



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

SERVICES IN SEPTEMBER

SUNDAY SERVICES BEGIN AT 10:30am



DATE: September 1

TITLE: What is Mine to do

HOMILIST: Rev. Carrie Hunter

Chalice Choir

WA: Kressa Sisu

Behind the creative power of every human mind is a better way to think and a better way to live. More than ever, as we look at the world today, we may be longing for this – not just for ourselves but for every living being. That can feel overwhelming. How does one person make a difference?

Rev. Carrie Hunter takes us on a journey of self-discovery with this presentation on September 1st. She has been a Science of Mind minister for 15 years and practitioner for 22 years. She also has a background in journalism, film and television and as a communications consultant. She is presently the Senior Minister for the Centre for Spiritual Living, Victoria.

DATE: September 8

TITLE: Love Calls

HOMILIST: Rev. Melora Lynngood

Chalice Choir

WA: Lynne Bonner

We begin the “church year” by looking at “intention.” At the Unitarian Universalist (UU) General Assembly, one speaker phrased it as a question for daily spiritual practice: “How is Love calling me to act in this world today?” How would you answer that each day? How might we answer that question as a UU community?

One of the things we UUs are being called to at this moment in our history is a deep dive into anti-oppressive, anti-colonialist, multi-cultural, diversity-affirming work. It requires openness and humility.

September 8 service continued next page

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](#).

September 8 service continued

We are striving to be a learning community rather than a learned community. We are learning about ‘micro-aggressions,’ ‘white fragility,’ and to be sensitive to the dynamic interplay between intent and impact. We are learning how to do effective bystander interventions - how to stand up for one another when one among us is being targeted for a marginalized identity (e.g., immigrant, transgender, Indigenous, Muslim, Jewish...). The rise of identity-based violence and wall-building xenophobia is making this world a scary place for all of us. How can we band together across differences and answer the call of love?

DATE: September 15

TITLE: Setting a Path for our Lives

HOMILIST: Rev. Shana Lynngood

No choir

WA: Samantha Magnus

Many spiritual teachers speak about the importance of setting an intention for our days, and therefore, our lives. What does that mean? How do we react when we do well at living as we intend and how do we forgive ourselves when we fall short? Because modern life often encourages us to live quickly and somewhat obliviously, how might a sense of intention help us find greater purpose?

DATE: September 22

TITLE: Beneficiaries of a Genocide

HOMILIST: Michelle Brown

No choir

WA: Susan Layng

"Drive to work all day, try to sleep at night / Beneficiary of a genocide." These lyrics, from "Beneficiary," by Wintersleep, can be uncomfortable to grapple with. This was the kind of grappling done during the sustained dialogues on "Reconciliation and Relationship" we hosted for Victoria Unitarian Universalists and guests in the spring of 2019. This service will include elements of reflection and response to this song, and on our personal and collective paths of reconciliation. Michelle's homily will address her experience co-facilitating these sustained dialogues, both at the church and at the Centre for Studies in Religion and Society at UVic. An opportunity for further dialogue among interested participants will be held after coffee time. Childminding for wee kids and children's programming for school aged children and youth provided. Michelle Brown is a Cree Métis poet, performer, and homilist. She is a member of the Advisory Council at the Centre for Studies in Religion and Society (UVic) and a retired treaty negotiator.

DATE: September 29

TITLE: An Intergenerational Web of Intentional Care

HOMILIST: Rev Melora Lynngood and Arran Liddel, Director of Spiritual Exploration and Learning

Chalice Choir

WA: Oliver Belisle

Some say that meaning in life can be found when we allow ourselves to care about others. When others matter to us, and when we matter to others, we become a part of one another's stories. We carry one another around in our hearts and minds. This is part of what we do in church community. We care for one another. Whether you walked in the door for the first time, or whether you are a dear friend, whether you are 5, 55, or 95, we care about one another's struggles and delights, we wish one another well. Thus we are knit together in the interdependent web that holds us all. In this service for all ages, we explore how we can nurture this web of care with mindful intention.

DATE: September 29, 7:00-8:00 pm

Jazz Vespers with Rev Shana Lynngood and Mary Byrne, Karel Rossingh, Damian Graham, Joey Smith

Theme: "The Wedding?"

For details see page 14

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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.

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!

NEWSLETTER DEADLINE NEWS

No more guesswork!
The newsletter deadline will be the 15th of the month
EVERY MONTH!

THEME QUESTIONS AND SPIRITUAL PRACTICES



Theme Questions and Spiritual Exercise

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

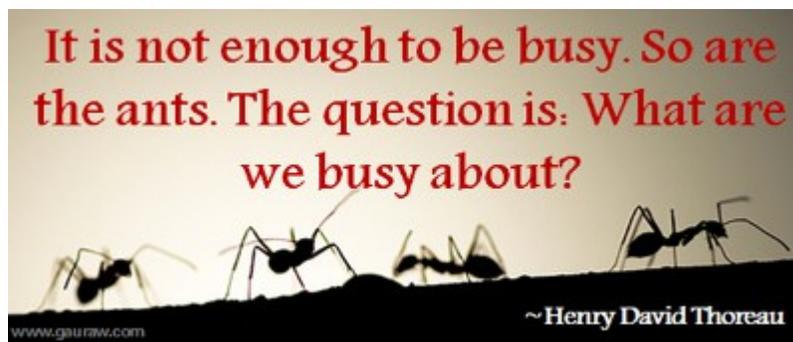
Here are some questions to spark your thinking from the UU Soul Matters Network. Discuss the questions at coffee hour with a fellow congregant, at the dinner table with a friend or with family, and/or journal about them on your own. If the list is overwhelming, scan it, and simply **choose one question** 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?

Bonus: If you **sign up for a Soul Matters Group** [See page 9], you can discuss these questions with your small group!

1. What is Love* calling you to do today? Ask again tomorrow. And the next day. What happens? Same answer? Shifting answers? [*feel free to use a substitute, e.g., ‘the still small voice within,’ ‘mother earth,’ ‘the interdependent web of life,’ ‘Spirit of Life,’ etc.]
2. As you contemplate this new ‘church year,’ what are your intentions for your own spiritual growth? Continue the practices you have in place (meditation, nature walks, yoga, etc)? If you were to shift one thing this year, what would it be?
3. Everyone has their own unique way of caring for this planet and those who dwell upon it – in UU congregations, we call this your ‘ministry’ (and ‘shared ministry’ is the work we all do together, as a congregation). Do you have a sense of what your own ministry is in the world? How are you practicing it within our congregation?

Continued next page

4. If you consider the kind of person you want to be, the kind of life you want to live, to what extent does your 'to do' list line up with those intentions? Is there a way to integrate your aspirational 'way of being' into even the mundane tasks of daily living?
5. "Find a purpose to serve, not a lifestyle to live." (Criss Jami) Are you serving a purpose or living a lifestyle?
6. We all "go along with the crowd" in some way. Which is fine as long as we are doing it intentionally and self-consciously. Are you doing it intentionally and self-consciously?
7. Have you been carrying with you an unrealistic intention, one you've put off again and again? Does carrying it around just make you feel bad about yourself? Is it time to intentionally be gentle with yourself and let it go?
8. "In any given moment we have two options, to step forward in growth or to step back into safety." (Abraham Maslow) In your next such moment, which will you choose?
9. Are you as good at assuming the good intentions of others as you are at defending your own?
10. If there are children in your life (your own children, grandchildren, students, clients, church kids), what unintentional message(s) have you sent them recently? How might you correct that message and replace it with the message(s) you wish to convey?
11. 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.



Spiritual Exercises:

These suggested spiritual exercises are two options 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 resources).

Option A : Filling In The Blanks With Intention

It's not easy to stay true to your deepest intentions. But often it's even harder to figure out what they are. This exercise assumes that our deepest self already knows our core intentions and our work is to decipher what it wants us to hear. To help, you are invited to fill in the uncompleted sentences **on the following page** and then step back to see what they are trying to tell you. When filling in the blanks, trust your instincts. In other words, don't spend a lot of time pondering what to put in the blank. Instead just write down the first or second thing that pops in your head. Think of it as a Rorschach test on intention.

Continued next page

After you complete the sentences on this page, use these questions to help you reflect on the work you've done:

- What would you change after giving the completed sentences a second look?
- What surprises you?
- Would your closest friend agree with how you filled in the blanks?
- What 2 or 3 sentences seem to merit your greatest attention right now?
- What single intention are you ready to make based on listening deeply to what the list of completed sentences is trying to tell you?

If you sign up for a Soul Matters Group (see page 9), come to your group ready to share the 2-3 questions that you engaged the most and why that was so. And if you are comfortable, consider telling the group what single intention you set based on the exercise.

Intentional Fill-In The Blanks

1. My most important promise to myself is _____.
2. I will help others by _____.
3. Because of me, my children will understand that _____.
4. I have always wanted to _____.
5. I am on this earth to _____.
6. I will learn more about _____.
7. I am avoiding _____.
8. If I could change one thing about myself it would be _____.
9. At my funeral, the two adjectives I hope people use to describe me are _____ & _____.
10. If I could go back and change one thing about my life it would be _____.
11. If I won or inherited a million dollars, the first thing I would do is _____.
12. If I won a free trip, I would love to fly to _____.
13. When I stop procrastinating, I will _____.
14. I am most happy when I am _____.
15. I want to spend the rest of my life becoming a _____.
16. I want to spend the rest of my life doing _____.
17. Looking back, I realize that I was born to _____.
18. In five years, people will be surprised that I am _____.
19. I have always intended to _____ once I have finished _____.

Continued next page

Option B:

Start Your Day with Intention

“At the beginning of the day, the mind is most open to receive new impressions. One of the most important things we can do is to take full responsibility for the power of the morning.”

-Marianne Williamson

“Your day is pretty much determined by how you spend your first hour.”

- Anon

This exercise invites you to explore the power of intentional mornings. Too often our days take hold of us rather than us taking hold of them. For at least one week, pick one of the below practices to begin your day with a greater sense of intentionality and purpose.

Pick A Word

Carve out some time each morning to complete the sentence: “Today I want to be/feel _____.” You can do this while you are meditating, brushing your teeth, eating breakfast or walking the dog. Just make enough room to pick one descriptive word that you want to walk with throughout your day. So many to pick from: generous, powerful, unruffled, trusting, present, nurturing, nurtured, kind. Pull that word into your awareness throughout the day. It helps to literally place it in front of yourself. Write it on a 3x5 card and place it on your desk or put it in your wallet or purse. Maybe even write it on your hand!

Get Grateful

Begin your day with gratitude. So many ways to do this. You can keep it simple by just sitting in silence and pulling into your mind the things you’re looking forward to or the things you are blessed with (your health, a family that loves you, a job you enjoy). One focused way is to start each day by thinking of 4 people you are grateful for in your life, letting the good energy from that relationship flow into you. Or maybe use a [gratitude jar](#) or write your gratitudes down in a gratitude journal and review its pages as it grows day by day. The point is to replace your to-do list and the morning news with thankfulness as the thing that launches you into the day.

Nourish

This route gives you permission to indulge yourself and give yourself the gift of generosity. It invites you to begin your day with the feeling of being gifted by life, rather than armoring up for the battle of another day. You can keep it very simple. For instance, shower with aromatherapy, treat yourself to a fancy cup of coffee, give yourself an extra 30 minutes to get ready at a slower pace or wake up early enough to see the sunrise. Whatever it is, add something to your morning routine that nourishes you.

Sort

Go ahead and pull out that to-do list and worry list. Write it all down. Then go through it and self-consciously pick the handful of things you will give your attention to and intentionally allow yourself to put the rest into a “parking lot” for some other day. The goal is to narrow the list and achieve a sense of manageability. Sounds simple, but most of us start our days with a hill of worries that just places a shadow over our entire day. End that feeling of “I’ve just got too much to do today” and move yourself into the space of “I’ve chosen the things I can and want to do today.”

Continued next page

Sing

That's right. Get up. Pick a song you love. And do nothing but sing it or sing along with it. Songs have more power than we give them credit for. Don't underestimate the power of singing as opposed to just listening. When the words come out of your mouth, the music gets more deeply into your body and spirit, enabling the feeling to stay with you and "set the tone" for the entire day.

Walk in Nature

Get out and connect with nature rather than the morning news. Let the smells, sights and weather on your skin remind you of your deeper and wider connections. Feeling a part of something larger helps you maintain perspective during the day. Feeling connected to the interdependent universe reminds you that you are not alone. Here's one version of a [walking meditation](#) if you're looking for some inspiration.

Be Silent

It's the most basic of spiritual practices: Empty yourself and let yourself sit only with silence and your breath. Here's a [5-minute breathing meditation](#) and a [TED talk](#) to help you out if you're new to this practice.

Inspire Yourself

Start your morning off with something that inspires you: a podcast, a poem, an inspirational audio book, a work of art from the internet or simply a quote. We find it so easy to begin our days with what is weighing us down. Why not turn things on their head and start with something that lifts you up?

Think

Did you know that many of the most famous writers, inventors and leaders set aside 2 hours a week to do nothing but sit and think? Sounds odd, right? I mean, when don't we think? The point is that most of the time what we call thinking is really working on a task. Rarely do we let our thoughts wander freely. We are not good at ruminating. So begin your day with some rumination. Sit down with your thoughts and see what *they* want to think about. Do it a little each day or take on the bigger task of finding two whole hours each week of this month. Here's [an article](#) that will convince you that it's worth it.

Meditate and Pray

The classics! If you don't have a daily meditation or prayer practice, use this month to try it on for size. There are lots of resources out there on the web. But the best route is to talk to a friend who regularly meditates or prays and ask them for a bit of guidance and inspiration.



What is my kid doing this month?

Regular program info is always [here](#),
for specific programs see:

[STARS \(age 2-5\)](#)

[SPACE \(Kindergarten-grade 5\)](#)

[World Religions \(grade 3-5\)](#)

[World Religions \(grade 6-12\)](#)

[Youth Leadership \(grade 9-12\)](#)

Highlights for this month:

Intergenerational Blessing of the Animals August 25, 2019 with Reverend Melora Lynngood

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.

SEL-CY continued on next page...

SEL-CY continued...

BREAKFAST BEFORE CHURCH

Sunday September 8, 8:00am Lion Hall

The Community Dinner Crew 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 am.



Outdoor Games Day

September 8, at 10.45 am

Join us for the first day of our programming year... Games Day! We will be playing games outside that expand understanding of being a "People of Intention" through kinesthetic learning and delighting in the natural world.

Parent Orientation Day - World Religion Programs

September 8, Noon - 1.30 pm

This Fall we will have world religion classes starting for those in grade 3-5 and in grade 6-12.



Each month will focus on a different religion and will follow the structure of week one learning about the religion, week two preparing for the visit, week three visiting a service of the other religion (note: these will, by necessity not all be on Sunday mornings). The faith traditions covered include:

- Unitarian Universalism
- Judaism
- Christianity
- Buddhism
- Hinduism
- Islam
- And more

Registration is required for the program. Find out more:

[World Religions \(grade 3-5\)](#)

[World Religions \(grade 6-12\)](#)

Come to our parent orientation (for both age groups) to experience a little of the program and have your questions answered. Refreshments will be provided - please [RSVP Arran](#) if you can attend.

Summer Break Stress? Try Stargazing!

Are you feeling stressed about the school year beginning or looking for activities that bring mindfulness back into your life? Try stargazing.



One advantage of this activity is you can stargaze wherever you are... Perhaps you could make it a pre-bedtime summer ritual... Or if you want to take it to another level, try out one of the [observatory's Star Parties](#).

On Saturday evenings you can tour of the dome, enjoy the planetarium or look through the Royal Astronomical Society of Canada members large telescopes... they will happily help you see planets and stars. Best of all, it is free... but you do need to [get tickets](#).

Download the [Mindful School's star-gazing meditation guide](#) and bring it with you.

Family, Parent & Guardian Resources

Find a range of resources that can help families with children engage our theme for this month: ***“What does it mean to be a family of Intention?”***

<https://victoriaunitarian.ca/children-youth/parents/resources/>



Every person is important.
Be kind in all you do.
We're free to learn together.
We can search for what is true.
All people need a voice.
Build a fair and peaceful world.
We care for the Earth.

Unitarian Universalist Principles, children's version



Make Meaningful Connections, Talking About Things That Matter
“Soul Matters” Theme Groups
Sign Up Now!

This Fall, we are launching 3 new “Soul Matters” theme groups. Each group of 8 to 10 people will meet once a month to listen to one another’s experiences and ponderings related to each month’s theme. Group members will be given thought-provoking resources to explore and intriguing practices to try out in advance of each monthly gathering. Groups run the whole ‘Church year’ – September (one starts in October) 2019 through June 2020. 9 to 10 sessions in all. These are not ‘drop in’ groups – a full commitment to the program is required to make the experience as rich as possible for everyone in the group. (Of course, some people may have to miss one or two sessions due to unforeseen illness and the like.) People who have attended all of their group gatherings and who have engaged deeply with the at home material have found the program deeply enriching – they report it makes a difference in their daily lives, while also helping them grow in their understanding of big-picture ethical, spiritual, and personal issues.

Reserve a spot in the group of your choice by contacting Rev. Melora (email rev.melora@gmail.com or text or phone (250)891-6330). If emailing, please put ‘Soul Matters Group’ in subject heading. The schedule is in the process of taking shape. Check the e-weekly for updates.

Time	Day of the month	Co-Facilitators	Location
7:00pm – 9:00pm	4 th Tuesday Begins Sept. 24	Kent Haden & Lesley Duthie	First Unitarian Church, 5575 W Saanich Road
Evening	Weeknight t.b.a. Begins October	Jenny Heston & Mary-Ellen Nicol	Fairfield (t.b.a., likely Jenny’s home)
6:30pm - 8:30pm	4 th Thursday Begins Sept.26	Lynne Bonner & Lynn Guengerich	Lynn's home (off of Quadra, just north of McKenzie)

Here is a preview of our upcoming themes:

FUCV Themes 2019-2020

What Does It Mean to be a People of...

September: **Intention**

October: **Belonging**

November: **Attention**

December: **Awe**

January: **Integrity**

February: **Resilience**

March: **Wisdom**

April: **Liberation**

May: **Thresholds**

June: **Play**

Co-Minister Portfolio Split
First Unitarian Church of Victoria, 2019-2020

First Unitarian Church of Victoria, 2019-2020

Rev. Melora and Rev. Shana both do:	
Preaching and Worship	
Teaching	
Pastoral Care and Counselling	
Rites of Passage	
<i>We both meet with:</i> Committee on Ministry, Staff, Board (includes Strategic Plan)	
Rev. Melora is primarily responsible for	Rev. Shana is primarily responsible for ministry in these
Worship & Worship Associates Program	Music and Choirs
Congregational Life: recognition & awards	Congregational Life: membership, care and concern, depression group, neighbourhood groups, fun and fellowship, coffee, etc.
Strategic Plan Focus (1 of the 3 foci determined in strategic plan process for Board and Congregation):	Strategic Plan Focus (2 of the 3 foci determined in strategic plan process for Board and Congregation): Membership ; Location Task Force
Spiritual Exploration and Learning for	Occasional intergenerational services
Outreach: SRC (social responsibility coalition), GVAT, denominational affairs	Outreach: lay chaplaincy, serving as chaplain at UVic, jazz vespers, writing articles for Times Colonist
Soul Matters Program (theme-based minis- try: worship & small groups) Truth, Healing, & Reconciliation Film Discussion Series	Spiritual Exploration and Learning for Adults (SELA) oversight: including chalice circles, AHA, spirituality, library, etc.
Property Management Council	Finance
Administration: HR Team Lead (staff meetings, HR system, staff compensation, etc.)	Administration: All Admin except HR; includes: church office, computers, communications

Table continued next page

Denominational: attend UUMA, UUA GA, UUMOC, CUC meetings and conferences	Denominational: UUA Ministerial Fellowship Committee, mentor one UU minister, attend UUMA, UUA
Supervises:	Supervises:
<ul style="list-style-type: none"> Director of Spiritual Exploration and Learning for Children and Youth (who, in turn, supervises SELCY assistant(s) and Sunday child-minders) 	<ul style="list-style-type: none"> Church Administrator (who, in turn, supervises office staff, custodians, and maintenance technician) Director of Music (who in turn, supervises

Contacting Your Co-Ministers

We, Rev. Melora and Rev. Shana, share one, full-time position. We split the areas of church work between us (see portfolio split above). We also split the minister’s work week.

When are Rev. Melora and Rev. Shana available to see me?

The simpler answer: We are available for meetings Tuesdays, Wednesdays, Thursdays, and Sundays. Friday is our sermon writing day, which we try to reserve for service preparation. Monday is our day off (a Sabbath from church business, but we are still on call for emergencies. Call our cell phones).

The more detailed answer:

Usually, our work week looks something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am – 2:30pm	Day Off; available for emergencies	Rev. Melora & Rev. Shana	Rev. Melora & Rev. Shana	Rev. Melora & Rev. Shana	Worship Prep	Sometimes work special events – workshops, rites of passage, etc.	Rev. Melora & Rev. Shana
2:30pm-9:00pm		Rev. Melora	Preacher works until 5pm	Rev. Shana	Preacher continues worship prep.		Off except for Jazz Vespers & new satellite services

The bottom line:

We care about you. We want to be available and accessible to you! Please feel free to call our cell phones, text, or email or set up a time to meet in person.

Rev. Melora (250) 891-6330

rev.melora@victoriaunitarian.ca

Rev. Shana (250) 891-6331

rev.shana@victoriaunitarian.ca

ORANGE SHIRT DAY

MONDAY, SEPTEMBER 30



September 30th has been declared Orange Shirt Day annually, in recognition of the harm the residential school system did to children's sense of self-esteem and wellbeing, and as an affirmation of our commitment to ensure that everyone around us matters.

From orangeshirtday.org :

The Story Behind Orange Shirt Day

"I went to the Mission for one year. I had just turned 6 years old. We never had very much money, and there was no welfare, but somehow my granny managed to buy me a new outfit to go to the Mission School in. I remember going to Robinson's store and picking out a shiny orange shirt. It had eyelets and lace, and I felt so pretty in that shirt and excited to be going to school! Of course, when I got to the Mission, they stripped me, and took away my clothes, including the orange shirt. I never saw it again, except on other kids. I didn't understand why they wouldn't give it back to me, it was mine! Since then the colour orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years...I want my orange shirt back!" -- Phyllis (Jack) Webstad, Dog Creek, BC

This orange shirt taken from one child, is a symbol of the many losses experienced by thousands of students, and their families and communities, over several generations including: loss of family, language, culture, freedom, parenting, self-esteem and worth and painful experiences of abuse and neglect. Wearing orange shirts are a symbol of defiance against those things that undermine children's self-esteem, and of our commitment to anti-racism and anti-bullying in general.

http://www.orangeshirtday.org/uploads/7/9/8/7/79871818/orangeshirtday_14.pdf

"The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind: a discussion all Canadians can tune into and create bridges with each other for reconciliation. Orange Shirt Day is a day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on!"

"The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come." From Orange Shirt Day Facebook Page, www.facebook.com/orangeshirtdayeverychildmatters

PRESIDENT'S REPORT TO SEPTEMBER 2019 NEWSLETTER

We held our FUCV board meeting on August 15 attended by both our beloved ministers. Rev. Melora guided us through the final approval of our Board Covenant. She is also developing a training plan for board members and board members are following up on investigating free online training for Unitarian Board members through UUA's LeaderLab. uaa.org/leadership

Rev. Shana provided the board with valuable insights around a new safety protocol under discussion by the board. We once again survived the summer vacation and study leave and are happy to have our Ministers back with us.

Church Rentals:

The FUCV Arts Calibre Rental Team recently received word that Arts Calibre could not make the rental of Lion Hall work for this year. They are interested in planning for a longer term for the future.

Montessori staff have been on vacation over the summer months and we have not had contact with them to know what they plan for the upcoming year. The FUCV Montessori team is reviewing the lease and analyzing occupancy costs to ensure they are accurately computed and billed. Thanks to our church rentals team for their time and skills in managing rentals of our valuable property and evaluating its worth. Contact John Tiffany, Shirley Travis and John Worton. Nadia Kozak is also a part of this team.

Location Task Force: (LTF)

The LTF is planning to offer Minister- led Sunday offsite worship services on October 6 at 4 pm, November 3 at 2pm and December 1 at 2pm in the Cedar Hill Recreation Centre. This is a huge and exciting development for FUCV. Contact Liz Graham.

The board is starting to consider offering similar offsite alternative services on an ongoing basis from January 2020 onwards. There are many details that need to be worked through for an offsite program and the success of the pilot offsite project will be extremely helpful. Contact Marion Pape.

We anticipate launching the Royal Oak Shuttle service on September 8 for people who could take a bus, ride a bike or walk to the Royal Oak Exchange and be taken together to church by scheduled taxi. LTF is seeking volunteer overseers to be at the Royal Oak Exchange. Contact John Hopewell.

The Social Action Food Rescue project is still looking for volunteers for 2-3 hours/month on a Friday. Contact Steve Sharlow.

Share the Plate: SRC is seeking names from Registered Canadian Charities to become Share the Plate recipients. Contact Jim Willis with your suggestions.

The Eco Games project of the Environmental Action Team was approved by the board as a church-wide project. FUCV approved joining One Planet Saanich earlier this year and the Environmental Action Team is planning to engage the congregation in an Olympic Games style year-long challenge. Contact Glenyss Turner.

Communications Team:

Marion is meeting with staff member, Shannon Oatway, to begin a Communication Strategy for FUCV. Three projects are being considered for detailed communications planning: The Location Task Force Offsite Sunday Service, the One Planet Saanich Eco Games presented by EAT and a project to use PowerPoint presentations at Sunday Services. We have begun the process of seeking members for a Communications Task Force. Contact Marion Pape.



SPIRITED JAZZ

Spring Unitarian Jazz Vespers

Enjoy jazz with a splash of spiritual inspiration

September 29th, Sunday, 7-8 PM

Byrne, Roessingh, Graham & Smith

Theme: "The Wedding?"

Mary Byrne, Flute; Karel Roessingh, Piano;
Damian Graham, Drums; and Joey Smith, 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 Byrne, Roessingh, Graham and Smith.



Karel officiates the marriage of jazz and classical as he and his unequalled quartet reprise their previous performance of Claude Bolling's *Suite # 1 with Flute and Piano Trio Suite #2*.

This Suite is a "crossover" composition by the jazz pianist and composer Claude Bolling. The composition, originally written in 1973, is a suite of seven movements, written for a classical flute, and a jazz piano trio (piano, string bass, and drums). The Suite was recorded in 1975 by Bolling on piano with classical flautist Jean-Pierre Rampal.

Born in Leiden, Holland, raised in Calgary, Karel began his professional musical career in 1970. He began his piano studies under Henry L. Peters, then jazz piano with Ray Petch. In 1973, he studied jazz arranging and composition at the prestigious Berklee College of Music in Boston, Massachusetts, and completed a degree in secondary music and mathematics education at UVic in 1981.

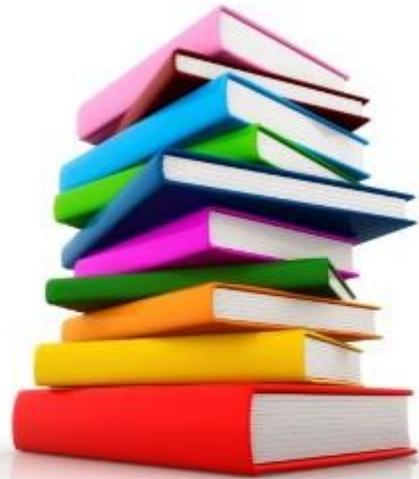
Karel still loves to play the piano and plays in clubs, concert halls and in the studio whenever possible. He writes jazz tunes for his own and other groups, and has played with numerous jazz greats. He's regularly asked to play at jazz festivals as both leader and sideman.

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

Giant Book Sale and Bake Sale



**Saturday September 21
9am to 3pm**

**First Unitarian Church of Victoria
5575 West Saanich Road**



Paperbacks	\$1
Soft Covers	\$2
Hard Covers	\$3
Vinyl	\$1
CDs	\$1
DVDs	\$2

Payment by Cash Only

Browse the books then check out the Bake Sale

SALE PRICES FROM 2-3pm

GIANT BOOK SALE AND BAKE SALE

Saturday September 21

What do we need?

BOOKS. Please bring your books to the church library beginning September 1 or to the sanctuary on Wednesday September 18.

DVDs, CDs, VINYL. They can be included with your books. No cassette tapes or VHS please.

LOW BOXES. Please save any low boxes (produce boxes work well) to help us organize and display the books. We'll need the boxes **September 18.**

SORTERS. Opening the bags and boxes of books is like Christmas!

We'll sort from 10:00 am to 5:00 pm on **Wednesday, September 18 and Thursday, September 19, 10:00-5:00.** It does help us to know which day you will come and whether you will come in the morning or afternoon.

SELLERS. Shifts are 8:30 am-12:00 pm and 12:00 pm-3:30 pm **Saturday, September 21.**

Someone to blow up balloons at 8:30 am on Saturday September 21.

PACKERS. We need a crew from **3:00 pm - 4:30 pm Saturday, September 21** to pack up all the unsold books and get the sanctuary ready for Sunday.

BAKERS. Cakes, cookies, bread, muffins, cupcakes, jam, and pies all sell really quickly.

Last year, people were especially looking for non-sweet items, like muffins and bread. Pies are also a hot item.

PRICERS AND BAKE SALE SELLERS. Pricers 8:30-9:30 am. Sellers 8:30-12:00 am, 12:00 -2:00 pm or earlier. **Saturday, September 21.**

BUYERS. Tell your friends. Our book sale has a reputation for quality books.

And the prices are low.

If you've worked on the Book Sale before, you know how much fun we have!

Contact: Karen, Barry, Liz or Mike at booksale@victoriaunitarian.ca

or Liz at 250-384-4351

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



**Will you bake or contribute jam for our Bake Sale
on Saturday, September 21?**

Last year the bake sale made \$650. People were especially looking for non-sweet items like bread or muffins, or gluten-free items. Pies are always a hot item. Jam, cookies, cupcakes, cakes, granola and herbs or produce also sell. For cookies and other items, smaller amounts per package help us keep the price down and still charge a fair price for the cost of making them.

Please contact Karen Furnes karfurma@gmail.com or 250-853-7439 if you are willing to contribute.

GOOD NEWS RE: REVEREND DAVID DUBBEDAM

In April 2019, FUCV participated via live stream in the ordination of David Dumbledam in Philadelphia. David was first inspired to go into ministry when he was a member of our congregation about 10 years ago. David was offered and has accepted a full-time chaplain position in July, with a hospice and palliative care organization. He will be traveling around five counties, visiting folks in their homes, long term care facilities, hospitals and an in-patient facility. He loves the organization he is working for.

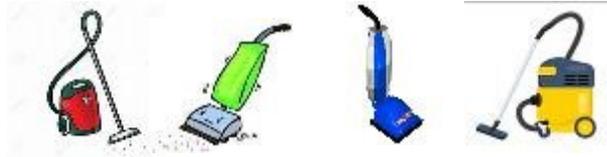
"SPRUCE UP THE BUILDING PROPERTY DAY"

September 28th, Saturday, 8:30 AM - 1:00PM ; ALL INVITED

On September 28th, Saturday, from 8:30 AM - 1 PM, all members and friends of FUCV are invited to an annual cleaning-up of various parts of our buildings. Work that needs to be done includes:

- **Outside and inside window washing** - of windows that are easily reached (not the tall or awkward ones - as we hire people to do those). Also the outside and inside office windows.
- **Clearing out the storage rooms, especially under the Sanctuary and Lion Hall.**
- **Dusting off tops of shelves, ledges, baseboards, lights** etc.
- **Checking out all of the chairs, to make sure they're all in good shape for us to sit on.**
- **Cleaning out window wells in the Lion Hall kitchen.**
- **Paint touch-ups.**
- **Mopping / cleaning all bathroom floors and walls and sinks and toilets.**
- **Cleaning out floor vents.**
- **Vacuums carpets.**

Please bring vacuums—a minimum of four!



Suggestions [?]; please feel free to contact me with more ideas at johntiffay0705@gmail.com

We will need some volunteers to set up the coffee/tea ahead of time in the Sanctuary kitchen (not Lion Hall). We also need some baked goodies to be provided by volunteers, to keep the work gang refreshed. Plus we need lots of rags for cleaning.



Any people/committees with items stored in any of the basement storage areas are asked to go label those items for what they want kept before September 27th (so we can quickly toss out unwanted stuff on the actual day and not wait around to see what's what in these areas).

This is an important opportunity to take care of a number of items that are just too much for the Building Maintenance Committee to take care of themselves. The more hands on deck the more we can do! Hope to see as many of you as possible. Feel free to come by for only one hour, as a lot can get done in that time with a bunch of us.

Property Management Council Chair
John Tiffany (Tiff)

(778) 432-0881

johntiffay0705@gmail.com



NEW CHURCH DIRECTORY TO LAUNCH!



In the first week of September, Members and Friends will receive an email with instructions to access the new online directory through a platform called Breeze. Your unique password-protected log-in will give you access to the church directory on your computer or smart phone.

To activate your account, please follow the instructions in the email (subject: *Create Your First Unitarian Church of Victoria Account*). After completing this step, you will receive a second email confirming the creation of your account and username. You may want save this email and bookmark the login page, <https://fucv.breezechms.com/login>, in your internet browser.

To access the directory on your smartphone or tablet, you can install the Breeze app, available [HERE](#). If your device is an Apple product, you'll want to download "Breeze App for iOS" and if your device is not an Apple product, you'll want to download "Breeze App for Android."

With Breeze you will be able to update your profile and view 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.

This 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 mary-cramer4455@gmail.com or 250-477-1615. Once you activate your Breeze account, you will also be able to upload your own photo(s).

As the name indicates, Breeze is quite user-friendly and you are encouraged to take some time to explore it. If you have questions, please contact Nadia in the church office at 250-744-2665 or churchoffice@victoriaunitarian.ca. You are encouraged to go paperless, but if you do want a paper copy of the directory you may request one from the church office.

WISH LIST ITEM for the NEW CHURCH YEAR: LIBRARY HELP

Our beloved Church Library has been neglected for a few years and some of us very much would like to see it up and running again, preferably by a **TEAM OF FIVE** members who would take turns on Sundays and have the Library **OPEN from 10- 10.30 and 11.30 -NOON....**Our Library is a tremendous resource of children books, historical books on Unitarianism and other religions, poetry and probably soon a shelf of books by Indigenous writers!

If you are interested in working on a brand-new LIBRARY TEAM, please do not hesitate to contact Marya Nijland at [<philmar@islandnet.com>](mailto:philmar@islandnet.com)

LOCATION TASK FORCE



Offsite Services

Starting Sunday afternoon October 6th our ministers will lead a monthly service at Cedar Hill Recreation Centre, in addition to the weekly service at West Saanich Road. Planning is still underway so watch the eweekly and the October newsletter for more details.

Royal Oak Shuttle

We are planning a shuttle to run from Royal Oak Transit Exchange to the Church on Sunday mornings. Details are being finalized. If this sounds like it would help you get to the Church on Sunday mornings contact John Hopewell or email LocationTaskForce@victoriaunitarian.ca



Social Action

We have recruited our initial crew of volunteers and are starting to schedule groups for 2 – 3-hour Friday morning shifts at the Food Rescue Warehouse at 808 Viewfield Road.

Volunteers Needed

We still need volunteers to help with each of these projects. For the offsite services we will need Ushers and Greeters, folks to help with aesthetics and coffee, etc. For the Royal Oak Shuttle we still need some volunteers to spend a few minutes at Royal Oak around 10 AM to make sure no one gets left behind. And for the Food Rescue Warehouse we still have a few spaces working with a team of our fellow congregants.



To volunteer for any of these projects please talk to John or Liz or email LocationTaskForce@victoriaunitarian.ca
Read the eweekly for updates.

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

WISH LIST ITEM for the NEW CHURCH YEAR: LIBRARY

Our beloved Church Library has been neglected for a few years and some of us very much would like to see it up and running again, preferably by a TEAM OF FIVE members who would take turns on Sundays and have the Library OPEN from 10- 10.30 and 11.30 -NOON....Our Library is a tremendous resource of children books, historical books on Unitarianism and other religions, poetry and probably soon a shelf of books by Indigenous writers!

If you are interested in working on a brand-new LIBRARY TEAM, please do not hesitate to contact Marya Nijland at [<philmar@islandnet.com>](mailto:philmar@islandnet.com)



GLORIA AND JOHN HOPEWELL: *HONOURED ELDERS*



It is our custom to invite our Elders, singly or as a couple, to be recognized at a Service. We do this both at a Solstice and an Equinox. Gloria and John, our long time and much treasured members, will light the chalice on September 15th.

Gloria and John have been members for 40 years.

Gloria has served in many capacities including Board member, Chair of Care and Concern, fund raising committee, membership chair, usher coordinator, volunteer recruiter for a CUC conference in Victoria in the 1990s, organizer of three service auctions, and neighbourhood group convener. Many members have benefited from her visits to their homes and hospital beds or even in the operating room when she was working. Over the years she has hosted many fund-raising dinners at home, including some very memorable West Indian dinners.

John has served several terms on the Board including two years as President and an extended term as Treasurer. He has also chaired or served on a number of task forces, a ministerial search committee, Committee on Ministry, many annual budget campaigns, First Unitarian Church of Victoria Foundation Board, and several terms on the Board of the Canadian Unitarian Council, including more than two years as President. He currently co-chairs the Location Task Force and the Legacy Team.

HOW (HEALING OUR WORLD): BRILLIANT PRESENT, MURKY FUTURE

As this congregation has done over 14 years, it ended the 2019 HOW campaign three days before the deadline, with a great splash of generosity, topping the substantial target of \$9,550.

A cheque for \$5,325 has gone to the Vancouver Island Counselling Centre for Immigrants and Refugees and a cheque for \$4,875 has gone to the Borderline Personality Disorder Society of BC. In each case, that is \$325 more than they asked for.

Thank you, compassionate and generous donors. Such a caring community. You have behaved consistently so since HOW was first undertaken in 2006. These two HOW projects are the 30th and 31st this faith community has supported, made happen. That's a lot of healing.

Meanwhile what comes next is in doubt. Perhaps the HOW tradition has just come to an end. Don and Clare Vipond, who have been on the HOW for more years than they can recall, have decided that their turn is done. Without two or three volunteers to replace them, healing by the community will have to take some other form. The Viponds stand ready to mentor their replacements if asked.





Greater Victoria Acting Together (GVAT) is growing and now has 23 member organizations representing thousands of Victorians. Our most recent member is The Mustard Seed. As individuals, your participation comes about through our membership in GVAT which includes approximately 300 members from this church alone, and therein lies GVAT's strength.

The spring/summer has been active with the 5-day training held in Vancouver providing those who attended, the opportunity to learn the skills to become leaders and empower our members. After several months of intensive searching and interviewing, Chet Phillips, was hired in mid July as our full-time organizer. A series of "Connecting the Dots" were held over noon lunches and early evening dessert socials to explore the intersectionality of the topics and lenses that GVAT has chosen to focus on in the coming months – Housing and Mental Health/Addictions. These two main topics are the preliminary areas GVAT members have begun to research and address. Evidence suggests that these issues have much in common with one another and these were viewed through the lenses of climate change and indigenous reconciliation. Over the course of these gatherings, several new ideas were generated that will inform our efforts as we move ahead.

The Action Research Teams (ARTs) have already held initial meetings and have started to identify various organizations or individuals who have the specific knowledge we need to access and gather information. Groups of two or three will be going out into the community to talk with these individuals in order to gain their perspectives on the chosen issues.

As we move into the Fall, these ARTs will continue to discuss and engage in relational consensus decision making in order to build our teams and develop our understanding of the topic. These teams come with many experienced participants who have expertise, knowledge and passion for housing and mental health/addictions and are motivated to research broadly while making real progress towards an actionable plan.

For those who are interested in learning more about GVAT, a workshop is being offered on the weekend of September 20th and 21st at Camosun College. This workshop will delve into exploring a tried and tested framework for bringing about transformative change. Through exploring the traditions and values of our labour, faith, community, environmental and educational organizations, we'll learn how to create strong foundations to be able to hold government and corporate interests in Greater Victoria to account.

We'll learn about the need to build relationships with diverse organizations in order to have the power to win. You will have the chance to practice some of the fundamental tools of relational organizing. As members of GVAT, this training will be provided free of charge. Please consider this opportunity to become more involved. Your Core GVAT Group will keep you informed of progress through monthly articles in our Church's Newsletter, plus occasional reports in the E-weekly.

As we move toward our Delegate's Assembly later this fall, you are needed to attend in order to build numbers and support GVAT's work. Learning about the work of the ARTs and then seeing how this information is used at a Delegates' Assembly is dramatic theatre!

From your FUCV Core Group, Susan Layng (leader), Sonya Ignatieff, Kym Hines, and Philip Symons, and *ex officio*, Marion Pape and Reverend Melora Lynngood.

Summer fun! Raweah and the children recently had a fun outing in Victoria with Claire, a volunteer with First Unitarian Church. Everyone headed to the kids' favourite playground behind Crystal Pool where Wasan and her brother were very excited about building their strength on the fitness apparatus. Mohammad, it seems, loves to climb up the tall slide and happily demonstrated his abilities.

Claire found it was a good chance to practice English with Raweah who is working hard on classes at home and was able to have a basic conversation. Also, Mohammad chatted a little and proudly sang the A-B-C.

**FUNDRAISING UPDATE**

The campaign to bring Khaled's parents Mohammad and Fatemah and his 16 year-old brother Abdulrahman to Canada is doing extremely well. We have now received funds and pledges totalling over 85% of our \$30,000 goal which we hope to reach and exceed by September 15.

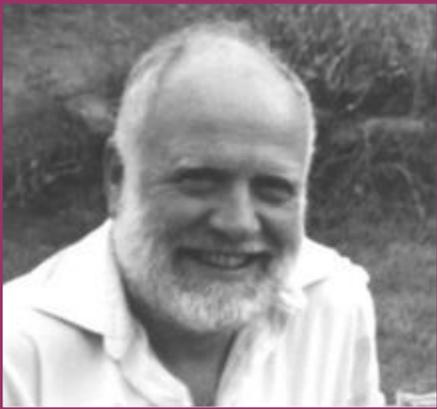
The family fled from Syria at the same time as Khaled and Raweah (2012), and are UN registered refugees currently living in Jordan. Mohammad owned his own construction business in Syria, specializing in aluminum frame windows. He did contracting in other Middle Eastern countries, and speaks some English. His son is studying English, has trained as a barber and is working evenings to help support the family. We expect it to be at least a year after our sponsorship submission is received before the family arrives.



Donations are welcome, as well as commitments to donate whenever you can. To download the Refugee Fund Commitment Form, please click [here](#). Pledge forms will also be available in Lion Hall after service each Sunday.

Please contact Kristina Stevens if you would like to volunteer and help us bring this extended family together.

2019 VALUED ELDER RECOGNITION AWARD KNOWN AS VERA



Our congregation selected Philip Symons as a worthy recipient of this award which is given yearly to a few people by UVIC's Department on Aging and Lifelong Health.

He was nominated by our church members because of the depth and variety of his volunteer social service time in Greater Victoria over the past 10 years. Indeed most of us named activities dating back 20 years as some of his key interests started in the late 1990s - such as improving and promoting greater democracy through organizations such as Fair Vote Canada, the World Federalists and Wise Democracy. Another key area is homelessness where Philip has represented this church since 2005 on the multi-faith Faith in Action board. This concern has naturally led into

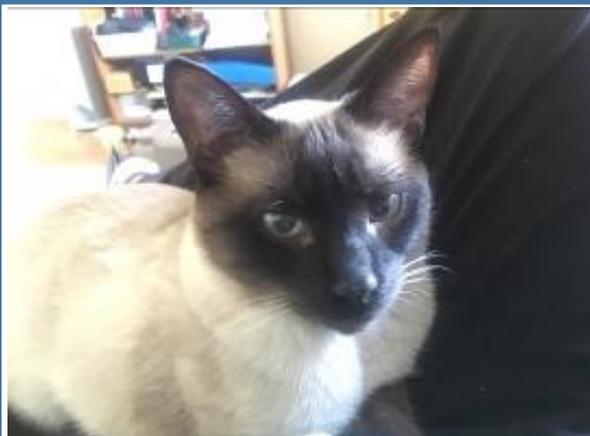
playing a leading role in GVAT (Greater Victoria Acting Together).

Philip has brought these and other concerns into church life where he has played a leadership role in the Social Responsibility Coalition over the years. His skills in research and writing also led him into the national Canadian Unitarians for Social Justice where he edited their Justnews newsletter for 12 years. His latest gift to us is his small book titled **"Surviving Civilization's Collapse: with hope, love and a little humour"**. A serious, complex and challenging topic, explained relatively simply.

Church members also commented on Philip's perpetual good humour where he never seems to lose his cool; and to his constant willingness to help others, offering rides and even hospitality in their home. He finds relaxation singing in two choirs and in walking the dog. Compassion intertwined with energy. And vision intertwined with the scientist's love of facts and proof.

As one colleague says Philip not only talks, writes and sings social justice but "walks the walk".

-Submitted by Christine Johnston



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 one 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.

SHARE THE PLATE FOR SEPTEMBER – EL ALHI ANGLICAN HOSPITAL IN GAZA

WHY GAZA? There is suffering all over the world due to conflicts and climate change. Many innocent civilians especially refugees are caught in the middle; women and children particularly suffer the most. The small territory of Gaza always catches at my heart strings as there has been NO HOPE for a long time. People I know have struggled to help them and report back personally. Electricity in Gaza is intermittent, sewer systems have failed and running water is not available in most homes. There is little hope for peace, adequate education, good nutrition, jobs, health care or medical supplies.



WHO WILL SPEND OUR DONATIONS WISELY? We know that the 150 year old El Alhi hospital is efficiently and wisely run by the Anglican head office in Jerusalem and supported by Anglicans around the world, including the Canadian Anglican Primate's World Relief and Development Fund, to which we would add our contributions. The collapse of the hospital's surgical outpatient clinic last winter had them scrambling to raise money for repairs. The hospital serves the most destitute and needy with 3,500 outpatients and 400 inpatients a month. It fills many roles: emergencies, operations, outreach clinics to remote spots, intensive nutrition programmes for newborns and children, and a breast cancer clinic for women. Most of their patients are women, including a special unit for the elderly. Even a small donation helps to sustain these essential services!

CHURCH MEMBER PERSONAL TESTIMONY. Their reputation for kindness is legendary. One of our own members volunteered there several decades ago, Galina Coffey-Lewis, and the experience remains a vibrant memory. She writes "The memories of the wonderful people in that desperate place remain VIVID –

Suhailah, my little song bird who sang like a beautiful bird and who has three ranges in her voice; and Mohammed El Farram, the kindest and most gentle soul I ever met. Or his mother who when trying to visit her family in the West Bank fell and died in the gutter while the soldiers stood by. Life continues there with its suffering – unfit water to drink, often no electricity, bomb shattered homes, yet the open heartedness and kindness of the people under terrible conditions remain alive in my heart – even now."

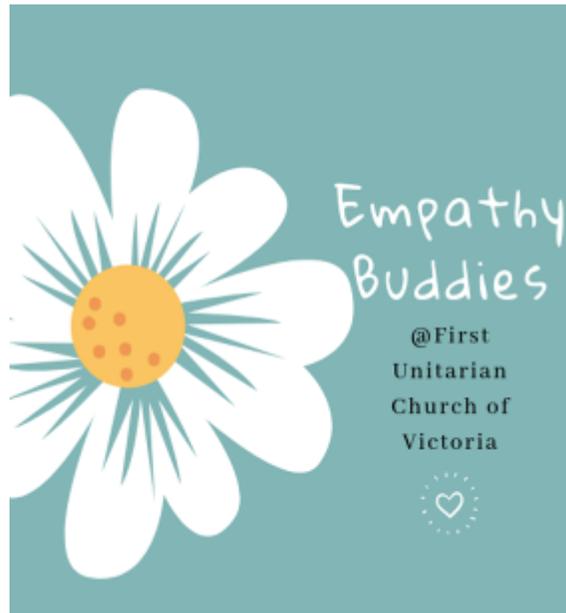


Four years ago we raised a generous amount for the work of this hospital and we hope to do so again. Please give generously to this month's Share the Plate recipient, the El Alhi Anglican Arab Hospital in Gaza.

TURN YOUR COMPASSION INTO ACTION: SUBMIT A SHARE THE PLATE REQUEST

Share the Plate is a great way to get the congregation to support your favourite charity. 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 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. 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.



WHAT IS AN EMPATHY BUDDY?

An empathy buddy is a listener, who makes themselves available to support any congregant who needs help processing emotions that are brought up after a Sunday service. Empathy buddies are not counselors and are not there to “fix” anything, but rather are a compassionate presence for those in need.

Next workshop is October 5, 9:30- 12:30 at the Farm House Common room.

Please sign up with either:

Kressa Sisu: kristinasisu@gmail.com

Or Smantha Magnus: magnussamantha@gmail.com

COMMUNITY BREAKFAST

BREAKFAST BEFORE CHURCH

– offered by the Community Dinner Crew

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



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**

In *Death's Winter Coat*, Brandy Schillace writes, "When I was four years old, I lived with my mother and grandparents in a white house with two porches. A great, leaning barn sheltered the farm cats....Undisturbed by years of memory, it remains a touch-stone for me — for it was here that I first considered death. No tragic event inspired this encounter. It was springtime, and blue-bell flowers had come up next to the front steps. They bloomed, and they died; their lives were ephemeral, and this bothered me. Everything dies, my grandmother explained: the flowers, the toads, the cats... And you and me. In our present culture, obsessed with youth and sheltered from death by the sterile screen of the hospital ward, such a story may sound horrific. But I was not horrified. To be honest, my first inkling of life-making was much more fraught. I was not afraid of death, for I had not been taught to fear it. Free from the cultural underpinnings I've since come to know, I thought of death as a universal truth. Everything, my grandmother said. Everything dies. I would brush against death many times on my way to adulthood; I would be taken to every wake and every funeral. I don't remember weeping. But I remember green grass, the smell of wet earth, and blue bells: Death, wearing his summer coat."

Years ago when someone died they were wrapped in a blanket and buried without much fuss. Now most Canadians are embalmed and then cremated or buried in a casket. With today's interest in the environment, green burials are becoming popular. The remains are not embalmed, no toxic or non-biodegradable chemicals or materials are used, and the body decomposes naturally. The remains are wrapped in a shroud made of natural biodegradable fibres and then buried directly in the grave or the shrouded remains can be placed in a wooden, cardboard or wicker casket or container.

Following burial, the surface of the grave is planted with groundcover, shrubs and trees. The plantings will normally be done according to a pre-established plan designed to optimize the integration of the grave site into the local ecosystem along with walking paths and the occasional bench. Green burials usually use communal memorials of naturally sourced materials with only basic inscriptions. Ultimately the green burial site becomes a living memorial to the persons interred there.

Royal Oak Burial Park is the only place where green burials are offered in Victoria. I recently paid them a visit and was attracted to the natural design of the different burial areas which are all to be planted with native species. You don't get a headstone, but you get 40 characters per person to have your name and dates etched on a granite boulder. They offer single and double depth burial plots, so partners can be co-located. And you can have your pet's remains buried with you. I like the thought of offering company and food for a Garry oak or a Douglas fir as the last part of me returns to nature.

-Jim Willis

Reference

1. Brandy Schillace, *Death's Summer Coat: A Review of The Natural Death Handbook*, Fifth Edition, 4 September 2013.



HAVE YOU EVER THOUGHT ABOUT LENDING A HAND TO NADIA AND SHANNON, OUR HARD WORKING OFFICE STAFF?

We are grateful for the volunteers who fold the Order of Service on Fridays (or Saturdays) to help the staff but more assistance is needed. If you would be interested in volunteering to fold the Order of Service one time/month for 35 minutes on a designated Friday (or Saturday), please contact Frances Hancock at hancockf@telus.net or at 250-477-1310. Thank you for your support of the church!

With gratitude, Frances Hancock



SONG CIRCLE – EVERYONE WELCOME (VISITORS TOO!)

Nancy Dobbs and Jewel Spooner

In the Sanctuary: 2:30 pm-4:00 pm

Fall Song Circles September 27, October 25 and November 22

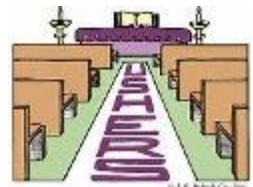
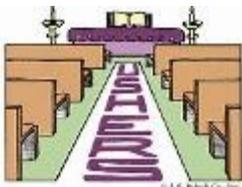
Join us for songs of peace and joy...familiar, new, folk, world songs, lighthearted, chants. Jewel will also lead a (optional participation) sacred dance.

URGENT REQUEST FOR NEW USHERS ON SUNDAY MORNINGS:

A once a month commitment is required. If you are interested please contact Marya Nijland at

[<philmar@islandnet.com>](mailto:philmar@islandnet.com)

You will be warmly welcomed into our friendly team!





All members, friends and newcomers to the church are invited to be part of the Neighbourhood Group 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 NG keeps tabs on members who may need extra assistance.

In January, six NGs will meet one at a time with one of the Ministers after church. This is 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 in early 2019 and found them to be worthwhile and enjoyable so the format will continue in 2020.

The Souper Sundays will resume in November. This coming year there will be 4 Souper Sundays with 3 NGs hosting at a time. This will lighten the load of each NG. Thanks to those who generously contribute soup and dessert to these events and to the coordinators who organize them. The Soupers are popular events with everyone welcome. Donations are appreciated but not required.

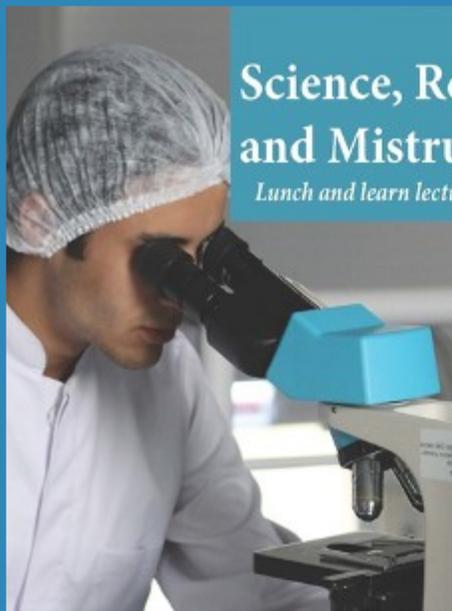
The summer has found the Neighbourhood Groups experiencing quiet times and looking forward to church activities beginning again in September. The Royal Oak East group held a 90th birthday party for one of their members. Oak Bay holds 6 pot-lucks from September through June with a gift exchange in December. On the 3rd Wednesday of each month, those who wish drop in for lunch at Monterey Centre to visit with each other.

With friends/members moving in and out of areas, it is time to revisit the boundaries of the current NGs. Some of the NGs have many participants while others not so much. The conveners will be looking at the boundaries. We’ll keep you posted.

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



**Science, Religion
and Mistrust of Institutions** *Sept.12 to Oct.10*
Lunch and learn lecture series Thursdays at 12 noon

Sept.12	Conscience, Compassion, and Community in a Post-truth, Post-trust World
Sept.19	Vaccination and Religious Exemption
Sept.26	Medical Assistance in Dying: Christian Perspectives
Oct. 3	Ethical Aspects of Genetic Engineering
Oct.10	Whom can we Believe and What can we Believe?



**CHRIST CHURCH
CATHEDRAL** Location: Chapter Room
A Cathedral for the City (Burdett Ave. entrance)
Quadra at Rockland, Victoria

SCIENCE, RELIGION & MISTRUST OF INSTITUTIONS

Lunch and learn lecture series

Thursday, September 12, 2019

12:00 - 1:00 pm

Chapter Room, Christ Church Cathedral

Peruse any current events website and you'll see: there appears to be a growing mistrust of institutions making decisions for us. Christ Church Cathedral's new lunch and learn series of free noon hour talks will explore some of the compelling issues people are facing.

The series theme is Science, Religion and Mistrust of Institutions, and organizers have invited expert speakers on a variety of topics including genetic engineering, assisted dying and vaccinations. To choose the topics, organizers asked themselves the question: just because we can, does it mean we should? What are the ethical aspects of these issues?

The series runs on Thursdays at noon for five weeks (Sept 12 to Oct. 10). All sessions begin at 12 noon in the Chapter Room (through the Burdett Avenue entrance).

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

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churchoffice@victoriaunitarian.ca

Communications Assistant

Shannon Oatway
communications@victoriaunitarian.ca

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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!

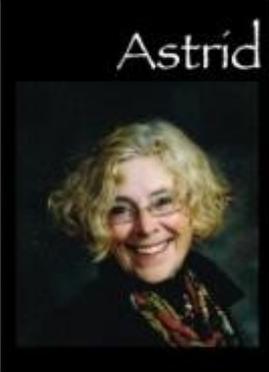
Care and Concern Committee

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
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250-384-3405
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Robin's Face Value

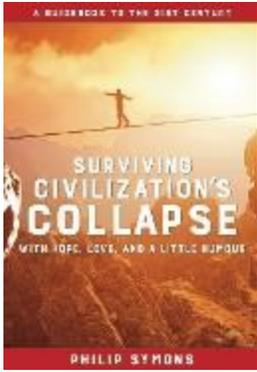
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Ads Continued:



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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

September 8	Steve Sharlow
September 15	John Tiffany
September 22	Nancy Dobbs
September 29	Nancy Dobbs

Contact Changes

None to report

Membership Changes

None to report

The First Unitarian Church of Victoria
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www.victoriaunitarian.ca

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For those without e-mail, copy may be left at the church
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