



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

SERVICES IN NOVEMBER

SUNDAY SERVICES BEGIN AT 10:30am



Welcome to the month of
ATTENTION

DATE: November 3 2019

TITLE: The Practice of Attention

HOMILIST: Rev. Melora

CHOIR: Farm House Ringers

WA: David Vest

We begin our month with a look at the practice of attention. What could the spiritual practice of attention bring to our lives? How could it help us live our values as a Unitarian Universalists in the world?

November 3, 2 PM at Cedar Hill Rec. Centre, 3220 Cedar Hill Rd

Note that this is a different time from the last offsite service on Oct 6th.

You can choose whether to attend the regular service in the Sanctuary at 10:30 or the service at Cedar Hill in the afternoon — same sermon, same minister, slightly different format.

And don't forget to bring your own mug! We will have hot drinks and cookies but no dishwashing facilities!

PS. Invite your neighbours and friends!

DATE: November 11 2019

TITLE: Remembrance Day: Big Questions"

HOMILIST: Peter Scales

CHOIR: Chalice Choir

WA: Morgan Reid

Remembrance Day is a time to remember those who died in wartime, and to consider the Big Questions surrounding war and peace. Our November 11th ceremony includes Unitarians who have served and who are serving in the Canadian and other Forces, and speaks to all who never want to see war again.

Services 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](#).

Services continued from last page

DATE: November 17 2019

TITLE: Looking our Future Squarely in the Eye

SPEAKERS: {EAT} Environmental Action Team Speakers

CHOIR: Men's Choir

WA: Lynne Bonner

The future holds more challenges than just a climate crisis. Many are worried about our planet and all the species – including humanity – who share it. What is realistic to hope for in the future? What can the successes and failures of previous civilizations teach us about the future? Can we continue with our current way of life? Can we, our children, and grandchildren hope for happy lives ahead? How can we prepare ourselves with the ethics and actions to get us through the next fifty difficult years? Join us for a deep dive into what lies ahead.

DATE: November 24 2019

TITLE: Gender, Equity, and Intersectionality

SPEAKERS: Rev. Melora

CHOIR: Chalice Choir

WA: Victoria Barr

In this service, we look at what our Unitarian Universalist - United Nation's Office (UU-UNO) has been working on in the international community with regards to equity for LGBTQ+ people. We also consider what we can do in our own UU communities. We'll pay particular attention to 'intersectionality'. To quote a UU-UNO resource, "Intersectionality, a concept created by black feminist legal scholar and activist Kimberlé Crenshaw, describes the ways in which the effects of multiple forms of discrimination or oppression (based on race, gender, class, etc.) create overlapping and interdependent systems of discrimination or disadvantage. ... A person experiences the world through all the identities they hold, which cannot be separated. Understanding intersectionality lifts up the reality that none of us can be free until we are all free".

November 24, 7:30 - 8:30 PM: Jazz Vespers with the Nick Maclean quartet featuring Brownman Ali. With Rev. Shana. See page 12 for details.

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**, Lorna Anthony, Mark Danley, Jeri Dause, Bill Glassman, Mary-Ellen Nicol, Jan Thomson.

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BOARD REPORT

No Board report this month! Marion de Pape is on safari in Namibia and Zambia where she has developed a fascination with termite mounds and will fill us in on the details when she returns....

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!



Welcome to the month of **ATTENTION**

Theme Questions

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

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 8], you can discuss these questions with your small group!

1. Who was the first person in your life to offer you their attention, without adding their advice?
2. Who in your life needs you to offer them the gift of attention without advice?
3. Gurus and psychologists alike tell us that we become what we give our attention to. Is that happening to you? Does anything have more of your attention - and more of yourself - than you want?
4. Consider the gravestone inscription: “She attended well to a few worthy things”? What would those ‘few worthy things’ be for you?
5. What happens for you when you let your attention linger ... and linger... for a long time... on something beautiful, perhaps in nature, perhaps in art... ?
6. In what ways could you deliberately look upon yourself with more gentle and attentive care?
7. When growing up, what one thing above all others did your family tell you was worthy of attention? Beauty? Duty? Kindness? Honesty? Education? Loyalty? Success? God?
8. When you were young, did your family teach you to look away from uncomfortable truths or to call attention to them?
9. Consider something that has been pulling at your attention lately. Why? If it spoke a message, what would that message be?
10. **What’s your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

Continued next page

Spiritual Exercises: the Practice of Attention

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 :

Notice With Mary Oliver

In her poem [Gratitude](#), Mary Oliver asks herself and then answers eight questions of attention:

What did you notice?

What did you hear?

When did you admire?

What astonished you?

What would you like to see again?

What was most tender?

What was most wonderful?

What did you think was happening?

It's a poem that treats the details of our days as a blessing and calls us to do the same. So for this month's exercise, let's accept her invitation:

First, take a few days and just spend some time with the poem.

Here it is for you to read: <https://thevalueofsparrows.com/2013/11/27/poetry-gratitude-by-mary-oliver/>

Here's an arresting video of it being read aloud: https://www.youtube.com/watch?time_continue=65&v=1XKg514_K3s

Then use Oliver's questions to **write a version of your own** by giving your own answers to her eight questions. Here's an elegant example of someone making it their own: <http://walkingintheholypresence.blogspot.com/2017/04/poem-gratitude-by-mary-oliver.html>

But here's the catch: You've got to decide how to gather the details for your poem. When reading Oliver's poem, you get the feeling she wrote it at the end of a long day outdoors. But it could just as easily have been written at the end of a week, a year, or even a life. So you pick what calls to you. Maybe you take a 2-hour hike and then sit down and write it. Or maybe sit down and write it at the end of an ordinary day of work and family? You might even want to answer the questions as if they are asking about the past year of your life? Or the past few decades.

Continued next page

Think about sharing the poem with a close friend or your life partner before you come to your group. The point is to let Oliver's eight questions help you remember that our attention is a way, maybe the best way, we say thanks for these precious days we've been given.

Option B:

Join the Slow Art Movement

You've probably heard of the [slow food movement](#). But how about the "slow art movement"? It arose from museums realizing that people were "seeing" their art but not really "looking" at it. For instance the Metropolitan Museum of Art in New York discovered that people spent an average of only 17 seconds looking at their masterpiece artworks. 17 seconds! So now museums around the country organize special days where guests are asked to sit and view the art for 10, 20 even 30 minutes at a time, and then discuss what happened for them in that time of intensive and intentional looking.

This month you are invited to do the same. What a great excuse to invite a friend to your local museum! And if you don't have a museum near you here's a video with a bunch of options: <https://www.youtube.com/watch?v=3DAESq9BGMc>. Or maybe you want to do it with a piece of art in your house that you say you love but now rarely give your attention to.

Here are a handful of articles and videos to get you centered and inspired for this exercise.

Share with a friend, relative, or fellow congregant how more than 17 seconds change what you saw.

- The Slow Art Movement: It's More than Meets the Eye
<https://www.psychologytoday.com/us/blog/in-the-brain-the-beholder/201411/the-slow-art-movement-its-more-meets-the-eye>
- The Art of Slowing Down in a Museum
<https://www.nytimes.com/2014/10/12/travel/the-art-of-slowng-down-in-a-museum.html>
- Arden Reed: Slow Art in the Age of Instant Everything
https://www.youtube.com/watch?time_continue=16&v=XQxSrJV15ag
- Slow Art Fast City
<https://vimeo.com/67614797>

Option C:

Watch it Grow... and Find the Sublime

"One does not need to fast for days and meditate for hours at a time to experience the sense of sublime mystery which constantly envelops us. All one needs to do is notice intelligently, if even for a brief moment, a blossoming tree, a forest flooded with autumn colors, an infant smiling". - Simon Greenberg

This exercise is about moving Greenberg's words from a written experience to a real one. As he says, it's a powerful thing to witness the natural world in transition, glimpsing and grasping it as a growing, developing thing. So this month you are invited to observe and soak in that process **by planting a fast-growing indoor plant in your house!**

Continued next page

Grow a plant?! How's that spiritual? Well, of course it depends on the attention you give to it. The exercise is really about *noticing* a growing plant. And if you do that, as Greenberg and the great mystics agree, you will find the sublime.

Here are a bunch of plants that will grow substantially in a month's time.

<https://indoorgardenook.com/fast-growing-indoor-plants/>

<http://plantozoid.com/fast-growing-indoor-plants/>

Use these links (or a green thumb friend) to identify the plant you want to grow and observe. Place it in an area of your house that will make it not simply visible but easy for you to sit down with it, like near the chair you sit in for your morning cup of coffee. Spend each day of the month finding your own way to pay attention to its emergence. For instance, it might be just observing it while you have that first coffee of the day. Or maybe you will take one picture a day to document the progression. Some of us might pick up a pencil or paints and make a new portrait of it every week. Whatever you choose, the goal is to let the miracle and mystery of emergence sink in, really sink in.

Here's a link to a few videos that will give you some inspiration: <https://mashable.com/article/watch-plants-grow-subreddit/>

Option D:

Make Attention Count

Most of the time, it's a bird or a cricket that causes it. Their sharp chirp jolts us into the awareness that we are surrounded by sound - sounds that fade into the background most of the time but can easily come to the forefront with a bit of attention.

So for this exercise, take a morning or evening, go sit on the porch or stand in the middle of your favorite field or woods, and then try to notice the many sounds that surround you. And here's the catch:

Actually, *count* them!

That's right. Take a pen and paper while you're standing or sitting there and list all the sounds you can detect.

There's power in doing this alone, but it's also wonderful to do with your partner or child.

After your list is as full as you can make it, take another 10 minutes and think about the message of it all. What are those sounds trying to tell you? "You're not alone."? "There's more to life."? "This world is wilder than let yourself imagine."? "Listen up."?

Option E:

Notice Them

Let's be honest, we sometimes ignore their need to be noticed. We're talking, of course, about our loved ones. It's never their big needs that we ignore. But on a daily basis, it's all too easy to get...well...busy. Preoccupied. Wrapped up in work. Or worry.

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We also know how big of a difference a little attention makes. You see it in your partner's eyes when you take an extra 3 minutes and bring them coffee in bed before you rush out the door with your own mug. Your kid comes home all excited to tell you a story and you have the good sense to put the phone down and look right in their eyes as they spin their yarn. They light up right in front of you.

Yes, we're tired. Yes, life is stressful. Yes, half-hearted attention is not sin. But this month take a week and fight it. Spend a week intentionally finding all the ways you can to give your full attention and full heart to someone near you.

Oh, and be sure to pay attention to the difference it makes for and to them, and the difference it makes to what goes on between you and them...



Unitarian Universalist Hymns on Spotify!!

Look what I found! →

<https://open.spotify.com/playlist/30jpVp4Q0gdimgpKV4jHuK>

Enjoy!

With love from Rev. Melora

Soul Matters Songs on the Theme

Check out the Spotify song collections for each month's themes:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

New this season - also available as a YouTube playlist.

The screenshot shows the Spotify interface for a playlist titled "Soul Matters November 2019 - Attention" by Soul Matters Sharing Circle. The playlist cover art features a person with their back to the camera, looking at a wall of framed photos. The playlist contains 13 songs. The track list is as follows:

Track Name	Artist	Duration
Sleepy Head	Toby Johnson - Shapes in Shadows	3:57
Stones Under Rushing Water (feat. Drew Holcomb & Ellie Holcomb) [Acoustic Live]	NEEDTOBREATHE, Drew Holcomb, Ellie Holcomb - Acoustic Live Vol. 1	6:34
Open Your Eyes - Acoustic Version	Lee DeWyze - Frames (Deluxe)	3:40
SAM	Amber Run - SAM (Deluxe)	4:17
For What It's Worth	The Lone Bellow - For What It's Worth	3:18
30,000 Feet	Ben Rector - Brand New	4:16
After the Storms	Mumford & Sons - Sigh No More	4:08
Beautiful Day	U2 - All That You Can't Leave Behind	4:06

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Soul Matters Theme Groups

Make Meaningful Connections, Talking About Things That Matter

Time	Day of the Month	Co-Facilitators	Location
6:30 - 8:30pm	4 TH Tuesday	Kent Haden & Leslie Duthie	Church



SONG CIRCLE – EVERYONE WELCOME (visitors too!)

Nancy Dobbs and Jewel Spooner

In the Sanctuary: 2:30pm-4pm

Fall Song Circle 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.

SPIRITUAL EXPLORATION & LEARNING: A PEOPLE OF ATTENTION

Arran Liddel

Happy Birthday James Luther Adams!

Dr. James Luther Adams was a well known liberal theologian and social ethicist (a person who studies religion, beliefs, and values). He was also a Unitarian. He taught at Meadville Lombard Theological School, one of only two UU schools in North America and was a member of the First Unitarian Society of Chicago.

In 1948 most churches in North America were segregated, including Unitarian and Universalist ones. Even though the First Unitarian Society of Chicago was in an area that many black people lived, the church by-laws stated only white people could attend. Many of the members, including James Luther Adams and their minister, Reverend Leslie Pennington, thought this was racist and went against their values and principles.

The Board of Directors decided to hold a meeting to decide if they should desegregate (allow people of colour to attend). Although it is hard to imagine now, this was a very controversial discussion to have at the time and the debate went long into the night. Everyone thought they were right and no one was listening very much to what the other people were saying, and people were getting more and more tired and grumpy as time went on.

Eventually, James Luther Adams (who served on the board) realized that he was not listening and instead of trying to persuade the others he was right he instead asked the person who was most against desegregation "What do you say is the purpose of this church?" This caught everyone's attention and they all began to listen. The person thought about it long and hard and finally replied "Okay, Jim. The purpose of this church is to get hold of people like me and change them." After this, it was quickly agreed that The First Unitarian Society of Chicago would open to people of colour.

In November, our theme is "What Does it Mean to Be a People of Attention?" In this story, we see by paying close attention to their values and principles and why they are in a church community together James Luther Adams and the unnamed Board member were able to change the conversation. In doing so they were able to lead their congregation to make a step towards racial justice. As we celebrate James Luther Adams' birthday on November 12, let's consider where we can place our attention in the coming month to help our congregation take its next step towards racial justice and ending white supremacy.

Warmly,

Arran Liddel

Director of Spiritual Exploration and Learning for Children and Youth

OUR WHOLE LIVES (OWL) INFO SESSIONS



November 17, 1:30-2:30pm
at Saanich Neighbourhood
Place

November 24, noon-1pm
at First Unitarian Church of
Victoria

**Both Sessions will cover info about the K-1 and Gr.4-6 OWL
Programs running this winter/spring**

**Please contact Arran (arran@victoriaunitarian) ASAP if you need childcare
on Nov 17. Childcare is provided on Nov 24.**

SPIRITED JAZZ

Unitarian Jazz Vespers

Enjoy jazz with a splash of spiritual inspiration.

November 24th, Sunday, 7:30-8:30 PM



NICK MACLEAN QUARTET featuring Brownman Ali

Nick Maclean - piano (www.NicholasMaclean.com);

Brownman Ali - trumpet (www.Brownman.com)

Ben Duff - bass (in for Jesse Dietschi); **Jacob Wutzke** - drums (in for Tyler Goertzen)

First Unitarian Church of Victoria

By donation and greatly appreciated

Those who have been appreciating the short trip on a country road to a beautiful setting with top jazz musicians, completed with the musings of Reverend Shana, will be sure not to miss this upcoming vespers with the 26-year old rising star jazz pianist NICK MACLEAN and his multi-award winning modern-jazz quartet featuring acclaimed trumpet iconoclast BROWNMAN ALI as they tour Canada.

This November, multi-award-winning **NICK MACLEAN QUARTET featuring BROWNMAN ALI** embarks on their ambitious, month-long national tour across Canada, bringing them from their hometown of Toronto all the way to the Pacific coast and everywhere in between. Led by 26-year old fast-rising piano star **NICK MACLEAN** -- a 6x Global Music Award winner, a graduate of the University of Toronto, and one of the most in-demand young jazz piano players in Toronto -- this contemplative yet thrilling quartet delivers jazz between the two poles of thoughtful introspection and powerhouse conveyance, taking influences from Herbie Hancock's primordial 1960's Blue Note era recordings, while paying tribute to some of the greatest improvisers in jazz history

Maclean's quartet heavily features one of Canada's most provocative improvising trumpet players -- **BROWNMAN ALI**, heralded as "Canada's preeminent jazz trumpet player" by New York City's Village Voice. Recognized as an internationally acclaimed jazz iconoclast, he currently splits his time between Brooklyn, NY & Toronto, Canada and is a 2x National Jazz Award winner. This jazz veteran is best known globally as the last trumpet player with the legendary jazz-hip-hop group GURU's JAZZMATAZZ, having replaced Donald Byrd in that seminal ensemble. Ali & Maclean stand shoulder-to-shoulder with 2 of Toronto's top-tier 20-somethings: **BEN DUFF** on upright bass, and **JACOB WUTZKE** on drums.

This tour features many nights of deeply exploratory, hard-swinging modern-jazz audiences nation-wide will not want to miss. Full, detailed tour info at: www.TourNMQ.brownman.com#full

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 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

<https://victoriaunitarian.ca/worship-services/spirited-jazz-vespers/>

ABC



Our fundraising goal for 2020 is \$350,000.

We have direction from The Board to raise the goal in order to make a first step toward benefits for our entire staff. Our Ministers are presently being paid below the UUA compensation guidelines. Our other staff should have pension contributions.

This UU congregation requires a budget that not only sustains our current levels but allows us to strategically grow. First Unitarian Church of Victoria is a foundation for gathering and gifting of services and funds as well as a spiritual home. It is our place.

To meet our goal for the 2020 budget, we are asking you to raise your pledge a minimum of \$5.00/ month or \$60.00/year. This is not a cost of living increase but growth for us as employers. Your generosity may be pressed, but our plan creates a more stable work environment that is competitive with the best not the least of workplaces. Other programs within the budget will continue on a frugal plan.

We are inviting all to gather at the ABC Community Lunch October 20 at noon in the sanctuary. There will be no charge. An inspiring slide show will be presented. Come enjoy the food and the celebration.

By October 20th, we hope you have completed the pledge form and submitted it to the office, online, or into a pledge box.

Thank you in advance for your financial support – your pledge keeps our community strong and moving forward.

Please give as you are able, the link is: <https://fucv.breezechms.com/form/d3c3a6>

Thank you, Shirley Travis, lead on the ABC team.

Annual Budget Campaign

NOVEMBER 2019 HONOURED VOLUNTEER –

MARION SOLLAZZO

The Recognition and Awards Committee asks the Councils of the Board, and the President, to nominate volunteers who have made significant contributions to the life of the church. This month the President, Marion Pape, has nominated Marion Sollazzo.

Marion has been a Unitarian since 1968 when she was chauffeured by her parents, Helen and John Hvozdzanski, to the church on Superior Street to attend “church school”. Fifty-one years later she has come full circle as she spends most of her volunteer time involved in the Spiritual Exploration Programs for Children and Youth (SEL-CY). She has served on the SEL-CY committee as a member and chair and still spends half her Sunday mornings in the SEL-CY program supporting children and youth to explore the big questions of our faith. Her other volunteer activities have included serving as a Board member, various committee work including the Annual Budget Campaign (ABC) and “cooking bees” for the Out of the Rain Society.

For the past 33 years Marion has worked in healthcare as a speech-language pathologist, administrator and now quality project lead for services supporting children and youth with a wide range developmental disabilities and mental health challenges. Her immediate support team includes her partner Carlo, and her children Anna and Scott who have attended SEL-CY programs of the church. Marion is deeply grateful for the adults in these programs who have supported Anna and Scott to embrace the principles and sources of our faith as they navigate the challenges of modern adolescence and young adulthood.

Marion Pape says: I worked closely with Marion for two years after attending my first board retreat at which Marion Sollazzo led a comprehensive consultation on FUCV’s 3 year Strategic plan. Marion is a great leader, simultaneously visionary and practical. She implemented an impressive and engaged process in a confident and highly professional manner. Marion inspired us to think outside the box to plot the new church direction. She gathered info from the experience of everyone attending and then pulled it together into what formed the foundation for our future work determining strategic directions and action planning. I realized early on how lucky we are as a faith community to have such people volunteer their skills.

Lorna Anthony says: I have had the good fortune of working closely with Marion on the Provincial Fall Gathering 2014 hosted by FUCV as well as on the FUCV Board of Directors. With the Fall Gathering, Marion headed up the team to ensure the youth attending the event had a great time. On the Board, Marion could always be counted on to provide her professional expertise in personnel and administration along with many other areas. She was a lead in the team that encouraged input from our congregation for the Strategic Task Force. Marion has been an amazing force in so many church areas, and all the while juggling a full time job and being a supportive and engaged mom of two wonderful teenagers, now both in university.

John Hopewell says: I’ve known Marion for many years and worked with her most recently on Annual Budget Campaigns. Marion has many strengths, one of her greatest being her communication skills. She can quickly understand issues and find solutions. She’s easy to work with and has a great sense of humour .



Community Dinner



Community Dinner is a multi-generational event and an opportunity to meet new people or catch up with friends over a casual, fun delicious meal.

Everyone is welcome! Please bring a salad or dessert to share.

To help with clean-up please bring your own plate, cup and cutlery.

A rinsing station will be provided.

**Our meal will include
several entrees
inspired by
Latin American
cuisine.**



FUNDING FOR THE ENTERTAINMENT PROVIDED THROUGH THE RUTH HUMPHREYS INNOVATION FUND

ARTIST OF THE MONTH: KIRK BUCKLAND

For some, photography is a job; for others, a hobby. For Kirk it is a calling and a passion. Born in Ontario and raised on Vancouver Island, he has been capturing images and perfecting his craft for over 20 years. He founded Frozen Moments Photography in 2006 to showcase his body of work.

Kirk has been inspired by the simple beauty of nature on the West Coast and its inhabitants. Although his work usually involves the raw beauty of his surroundings, he is constantly being inspired by alternate adaptations of his craft.



To: Members of First Unitarian Church of Victoria

Thank you for your generous support of our organization through your Healing Our World program. The \$4,875 you provided us will finally allow us to move our website into the 21st century! We are currently preparing to put the website update out to bid.

When we announced your funding contribution to our peer support group, there was much cheering and applause. In the midst of their struggle with BPD and the stigma that so often crushes them, these people were uplifted by the active support of such a caring community.

In gratitude,

Baylie McKnight

President



GVAT (Greater Victoria Acting Together) is approaching its first important milestone. On Nov. 24th, GVAT will hold a Delegates' Assembly where GVAT's Action Research Teams (ARTs) will present conclusions from interviews they've conducted with people involved in housing and mental health. They will present their conclusions to GVAT's Board, its Strategic Hub members, and core groups from member organizations. Assembly delegates will then decide what aspects of housing and mental health GVAT will request politicians and others in power to change for the better.

That second step will occur in April 2020 at GVAT's Founding Celebration. There, a thousand or more people from GVAT member organizations will witness the promises for action or excuses for inaction made by those in power. GVAT's persuasive powers lie in the number of witnesses at this Founding Celebration. Our church has been asked to send 100 people. You will have an opportunity to sign up in the new year.

You need only be present at the Founding Ceremony, there's no work entailed. Numbers are important! Your core team will inform you of GVAT's progress between now and April via this newsletter, the church's web-site, Facebook, and other means. Stay tuned, GVAT needs you!

From your core group: Susan Layng, Kym Hines, Sonya Ignatieff, Hanny Panekoek, and Philip Symons.



NEEDED FOR DECEMBER SERVICES!

December is an especially busy month for ushers and greeters in our community. In December, there are two additional services, Solstice and Christmas Eve, where ushers and greeters are needed to provide welcome and assistance. December is also a month when many greeters and ushers are either out of town visiting, or entertaining visitors themselves. If you could be willing and able to help, please consider joining either the usher or greeter team for December only. You might discover that saying hello to smiling faces is uplifting, and you will want to sign on for the new year. Please contact me, Nancy Dobbs, nandobbs@telus.net if you have questions, or to let me know your availability. I will be putting together schedules in mid November.

LIVE CAPTIONING TRIALS LAUNCHED

Thanks to support from the Ruth Humphreys Innovation Fund, a six week trial of live captioning of our Sunday Service was launched October 20. The captioning of words as they are spoken and projecting them onto a screen is intended primarily to help hard of hearing people in understanding what is being said during the worship service. Interestingly, folks with normal hearing can also benefit from reading more precisely what was said. Captioning does not replace our listening loop, rather it helps clarify what is heard in the loop.

During the trial period, we will employ a second screen and projector when our main set up is used for other visual content of presentations. Please know that we are working toward integrating captioning with other uses of the main screen. The present series of trials runs Oct. 20, 27, Nov. 3, 17 and Dec. 1, 8.

Live captioning of our church programs is an important step toward inclusive access for all members and for our greater community.

Comments and questions to Stu Whitney, in person, by Phone, 250 477 5546, or by email to stuwhitney@shaw.ca.



LOCATION TASK FORCE

The Ridesharing List is Up!

If you need a ride to church, check the list [here](#) and contact one of the people offering a ride from near to you.

If you are able to offer a ride to people who live nearby or along your route to Church, please complete the [questionnaire](#). This service allows those needing a ride to directly contact people who pass nearby. You don't need to be available every Sunday or even offer rides in both directions; just do whatever is convenient for you.

Royal Oak Exchange Shuttle

The shuttle from Royal Oak Transit Exchange to the Church is up and running. If you can't get to Church services but you can get to Royal Oak Transit Exchange this is for you. Arrive at Royal Oak by 10 AM and meet our Greeter at the bus shelter at bus Bay "D". At 10:05 you will be driven to church by a volunteer. Talk to your driver about a ride back after the service. If you only need a ride back to Royal Oak after the service, check the back of the Order of Service for the name of this week's volunteer.

Questions?

If you have questions about these transportation initiatives or if you wish to volunteer, please contact email LocationTaskForce@victoriaunitarian.ca



SHARE THE PLATE FOR NOVEMBER 2019

Recipient

WEST COAST ENVIRONMENTAL LAW

Questions: What if the land, rivers, oceans and sky were afforded the same legal rights to protection as people? Are our personal and societal relationships with entire ecosystems no less important than human relationships, in terms of justice, and the moral imperative to protect that which is fundamental to vitality, life and even survival? The answers to these questions must surely be a resounding YES! Like Greta Thunberg, we are each and all called to higher levels of accountability for protecting every vulnerable ecosystem that cannot defend itself against the many abuses we inflict upon them.

Those British Columbians and others who are taking this call seriously have been fortunate since 1974 to have access to the services of West Coast Environmental Law. Since those early days, it has been working with great success to help solve complex environmental challenges. Over the years, this progressive organization has learned to engage with communities and governments, develop and apply professional legal and environmental knowledge, and conduct research to develop historically meaningful collaborative solutions through the power and democratic processes of law. Very significantly, they are transforming environmental decision-making and strengthening legal protection for the environment by bridging Indigenous and Canadian laws. By putting the force of law into the hands of communities and creating legal risk for those who would harm our land, air and water, they are helping to create a collective set of legal norms that is leading us into a more just and sustainable future.

West Coast Environmental Law is transforming the legal landscape by developing cutting-edge solutions that strengthen environmental laws and revitalize and uphold Indigenous laws. It does this while also providing legal expertise to communities facing environmental stress and related challenges, working hard to ensure that people and groups have access to the legal tools and advice they need when facing their own environmental issues.

West Coast's lawyers have been at the forefront in establishing many important environmental laws and regulations – on every Canadian coast, in BC and across the country too. From helping to create Marine Protected Areas, to shaping the original Canadian Environmental Assessment Act, to closing loopholes in the Kyoto Protocol, to drafting forest certification standards for the BC Forest Stewardship Council, West Coast Environmental Law has played a key role in our collective future. Their continued success depends upon us. Please give generously to support the work of West Coast Environmental Law.

Prepared by Doug McGinnis

INNOVATION FUND

New Ideas for our Church Community?

Do you have an idea for doing things differently in our church community: a new program or service or a new way of doing an existing program?

In memory of his wife, Ruth, Ted Humphreys has generously funded the Ruth Humphreys Innovations Fund. Once a year the fund trustees call for proposals that provide opportunities and new ideas that would add value to our congregational life.

A total of \$10,000 per year is available to be allocated among successful applicants.

- ✦ Apply new and different methods to existing programs,
- ✦ Scale up successful and innovative programs and services,
- ✦ Experiment with new ideas,
- ✦ Offer collaborative approaches to address an issue or opportunity,

Improve the delivery of current programs and services.

Some examples of past grants – VI summer camp activities; bench outside north door; Truth & Reconciliation artist-in-residence and sponsorship of play, “Home”; portable tent for community displays, funds to explore live captioning of services, audio/visual enhancement, location task force.

Further information and funding application forms are available from the church website under “Innovations Fund” and from the church office . DEADLINE is Friday, January 31, 2020.

You can contact any of the trustees with your questions or email

innovationsfund@victoriaunitarian.ca.

Al Hoffman, John Tiffany, Betty Sherwood, Lynne Bonner, Lorna Anthony, Rev. Shana (*ex officio*).

We look forward to hearing from you!

REFUGEE REPORT

"The Refugee Committee would like to announce that the year of formal Unitarian sponsorship for Khaled, Raweah, Wasan and Mohammad, ended September 30. We are very happy to report that work, school, and ESL are going very well for the family and we look forward to staying in touch with them in the future.

Our \$30,000 goal to support a new refugee application to bring Khaled's parents and brother to Victoria was quickly met by members of First and Capital communities and we expect it to be up to one year before they arrive. More information is available on the UU website.

Both families extend their love and thanks to Unitarians for this outstanding opportunity to rebuild their lives.





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, February and March six NGs will meet one at a time to chat 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 next four Soupers are November 10th, January 19th, February 23rd and April 5th.

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 many. The earliest the changes will be made is for the beginning of the 2020 church year. There will be plenty of input prior to any decisions.

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

THE CLIMATE CRISIS RALLY SEPTEMBER 27 AND OUR BANNER

Twenty-eight or more UUs from our church attended the students' climate crisis rally on Sept. 27th. Many of us met under the big SRC (Social Responsibility Coalition) banner. The rally was attended by about 2,700 people, and finding one another in this crowd was made difficult by a swirling breeze that prohibited us from holding the banner high. In the picture, Mike Graham, Lynne Bonner, (Philip's head), Liz Graham, Jim Jordan, David Smith, John Worton, "Tiff", Nancy Dobbs, Fran Pardee, Mary Ellen Nicol and Carol Smith.

The banner has seen many rallies and demonstrations. It was made by Marya Nijland in the late 1990s, when Marya was known as "The Banner Lady" because she made some 20 banners for different organizations.



This earlier picture was taken in 2000. The occasion is not identified, but the SRC members (The SRC was a "Committee" before it became a "Coalition") under it are (left to right) Philip Symons, Sheila Kingham (not a UU, but well known in social justice circles), Rev. Dr. Felix Lion, Joop Schuif, Max Bacon and Judy Gaylord.

The SRC in those years consisted of 12-15 people. Some of them served on the Executive of Canadian Unitarians for Social Justice (CUSJ), our national social justice organization then headquartered in Victoria and led by president Bob Van Alstyne.

The Rev. Lion, our Minister emeritus at the time, had been on the Ministers' walks with Martin Luther King in Selma. The "Lion Hall" is named after him and his wife Eva. Joop Schuif, a self-proclaimed "defrocked economist", was a giant among social justice workers. Max Bacon designed and donated the front doors to our church.

Among SRC members of that time (2000) who are still around, in addition to Judy and Philip, are Bob Van Alstyne and Bert MacBain, Keith Jobson, Christine and Mel Johnston, Archie McGugan, Diane McLaren and Marya Nijland. Today's SRC has just six active members, of whom only two are under 80 years old.

INVITATION FROM NEIGHBOURHOOD UU CONGREGATION OF TORONTO

Dear Fellow Unitarian Universalists,

As a service and not a business, we offer one pilgrimage a year to a sacred site on the earth. Since 2006 we have traveled with a small group (15-20) fellow UU's to; India, Vietnam, Peru, Turkey, Belize, Romania, Italy, Portugal, Cambodia and New Mexico. The pilgrimages are led by Rev. Wayne Walder, a full time minister in Toronto Ontario with his partner Joan Walder. We call them Mindful Journeys and each day we meditate and reflect in the presence of beauty.

We invite you to travel with us in April 2020 to Peru and the wonders of Machu Picchu. Over the years Rev. Walder has developed friendships with several of the Shamans in the area. This gives us a unique and often private access to some of the most beautiful places on the planet.

These journeys are fully insured and guaranteed by Worldwide Quest, a Toronto licensed travel agent. We still have a few spots available!! For information and a full itinerary contact Joan Walder at: walderj358@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
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Trustee	Nancy Dobbs
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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!

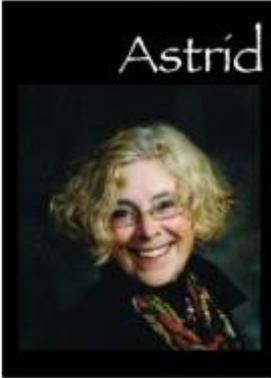
Care and Concern Committee

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

Barbara Boyle at 250-381-0264

or your Neighbourhood Group Care & Concern person

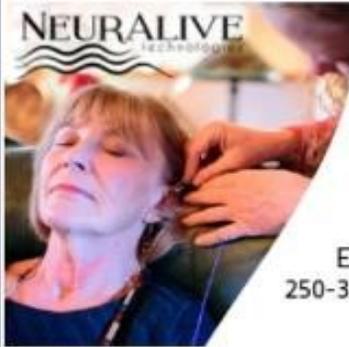
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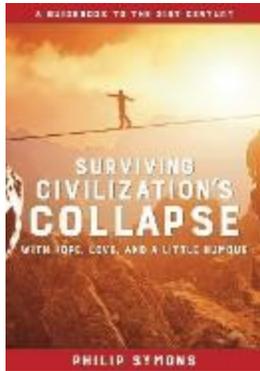
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Continued next
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Ads Continued:



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CALENDAR

Board Members on Duty

Nov	
3	Jim Willis
10	Marion Pape
17	Susan Layng
24	Steve Sharlow

Contact Changes
 None reported

Membership Changes
 Thane Waldie - Deceased
 Bobby Kovar - Friend to Member

BIRTHDAYS IN NOVEMBER

Lynne	Bonner	November 01
Gloria	Turner	November 01
Thomas	Andersen	November 02
Ariane (Angelina)	Templeton	November 03
Lance	Young	November 03
Harry	Moore	November 04
Marion	Sollazzo	November 04
Laura	Porcher	November 06
Louise	Parsons	November 07
Penny	Furnes	November 08
Lorna	Anthony	November 09
Andrew	Lee	November 09
Roberta	Engel	November 10
Faye	Mogensen	November 10
Reese	Willis	November 11
Brock	Brown	November 12
Pauline	Kenneally	November 12
Barbara	Rintoul	November 14
Samuel	Wilmott	November 15
Hanne	Fair	November 16
Kathleen	Filan	November 17
James	Twidale	November 18
Doug	Seeley	November 19
Lila	Watson	November 19
Diana	Black Van	November 20
Robert	Alstynne	November 22
Simon	Williams	November 22
Naida	Hyde	November 25
Anna	Tilson	November 26
Robert	Gifford	November 28
Rowan	de Boer	November 29

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