



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

SERVICES IN AUGUST

SUNDAY SERVICES BEGIN AT 10:30am

DATE: August 4 TITLE: Dovetailing the Digital World with our Spiritual Journey
HOMILIST: Amanda Tarling No choir WA: Lynne Bonner
Smart phones are purposely designed to draw our attention away from the present. It's impossible to be mindful while scrolling through Facebook or checking Twitter and Instagram. How can the technology in our pockets become tools to improve the world and enrich our spiritual journey? Join Amanda as we discover ways that smartphones can augment our lives and enhance our quest.

Amanda Tarling is one of the Lay Ministers of the Salt Spring Island Unitarian Fellowship, one of the lay leaders of Capital Unitarian Universalist Congregation and no stranger to FUCV. Amanda has served for many years as a Lay Chaplain and presents workshops for Lay Chaplains at the provincial and national level. An avid hiker and yogini, Amanda is passionate about finding spirituality in the forest. She graduated from McGill University in 1986 and lived in London for 10 years. Amanda has two amazing children, including a son with disabilities.

DATE: August 11 TITLE: Spiritual but not Religious?
HOMILIST: Dan Klimke No choir WA: Madelaine Clarke
As UU's, many of us identify with the phrase "spiritual but not religious", a popular expression used to self-identify a life stance of spirituality that takes issue with organized religion as the sole or most valuable means of furthering spiritual growth. Turns out, this is the fastest growing faith identity in North America right now. But what does it really mean? Where does Unitarian Universalism fit with "SBNRs"? What role does or should community play in support of those identifying as SBNR?

DATE: August 18 TITLE: The View from Here
HOMILIST: Rev Shana Lynngood No choir WA: Oliver Belisle
The first Sunday back after our summer break it has become something of a tradition for me to reflect on perspective. What do we gain, see differently (and hopefully more clearly) when we step back and pause? What is the link between perspective and being fully present in each here and now? Are there ways we can cultivate a sense of perspective even in the moments of life that are the most busy?

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](#).

=

Services continued next page...

Services continued from previous page...

DATE: August 25

TITLE: Intergenerational Blessing of the Animals

HOMILIST: Rev. Melora Lynngood

No choir

WA: Doug McGinnis

Come one, come all! Come bipeds, come quadrupeds! Dogs, cats, gerbils, lizards, fish, teddy bears — all are welcome! In this service, we honour the gifts that animals bring to our lives. Bring your pets (appropriately leashed or caged), beloved stuffed animals, or mementos of your pets (eg, If your cat would not enjoy such an outing, bring their photo and their favourite toy or collar.) There will also be a time to remember the pets we have lost; bring photos and mementos of any beloved animal companion you would like to remember with a candle lighting. This is a participatory service for all ages-- kids are welcome to stay for the whole service.

NEWSLETTER DEADLINE NEWS

No more guesswork!

The newsletter deadline will be the 15th of the month

EVERY MONTH!

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](#).

MINISTERS AWAY JULY 2 - AUGUST 12: WHO TO CONTACT

Our co-ministers, Revs. Melora and Shana Lynngood, will be taking their 4 weeks of study leave, and 2 weeks holiday from July 2 – August 12. They are back at work on Tuesday, August 13. Should an urgent issue arise for which you would normally contact the ministers, please contact any of the people listed below. If you are unable to reach any of the people below, contact the church office (250-744-2665) and they will direct you to someone who is available.

Contact Role	Contact Name	Phone	Email	Dates Away
President	Marion Pape	(778) 265-4567	marionpape@shaw.ca	July 17-21, July 28-29, Aug 9-12
Co-chairs of the Committee on Ministry	John Hopewell	(250) 721-3920	hopewell@telus.net	July 20 – 27
	Andy Lee	(250) 727-0454	sguenther@shaw.ca	n/a

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:

Andy Lee, **Chair**; Suellen Guenther, John Hopewell, Mark Danley, Jeri Dause, Mary-Ellen Nicol.

IN THIS ISSUE

Sunday Services	1	Ads.....	20
Committee on Ministry, Ministers Away	2	BMOD, Calendar, Birthdays, Member Info.....	21
In This Issue, From the Editors.....	3		
UUA General Assembly Report.....	4		
Location Task Force.....	7		
President's Report.....	8		
Book Sale, Radeya's Story.....	9		
Share the Plate Request.....	10		
Share the Plate.....	11		
Refugee Report.....	12		
Refugee Fund Commitment Form	13		
New Church Directory, Community Breakfast	14		
Green Corner	15		
GVAT.....	17		
UU Summer Camp	18		
Staff, Chaplains, C&C.....	19		

**DEADLINE FOR
SEPTEMBER
NEWSLETTER
IS AUGUST 15**

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 Word. Send pictures in jpegs.
4. Take the deadline seriously!

Also.....



UUA General Assembly, Spokane, June 2019

A Report from Delegates Fran Pardee and Marion Pape

Fran's general impressions:

I had my heart set on attending the UUA General Assembly in Portland in 2015 but my plans were thwarted by a cancer diagnosis and subsequent treatment which ended a couple of weeks before that GA was to begin. Even though I was feeling pretty well at the time, my prudent self-realized it was unwise to travel to the US given the financial implications of a medical problem occurring south of the border. I was delighted to see that the 2019 GA was once again going to be held in our neck of the woods and I was determined to go. Fortunately, Marion Pape was also interested so we planned our trip together.

The GA was all I had hoped for and more. There were over 2700 registrants and 1400 of those were delegates eligible to vote at the business meetings. Some of those delegates were off site and linked in to the business sessions electronically to discuss and vote. Both Marion and I were delegates. I was truly impressed by the logistics of managing the process of voting at the business meetings. There were some wobbles on the first day, but knowing it can be a challenge to come to agreement when there are a dozen people sorting through an issue, it was quite the feat to have speaking and voting procedures worked out so that for the most part 1400 folks could participate and feel heard.

I attended the 30-minute worship service every morning – the music was top notch and the speakers excellent. There were two big screens on either side of the stage up front and the techno wizards did a fabulous job of closed captioning for the homilies and lyrics for the music. There was a five-piece band at all worship services and the soloists were wonderful. Although there were a lot of people in the room, I felt surrounded by my 'peeps', singing songs we knew and hearing words that reflected our common bond. "We shall be known by the company we keep, in this great turning we shall learn to lead in love."

There was great effort made at the conference to address the needs of people with disabilities, including scooter rentals, closed captioning, and spaces along the center aisles designated for people using scooters as well as their companions. I learned a new term... 'centering the margins'. It's about the process of ensuring that those who have typically found themselves on the margins, like people with disabilities and people of colour and the LGBTQ community, are put front and centre. To that end, the co-moderators of the conference were a transgender man and a black woman, who did a great job.

The WARE lecture was a highlight of the conference. This year Richard Blanco gave the lecture. He was selected by President Obama as the 5th inaugural poet and has recently released a book of poetry titled "How to Love a Country". He's Latino, from an immigrant family and openly gay. His lecture can be watched online at the UUA website. He was funny, tender, and humble. And to everyone's delight he felt inspired to do a little curtsy at the end of his talk...a first he assured us! <https://www.uua.org/ga/off-site/2019/ware>

There are several other GA activities you can watch online. <https://www.uua.org/ga/off-site/2019> I particularly recommend the Opening Ceremony and Worship, Sunday Morning Worship, and the Saturday Closing Ceremony where a special presentation was made to Rev. Dr. Mark Morrison Reed, long time UU Co-Minister at the Toronto church. You can also see Marion and I helping to carry Mother Earth in the Procession of the Species video online.

Continued on next page...

Continued from previous page...

I've been back home for a couple of weeks now, digesting all I learned and felt. The conference theme was the Power of We, and at every turn we were challenged to think about who was the We and who might be being excluded from the We. Diversity was front and centre. The UUA is going through significant soul searching and undertaking systemic change regarding its own practices, which were acknowledged to have reflected white supremacy culture. The current UUA President, Rev. Susan Frederick-Gray, is working to change that. She was challenging and inspiring and moved me to tears on several occasions. I think she's the right person at the right time for the work that needs to be done.

Marion's report from UUA

With my President's hat on, I listened and learned about prevailing opinion in the US context around white privilege, diversity, board governance, the Future of Outreach, and the Power of Congregation-Based Community organizing similar to what we are doing with GVAT in Victoria.

Fran Pardee and I decided to travel to Spokane sustainably by taking the Victoria Clipper and Greyhound Bus to UUA GA. This was an experience all of its own which is another good story. Ask Fran about the youth hostel in Seattle.

The GA was interesting and exciting with much passion and commitment. People attending felt they were making a difference and knew they needed to be unified and powerful. UUA has begun the transformative process of reforming its own leadership and governance with a Commission on Institutional Change. This is attracting and engaging marginalized populations who know that working together is the only possible way to get results. Youth energy was also audible and visible.

The Power of We Conference theme: Rev. Susan Frederick Gray succinctly captured the mood of the times in her opening homily:

“There was a time when Unitarianism led some to think that perfectibility—of the character, of our virtues, of society, was the path to salvation. But it was our Universalist forebears who saw the brokenness in the world and loved it all the same. Universalism that saw how love could bring forth a rose from the cracks. And that is the kind of love—that is the kind of religion—that has the power to bring more wholeness, life and freedom for us all...What we are signing up to do together is no easy task. To build a community that can be a container, a cup, to nurture a love that burns so brightly and boldly it acts as a force for justice within our lives, our congregations and our movement as a whole. This would be a resilient community, a community of deep commitment and practice where we don't let go of one another because we know that “letting go is not loving—and it is far too dangerous for that here”. A community where love and solidarity help us develop a greater capacity for community, for risk, for courage, for truth telling, for vulnerability and joy. This is the kind of love that can change the world. This is the kind of love that can tend a flame strong enough to light up a movement for justice and peace”. See full homily at <https://www.uua.org/ga/off-site/2019/worship/thursday>

Continued next page

Continued from previous page...

Here are some nuts and bolts for those of you who might wish to investigate further with the attached links.

Board governance. Take-aways from the session:

[Right-size your leadership needs: Start with the Board \(Ideal Board size is 7 including Minister\); Move away from Committee to Task Forces and Teams; Use the “Rule of Five” to match leadership needs to current congregational interests. E.g. Any group of people can start a project in a Congregation as long as 1\) It aligns with the mission, vision, and values of the Congregation. 2\) The five people are committed to leading the project during and for its duration; Congregations with fewer programs and that move members along a path of spiritual growth are more likely to be vital and growing.](#)

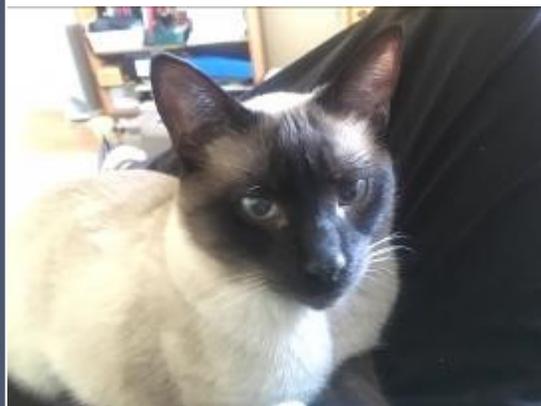
See slides at <https://tinyurl.com/GA19Leadership>

[***I was pleased to note that UUA has a year -long board training program that is free to watch. We will be investigating it if anyone would be interested in joining us.](#)

Create Justice! The Power of Congregation-Based Community Organizing: Spokane Alliance (GVAT equivalent) and UUA presented models of Congregation-Based organizing. Over 200 Unitarian organizations are participating in developing broad based member organizations, building the power to act, based on deepening relationships, sharing values and challenging people to listen to one another. The process involves: Listening, Research, Discernment, Action and Evaluation. It was exciting to see how Unitarians were showing up in leadership and engagement in broad based organizing at UUA.

The Future of Outreach: This session was useful in helping to develop a Communications Strategy for FUCV. It included Why storytelling is important-past, present and future; What makes a good story (Conflict, Contradiction, Controversy, Colourful language, Casts of Characters); How stories can shape our culture; Telling stories ethically; Practice. The 2nd session dealt with Digital Communication channels; an outreach plan; and our community of practice.

https://www.uua.org/sites/live-new.uua.org/files/190622_213_437_future_outreach.pdf



Cat Sitter Wanted

We are looking for someone to spend two weeks in January at our lovely little house near Hillside Mall with our very gentle, social, and fun hypoallergenic kitten, currently 1 year old.

We also need someone to drop by for a few hours at other times. Please contact Sheila Drew at sheiladrew@shaw.ca Thanks.

Location Task Force

The Task Force has learned that our congregation overwhelmingly supports remaining at our current location. However, we have also learned there are problems for many in accessing some of our programs and some other issues relating to our large property and rural location. The Task Force is currently working to find solutions that will alleviate these issues.

Offsite Events – Work is proceeding on offering monthly Sunday afternoon services in central locations this fall. Our Ministers will repeat the sermon presented at the Sunday morning service. In addition, the team is investigating adult learning programs that could be offered offsite and Soul Matters groups. Volunteers are needed to work on these options.

Transportation – The team is working on piloting a shuttle to the church from Royal Oak Transit Exchange. This would enable people to take public transportation, cycle, walk, or drive to Royal Oak then take a van or taxi shuttle to the Church from there. We are also hoping to improve ridesharing options. The intention is to remove barriers to attendance for as many people as possible. We will need one volunteer weekly to oversee the shuttle and ensure no-one is left behind.

Social Action – You may wonder what does social action have to do with the Location Task Force? Our survey told us that many members feel our location has prevented us from involvement in direct social projects even though the Social Responsibility Coalition is very engaged in many activities (see Page 24 of the June Newsletter). For example, we can't run a soup kitchen or shelter in our location. Many of our members are individually involved in those activities but mostly not under our congregation's name. There are some exceptions to that such as the Sandy Merriman Meal Cookers. The Task Force is hoping to increase the amount of community actions done in the name of the church. Volunteers identified as our members will work at the Food Rescue Warehouse at 808 Viewfield Road on a regular basis. We need at least five volunteers to work once a month on an ongoing basis.

Property – The space analysis is underway a draft report is expected by September.

Garden – The Task Force appreciates the work of families and individuals growing produce in our gardens. This project is well underway as can be seen from the vegetables sold for the benefit of the church on Sunday mornings, and does not fall under the purview of the Task Force.

If you have questions or wish to help with any of these projects, please talk to us or email LocationTaskForce@victoriaunitarian.ca

John Hopewell & Liz Graham
Co-Chairs, Location Task Force

We are a busy church even in the summer. A very successful Pride event featured FUCV with many new families including children, dogs, trikes, scooters and strollers. Many from Capital Fellowship joined the parade and added greatly to the enthusiasm. Thanks to everyone for pitching in right to the end of the rainy afternoon while children dropped by to try their luck with the neat games at the FUCV tent. Ollie took photos and Shannon posted some on the church Facebook page.

Generosity:

The Buddhist *paramita* of generosity means that from the depths of the heart, we practice offering love, compassion, time, energy, and resources to serve the highest welfare of all beings. The generosity of our church members never ceases to impress me. Fundraising projects are happening even through the summer months into the fall season. We acknowledge that this is difficult but cannot be changed.

The HOW Project funding is close to reaching its target for two projects. Our intrepid Refugee Team held a very successful summer picnic/BBQ under the willows on Sunday, July 14 to fund extended family members to come to Canada as refugees to join the Syrian family we sponsored last year. To date, we already have commitments or cash for \$18,500, which will allow us to begin the application process. What an accomplishment!

Simultaneously, the ABC Team is planning for the FUCV Annual Pledge Campaign in October and the church will need a substantial increase to fund a staff benefits package as an important new initiative. That will, hopefully, take us through to 2020 with no additional calls on your generosity.

Doug McGinnis has regretfully resigned from the Board. His expectation is that he will be in a much stronger position to take on this kind of role in the future.

Property Team Members needed:

Nancy Dobbs and Marion Pape are working with John Tiffany to recruit a Property Team that can identify projects needing attention within our beautiful church. If this would interest you, as a member of a volunteer team, please contact Nancy, Marion or Tiff.





Keep Piling Up Your Books For Our GIANT BOOK SALE!

Saturday, September 21

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

Would you like to help?

Please contact booksale@victoriaunitarian.ca

Or call Karen (250-588-7177)

Our new Book Sale Team of Liz & Mike Graham, Karen Furnes, & Barry Wiebe are organizing the sale this year and they look forward to hearing from you.

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, encyclopedias, Reader's Digest Condensed books, computer books, or magazines. They don't sell. Please take them to a recycling centre.

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

For World Refugee Day the HOW 2009 micro-finance project made 20 loans to female refugees living in camps in Lebanon. To date we have made 1963 loans equaling \$49,200! Meet one of our entrepreneurs:

Radeya's story

Meet Radeya again! She still loves clothing; she accentuated that generally women are intrigued with fashion.

This lady is a 34-year-old Palestinian single lady who is looking for a successful life. She lives with her family in a rented house located in the Tripoli area in a camp for Palestinian refugees. She decided to be a productive lady and work on something she loved, so she established her business two years ago in a rented store and started working on selling clothing. For the second time, Radeya is asking for a loan from Ibdaa, a Kiva partner. She requested this loan to purchase a new set of women's wear to keep pace with fashion to support her business and attract more customers.

She says that the reason for her success is believing in herself and the confidence she wears. Radeya is still a successful lady full of hope, energy and good manners. This lady is seeking to expand her business gradually in the future. She thanks you again for your support!



Lisa Greenly

TURN YOUR COMPASSION INTO ACTION

SUBMIT A **SHARE THE PLATE** REQUEST

Share the Plate is an ongoing and visible way to support social justice work being done in the community. Submitting a Share the Plate request is an opportunity to be of service to the congregation and to interact with a team of friendly and dedicated members. We organize congregational giving to charities on a monthly basis where we split the collection between the church and a charity. Members and friends can suggest charities, and the share the plate team approves and schedules them, and provides support for the proposer to implement the appeal.

We are looking for FUCV members and friends to submit suggestions for Share the Plate charities to be implemented in the fall and on into next year. It is a great way to raise money for your favourite charity and to raise awareness and opportunities for service with the charity. In doing so, with the help of the

Share the Plate team, you must be willing and able to:

- Research the charity prior to recommendation;
- Make contact with the charity once selected;
- Provide information and materials for an article for the monthly newsletter, E-weekly and Order of Service;
- Provide information and materials for a display on the Social Responsibility Coalition shelf in the lobby; and
- Be present at the Social Responsibility Coalition shelf after the service on the first Sunday of the month, and preferably on the other Sundays, or have a representative there to answer questions and promote the cause.

Share the Plate request forms are available in the church office or online at <https://victoriaunitarian.ca/wp-content/uploads/Share-the-Plate-Application.pdf>. Once completed, it can be returned to the church office or to Jim Willis. For further information contact Jim Willis, Margot Lods, Christine Johnston, Christine Petronis or Karen Sharlow.

About 40 years ago Sandra found herself in a tiny, dark, out of the way basement office speaking with Brenda Wilson, the Director of the Citizens' Counselling Centre (CCC). The Centre at that time was located in the 'old' Metropolitan United Church on Pandora (now the Victoria Conservatory of Music). Sandra had the privilege of taking one of the early volunteer counsellor training programs at the Centre. Since then the Centre has grown and flourished under Director, Brenda Wilson's leadership, having provided over 22,000 people with counselling and now owning a modern building on King's Road in Quadra Street Village.



August's Share the Plate recipient is the **Greater Victoria Citizens' Counselling Centre**. It was established in 1969 by a couple in the congregation of the Metropolitan United Church. The Centre provides short-term and affordable individual, couples, and group counselling (psycho-educational including CBT and Mindfulness approaches) to 1,200 adults annually with all counselling offered by trained volunteers supervised by Centre professionals. The Centre selects, trains, and supervises 18-20 volunteers each year in a 10-month training program. Trained volunteers each commit to providing 250 hours of counselling in return.

The Centre believes that accessible, timely and appropriate short-term emotional support can help prevent or mitigate family breakdown, the effects of mental disorders, suicide, and violence against others. Counselling is low or no cost, with day, evening, weekend appointments available and is accessible. Clients are offered 1-10 counselling sessions on issues including depression, stress/anxiety/panic attacks, anger, grief and loss, self-esteem, relationship and communication, abuse, and past and present addiction issues.

Almost 20% of the Centre's clients have been diagnosed with a mental illness, 33% have addiction issues and 25% take medication for emotional problems. Many are unemployed or under employed. Increasingly the Centre provides counselling support to LGBTQ clients and clients with gender orientation issues. In addition, the Centre is seeing more clients with multi-cultural challenges, particularly in couples counselling.

Timely and appropriate short term counselling prevents an exacerbation of mental disorders, suicide, violence against others and severe emotional difficulties, and provides stability and support for clients coping with difficult, sometimes overwhelming situations. Couples counselling prevents family breakdown and the Centre offers the only low cost couples counselling available in the region. The Centre is well known and respected by government mental health agencies, the medical community, the professional counselling community and community agencies, all of whom refer clients to them.

Please give generously to this essential and deserving community service.

FUNDRAISING STARTS TO SPONSOR KHALED'S PARENTS AND BROTHER

The FUCV Refugee Committee kicked off a new refugee fundraising campaign on July 14 at a picnic under the willow tree. Khaled's barbequing skills were on display and hotdogs, ice cream, Nancy Dobbs' music and kids' games all went down well.



The campaign to bring Khaled's parents Mohammad and Fatemah and his 16 year-old brother Abdulrahman to Canada will run until September 15..

The family fled Syria at the same time as Khaled and Raweah (2012). They are UN registered refugees currently living in Jordan. Mohammad owned his own construction business in Syria, specializing in aluminum frame windows. He did contracting in other Middle Eastern countries and speaks some English. His son is studying English, has trained as a barber and is working evenings to help support the family.

It will be at least a year after our sponsorship submission is received before the family arrives. However, we need to raise at least 75% (\$30,000) of the necessary funds before the CUC can start processing our application. Donations now will be welcome, as well as commitments to donate whenever you can. See the Refugee Fund Commitment Form below for details. Thank you to all of our generous donors who have already committed an amazing \$18,500!

Members of the Capital Congregation have contributed both funds and volunteers to our efforts. FUCV volunteers have met once, and more volunteers are most welcome.

Our sponsorship for Khaled, Raweah and the children will be complete in October. Khaled just landed a full time job as a cabinetmaker, his trade in Syria, so there is every prospect they will be able to support themselves in Canada.



Please contact Kristina Stevens if you can help reunite this wonderful family.

Continued next page

**First Unitarian Church of Victoria
Refugee Fund Commitment Form 2019 - 2020**



Name: _____

Address: _____

Please return this form to:
Refugee Committee
First Unitarian Church of Victoria
5575 West Saanich Road
Victoria BC V9E2G1

Commitment Details

My total commitment to the Refugee Fund for the one-year period, September 2019 through August 2020, will be:

\$

- I will pay the following amount in a lump sum: \$ _____ .
 - My cheque for the lump sum amount is enclosed.
 - I will pay by electronic bank transfer (Interac).

- I will pay the following amount each month for __ months: \$ _____ .
 - My cheques for the monthly amount are enclosed.
 - I will pay by electronic bank transfer (Interac) monthly.
 - I would like to pay using the church's automatic transfer system. I agree that the transfer will occur on the 2nd day of each month.

NOTE: Please mark "Refugee Fund" on all cheques.

If donating by Interac transfer, please send to churchoffice@victoriaunitarian.ca, specify "Refugee Fund" and use the password "FUCV1234".

Signature: _____

Date: _____

Thank you for your support!

New Church Directory to Launch September 1st!



On September 1st, Members and Friends will receive an email with instructions to access an online photo directory through a platform called Breeze. With a unique password-protected log-in, you will be able to view the directory on your computer or smart phone (hard copies of the directory will still be available at the church office for those who prefer it).

With the new directory, you will be able to update your own contact details and access your individual contribution history. You will also be able to find contact information for other Members and Friends, search the community by various criteria including Neighbourhood Group, email people, view the church events calendar, register for selected programs, and submit forms (among other things).

The online directory includes a photo component. If you have not yet had your photo taken at the church and wish to, please contact First Unitarian's resident photographer, Mary Cramer, at marycramer4455@gmail.com or 250-477-1615. Once you have a Breeze account, you will also be able to upload your own photo(s).

We are excited to launch this new offering. Watch for detailed information and instructions in the September newsletter!

COMMUNITY BREAKFAST

BREAKFAST BEFORE CHURCH

– offered by the Community Dinner Crew

Sunday September 8 is Breakfast Before Church in the Lion Hall starting at Sanctuary at 8:00am



We will be serving scrambled eggs, pancakes, sausages, fruit salad and other delicious offerings!

Vegetarian and vegan options will be available. Breakfast Before Church is a multi-generational event and an opportunity to meet new people or catch up with friends as we start off the 2019 – 2020 church year over a casual, fun and delicious meal.

Everyone is welcome!

To help with clean-up and to be able to allow the Coffee Crew to be ready with coffee after church the last meal will be served at 10:00

Breaking Up with Carbon

In the past year, my husband Jim and I made a concerted effort to shrink our carbon footprint, so we made some changes in our household:

We decided to stop flying (barring a family emergency);

We decided to never board another cruise ship;

We switched to 50% Renewable natural gas ([Fortis](#) offers: 5%, 10%, 25%, 50%, and 100% renewable blends);

We installed a heat pump to replace baseboard electric upstairs and natural gas radiant floor heating on the main floor;

We upgraded our attic insulation;

I cut back on buying stuff, especially clothes (Jim didn't need to); and,

We decided our house was renovated enough.

Here's what we haven't done:

We haven't bought an electric car yet; we continue to share a Toyota Camry hybrid;

We haven't replaced our gas stove with an electric model;

We haven't changed our diet (we haven't eaten red meat in 20 years, but do consume poultry, fish, eggs, dairy, chocolate, coffee, and wine); and,

We still haven't figured out how to go completely plastic free.

To measure our progress, I calculated our "before" and "after" footprints using the following four Carbon Calculator tools, plus I did a fifth estimate using a book:

[District of Saanich Carbon Calculator](#) – this newly upgraded tool is quick and easy; it's tailored to our local utilities and environment.

[WWF Footprint Calculator](#) – I like this easy questionnaire from the British World Wildlife Fund even though it estimates costs in British pounds.

[Sitra Lifestyle Test](#) – This Finnish test is quick and easy, plus it's the only one that includes ferries (hint: just say you have "ecological electricity" and that you live in "Southern Finland");

[CoolClimate Calculator](#) – this is a peer-reviewed calculator, but it takes more effort, and I'm not sure how well it adapts to Canadian data (e.g., does it want my household expenditures in USD or CAD?);

I manually calculated our footprint using [Peter Kalmus'](#) great book *Being the Change: Live Well and Spark a Climate Revolution*.

Note: one big carbon binge we took last year was a family reunion cruise, which wasn't accounted for in any of the above tools, so I used the [myclimate](#) cruise calculator for that.

How did we do?

Note: For comparison, the average Canadian carbon footprint is 15 tonnes and the average global footprint is 4.3 tonnes.

As you can see from this chart, carbon footprinting is not yet an exact science! Our 2018 footprint ranges from **7.5-25.6** tonnes of CO₂, depending on the calculator used. Our 2019 footprint (pro-rated for a full year) ranges from **3.2-20** tonnes. This is a huge variation!

Continued next page

Continued from previous page...

However, if you throw out the highest (CoolClimate) and lowest (Saanich) estimates, the other three are fairly similar. Our average 2018 footprint from the middle three estimates is **16.5 tonnes** and 2019 is **6.6 tonnes**. **This represents a 60% reduction in our carbon footprint!**

Clearly, the lowest hanging fruit for Jim and me is stopping cruising and flying: a 12-day cruise emits 2.6 tonnes, while flying to get to the cruise (Victoria to Florida) incurs an additional 5.3 tonnes. **So, our trip totalled 7.9 tonnes, almost 10 times as much as the 820 kg we emit from driving our hybrid 10,000 km for an entire year!** Another big carbon item was our bathroom renovation last year, which I estimate to be 3.4 tonnes per person. Going 50% renewable natural gas saved us 1.4 tonnes, and buying less stuff has saved us 600 kg.

Where should we be?

The news is full of stories depicting how dangerous it is for our planet to warm above 1.5°C. So, what kind of personal carbon footprint is compatible with holding warming to that “safe” level? According to the 2019 report *1.5*

Degree Lifestyles, **we should aim for a personal carbon footprint of 2.5 tonnes by 2030 and 0.7 tonnes by 2050.** My Twitter friend from Finland, Aarne Granlund, who assisted in the *1.5 Degree Lifestyles* report, recommends, “If you are above the 5-tonne average now, I advise cutting your contribution in half as fast as possible.”

<https://www.weforum.org/agenda/2019/01/chart-of-the-day-these-countries-have-the-largest-carbon-footprints/>

According to Kalmus (2017), who includes the cloud, contrail, and ozone warming effects of flying. But even ignoring such factors in flying, our round-trip flights to Florida emitted 2 tonnes of carbon per person.

https://www.aalto.fi/sites/g/files/flghsv161/files/2019-02/15_degree_lifestyles_mainreport.pdf

Reality check

We’re glad that we’ve made a start on our footprint, but it’s a work in progress. High carbon footprints are the responsibility of the privileged in this world. If you want to discover what your footprint is, I encourage you to try one or more of these tools. And, if you want to work at reducing your carbon footprint, our One Planet Saanich team is planning a **Carbon Challenge** starting this fall. As Tom Bailey, *Head of Sustainable Consumption at the C40 Cities Climate Leadership Group*, observes:

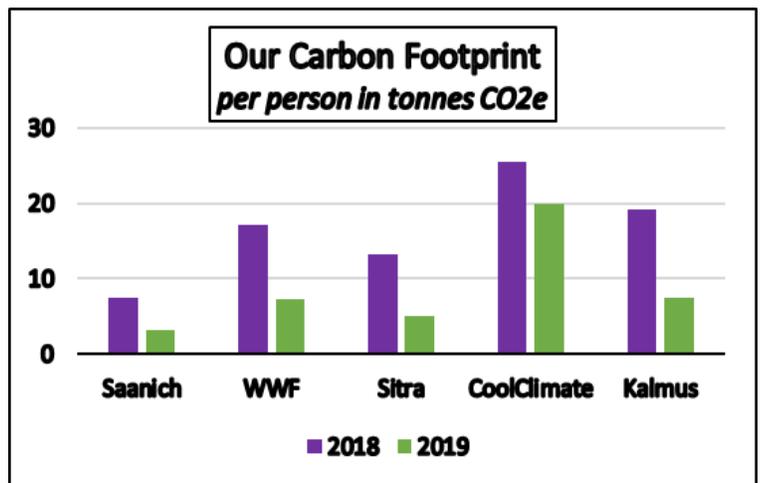
Many people...around the world don't have enough; but those of us with high consumption lifestyles need to balance it out. The main responsibility will always be with large business and governments to fix the mess we're in, but we're now at a point where it's so late that we need action from everyone. You're not disempowered just because you're small, and politicians won't move until we do. Each person can make change happen, so why not do it?

Recommended Reading

Berners-Lee, Mike. *How Bad are Bananas?: The Carbon Footprint of Everything*. Vancouver: Greystone Books, 2011.

Kalmus, Peter. *Being the Change: Live Well and Spark a Climate Revolution*. Gabriola Island: New Society Publishers, 2017.

<https://www.theguardian.com/science/2019/jun/29/no-flights-four-day-week-climate-scientists-home-save-planet?>



EXCITING NEWS!!

Our church is perhaps one of the most active member organization of GVAT (Greater Victoria Acting Together). This was in good part due to the leadership, support and enthusiasm of Rev. Melora who originally promoted the principles of GVAT.



First Unitarian voted unanimously to become members in January 2018. GVAT now has 21 member organizations represented by 47,000 people! We understand the incredible power of civic organizations when harnessed for the Common Good.

After the departure of Flossie Baker, GVAT's only full-time paid Organizer, the GVAT Board/Selection worked tirelessly to fill the position. Although there had been considerable interest in the job posting, and the task of sorting through the applications to find a suitable candidate was arduous, I am very pleased to announce that the Selection Committee has hired Mr. Chester Phillips as the new full-time organizer. Chet started with GVAT on Monday, July 15 and engaged with a "Connect the Dots" workshop and participated in his first Housing ART meeting. Chet is currently doing a 5-day training in Los Angeles and on his return will begin to get to know the wonderful individuals and organizations that make up GVAT. He will be expected to organize events, keep everyone informed through newsletters and other news outlets and keep track of the work of the two Action Research Teams (ARTs).

Chet Phillips is a recent arrival in Victoria after 22 years in southern Arizona, where his work focused on organizing and empowering student organizations to create positive institutional change on the University of Arizona campus and in Tucson. Prior to that he worked with grassroots organizations in southern Arizona on collaborative conservation planning and institutional relationship building.

He is guided by the saying that "An individual can resist injustice, but it takes a community to do justice."

At our Discernment Day, last November, the two top choices that emerged as a result of the democratic voting process from all organizations present, resulted in Housing and Mental Health/Addictions as being the top priorities to focus our attention with a view on both topics through a Climate Change and Reconciliation "lens". Subsequently, two ARTs have been formed with Todd Littman chairing the Housing ART and Keith Cherry chairing the Mental Health/Addictions team. These groups have already met several times and are beginning the task of collective research and learning; developing a shared vision and identifying specific action opportunities.

We are delighted to welcome Chet to Victoria! The weeks ahead look exciting as we, under new leadership begin to develop our strategy for moving from the problem to the solution and to create the power we need to effect change.

There's still time to become a member of the Housing or Mental Health and Addictions ART, and we need you! If interested, speak to Marion Pape, Susan Layng, Kym Hines or Philip Symons.

UNITARIAN UNIVERSALIST SUMMER CAMP AUG 9, 10 + 11 2019

Registration is now open for UUIN summer Camp at

<http://viuc.unitariancongregation.org/summer-camp/>

From the ingathering and campfire on Friday night, to the program, activities, talent show and dance with live music on Saturday, to the outdoor Sunday service, there is something for everyone at camp.

Bring the whole family to Camp Pringle on beautiful Shawnigan Lake, and connect with other Island Unitarians at this family friendly, fun weekend.

Have questions about registration? Contact the Summer Camp at UUINcamp2019@gmail.com



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

President	Marion Pape
Vice President	Steve Sharlow
Treasurer	Kathleen Zimmerman
Secretary	Audrey Taylor

Board Members

Trustee	Bruce Nicol
Trustee	Nancy Dobbs
Trustee	Ollie Belisle
Trustee	Susan Layng
Trustee	John Tiffany
Trustee	Jim Willis

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

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

"AT YOUR SERVICE"

Assisting Seniors 40 to 93 with

- Downsizing
- Decluttering
- Home Care & Support

Contact: Sandra Jacobsen
Phone: 250-370-1204
Email: samvic@shaw.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 (a cross from Red Barn Market)
250 592 4411 info@islandmontessori.net
www.islandmontessori.com



NEURALIVE
technology

HAVE YOU TRAINED YOUR BRAIN TODAY?
NeuroOptimal®
Neurofeedback

To improve learning, attention, mood, and overall well-being.

Elinor A. Bazar, MA RCC
250-389-2819 | neuralive.ca
2035 Oak Bay Ave

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

Yana Petronis Counselling



Support in living a fulfilling and joyful life.

yanapetronis.com
yanapetroniscounselling@gmail.com
(778) 679-3163

Yana Petronis, MA, CCC

Sliding scale available.



Robin's Face Value

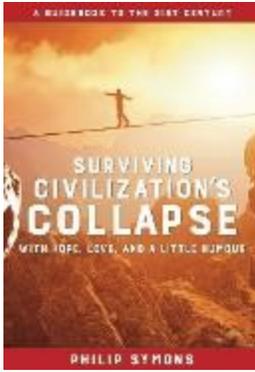
Today is a good day to look and feel good!

SeneGence
long-lasting Cosmetics and Skin Care
Not tested on Animals
Gluten Free
Non-GMO

robinvangessel@gmail.com

Ads continued next page

Ads Continued:



Surviving Civilization's Collapse

with hope, love, and a little humour

by Philip Symons

An easily read, 65-page guide
now in all major bookstores
Victoria, \$16.95

CLICK HERE

CALENDAR

August Birthdays

- 1 Galina Coffey-Lewis, Frank Monaghan
- 2 Sharyn Alexander, Oceanna Hall
- 3 David Hoadley
- 4 Mitra Atma
- 5 Gayle Elson, Bill Glassman
- 6 Dolores Appleton, Kym Hines
- 7 Demetrius Lynngood
- 8 Kimberly Bramadat, Fran Dearman, Ernest Kassian
- 9 Marya Nijland, Glenys Thompson
- 10 Madelaine Clark, Mel Johnston
- 11 Susan Breiddal, Karen Lee Pickett
- 12 Don Mills
- 13 Diane McLaren
- 17 Scott Sollazzo
- 18 Katherine Jones, Lynda Mazerolle, Linda Siegel
- 20 Linda Stanton
- 21 Emma Lentz, Lies Weijs
- 22 Karla Thomson
- 26 Evan Guengerich, Glenyss Turner
- 27 Pat Conroy
- 28 Astrid Firley-Eaton
- 29 Anna Sollazzo
- 30 Sandra Emerson
- 31 Herb Girard

Board Members on Duty

- August 4** Audrey Taylor
- August 11** Ollie Belisle
- August 18** Jim Willis
- August 25** Marion Pape

Contact Changes

Robin Sacker-van Gessel & Jan van Gessel

1279 Derby Road

Victoria BC V8P 1S7

Grand Central Neighbourhood Group

Phone number (250-384-6927) and email (familyvangessel@gmail.com) remain the same.

Penny Furnes

218 - 3965 Shelbourne Street

Victoria BC V8N 6J4

Gordon Head Neighbourhood Group

pennyfur27@gmail.com

Phone number (250-652-8551) remains the same.

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 15**.
Copy should be sent to
newsletter@victoriaunitarian.ca.



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

Staff :Barbara Nyland and Jen Young (editors); Nadia Kozak
and Shannon Oatway (production, distribution and paid
advertisements).