



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

**SERVICES IN DECEMBER**



**DATE: December 1 2019**

HOMILIST: Rev Shana

WA: Morgan Reid

TITLE: Alert for the Awe Inspiring

CHOIR: Piano

In an atmosphere that seems to shrug its shoulders and take a been-there-done-that attitude toward nearly everything, how do we stay alert for things that inspire awe? What does feeling a sense of awe do for us and to us? We will explore the sources of awe in our lives and how to hold onto them.

**DATE: December 8 2019**

HOMILIST: Dana Seaborn (Dana Lynn Seaborn is a retired chaplain from Capital UU; she's Métis, and has written new lyrics to "The Huron Carol").

WA: Shelley Motz

TITLE: A Crack In Everything Seeking Light in Darkness

CHOIR: Chalice Choir

Here in 'bleak midwinter', we light a candle in the darkness. When we find ourselves in the dark days of our lives, where do we find the light? Let's look to our midwinter traditions, and to the songs and stories of our human family, to see if we can find some answers.

**DATE: December 15 2019**

HOMILIST: Rev Melora

WA: David Vest

TITLE: Paradoxical Awe

CHOIR: Bell choir

How is it that awe –at the magic of the northern lights, at the breathtaking beauty of a spectacular sunset, at the majesty of the mountains and ocean-- can make you feel so insignificant and yet also a part of the larger whole? And another puzzle: how might we cultivate sense of awe in the ordinary-- amidst the every-day, even when we are feeling a distinct lack of awesomeness in our lives?

*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](#).

*Continued from previous page...*

**DATE: December 21 2019**

**TITLE: Winter Solstice: Winter Quiet Spiral Ritual**

**SPEAKERS: Rev Melora and Arran(, Director of Spiritual Exploration and Learning for Children)**

**WA: Shelley Motz**

**CHOIR: Solstice singers**

Gathering at 4:15 pm; ritual begins at 5:00 pm. All ages (children, adults, elders, all!) are welcome. Arran Liddel and Youth, and Rev. Melora Lynngood

4:15pm: pizza and crafts. Connecting with the young and our elders makes the holidays more meaningful. Come enjoy intergen crafts and a meal together before our winter quiet ritual. Vegan and gluten-free options available.

5:00pm: ritual. We'll process into the Sanctuary to begin our ritual by the light of a single candle at the centre of a spiral of evergreen boughs. One by one, each person will be invited to walk the spiral, in candlelight and slowly, magically, the room will grow brighter. Treats and hot apple cider await in the Lion Hall when the ritual is complete, or when the young grow restless.

5.45 pm: Meditation. Those who would like extra quiet time are invited to stay in the Sanctuary for a period of candlelight meditation and reflection.

Everyone is invited to bring a small special object that gives them comfort or warmth in the winter nights that will be placed in the spiral before the ritual begins (objects will be returned to owners at the end).

**DATE: December 22 2019**

**TITLE: Waiting Can Be Sweet**

**SPEAKERS: Rev Shana**

**CHOIR: Chalice choir**

**WA: Victoria Barr**

In the midst of the Christian liturgical season of advent, we will look at the gifts that can be found in waiting and expectation. How does our ability to be patient, to wait for things to come to us offer us gifts that making things happen and proactive doing sometimes can't?

**DATE: December 24 2019**

**TITLE: Christmas Eve Lessons and Carols Service for All Ages**

**SPEAKERS: Rev Shana**

**WA: Kressa Sisu**

Join us for our annual singing of the timeless music of the season and exploration of the story of the birth of Jesus of Nazareth.

**DATE: December 29 2019**

**TITLE: Poetry Service**

**SPEAKERS: Shelley Motz**

**CHOIR: Piano**

**WA: Lynne Bonner**

All month, we have explored what it means to experience awe—a transcendent experience that poets have long attempted to capture (and conjure) with their words. Join Worship Associate Shelley Motz and members of the congregation as they share an eclectic collection of poems that invite us to pause, pay attention and explore what it means to be a people of awe.

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### HOLIDAY OFFICE HOURS

**The church office will be closed from December 24th to January 2nd, with staff returning to usual office hours on Sunday, January 5th?**

### 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, Jeri Dause, Bill Glassman, Mary-Ellen Nicol,  
 Jan Thomson, Suellen Guenther.

### FROM THE EDITORS: GUIDELINES FOR YOUR SUBMISSIONS

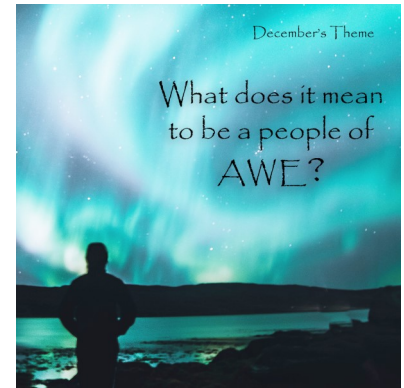
*We try to standardize the presentation, to avoid the dog’s breakfast aspect...*

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!**

I will never forget a lecture by an art history professor when I was in undergraduate school that was a profound lesson in awe. Many in our class were unimpressed by the paintings of Christian religious scenes by Italian master Tintoretto (1518-1594). Our teacher implored us to look again, given modern technology and our interest in the fads of the day, and belief in all that science had shown and accomplished, we'd become jaded. He told us that while we may not feel as Tintoretto had, we should try to appreciate the deep conviction and belief he was trying to express in his paintings. I spent much of that semester in awe. Blown away by beauty and creativity and the story of human history told through centuries of art.



It is perhaps even easier now to feel cynical and jaded. To be a people of awe in these times will take a deliberate and conscious effort. This is not to say that sources of awe are not readily available. I believe they are. Just outside your door and inside your being. What will capture you this month? Is there something in the Winter Holiday season that captures your imagination? Can you see things through the fresh perspective of a child? Whatever inspires your awe may it surface often this month as we explore the many ingredients in a sense of awe this month.

Here are the Soul Matters questions for reflection this month—choose one to sit with, or create your own.

1. Who taught you the most about “living in awe”?
2. Has age impeded or assisted awe for you?
3. How as the location of awe changed for you over time? Has it shifted from the stars to the woods? From the birth of planets to the birth of your child? From the physical feats your body allows to the storied wrinkles of your hand? What now leaves you most in awe when you look at it?
4. Have you ever turned to the stars for support? Comfort? Escape? Connection?
5. Is awe calling you to feel smaller or bigger?
6. Is it possible that awe is where God is found?
7. Do you most often complain about your body or stand in awe of it?
8. When was the last time you stood in awe of your partner or a dear friend?
9. When was the last time you stood in awe of your child or a child?
10. Can you imagine someone standing in awe of you?

See you in church,  
Rev. Shana

# All Through the Night

Saturday December 14 at 7pm

**Featuring our Choirs and Bell Ringers  
plus a few surprises  
Admission by CASH donation (no food)  
All proceeds to the Food Banks  
Reception to Follow**

First Unitarian Church of Victoria  
5575 West Saanich Road

*Come on...*

*We know you're out there  
...you shower singers  
...you car crooners  
...you backyard beltors*



## The Music Program **WANTS** You

**Come and Join Us in January!**

Email: Nick at [info@fairbankmusic.ca](mailto:info@fairbankmusic.ca) or talk to him at church

Places available in the Chalice Choir, Men's Choir,

Farmhouse Ringers and the JAMMers

**FIND YOUR HOME IN OUR MUSIC PROGRAM**

## ***The Unitarian who saved Christmas***

It is said that what we now see as traditional Christmas celebrations were greatly promoted by Charles Dickens and his novel *A Christmas Carol*. In this novel, through the transformation of Ebenezer Scrooge, Dickens was able to espouse his newly found Unitarian values and promote a more just society.



Dickens worked for many charities, but he also believed that he could change society for the better through his writing and in *A Christmas Carol* (and other writings) he exposed the challenges of the poor and encouraged approaching Christmas as a time of generosity... Both with family, gathering around a tree to share a holiday feast, and with those who have less - offering what we can.

This holiday season we can reflect on our own UU values and how we can promote them while sharing our gifts (both material and metaphorical) with those in our communities and beyond... Perhaps we will even share some of the Awe Ebenezer found!

Happy Holidays!

Warmly,

Arran Liddel

*Director of Spiritual Exploration and Learning for Children and Youth*

### **Holiday Schedule:**

December 15:	Last day of regular programming
December 21:	Winter Solstice: Winter Quiet Ritual for all ages (Saturday)
December 22:	Holiday crafts (all ages) & Lion Lounge
December 29:	Lion Lounge and Childcare
January 5:	Pajama Party! (all ages) & Lion Lounge
January 12:	Regular programming begins

## Engaging Neighbourhood Groups

### **Why a Family Ministry Team?**

The FUCV Strategic Plan has identified *Family Ministry* as a priority area of focus over the next few years. A small working group is exploring the many ways to help define and shape this in a way that works for all parts of the congregation.

### **Who is on the team?**

Reverend Melora, the Director Spiritual Exploration for Children and Youth / Arran Liddel, Board Council Chair on Spiritual Development / Nancy Dobbs, Lesley Duthie, and Anna Isaacs.

### **What will the team do?**

The broad purpose of the family ministry team at FUCV is to build a congregational culture of all-ages, inclusion and engagement. We recognize that this will involve a combination of 'technical' fixes as well as adaptive growth for our congregation.

As the frontiers of family ministry are in a period of great flux, and as the methods that will promote thriving multi-generational community are different for each congregation, our team's current approach, as we begin this work, is to facilitate a series of experiments, all aimed at:

**Deepening connections** between people of various ages

**Building a culture of warmth:** A culture in which people of all ages feel that others in the congregation (whether stranger or friend) care about them and the particulars of how they are doing.

### **Where do we start?**

We will begin to engage different parts of the FUCV community in exploring what experiments might be tried to Deepen Connections and Build a Culture of Warmth. In the 2019/2020 church year, we will focus on working with Neighbourhood Groups. On November 10, we had a Souper Sunday where diners we invited to sit with their Neighbourhood group....

We will focus our work on primarily with the Royal Oak West and Western Neighbourhood groups this year, offering a number of 'pilot' activities to see what works in each neighbourhood. Though, if you are in a different neighbourhood and you would like to try something there, please contact the Family Ministry Team and/or the convenor of your neighbourhood group ***-We'd love to hear your ideas!***



## Winter Solstice: Winter Quiet, Saturday, Dec 21

**Gather at 4.30 pm; ritual begins at 5:15 pm; Silent Meditation 5.45 pm**

Arran Liddel, Director of Spiritual Exploration & Learning for Children and Youth,  
and Rev. Melora Lynngood with Worship Associate: Shelley Motz



### Schedule:

**4.30 pm: Pizza and crafts.** Connecting with the young and our elders makes the holidays more meaningful. Come enjoy all ages crafts and a meal together before our winter quiet ritual. Vegan and gluten free options available. Would you like to be one of our wise crafters? We are looking to assign at least one elder volunteer to help out at every craft table (crafting will continue after the ritual).

**5:15 pm: Ritual.** We'll process into the Sanctuary to begin our ritual by the light of a single candle at the centre of a spiral of evergreen boughs. One by one, each person will be invited to walk the spiral, in candlelight and slowly, magically, the room will grow brighter. The youngest children will go first. The 'young at heart' will be invited to participate in the ritual after the children. Treats and hot apple cider await in the Lion Hall when the ritual is complete, or when the young grow restless.

**5.45 pm: Meditation.** Those who would like extra quiet time are invited to stay in the Sanctuary for a period of candlelight meditation and reflection.

**Everyone** is invited to **bring a small special object** that gives them **comfort** or **warmth** in the winter nights that will be placed in the spiral before the ritual begins (objects will be returned to owners at the end).

**All Ages (children, adults, elders, all!) are welcome.**

*Early bedtime?* PJs (for all ages ☺) welcome. Bring a toothbrush before the sleepy car ride home.

## OWL - Sexuality Program for Children



In 2020, we will offer Our Whole Lives (OWL) Programs for children in **kindergarten - grade 1 and grade 4-6.**

Our trained OWL leaders look forward to helping youth explore questions about relationships and healthy boundaries in this relevant, age-appropriate, inclusive and interactive program. It is built on four core values:

- Self worth
- Sexual Health
- Responsibility
- Justice and Inclusivity

### **Kindergarten-Grade 1**

On Sunday mornings, **10.30 - 11.45 am**, from **January 12 - March 15, 2020 @ FUCV** We will have a mandatory **Parent & Child Orientation day** for the K-1 Program, on **January 12 at 10.40 am till Noon** in the Sunflower Room.

### **Grade 4-6**

On Sunday afternoons, **1.30 - 2.45 pm**, from **April 5 - June 21, 2020**. We will have a mandatory **orientation for parents on March 8**. This program will be offered at **Saanich Neighbourhood Place**. For more information or to register see:

[victoriaunitarian.ca/children-youth/owls/](http://victoriaunitarian.ca/children-youth/owls/)

## A UU Christmas Day

Do you feel a bit overwhelmed by Christmas? Would you rather spend an afternoon with great food, warm friends and good conversation? Join us for the Christmas Day Potluck Lunch. Turkeys have been donated, but the rest is up to us.

We will have activities like board games, crafts, origami, lots of coffee and dessert after lunch. We would love to have a volunteer organize activities like making greeting cards, writing poetry or even to share card games with others.

There will also be a gift swap - bring something new or gently used (\$10 or thereabouts). If anyone wants to bring something for vulnerable youth, Gita will make a gift basket and take it to the ones she works with.

Barb Nyland will have a sign up sheet at the Lion Hall where you can get more information. You can also call Gita at 250-893-3821. Bring yourself, bring your friends and family. Invite a neighbour or someone who is new to Victoria who may be alone.

## Coffee for Sale



Level Ground Free Trade coffee is for sale in the Farm House from the kiosk right next to the Treasurer's Office. Proceeds from the sales go to support the Healing Our World (HOW) projects.

Check out the kiosk! We have a new selection of coffees including whole bean coffees from Peru, decaffeinated coffee, a special Winter Blend and coffees from Ethiopia and Columbia. Bags sell for \$13.

## Suellen Guenther, as an Elder, will light the chalice on December 22<sup>nd</sup>.

Suellen joined our church in 1985. At first, she taught in RE and was leader of the Youth Group. Then for the last 25 years she has been in the Chalice Choir. She also sang with the Pick up Sticks and the Women's Choir.

She chaired the Recognition and Awards Committee, the RE Committee, the Membership Committee, the annual financial canvass team, the Committee on Ministry, and was President of the Board.

At present, she is a member of the Spirituality Group, the Membership Committee, and the Committee on Ministry. She chairs the Services Auction Team and has coordinated the Giant Book Sale for the last 10 years.

She says 'I like to choose activities in our church that build community, believing that together we can make a difference in the world. I have many friends in the church who have supported me through difficult times and I consider our church my extended family.'



## CHRISTMAS WREATHS for the Sanctuary



This is an invitation to those of you who would enjoy a few hours of creating the traditional Christmas wreaths for our sanctuary.

It is lots of fun, we inspire each other, and it is very rewarding. While you work there will be fresh, homemade muffins, tea and coffee

**Friday December 13th, 10am, in the Sanctuary**

Donations of greenery would be gratefully accepted.

Please let Betty ([bsherwood@shaw.ca](mailto:bsherwood@shaw.ca)) or Hanny ([hanny/hugo@shaw.ca](mailto:hanny/hugo@shaw.ca)) know that you will be there.

## If the word “budget” appears in a headline you will not read this story – but you should

Do you believe that for every problem there is always a solution - if you just consult enough caring people? Hope so because we need your help. Our problem (yours too) is that we don't have enough money pledged to keep our church running next year.

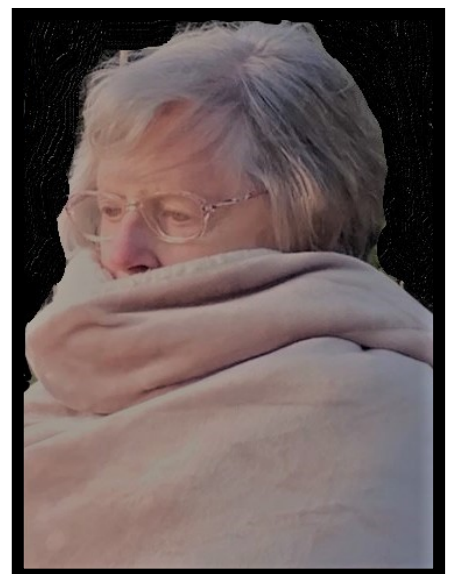
- The most obvious solution: shut the church down, sell the property, share the proceeds, watch football on Sunday morning. Somehow that seems extreme but tick the circle if you favour this solution.

What else might we do?

- Lay off the ministers. Substantial dollar saving but might affect Sunday attendance. Tick the circle if you favour this solution.
- Lay off the church staff. Significant dollar saving but who would shuffle the papers, file the reports, answer the phone, tell us where to go and when? Tick the circle if you favour this solution.
- No longer heat the sanctuary in chilly weather. (Allied with this option, we could rent shawls to those who complain.) Tick the circle if you favour this solution.
- Introduce pay parking. Likely to be unpopular and will require a muscular someone to issue tickets and collect on them — but tick the circle if you favour this solution.
- Install coin-operated turnstiles at all doors, with this added feature: It also takes one loonie to get out. Tick the circle if you favour this solution
- Pledge.

HIT THE BUTTON BELOW 

**Pledge Now**



**The ABC Campaign** is beginning the phase of their work to make individual phone calls. This year, a rather large number of people have not yet submitted their pledge. The FUCV Congregation is enormously blessed to have such dedication and compassion in a small but mighty group of people doing a job that rarely receives thanks. The core team is Shirley Travis, Jennifer Young, Barry Wiebe, Fran Pardee and Kathleen Zimmerman as our Treasurer and Jane Wilson as coach. In addition to many volunteer callers, several Board members are pitching in to help with phoning. Please contact Fran Pardee with any questions you might have concerning your pledge.

**The 2020 Budget** was tabled at the November Board meeting by David Hoadley, Finance Chair. The Finance Committee has done very creative work over the last year in verifying revenue and containing costs. The board also appreciates the overwhelming support to pursue Staff Benefits for all qualified personnel. The end is within reach and the board will make its final decision to approve the 2020 budget at a special 2nd Budget Meeting on December 5. This is, of course, contingent on pledges being realized. The Budget will then be presented to the Congregation for approval at the January 26 General Meeting.

**The FUCV Montessori Negotiating Team** with Shirley Travis, John Tiffany, John Worton and Nadia Kozak have been in conversation with Montessori School board and staff to update an outstanding lease including occupancy costs. This team has been working very hard to clarify actual costs and are currently discussing the installing of a separate metre to read the Montessori actual hydro usage.

**Indigenous Cultural Training for FUCV and Capital Unitarians:** On Jan 18, 2020, from 9-4 at UVic Interfaith Chapel you're invited to a one-day Indigenous Perspectives Workshop on how to be an ally for Indigenous people. This is a free workshop due to the generosity of GVAT, the FUCV Innovation Fund and Worship Associates. There will be a limit of 40 participants. Please mark your calendars. Further registration details to follow. FUCV can be proud of the accomplishments of its Reconciliation Team in presenting many opportunities for learning and awareness about issues confronting our Indigenous neighbours. In addition to the Jan. 18 event, here is another opportunity:

**“Deepening our Commitment to Truth, Healing, Relationship & Reconciliation: A Guided Film Discussion Series”:** In February, March and April a team from the Capital and First Unitarian congregations will facilitate a Truth, Healing, and Reconciliation Film Discussion Series based on five Indigenous lead films. The series is guided by material developed by the Canadian Unitarian Council (CUC). The aim is to help us reach a deeper understanding of the relationships between Indigenous and non-Indigenous peoples in Canada and our shared history and its impacts.

Registered participants will watch the following films online (a link will be provided) but there will also be an in-person viewing option for each film.

*People of the Feather:* Joel Heath

*Reel Injun:* Neil Diamond

*We Were Children:* Tim Wolochatiuk

*Kanehsatake: 270 Years of Resistance:* Alanis Obomsawin

*KONELINE: our land beautiful:* Nettie Wild

*CBC 8th Fire:* episodes 1-4

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The CUC has provided reflection materials that will be distributed to participants, who will gather for a facilitated discussion of issues raised by each film. Two groups of about ten people each will meet to discuss the films with five meetings in total. Preference will be given to individuals who can attend all five sessions. Registration opens on Jan 1, 2020.

**Healing Our World (HOW):** We are thankful that Elaine Hepburn and Martha McDougall have taken over administration of HOW from Don and Clare Vipond. HOW has been a very successful program of FUCV, due to the efforts of Don and Clare, SRC and the Congregation for pitching in with financial support for a variety of worthwhile projects locally and around the world. Thanks, Don and Clare.

**The FUCV GVAT Core Team** is actively recruiting people to attend The Delegate's Assembly on November 24th from 2-4pm. All FUCV Members and Friends are invited to gather in solidarity to affirm our ART (Action Research Teams) on Affordable Housing and Mental Health and Addictions and discuss proposed campaign proposals. There will also be opportunities to join an Action Research Team, the Communications team or the new Climate Change Action Research Team. Register at [gvat.ca](http://gvat.ca). Contact Susan Layng

**Committee on Ministry Temporary Replacement:** The Board elected Suellen Gunther as a 6- month temporary replacement for Mark Danley on Committee of Ministry. Thank you, Suellen for lending your experience and wisdom to this important Committee of the Board.

**Access to the Farmhouse and Common Room:** If you need to access the Farmhouse after hours or on weekends, please note that Property Council is establishing a new lockbox process. See article in E-weekly and newsletter.

**Offsite Pilot Services:** The Location Task Force is holding its final pilot service on Sunday, December 1, at Cedar Hill Recreation Centre. This is the last month before the evaluation of the program. You might wish to check it out.

## **SHARE THE PLATE DECEMBER**

**CHRISTINE JOHNSTON**

December is share between two charities, as is usual for this month, both related to poverty in our city: Our Place and Bridges for Women.

BRIDGES FOR WOMEN has an aim to help the women who come to them enter the workforce as financially independent, self-sufficient members of the labour market, free from the impacts of trauma and abuse.

They have a variety of free programs designed to meet diverse women's needs and inspire them break the cycle of abuse and trauma through healing, education and employment training. Our programs help identify their interests, strengths and skills, through counseling, flexible supportive employment, academic upgrading and mentorship. Downtown location, child care, referrals, full kitchen and a computer lab are offered. Drop-ins are welcome for those enrolled.

Bridges for Women Society was recognized by the Royal Roads University Chancellor's Community Recognition Award in 2017. The Community Social Planning Council's Quality of Life Award in 2005 also recognized Bridges' commitment and programs as preventing and reducing poverty in BC's Capital Region.

When this faith community pauses to reflect on its history, how it has lived its principles, there is clear evidence that we can count ourselves as healers. Part of the proof is to be found under the title: HOW.

The year is ending. Right around the corner is HOW 2020. The Healing Our World (HOW) annual campaign has two new administrators, Martha McDougall and Elaine Hepburn, in the wake of Clare and Don Vipond retiring. The opportunity to conduct some healing, near and far, opens for us again.

It always begins the same way - with ideas from the congregation. There is a vast world of lived experience in that crowd sitting in the sanctuary on a Sunday, people who have lived or visited far away at one time and have seen needs the rest of us know nothing about. Then there are local needs, well known to others of us.

As to how HOW works, think of it this way. On a table in front of you is a bag of gold coins. That money could do a power of good - if it is given direction. If it is ignored, it will simply vanish, sometime early in the New Year. Poof! Gone, its potential wasted.

That's where your experience, your ideas come in. Where might we spend some of this money, to help adults, children, animals, the land, the water of the planet? Do you know an agency, a registered Canadian charity, that does work you admire? Is there a specific task that needs doing? (Look at our HOW history list below and you will get the idea.)

**Applications for HOW projects will be in the January 2020 newsletter. Write the HOW administrators with your thoughts, ideas and suggestions. Start a conversation:**

Elaine Hepburn – [elainehepburn0504@gmail.com](mailto:elainehepburn0504@gmail.com) (250-665-8087)

Martha McDougall – [marthaj.mcdougall@gmail.com](mailto:marthaj.mcdougall@gmail.com) (250-744-1541)

#### **HOW projects: (to spark your imagination)**

**2006** – rebuild a school in Sierra Leone: \$21,500

**2007** – provide a single parent, working poor, local family with a subsidy of \$300 a month for a year. The congregation liked that project enough to provide that subsidy for three single-parent working-poor families: \$10,800

**2008** Project #1 – guarantee 10 orphaned children 10 years of education as well as health care for the host families in Ghana: \$8,000;

Project #2 – provide the funds to build 100 communal toilets in Kenya that would reduce the amount of disease carried by flies: \$7,000

**2009** Project #1 – help fund 140 micro-loans to women entrepreneurs in the developing world through Kiva.org. \$3,200; We committed to reloan the money for five years: (To 2019, these funds have been repeatedly recycled: \$47,500 loaned in total; 1,911 loans in 62 countries) Project #2 – support a local family living in poverty by paying their rent for one year: \$6,000

**2010** Project #1 – feed 100 orphans, in South Africa, for one year whose parents had died from AIDS: \$12,000; Project #2 – helped subsidize young teens attending 'The Power of Hope' summer camp here in B.C.: \$10,000

**2011** Project #1 – pay the school fees for Burmese children living in refugee camps in Thailand: \$3,567; Project #2 – fix a roof for a library at a school in Sierra Leone: \$2,000; Project #3 – riverbank restoration for farmers in Nepal: \$5,000; Project #4 – feed injured animals at Victoria's Wild ARC: \$3,160

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HOW continued from previous page...

**2012** Project #1- feeding 30 kids at Brown's Town Primary in Jamaica every school day for a year: \$3,400; Project #2 – supply Rev. Al Tysick with the goods he needs to care for members of the street community afflicted with addictions or mental illness: \$5,000; Project #3 – cover the cost of the host Drum and Emcee for the Yellow Wolf Powwow: \$2,400

**2013** Project #1 – Victoria Human Exchange Society. Rehousing 12 people off the streets: \$4,800; Project #2 – Rwanda Widows and Orphans Project. Refurbishing homes in Rwanda and provide drinking water and stoves to 20 widows: \$4,200; Project#3 – Schizophrenic Society. Purchase of integrated-tracking information system: \$5,000

**2014** Project #1 – Thirty destitute Tanzanian women from rural areas given (and trained how to use) solar powered devices to earn income recharging cell phones: \$5,250; Project #2 – Classroom rented and the salaries of three teachers paid for one year in an existing charitable school in slums of Pune, India: \$3,800; Project #3 – A multi-purpose room for a preschool in Jamaica: \$800.

**2015** Project #1 – The Teens2Twenties Support Group (ages 15-25) was fully funded (\$5,000) to help to keep the program running between September, 2015, and August, 2016. The Greater Victoria group provides tools and support for those with a mental illness. Project #2 – Beekeeping in Rwanda was fully funded (\$4,750) to buy new hives and protective gear, a centrifugal honey extractor, and stainless storage tanks for 30 Rwandan families trained in basic beekeeping. Project #3: Teaching non-violent conflict resolution skills to children and youth in occupied Palestine: \$1,673.

**2016** Project #1 – Help a long-running half-way house in Victoria do some much-needed upgrading. Project #2 – Support a winter homeless shelter run by the First Unitarian Fellowship of Nanaimo. More than \$8,000 was raised for the two HOW projects.

**2017** – Project #1: The charity titled Help Lesotho conducts a program called Change Her Life, to distribute washable sanitary kits that last up to three years. This means that each kit can keep a girl in school for 150 days that she might otherwise miss. Exceeded \$4,700 goal... raised \$6,400.

**2018** – Project #1 – The Likhaan Centre for Women's Health operates four clinics in poor areas around Manila, Philippines and they serve over 30,000 patients annually. Likhaan's staff and volunteers are trusted leaders who educate women and youth on sexual and reproductive health. Target was \$4,000. Raised \$4,250.

Project #2 – A school dormitory (for 30 children) in a little village of Maasai people in Tanzania so children who live too far away to walk can attend school. The community believes a secure future for its children lies in education. Total cost of the dorm: \$23,000. Target was \$5,000. Raised \$5,250

**2019** – Project# 1 – Vancouver Island Counselling Centre for Immigrants and Refugees to support translation services. Most of the money will go compensating volunteer interpreters for their clinical hours and related administration. The primary reason is that VICCIR interpreters tend to be younger and newer to Canada, so more in need of compensation. Target \$5,000; donated \$5,325.

**2019** - Project #2 – Borderline Personality Disorder Society of BC for the re-building of an antiquated website, one which cannot be reached by many modern devices. Thus many sufferers and their families may be unaware of the help available. Borderline Personality Disorder (also known as Emotional Dysregulation) is a serious mental illness that centres on the inability to effectively manage emotions and thoughts. Target: \$4,550; donated \$4,875.



## Indigenous Cultural Perspectives Training for Unitarian Universalists

Saturday, January 18, 2020 from 9am – 4pm at the UVic Interfaith Chapel

Come be a part of this exciting opportunity to do the learning that empowers us to live our values and build better relationships between Indigenous and Non-Indigenous People.



This training will be presented by the Indigenous Perspectives Society **just for us** – a group of Unitarian Universalists (from First Unitarian and Capital). They have graciously agreed to host the workshop on a Saturday (usually they do M-F), and have allowed us to expand the group to 40 participants.

Indigenous Perspectives Society Cultural Perspectives Training helps **develop cultural intelligence** by: deepening understanding of the legacy of colonization including inter-generational trauma, privilege and racism; exploring the key concepts of colonization, privilege and stereotyping; and what it means to an individual or organization wanting build successful relationships with Indigenous people and communities.

- Identify social location, decolonization, and the role of the Indigenous ally
- Engaging in ongoing reflection on how privilege and stereotypes impact work and relationships
- Develop clear understanding of Residential School history
- Understand the continued impacts of colonization when communicating with Indigenous children, youth, and families
- Understand the inter-generational impacts from the loss of traditional culture experienced by Indigenous peoples
- Increasing cultural competence by applying anti-oppressive ideologies and methods into daily life
- Identifying examples where decision-making opportunities can be affected by assumptions and bias
- Defining cultural intelligence, identify what culturally intelligent practices look like, and how they can be introduced to the community
- Increased ability for strengthening collaborative relationships with Indigenous peoples and communities

8 additional hours of online learning will be available to each participant after the workshop.

Participants will soon be able to register at <https://ipsregistration.ca/> (Registration is required to attend.) In the meantime, you can direct questions to Rev. Melora text/cell 250-891-6330.

This workshop normally costs \$250 per person. Different sectors at First Unitarian (Worship, GVAT, Truth Healing Reconciliation) have pooled resources to make it **free** to you!

Accessible by bus. \$3.50 for all-day parking.

Bring your own lunch and beverages.

This is the 1<sup>st</sup> of 2 opportunities. To deepen learning further, you might also wish to also attend the five session Indigenous Film Discussion Series. See article below.



**Deepening our Commitment to Truth, Healing, Relationship & Reconciliation:  
A Guided Film Discussion Series**

5 sessions, Feb – April, 2020

In February, March and April a team from the Capital and First Unitarian congregations will facilitate a *Truth, Healing, and Reconciliation Film Discussion Series* based on five Indigenous lead films. The series is guided by material developed by the Canadian Unitarian Council (CUC). The aim is to help us reach a deeper understanding of the relationships between Indigenous and non-Indigenous peoples in Canada and our shared history and its impacts.

Registered participants will watch the following films online (a link will be provided) but there will also be an in-person viewing option for each film.

*People of the Feather*: Joel Heath

*Reel Injun*: Neil Diamond

*We Were Children*: Tim Wolochatiuk

*Kanehsatake: 270 Years of Resistance*: Alanis Obomsawin

*KONELĪNE: our land beautiful*: Nettie Wild

*CBC 8 th Fire*: episodes 1-4

The CUC has provided reflection materials that will be distributed to participants, who will gather for a facilitated discussion of issues raised by each film.

**Mark your calendars!**

Two groups of 10 people each will meet to discuss the films with 5 meetings in total.

Intentional Gatherings are **February 11 & 25; March 10; April 7 & 21**

Tuesday afternoons 1-3pm (at First Unitarian),

facilitators: Rev. Melora & Evelyn Peters;

Tuesday evenings 7-9pm (in James Bay):

facilitators: Lynn Beak & Karen Christie

**Registration begins the 1<sup>st</sup> of January 2020**, and preference will be given to individuals who can attend all five sessions. Registration info will be in January newsletter and January e-weeklies. Questions to Rev. Melora text/cell 250-891-6330

This is the 2<sup>nd</sup> of 2 opportunities. To deepen learning further, you might also wish to also attend the one day *Indigenous Cultural Perspectives Training* on Saturday, January 18<sup>th</sup>. See article above.

**FUCV’s One Planet Saanich Action Plan**

We’re happy to announce that, after months of work, our church’s One Planet Saanich (OPS) Action Plan is complete. Let me emphasize that we consider this plan to be a *working draft*, ready for the input and feedback from the Environmental Action Team, the Board and the congregation.

A key feature of our OPS Action Plan is the dovetailing of our Seven UU Principles with the Ten Principles of One Planet living, shown in this graphic. These principles are at the very heart of the plan and inform all the outcomes and actions that emanate from them.

Our church has been very fortunate because Ted Sheldon has donated numerous volunteer hours, helping our OPS Team define and shape the plan. Recently retired, Ted has been a BC Ministry of Environment Program Evaluator and Corporate Policy Advisor, a longstanding Senior Community Climate Action Advisor for the BC Climate Action Secretariat and, most recently, an Alternative Energy Advisor with the BC Ministry of Energy and Mines. We’re lucky Ted retired when he did so that he could help us with our Action Plan!

Stay tuned to learn more about our Action Plan and to have your say!

**One Planet Saanich enters Phase 2**

In other OPS news, funding is now in place as the project matures into Phase 2, led by consultant Cora Hallsworth, Lead of One Planet Saanich. Their plans include workshops, webinars, new stakeholders (including the local organization Power to Be), and a possible regional expansion. Cora and her staff are also busy developing an impressive Lighter Living App which will help people make choices that are good for the environment that is tailored to our local situation. It’s very cool and will be released for testing in 2020. Cora and her team also have a great deal of interest in our church’s EcoGames program; they are looking at the possibility of scaling up the EcoGames and coordinating it with their Lighter Living App so that it could be shared with more individuals and groups.



## 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](mailto: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](mailto:LocationTaskForce@victoriaunitarian.ca)



## BREEZE TRAINING

Need help learning how to make best use of the new online directory, Breeze?

If so, you are invited to attend a brief training /Q&A session in January. Further trainings may be scheduled if needed.

### **BREEZE TRAINING FOR MEMBERS & FRIENDS**

**Sunday, January 12 | 12-1 pm | Fireside Room**

This training is for *members and friends* who wish to learn basic use of Breeze to find contact information for other members and friends.

### **BREEZE TRAINING FOR CONGREGATIONAL LEADERS**

**Sunday, January 19 | 12-1 pm | Fireside Room**

This training is for *congregational leaders (i.e. committee chairs)* who may need to use advanced tools in Breeze to find information.

Please RSVP to [churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca) specifying which session you wish to attend. If you require assistance initializing the app on your cell phone or tablet, please bring it to the session. If you have specific questions about Breeze that you'd like addressed in the training, please include these in your RSVP so Nadia can best tailor the sessions.

## FARMHOUSE LOCKBOX

A four-digit lockbox containing the farmhouse first floor key has been installed on October 1<sup>st</sup> near the main front door to the office and common room. The lockbox code will be given to those who use the office and common room during non-office hours. Board members will contact the committees and teams under their councils to let them know of this arrangement. Various church members who need access to the Farmhouse first floor will be given the box code for the lockbox by contacting the Property Council chair (John "Tiff" Tiffany, [johntiffany0705@gmail.com](mailto:johntiffany0705@gmail.com)) or 250-884-6812 [cell].

## AUTOMATED EXTERNAL DEFIBRILLATOR (AED) TRAINING

The Church has an automated external defibrillator (AED) located in the foyer just outside the double doors to the Sanctuary. Board members are in the process of being trained in its use. The next training session would be on Sunday, December 8th, at 12 PM, at church in the Library. It should take about twenty minutes. As part of the training, I will be showing the following 4 - minute training video on using a defibrillator, which is very helpful so please review. Here's the link: [https://youtu.be/msRft-g-k\\_s](https://youtu.be/msRft-g-k_s)

If anyone else is interested in getting trained, please RSVP to John Tiffany (Tiff) at [johntiffany0705@gmail.com](mailto:johntiffany0705@gmail.com).

Lyndze Harvey

transcript from Parenting These Days worship service, Oct 27th, 2019

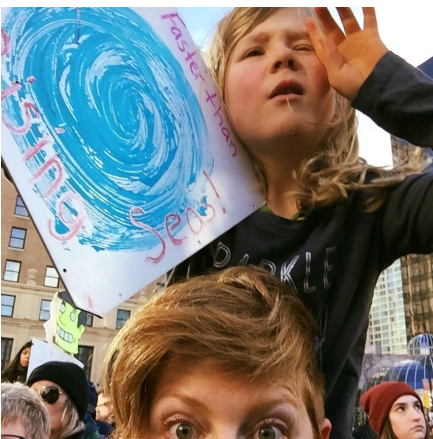
Watch the entire service at [tinyurl.com/fucv-ptd](https://tinyurl.com/fucv-ptd)

Hi I'm Lyndze and I'm a recovering control freak. This is where you say hi Lyndze.

I'm such a control freak, and I'm trying to work through that, because I do believe that parenting is, on a daily basis, for me the subtle art of letting go of something that I never really had a hold on to begin with. My kids are eight and six, and are night and day, and are budding activists and their hero is Greta Thunberg. And when we found out she was coming to Vancouver, I immediately got on the computer and started researching exactly how to get there and when. And in my effort to control all variables, I had typed up on my phone what bus I was catching, what train, what ferry, where I was staying, how long it would take to walk there etc etc. Everything went remarkably smoothly, despite the fact that my six year old had probably three panic attacks during the protest itself.

Then on the bus ride back after the SkyTrain we were on the bus on our way to the ferry, the rumour started to spread that the five o'clock was canceled. And I'm standing there and thinking my legs are going to give out, I've been standing all day carrying children who are very heavy, all day. How am I going to make it? The seven o'clock was canceled, then the eight o'clock was cancelled, then the 8:50 didn't load, then it was 9:30, and we were out of food and I was out of money. And I'm sitting in this crowded place, and my six year old keeps saying what every adult is thinking "I just want to be in my bed." My eight year old looks up at me and says, "I don't know if I can go on much further."

I'm thinking the same thing but I'm also thinking, and you have to. And so I think for me parenting is accepting that there will be the unexpected. That there is no normal, that you need to let go over and over and over again, and accept over and over and over again where you're at and where they're at. And this can be exhausting, especially with the fear of judgment from other people. But if you kind of let go of that, it becomes a bit more fun and even transformative.



## RUTH HUMPHREYS 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 who recently passed away 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](mailto:innovationsfund@victoriaunitarian.ca).

Al Hoffman, John Tiffany, Betty Sherwood, Lynne Bonner, Lorna Anthony, Rev. Shana (ex officio).  
We look forward to hearing from you!



### JOIN THE COFFEE TEAM!

Every Sunday morning a small crew of volunteers, usually 3-4 people , set- up tables, chairs. coffee urns. teapots, supplies, cups, water, etc. and after the service, stand behind the tables to keep the hot beverages flowing. We call ourselves the “Coffee Makers “, for lack of a better

name. With enough people on the list, volunteers should only have to turn up once every two months.

Well, that is not happening anymore. Usually the same small group provides the service every month. That is a prescription for burn -out.

Along with other Sunday morning tasks ( ushers, greeters, choir rehearsals ) there are many opportunities for helping with small or bigger tasks. You will find it a rewarding experience, and a great way of connecting with other volunteers and the congregation. If interested, please use the sign-up sheet on the goodies table, or e-mail or phone the coordinator Hugo Sutmoller. 250 - 385 -2299. [hannyhugo@shaw.ca](mailto:hannyhugo@shaw.ca)



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 N.G. 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 church 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 January 19<sup>th</sup>, February 23<sup>rd</sup> and April 5<sup>th</sup>.

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 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

# **BU\*UTLEGGGER CIDER**

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**655ml APPLE CIDER (dry) 6 - \$8**

**750ml APPLE CIDER (semi-dry) \$8 - \$10**

**750 ml 'GRAPPLE' CIDER (semi-dry) \$8 - \$10**

**FINAL 'LIQUIDATION' SALE !**

**Gardens & Grounds Fundraiser**

**LION HALL — DECEMBER 1, 8 AND 15 ONLY!**

Look around your neighborhood on Recycle pick-up day. Blue boxes as far as the eye can see. We have learned a lot about how to care for our environment. We recycle religiously, despite the fact that we're not always sure what goes in the Blue Box and what goes in the garbage. We pride ourselves in doing our part even to the point of composting our food waste. Yet despite municipal recycling programs, we ship boatloads of waste under the guise of recyclables to countries such as the Philippines and Malaysia. And, in their need to be more environmentally aware, they are shipping mostly garbage back to us. We simply produce too much and we're running out of room.

Remember, the first R in showing our respect for the Earth is Reduce. Plastic products are everywhere, on nearly everything. Because society is driven by consumerism, profit and constant growth, the pressure is on to make more and make them better, from packaging to straws. What we throw away ends up in our waterways, landfills and oceans. It breaks down into smaller particles which then affect wildlife, marine health and our food chain.

There are positive steps we can make both on a society and personal level. Countries, as well as our own, have agreed to ban non-essential plastic items. We can have discussions with our families and friends to buy food that we can use rather than have left overs to throw away. If we have feedback for stores where we shop, such as ideas about packaging, we can write a letter or talk to a manager in person. Bulk buying is one way to reuse containers rather than throwing more plastic into the Blue Box. We can keep updating our knowledge about what is available to help us Reduce and Reuse using Recycling as a last resort.

One important response to our problems is to do what we can through our Environmental Action Team (EAT). We set up a Recycle/Garbage Enclosure in the parking lot several years ago. We have monitored its usage to keep it functioning for staff, kitchen volunteers, Montessori PreSchool, rentals and others who use the church kitchens. We are planning to join the larger Church Maintenance Team for a Work Party soon to complete tasks that will tidy up that area. We are keen to have other volunteers join us and help us monitor this essential project for the church. For more information: Doug McGinnis, [dsmcginnis52@gmail.com](mailto:dsmcginnis52@gmail.com); or [Louise Cole iotrends4@pacificcoast.net](mailto:Louise Cole iotrends4@pacificcoast.net).

**HOT OFF THE PRESS, PENINSULA NEWS REVIEW, FRIDAY NOVEMBER 15, 2019, page A6**

## **COMMUNITY DINNER**

There will be no Community Dinner in December. The next Community Dinner will be Friday 10 January 2020 at 6:00 in the sanctuary. The menu will be baked potatoes with topping and Haggis in honour of Rabbie Burns Day. Look for more information in the January newsletter.





Since late last spring, the Action Research Teams (ARTs) of GVAT (Greater Victoria Acting Together) have been conducting interviews and gathering information on Victoria's problems with housing and mental health and addictions. These two problems have proven to be linked: many people with mental health problems are also without housing.

Specific items for action on housing and mental health and addictions were debated at the Delegates' Assembly on Nov. 24<sup>th</sup>. Those actions will be reported in a later newsletter and on the GVAT page of the church's website (<https://victoriaunitarian.ca/program/adult-programsvictoria-unitarians-join-gvat/>). A brief history of GVAT and our involvement in it is also on the church's website.

Meanwhile, GVAT itself has been growing and developing as a result of Lead Organizer Chet Phillips's hard work. Our church is one of now 26 member organizations. Member organizations are listed on GVAT's revitalized website, [www.gvat.ca](http://www.gvat.ca).

The next big event is GVAT's Founding Assembly on April 5<sup>th</sup>, 2020. We have been asked to have 100 members from our congregation attend this Assembly to witness the commitment people in power have made to carry out GVAT's requests for specific actions on Affordable Housing and Mental Health and Addictions.

The Founding Assembly is GVAT's "coming out" party, the first big event involving people outside GVAT itself. Through January to March, 2020, you'll have an opportunity to sign up as a witness at this exciting event. **More information will be provided at the GVAT service on January 5<sup>th</sup>, 2020, where Chet Phillips will give the homily.** News will also be available in future E-Weekly news articles, newsletter articles and the church's website. Our church remains one of the most involved and active members in GVAT!

Report by your GVAT core group: Susan Layng, Kym Hines, Sonya Ignatieff, Hanny Pannekoek and Philip Symons.

## Amnesty International – Write for Rights

**Writing letters works. Join us after service on December 8<sup>th</sup> to sign Amnesty International petitions.**

When Amnesty mobilizes people — passionate human rights supporters like you — to write letters or petitions (yes, with a pen and paper, envelope and stamp!), we can change lives. Every year, around December 10th (International Human Rights Day), Amnesty supporters change lives doing this simple act with Write for Rights, the world's biggest event. This year's Write for Rights campaign is unique because **we're focusing on young people** who are taking on some of the world's biggest crises.

**SIGN UP TO WRITE FOR RIGHTS!**

**One of the 10 global cases is right here in Canada, of Indigenous youth from Asubpeeschoseewagong (Grassy Narrows) First Nation who are fighting for justice in the face of 50 years of mercury poisoning in their community. If you're unable to attend, [Sign up for Write for Rights to help bring international attention and solidarity to the youth of Grassy Narrows, and all 10 cases.](#)**

## First Unitarian Church of Victoria

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

churchoffice@victoriaunitarian.ca • www.victoriaunitarian.ca

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

### Ministers

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

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

*The ministers' day off is Monday.*

### Minister Emerita

Reverend Jane Bramadat

250-652-1272

### Lay Chaplains

laychaplains@victoriaunitarian.ca

Oceanna Hall 250-886-1077

Kjerstin Mackie 250-598-5975

Anne Vaasjo 250-385-1603

### Director of Spiritual Exploration and Learning for Children and Youth

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

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

### Director of Music

Nick Fairbank  
music@victoriaunitarian.ca

### Church Administrator

Nadia Kozak  
churchoffice@victoriaunitarian.ca

### Communications Assistant

Shannon Oatway  
communications@victoriaunitarian.ca

### Officers

<b>President</b>	Marion Pape
<b>Vice President</b>	Steve Sharlow
<b>Treasurer</b>	Kathleen Zimmerman
<b>Secretary</b>	Audrey Taylor

### Board Members

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

Do you have a friend in need ... of a ceremony?  
A wedding, child dedication or memorial?

Tell them about FUCV's

**Lay Chaplains**

**It's what we do!**

Email: [laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)



## We Care!

### Care and Concern Committee

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

**Barbara Boyle at 250-381-0264**

or your Neighbourhood Group Care & Concern person

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



**Astrid Firley-Eaton**  
Design

interior design  
colour consultation

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



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250 592 4411 [info@islandmontessori.net](mailto:info@islandmontessori.net)  
[www.islandmontessori.com](http://www.islandmontessori.com)

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from birth to adulthood



Anne Swannell

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Ads  
Continued next  
page

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Phone: 250-370-1204  
Email: [samvic@shaw.ca](mailto:samvic@shaw.ca)

Ads Continued:



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**CALENDAR**

**Board Members on Duty**

1	Audrey Taylor
8	Susan Layng
15	John Tiffany
22	Jim Willis
29	Bruce Nicol

**Contact Changes**

None

**Membership Changes**

Deaths: Ted Humphreys - Oct.24, 2019  
 Shirley d'Estrube - Nov.4, 2019

## BIRTHDAYS IN DECEMBER



Michael Greenly	01
Victoria Barr	04
Daphne Horne	04
Dawn Fizzard	05
Michael Eckford	06
Edie Taylor	06
James Willis	06
Susan Bowers	07
John Dalgety	07
Liz Graham	07
Cheryl Hall	08
Johanna Billung-Meyer	09
Nancy Dobbs	10
Henry Hagan-Braun	10
Kathryn Harwood	10
Finlay Taylor	10
Lesley Duthie	11
Kyunje Thokme	11
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The First Unitarian Church of Victoria  
5575 West Saanich Road  
Victoria, BC V9E 2G1

Phone: 250-744-2665

E-mail: [churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca)

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

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