014, Christine received the prestigious "Knight Award", given by the Canadian Unitarian Council to one person each year across Canada for exemplary service at the national level. Christine had served on the national board, helped found the CUU Historical Society, served as treasurer of the fledgling national UU Social Justice organisation, and acted as President of the CUC IARF Chapter, a local group connected to the world-wide interfaith organisation called the International Association for Religious Freedom.



## HONoured VOLUNTEER:

DAVID HOADLEY

The Recognition and Awards Committee asks the Councils of the Board, and the President, to nominate volunteers who have made significant contributions to the life of the church. This month the Administration Council has nominated David Hoadley.

David has lived in Victoria for the past 29 years. He is married to Victoria Barr and they have two children Jonah, who is 15, and Bridget, who is 13. David and Victoria have attended the First Unitarian Church of Victoria for seven years. David has been on the Finance Committee for 6 years and the Chair of committee for 5 years. David works as a Chief Financial Officer for the provincial government. He enjoys running, cooking, cycling, reading and hiking.



### Shirley Travis says:

David has done dedicated work in the role of Finance Chair, bringing expertise and a smile to the long budget meetings in November and December. We rely on his steady focus for successful church budgets, financial planning, hiring and secured transparency. His willingness to help our church from the first invitation, to listen to all voices, his good cheer and calm confidence has made the finance meetings not quite delightful, but easier. We always leave a meeting on a mutually cohesive note. Thank you David, for all you do. Your steadfast commitment is held with much regard.

**Nancy Dobbs says:** I first met David and his family at the parent participation preschool where I was the Early Childhood Educator. When the preschool needed financial advice, we asked David. When David arrived at FUCV, I knew of his accountant expertise, and was hopeful that he would one day join our Finance Committee. I didn't know just how much of an asset he would be. As chair, David drafts budgets (for committee and board approval). He has presented budgets and financial statements to the congregation in a clear, articulate manner...even enjoyable! He has taken potentially contentious financial issues, such as mortgage pay downs and use of the endowment fund and brought us to consensus. FUCV is very fortunate to have the benefit of David's talents. Thank you, David!

## SONG CIRCLE – EVERYONE WELCOME



Nancy Dobbs and Jewel Spooner

In the Sanctuary: 2:30pm-4pm. Fridays, May 3, May 31, June 28



Join us for songs of peace and joy...familiar, new, folk, world songs, light hearted, chants.

Jewel will also lead an (optional participation) sacred dance.

## RUTH HUMPHREYS INNOVATION FUND 2019

In memory of his late wife, Ruth, Ted Humphreys has very generously funded the Ruth Humphreys Innovation Fund. Annually the RHIF team accepts applications based on a number of criteria – a new and different method to existing program; scaling up a successful and innovative program and/or service; experiment with new ideas; collaborative approach to address an issue or opportunity.

This year's successful applicants are:

- Location Task Force \$4,000 – applicants: J. Hopewell, L. Graham
- CarFree YYJ up to \$300 – applicant: Andy Lee
- A/V Enhancement \$5,000 -- applicants: G. Theal, P. Hancock, B. Stirling, F. Boyce
- Explore live captioning Sunday worship \$1,250 -- applicant: Stu Whitney
- Small digital recorder for members' life stories \$150 – applicants: B. Sherwood, G. Turner

RHIF Team: Lynne Bonner, Betty Sherwood, Al Hoffman, John Tiffany, Lorna Anthony, Rev. Shana Lynngood

Thank you, Ted!!



**“I BEG YOUR PARDON.....**

**WOULD YOU PLEASE REPEAT THAT?”**



Do you have difficulty hearing and understanding what is going on in our Sunday services? Do you sometimes feel you are wasting your time attending where you have to guess at the subject or action words and without them you feel left out? Do you know that there is communication help beyond hearing aids? There is.

Recent developments, and some not so recent, in computer assisted voice-to-text-conversion have resulted in significant strides toward enabling hard of hearing people (HOH) to 'stay connected' to ordinary speech. As you know, HOH people must be assertive and active to retain or regain access to the sound world we live in.

I am writing to church members who would like to find out more about how they might be helped by the foregoing technological advances. If you are one of those, please contact me. They say there is strength in numbers. Together perhaps we can achieve better communication at church on Sundays.

Thank you,

Stu Whitney.

[stuwhitney@shaw.ca](mailto:stuwhitney@shaw.ca), or 250 477 5546, or #12-126 Hallowell Road, Victoria, BC. V9A 7K2, or personally at church, or leave a message for me in the church office.

Khaled and Raweah and their son and daughter Mohammad and Wasan are entering their first Spring in Canada. While the parents have been busy with language education and employment, Mohammad continues at school and Wasan looks forward to starting kindergarten in the Fall.

Raweah has moved into beginner level ESL classes at the Inter-Cultural Association of Victoria which also offers daycare. Khaled, meanwhile, has expanded his hours working on the major renovation of a private home. With his ability to work independently at a skilled level, Khaled, his employer says, "is an asset".

As the parents and children have not had access to dental care for many years since fleeing Syria, they require extensive dental work. Khaled and Raweah's services are being kindly provided pro bono by two Victoria dentists while the children's work will be covered by donations made to the Refugee Fund by the Unitarian community. Mariko and Andy are co-ordinating these visits and are being helped by volunteers.

On the entertainment side, Claire recently arranged a visit for the family to Beacon Hill park in the company of another Syrian family. The children enjoyed the playground and riding their bikes then visited the petting zoo. The goats were a big hit and the adults were pleasantly surprised to see the Jacob sheep which originated from Syria. Everyone enjoyed meeting and chatting.



## Child Haven International Fundraiser Dinner

*Please join us for a multicourse gourmet Indian meal and presentation on behalf of*

*Child Haven International!*

*Speakers: Robin and Peter Colyer*

Date: Saturday, June 8, 2019

Location: Unitarian Church

5575 West Saanich Road, Victoria, BC

(Across the street from Red Barn)

Time: 6:00 pm Doors open

6:30 pm Dinner (cash bar available)

Tickets: \$45/each (cash or cheque only)

To purchase tickets, please contact:

Christine Johnston (250) 385-5444 *or*

Mariko Matsumoto (250) 592-8016

Hanny Pennekoek (250) 385-2299

Net proceeds will be donated to Child Haven International

[www.childhaven.ca](http://www.childhaven.ca)





## **GVAT UPDATE**

If you signed up for one of the Action Research Teams for either Housing or Mental Health at the November Discernment Day event for Greater Victoria Acting Together (GVAT), there is finally a light at the end of the tunnel! We had to slow things down because we lost our energetic staff person, Flossie, so we apologize for the lack of recent communication. Her departure meant that a heavy work-load fell on the shoulders of a few volunteers, with the additional time-consuming job of finding Flossie's replacement.

We know you are keen to support community action on these urgent topics and we have good news – we are planning initial training for the ARTS teams in late May or early June so you can get started on issue research and strategy! We'll let you know as soon as we have some confirmed dates and will try to offer more than one training session to accommodate everybody. By that time we also hope to have our new staff person on board and be able to move forward with collaborative member-driven action to strengthen our community later this year.

We hope you can recall the energy and passion unleashed at the event last November, and channel that spirit to motivate your commitment to the Action Research process. This training will offer the opportunity to ask our local politicians and decision makers this important question: "What would you like to do more of, if you had a civic organized society behind you?" It will also afford the chance to review current community research reports such as climate surveys and community social planning. Of utmost importance will be to maintain partisan neutrality and to engage with people who are not in agreement in order to identify sources of resistance and opposition within our community. Leadership recruitment will be conducted to establish teams for further exploration within member organizations and to develop terms of reference for these teams.

The active "core group" of GVAT at First Unitarian Church of Victoria currently consists of four people. We would like to increase this by at least a further two. If you would like to consider becoming a member of our GVAT core group, please speak to one of the current members who are: Susan Layng (leader), Kym Hines, Sonya Ignatieff and Philip Symons. Communication between GVAT and our church and its members are, as always, a primary objective.

All members, friends and newcomers to the church are invited to be part of the Neighbourhood Group

## OUR NEIGHBOURHOOD GROUPS



where they live. Groups meet with different frequency for social activities, organizing one Souper Sunday per year and making goodies for Sunday coffee one month per year. The Care & Concern contact for each N.G. keeps tabs on members who may need extra assistance.

Since January, five NGs met one at a time with one of the Ministers after church. This was in place of the “coffee with the Ministers.” The idea was in response to the survey conducted by the Committee on Ministry – some respondents said they wanted to get to know the Ministers better. Approximately 6 to 12 people attended each of the gatherings and found them to be worthwhile and enjoyable. Another 6 similar gatherings will happen in the Fall.

The Souper Sundays will resume in the Fall. Many thanks to those who generously contributed soup and dessert to these events and to the coordinators who organized them.

If you don't know which group you are in, please phone the church office. The NG conveners are:

- ✦ Oak Bay: Convener Mary Burcher 778-977-5394
- ✦ James Bay: Convener Lynn Hunter 250-220-2240
- ✦ Gordon Head: Convener Mary Cramer 250-477-1615
- ✦ Western: Convener Susan Lean 250 478-5261
- ✦ Nearby: Convener Nancy Dobbs 250-652-5438
- ✦ Cadboro Bay: Convener Val Roberts 250-477-7192
- ✦ Royal Oak West: Convener Martha McDougall 250-477-1541
- ✦ Royal Oak East: Convener Hanny Pannekoek & Hugo Sutmoller 385-2299
- ✦ Grand Central: Convener Jane Wilson 250-598-4348
- ✦ Fairfield: Convener Lynn Beak 250-598-3584
- ✦ Far Out (Sidney/North Saanich): Convener Phyllis Aherne 250-655-7149
- Esquimalt: Convener Maureen Sherlock 250-384-6492

Lorna Anthony

Coordinator, Neighbourhood Groups

## Unitarian Universalist Islands Network Summer Camp

August 9-11, 2019

- Precious Connections – with nature, with ourselves, and with each other
- At beautiful Camp Pringle on Shawnigan Lake: <http://www.camppringle.com/about/>
- Adult programs; Writing as a Spiritual journey with Amanda Tarling and Meditation with June Fukushima.
- Children's program in development.
- There will be an early bird price, and food option for vegans as well as omnivores.



# Power & Leadership: Returning to the Future

## June 26 - 30, 2019

6pm Wednesday - 11am Sunday



**Program Fee:** \$150  
**Housing & Veg! Meals:** \$188 - \$340

*Accommodation rates vary based on type of housing:  
tent, sleeping cabins, and plumbing cabins available*

Indralaya Retreat Center  
Orcas Island, WA  
Register Online at [www.indralaya.org](http://www.indralaya.org)

**Your leadership** can facilitate power in a way that encourages interdependence, democracy, and the equitable change that is necessary for the future of life on this planet. In this retreat, develop your own **regenerative leadership rooted in relationship** with your body, with one another, and with the creative potential—power—that lives within and around us. We will draw on spiritual, secular, and somatic traditions, and **integrate physical movements** each day to encourage embodied learning, including Taoism, Taiji, and Qigong. Any body can participate regardless of ability or experience. By the end of this retreat, you will:

- Be able to **articulate** your own relationship to power and leadership.

- Have an **embodied understanding** of how authority, agency, and consent influence leadership and power.

- Have more tools for moving energy in an **intentional and equitable** direction.

*J. Tyson Casey is a professional coach, facilitator, and educator whose work centers on a simple truth: **leadership is an action anyone can practice.***

*His vision is to cultivate just, equitable, accessible, and regenerative communities—where power is dispersed, where agency is available, where informed consent is the status quo.*

*He has a Master of Arts in Social Change from the Unitarian Universalist Starr King School for the Ministry where he is also a Visiting Professor of Leadership and Movements.*

## 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

Shannon Oatway  
communications@victoriaunitarian.ca

### Officers

|                       |                    |
|-----------------------|--------------------|
| <b>President</b>      | Marion Pape        |
| <b>Past President</b> | Lorna Anthony      |
| <b>Vice President</b> | Steve Sharlow      |
| <b>Treasurer</b>      | Earle Anthony      |
| <b>Secretary</b>      | Kathleen Zimmerman |

### Board Members

|         |                 |
|---------|-----------------|
| Trustee | Bruce Nicol     |
| Trustee | Nancy Dobbs     |
| Trustee | Lynn Hunter     |
| Trustee | Rebecca Mellett |
| Trustee | Susan Layng     |
| Trustee | John Tiffany    |
| Trustee | Mike Graham     |

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)



## 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

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



**Astrid Firley-Eaton**  
Design

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colour consultation

250-384-3405  
[afe.design@firley.ca](mailto:afe.design@firley.ca)

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Ads continued next page

Ads Continued:

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and Skin Care  
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Today is a good day  
to look and feel good!

robinvangessel@gmail.com

Cedar and family are wanting to purchase a parcel of land that can allow for three smart tiny homes. We like a quiet and hidden, treed space. If you may have such a piece of land for sale or know someone who does, please email Cedar at [zedar.thokme@gmail.com](mailto:zedar.thokme@gmail.com).

Dear Friends! I'm raising funds for my son's college. Selling my well-kept, no TLC needed (unless you want to jazz it up), ready-for-travel lovely 5th wheel, best offer. See <https://bit.ly/2llwpyS>. If you want to make a lower offer, connect with Cedar (before you speak to Arburus RV): [zedar.thokme@gmail.com](mailto:zedar.thokme@gmail.com). Please share this.

### May Birthdays

- 1 Susan Layng
- 2 Abby McCallum
- 4 Susie Williams, Elaine Hepburn Klimke
- 5 Sherry Ewings, Bob Rintoul, Claire Ebendinger
- 6 Pamela Harte
- 7 Lynn Guengerich
- 8 Shelley Motz
- 11 Roberta Clair
- 12 Tracy Ann Taylor, Charles Gee, Jewel Spooner
- 13 Karen Potts, Lucas de Schepper, Oliver Belisle
- 14 Grace Scarabelli
- 16 Louise de Lugt, Oona Hayes
- 17 Amalia Schelhorn, Marguerite Hobbs
- 18 Samantha Magnus
- 21 Pat Kinrade
- 23 Alex Andersen, Stephanie Ippen, Kathy Vinton, Helen Waldie
- 24 Dee Heston
- 25 Jennifer Young, David Andersen, Terry Czyz, Elizaveta Roberts
- 29 Raine Mak, Candace Moore
- 30 Jim Thomson
- 31 Elaine Dakin, Catherine Ramsay

CLICK HERE

**CALENDAR**

**Board Members on Duty**

May 5 - John Tiffany

May 12 - Bruce Nicol

May 19 - Nancy Dobbs

May 26 - Steve Sharlow

**New Members**

Lynn and Evan Guergerich

Jim Hemstock

Rev. Helen McFaydyen

Pam Hood Szivek

**Death**

Helga Jacobson

The First Unitarian Church of Victoria  
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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); Nadia Kozak  
and Shannon Oatway (production, distribution and paid  
advertisements).