



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

SERVICES IN MARCH



Date	Title / Topic	Homilist	WA
2019-03-03	Growing Eden in the Heart of the City	Jen Rashleigh	Sam
2019-03-10	Dignity Everywhere	Rev Shana	Kressa
2019-03-17	Your Journey, Your Calling	Rev. Melora	Lynne
2019-03-24	Gandhi, Child Haven, and the Rest of Us	Rev Wendy	Oliver
2019-03-31	The End of this Journey	Liz Graham and	Morgan

DATE: Mar 3 2019

TITLE: Growing Eden in the Heart of the City

HOMILIST: Jen Rashleigh

CHOIR: Chalice Choir

WA: Samantha Magnus

In honour of International Women’s Day (March 8), Rev. Melora and Lillie Lenz (our rep for the Canadian Unitarian Universalist Women’s Association) invite First Victoria congregant, Jen Rashleigh to share stories, learnings and dreams from *Growing Eden*, a garden project funded by the Unitarian Church of Vancouver (UVC), where Jen served previously as the Associate Director of Children & Youth Programming. The garden is a small slice of paradise in Southeast Vancouver, created especially for-- and with-- refugee, newcomer and low-income moms and their young children. The success of this organisational partnership, and the strength of solidarity created among these families, teaches valuable lessons in how to create community, health, and food sovereignty from the soil up.

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

Services continued next page

DATE: Mar 10 2019

TITLE: Dignity for All

HOMILIST: Rev. Shana Lynngood

CHOIR: Bell Choir

WA: Kressa Sissu

Unitarian Universalist United Nations Office Sunday

This annual Sunday in which we support the work and mission of our denominational office at the UN, we explore this year's focus, "When Crisis Calls: Advancing Just Migration for All". There has been much talk about those displaced from their homes or forced to flee, not all of it accurate. How do we more fully understand the challenges they face? What does their plight tell us about the state of our world,

Today is Daylight Savings. Spring Forward. Our Service will begin at **11:30am**

(which will FEEL like 10:30am – you don't need to lose any sleep to get to church on time ☺)

As has been our annual tradition, this time change allows our UU friends on Salt Spring Island to attend our service if they wish.

Date: Mar 10 2019, 7:00-8:00 pm:

Jazz Vespers in the Sanctuary, with Reverend Shana Lynngood and the Edie Daponte Quartet. See page 11 for details.

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](#).

DATE: Mar 17 2019

TITLE: Your Journey, Your Calling

HOMILIST: Rev. Melora Lynngood

CHOIR: Chalice Choir

WA: Lynne Bonner

In this service, which will include a special presentation of stoles to both Revs. Lynngood from member Ruth Miller, we consider the question of 'calling.' What is your calling – your purpose? What are your unique gifts and passions, and how do you use them to tend to this planet and those who dwell upon it? We've asked this question before; this month, we re-examine it through the lens of our theme of 'journey.' How has your sense of purpose shifted and evolved over the course of your life journey? Consider, for example: What happens to your sense of purpose when circumstances force you into a change you were not expecting? What happens to the identity of a parent when kids grow up and leave home? What happens to your sense of purpose when you retire? Is there a core sense of calling that stays steady through all the changes?

DATE: Mar 24 2019

TITLE: Gandhi, Child Haven, and the Rest of Us

HOMILIST: Rev. Wendy McNiven

CHOIR: No Choir

WA: Oliver Belisle

Child Haven International's main purpose is to provide the necessities of life to otherwise destitute children, through its eight homes in India, Nepal, Bangladesh and Tibet, operating with Gandhian principles. It is the creation of Bonnie and Fred Cappuccino. From my own experience at one CHI home, I will offer reflections about how Child Haven International contributes to the building of strong, caring communities - and what we might want to learn from it.

Rev. Wendy McNiven is a retired Unitarian minister. She and her spouse live in Courtenay and grandparent in Victoria.

Note: Revs. Lynngood will be on spring break holiday from March 18-25. This is one of their 4 vacations weeks during the year (as is standard for UU ministers). Rev. Melora will be back at work on Tuesday, March 26. As part of our ministers' service to the larger denomination, Rev. Shana will be away serving on the Ministerial Fellowship Committee of the Unitarian Universalist Association from March 26-31.

Services continued next page

DATE: Mar 31 2019

TITLE: The End of this Journey

HOMILIST: Liz Graham and Lay Chaplains

CHOIR: Men's Choir

WA: Morgan Reid

Our congregation's Lay Chaplains serve members of the larger community by helping them mark important way-stations on their life journeys. They are often asked to assist families in recognizing a life that has ended. In this service, they will talk about the issues that have arisen from their clients and in their own lives about the way we, as a society, deal with death.

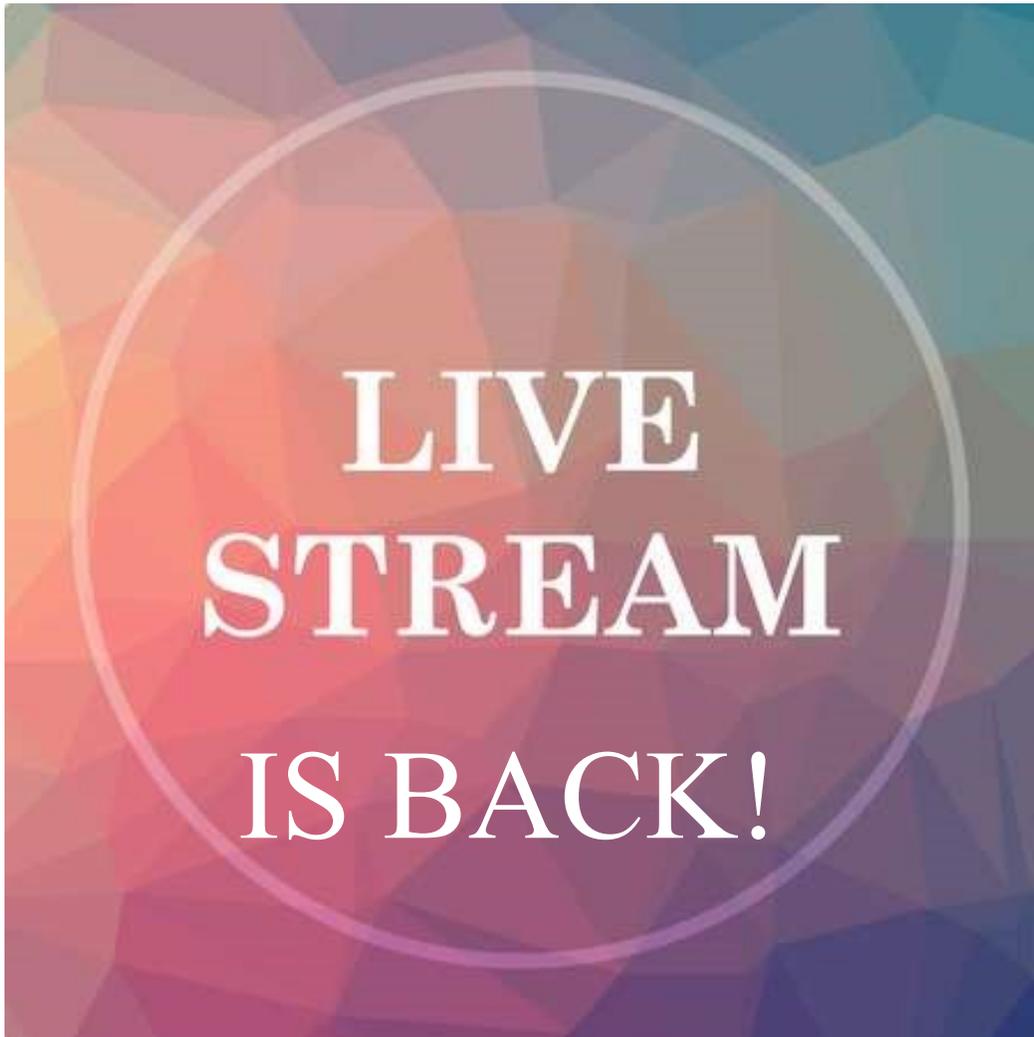
Note: Our ministers have Monday off as well as one weekend per month (as is standard for UU ministers). This is their March weekend off. They are back at work on Tuesday, April 2.

COMMITTEE ON MINISTRY

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

IN THIS ISSUE

Sunday Services	1	One Planet FAQs.....	18
Committee on Ministry.....	2	Refugee Report, Song Circle.....	19
Livestream is Back.....	4	Community Dinner, Popcorn Theology	20
Theme	5	Becoming a Lay Chaplain.....	21
Spiritual Exercise.....	6	Radical Welcome, Volunteer Fair	22
President's Report	7	HOW	23
Board Members.....	8	Innovation Grants.....	24
SEL-CY, Art Salon	9	Location Task Force.....	25
Artist of the Month	10	Pathway to Membership.....	26
Spirited Jazz	11	Family Ministries I, II.....	27
Our Elders	12	Art of Visiting, Souper Sunday.....	29
Don Armstrong, Neighborhood Groups.....	13	BMOD, New Members, Birthdays.....	30
Auction Fever.....	14	Staff.....	31
Green Corner.....	16	Ads.....	32
Climate Change.....	17		



Sunday Service livestream is back in service, thanks to the technical wizardry of Bruce Stirling.

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

To view past worship services (as of January 27) please [click on the link](#).

FYI... The full link is https://www.facebook.com/pg/victoriaunitarian/videos/?ref=page_internal

THEME QUESTIONS AND SPIRITUAL PRACTICES



Theme Questions and Spiritual Exercise

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

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 you own. If the list is overwhelming, scan it, and simply **choose one question** to ponder and revisit over the course of the month. See what insights might come from living with the question over time. Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out which question is "yours." Which question captures the call of your inner voice? Which one contains "your work"? What is it trying to get you to notice? Where is it trying to lead you?

1. How would you describe the current leg of your journey? Taking the first step? Down an alley? Climbing a hill? Coasting? Cruising? Sauntering? Lost? Hitchhiking it? Running on empty? Just filled the tank? Planning to get off at the next exit? Hoping that a rest area comes soon? Waiting for GPS to recalibrate? Off the map? Stuck in traffic? Sick of the commute? Thankful for the car-pool? Standing at a fork in the road?
2. What friend has walked your journey with you the longest? How would you articulate the unique gift of long friendships?
3. What is the most important thing you've told your kids to pack for their journey?
4. Whose journey do you wish wasn't cut short? Who do you wish was still on the road with you? Have you figured out what treasures or clues they've left behind?
5. Could the story of your journey so far be told as an adventure story?
6. What is the most important thing you've learned about getting lost?
7. Whose journey needs your help? Is there someone that needs you to notice that they can't quite make their next step alone?
8. Do you believe in happy endings?
9. Are you close or far from home?
10. What if someone asked you "Where are you going?" instead of "Where are you from?"
11. Do you dwell on everything that you have lost? Or focus on everything that you have yet to find?
12. Are you sure your path is one of becoming who you really are. Or could it be about unbecoming who you are not?
13. What if the obstacles in front of us aren't in the way of our lives, but instead are our lives?
14. How are you called to make others' journeys possible?
15. What has been your favorite twist or turn on the road?

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 Exercise: *Your Journey in Six Words*

This suggested spiritual exercise is one option of several that are suggested by the Unitarian Universalist Soul Matters Network this month (If you are in a Soul Matters Small Group at our church, see your packet for more options).

Larry Smith is passionate about helping people share their life journeys. He created a website with numerous tools and prompts to make sharing easier. One prompt turned out to be everyone's favorite: Pair down your life journey to six words. It was inspired by Ernest Hemingway taking up a bar bet to write a novel in 6 words. Hemingway's response: "For Sale: Baby shoes, never worn."

The 'telling your journey in six-words' challenge helps people focus on, honour, and hold on to the essence of their stories.

So, this month, take up the challenge for yourself. Below are some example six-word journeys and online resources to help you on your way:

Example Six-Word Journeys

Married by Elvis; divorced by Friday
Down for maintenance, be back soon.
Threw spaghetti on wall; some stuck.
Told to marry rich. Married Richard.
We're the family you gossip about.
The psychic said I'd be richer.
Eight thousand orgasms; one baby.
Tried surfing on a calm day.
Sixty. Single. Rich. Call me collect.
Wasn't born a redhead; fixed that.

Mom was "earthy"; Now I'm "green."
Son's autism broke and rebuilt me.
Tore up my own suicide letter.
Sixty. Still afraid of the dark.
Class clown; Class president; town drunk.
Forged through fire; sustained by friendships.
No future, no past. Not lost.
Life's GPS keeps saying, recalculating... recalculating.
Obama did, now so can I
The exits were entrances in disguise.
Play. Play. Play. Play. Play. Play.

Online Resources

Video Meditation with Inspiring Six-Word Journeys

<https://www.youtube.com/watch?v=mBnP0DoGjRI>

Six-Word Story Writing Advice

<https://eightladieswriting.com/2016/03/16/elizabeth-six-word-stories/>

Not Quite What I Was Planning: Six-Word Memoirs by Writers Famous and Obscure

Rachel Fershleiser & Larry Smith

<https://www.amazon.com/Not-Quite-What-Was-Planning/dp/0061374059>

PRESIDENT'S REPORT TO THE MARCH NEWSLETTER 2019

The weather of mid February was challenging for staff and congregation alike as Montessori School, programs and committee meetings were cancelled. Staff worked from home for a while, and the snowplow finally arrived and with Brad's help, cleared most of the snow. On Sunday, speakers all arrived, Jazz Vespers attracted many music lovers and FUCV was mostly back to its normal bustle.

The 2019 General Meeting was well attended and positive with succinct presentations outlining the state of the church finances. Special thanks were extended to the ABC, Finance and Human Resources Committees for their expertise and hard work. While the major revenue for 2019 was stimulated by ABC's efforts, there are a lot of others (in fact, most people in the room) who helped generate the money to pay for the many church programs and services. The budget for 2019 was approved.

FUCV Foci for 2019:

The Task Force on Location launched a survey at the Congregational Meeting held on Feb. 10. The survey was distributed to over 800 persons in the FUCV database. The lines were buzzing early that Sunday as responses were sent in and they are continuing to arrive.

Family Ministry: Rev. Melora and Arran Liddel presented an afternoon workshop on Family Ministry to several people in church leadership. Using role-plays, the scenarios presented hit home as we realized we were just beginning to make the essential cultural shift needed to envelop Family Ministry for our church.

Membership: Rev. Shana has developed a reflection paper on membership, which she shared with the board and membership committee. It provided much food for thought and further discussion as we look at the changes needed to help the many new people dipping their toes into FUCV feel warm, comfortable and engaged. Many questions remain which will be discussed further at an upcoming meeting for ushers and greeters on March 7 at 6:30 pm. We hope for a good turnout.

FUCV Long Term Planning Committee: Mandate: In considering the long-term sustainability of the First Unitarian Church of Victoria (FUCV) the Board of Directors has identified the need to form a Long-Term Planning Committee. The terms of reference have been revised to change the Membership from two Board Members to one and from three Congregation Members to four. Members of the Committee will be appointed at the March Board Meeting.

A Volunteer Fair is being held on March 3 and 20 different committees or Teams will be setting up information Displays in the Sanctuary after service. Please plan to drop by and see what everyone is doing as well as needing help with. If you would like to set up a booth, please contact John Tiffany john.tiffany0705@gmail.com.

CUC AGM will be held on May 11, 2019 from 10-1pm Pacific time. Several FUCV delegates will meet via Zoom at Marion Pape's. Contact Marion Pape if you wish to be a delegate.

UUA General Assembly will be held in Spokane, Wash. June 19-23, 2019. FUCV can appoint one delegate.

-Marion Pape, President

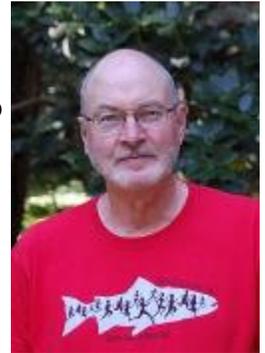
ABOUT OUR BOARD MEMBERS

JOHN TIFFANY, CHAIR, PROPERTY MANAGEMENT COUNCIL

I was raised in the Anglican church and as head altar boy at the age of 16 I told the minister I no longer believed that Christ was the son of god so I would be leaving the church. I went on to say I would be attending the local Unitarian church, so I wasn't leaving religion behind. At which point, the woman removing the flowers off the altar said, "That's not a church at all!"

So I was a Unitarian from 16 to 18; left the Unitarian religion for radical revolutionary politics and didn't come back to the True Faith until I was 48. I suppose I should say I was born in America and didn't come to the right country until I was 62. My wife Jany and I love living here in Victoria after 7 years and just became Canadian citizens last August.

Why did I return to UU at the age of 48? My first wife had died of brain cancer and after two years I wanted to meet a new woman. And I thought, why not try a Unitarian church, as she would be of similar thoughts and desires. So I drove 30 miles one-way to attend Princeton, NJ UU church. After the service, I was looking in vain for the 'babs', when they announced 'if you're new to the church, come to the church library'. I thought; 'What the hell, I'll go'. There were 3 other people there and one was Jany Li! She was new to the church and she was looking for a new partner!! We married in a different UU church on Boxing Day, 2004, when I was 54. And now I'm on the Church Board.



SUSAN LAYNG, CO-CHAIR OUTREACH COUNCIL



I was born and raised in Winnipeg, Manitoba. After graduation, I worked for a year with the Winnipeg City Police in the Clerk of the Court's office, until I married and moved west to live in Kelowna with my husband who was a young constable with the RCMP. A few years later we moved to Ottawa where I worked for the RCMP Headquarters until our son was born in 1974. Later that year we accepted a transfer back to the West Coast and resided in Port Coquitlam where our first daughter was born and then in 1980, we took another transfer to the Island and resided in North Saanich. Our third child was born in 1982. During this time, I was mostly a "stay at home" Mom but worked two days a week at a physiotherapy clinic in Sidney and was active with my local Anglican church.

Upon the dissolution of my marriage in 1990, I accepted a position at Sorrento Centre, an Anglican Conference & Retreat Centre in the Shuswap area of the province. For four years, I lived in an "intentional" Christian community. It was during my time in Sorrento, that I met and fell in love with my current husband, Peter. Relocating back to the Island in 1996 I worked briefly for a computer and business skills training centre. In 2001, I accepted a position with the Correctional Services of Canada and spent the next 14 years at William Head Institution until my retirement in 2015.

Searching for a new spiritual home, I discovered First Unitarian in 2003 and found a wonderful community of passionate, thoughtful committed people. I was a Service Leader prior to a 3-year period as a Worship Associate. I am currently entering my third year as Outreach Board co-chair and am actively involved in GVAT and several other church related causes as well as sitting on the Board of a local Victoria halfway house.

Spiritual Exploration & Learning: What Does It Mean To Be A People of Journey?

There's a Zen story about a rich businessman turning up at the home of a famous Zen master. The businessman tells the master of all his accomplishments and asks the master to take him as a student. The Master simply says "No". The businessman was taken aback! He was not a man that many people said no to.



Perhaps the Master does not understand his importance he thought... living up in the mountains with only a few monks. It is understandable, he reasoned. Again he began to explain in more detail his many business projects, charitable works, and so on.

The Master, seemingly unmoved, handed the businessman a cup and began slowly pouring him some tea. As his cup was filling, the businessman asked again for the Master to take him as a student. Again he replied a simple "No" and continued pouring. The cup began overflowing and began running over, over the businessman's expensive suit and shoes. Leaping up the businessman demanded to know why the Master did not stop... "Clearly the cup is full and can hold no more!" he exclaimed. "So too with you", the Master replied. "Your mind is too full, there's no room for teaching".

As we think about our journeys this month, journeys of the past, paths we are traveling on now and ones we are considering embarking upon, it is worth reflecting on how full our cups are. Are our lives overflowing with too many things? Or do we have space to fully appreciate the experiences and growth that come with the paths we have chosen?

ART SALON: STEPPING STONES (ALL AGES)

Sunday, March 3, 10:45 am



You are invited to join our monthly Art Salon. This session Sarah Harris will lead us in creating decorated stepping stones for the children's playground. Children and adults (aged 6 and up) are warmly invited to share this fun art-making experience that will leave a legacy for our children to enjoy in the coming years. To attend, leave the Sanctuary with the children and meet us in the Lion Hall.

-Arran Liddel

Notes on Nature and Sanctuary

In my work nature plays a key role. The influence of light and colour and abstraction all play off of a particular fascination and reverence for the world of forests and trees, lakes and oceans and the great lightbox of the sky. In this mode of thinking I have created many series of artworks. Travel plays a key role and I have found an affinity with Ireland and the quality of light that surprises and challenges the painting experience there. A soft day brings mist and obscurity and a stormy sky bruises the luminous Blues. Spring brings a thousand new levels of Green and I find every few years I am there under that forest canopy and in the fields attending to my work in the most natural of places for it to flourish.

This Irish work is quite different from my paintings based in the Pacific Northwest where I live. I call the series " Inside Passage" inspired by a journey I took up to Prince Rupert through the myriad islands that make up the fascinating passage north. Here the light is always fighting for its moment and when it comes it may reveal a raw coastline or a momentary glimpse through the rain forest. The tones are influenced by the Pacific ocean where an element of strength and depth finds its way into my experience.

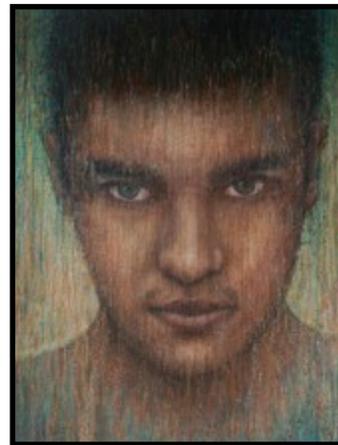
My work also features figures and most often I begin with a solo. In these encounters the viewer meets the painting head on with eyes open meeting face to face. My models for the work are people in my life but not always well known to me and so in the painting approach I interpret them through the intimate close up. Each viewing may bring a new interpretation or reveal subtle shifts of attitude as I get to know them.

Most recently I have been awarded a fellowship at the Centre for the Study of Religion and Society at the University of Victoria where I am exploring the Irish Ogham alphabet based on trees and their sacred influence in the Celtic world.

In these various ways of working I have found a balance between the representational and the abstract with a suggestion of symbol and the spiritual quest never far from my mind.

Miles Lowry
Feb 2019

to find out more visit
www.mileslowry.ca
www.loveandliberty.ca
www.suddenlydance.ca



SPIRITED JAZZ

Spring Unitarian Jazz Vespers

Enjoy jazz with a splash of spiritual inspiration.

March 10th, Sunday, 7-8 PM

Edie Daponte Quartet

Theme: "Globally Inspired"

Edie Daponte – Vocals; Karel Roessingh – Piano;

Damian Graham – Drums; Joey Smith – Bass.

First Unitarian Church of Victoria

By donation and greatly appreciated

Those who have been appreciating the short trip on a country road to a beautiful setting with top jazz musicians, completed with the musings of Reverend Shana, will be sure not to miss this upcoming vespers with the Edie Daponte Quartet. Edie will be performing songs with an international scope including composers/songs from various countries representing English, Spanish, Portuguese and French songs. This is a new CD Release event.

Equally at home in an intimate lounge setting or an outdoor festival stage, Edie Daponte has established a reputation in the music scene of Vancouver Island and Western Canada as a dynamic and engaging performer. Edie brings passion, playfulness and an evident love of performance to her live shows. Vancouver Island Music Awards awarded Edie with "Jazz Recording of the Year" in 2017 for her original song "Island Rain" and nominated her as "Vocalist of the Year" in 2016. Edie's original song "Ride the Wind" has been nominated in the Traditional category for the 2017 International Portuguese Music Awards (IPMA). Emotive and passionate, Edie's voice lends itself perfectly to a wide range of jazz standards, seamlessly moving from jazz to Bossa Nova and back again, switching between English, Portuguese, Spanish and French numbers with ease.

A regular performer in her home town of Sidney as the house singer for the Beacon Landing, Edie has performed at festivals including the Victoria Jazz Festival and the Vancouver Latin Festival. You'll often find her accompanied by talented musicians, Joey Smith on guitar and Karel Roessingh on piano. Together they create a wonderful atmosphere, engaging audiences large and small, drawing the audiences in and rewarding them with classic numbers they love to hear.

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



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

Program of First Unitarian Church Victoria;
www.victoriaunitarian.ca



Our Elders-who are they?

A friend said to me recently, 'I've just had a birthday, am I an Elder now?' 'I'm sorry, but no' I replied. If you are new to the church you may be mystified about some of our rituals. And at the March 17 Service near the Spring Equinox you may notice that Don Armstrong will be recognized as one of our Elders. (See next page).

How are they selected? The criteria for selecting Elders are:

- They will have been a Member in good standing for ten or more years
- They will be sixty years of age or older.
- They will have made significant contributions in some or all of the following areas:
 - * *An outstanding contribution to the life and well-being of the Church over a long period of time, serving in a number of capacities (e.g. Trustee on the Church Board, Committee Chair, RE teacher, valued volunteer behind the scenes);*
 - * *A source of inspiration and encouragement to others over the years of membership;*
 - * *Will have shown tolerance, understanding and offered counsel during difficult times;*
 - * *Will have brought honour and recognition to the Church from the outside Community*

Who selects them?

At any time, new Elders can be suggested to the Recognition & Awards Committee by the members or Friends of the congregation. The names will be given to the group of current elders to make their selection.

How are they recognized?

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

*an Elder, chosen by the R&A Committee on a rotational basis, will light the chalice at the Sunday service closest to the Solstice or Equinox. (March, June, September and December)

*or, in consultation with the Worship Committee, an alternative choice of recognition, such as selection of a favourite reading or hymn.

Who are they?

There are 21 members that are designated Elders. They are: Emily & Stu Whitney, Helen and John Hvozanski, Gloria and John Hopewell, Lorna & Earle Anthony, Don Armstrong, Suzanne Dearman, Don Mills, Don and Clare Vipond, Margot Lods, Keith Jobson and Suellen Guenther. Five others who have difficulty getting to the church now are: Norma Elrod, Allen Milne, Ruth Ralston, Shirley d'Estrube and Wilma Neilson.

Don Armstrong



It is our custom to invite one of our Elders to be recognized at a Service at both the Solstice and Equinox.

Don Armstrong will be recognized on March 17. He will select a favourite hymn of his for us to sing.

Don has been a long-time member of the Unitarian church. It began in Vancouver and continued in Victoria where has been a member of the First Unitarian Church of Victoria for the past 28 years. He served as President of the Board for two years and was a Council Chair on the Board for another two years. He has worked on many committees: the Committee on Ministry, the Worship Committee, the Recognition and Awards Committee, the Legacy Committee and the Nominating Committee. For the past five years, he has been a member of both the Men's Choir and the Chalice Choir.

Our Neighbourhood Groups

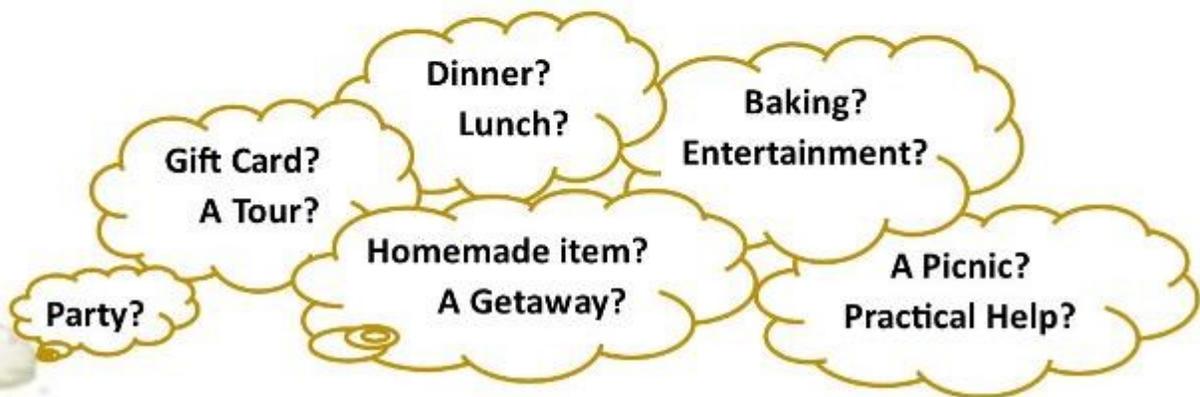


All members, friends and newcomers to the church are invited to be part of the Neighbourhood Group where they live. Groups meet with different frequency for social activities, organizing one Souper Sunday per year and making goodies for Sunday coffee one month per year. The Care & Concern contact for each N.G. keeps tabs on members who may need extra assistance. 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 Suttmoller 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



What are you willing to offer to help the Auction Fever Express pick up steam?



What could you offer that no one else would think of or only you could do?

AUCTION FEVER 2019

FRIDAY APRIL 26

Contact Fran at hancockf@telus.net (250-477-1310) or Suellen at sguenther@shaw.ca (250-727-0454) with your donations

Auction Fever 2019

**Putting the FUN back in Fundraising
Don't Miss It**

FRIDAY APRIL 26

**Silent Auction — 6pm
Live Auction — 7pm
At the Church**

Payment by cash/cheque only

IS YOUR JOURNEY REALLY NECESSARY?

Some older readers may remember this question from the time of rationing in the Second World War.

In our time when scientists say that we must make “rapid, unprecedented change” to our lifestyles to avoid climate catastrophe, and pinpoint flying as the most destructive form of travel, the new questions mount: Is there such a thing as a right to fly? Is self-sacrifice necessary? Can you fly with a conscience? Are “love miles” to see family or friends OK? Will individual action make any difference to a global problem?

How much CO₂ does aviation emit?

In 2018, domestic and international flights emitted around 895m tonnes of CO₂ (MtCO₂), which is 2.4% of global energy-related CO₂ emissions.

The sector is also growing fast, even though emissions are supposed to decline in line with global climate goals. Aviation emissions have increased by 26% since 2013 alone.

They are expected to continue to grow, with passenger numbers projected to double to 8.2 billion in 2037. Aviation could consume a quarter of the global carbon budget for limiting global temperature rise to 1.0°C by 2050, according to analysis published by Carbon Brief in 2016.

Planes are becoming more efficient, and biofuels and batteries may eventually reduce emissions significantly, but that is decades away and may be too late. A voluntary UN deal cobbled together by governments, the Carbon Offsetting and Reduction Scheme for International Aviation (Corsia), will launch in 2021 but has already been dismissed as weak. <https://www.carbonbrief.org/corsia-un-plan-to-offset-growth-in-aviation-emissions-after-2020>

Are offsets the answer?

This is a complex question, well analysed in a recent CBC article, which states that offsets can theoretically make a difference and support projects that help the world transition to a lower-carbon economy. However, “people need to be clear about what that can and can't do.” You might be supporting a decent project. But ... you still emitted those emissions. It's not about lowering emissions.” <https://www.cbc.ca/news/technology/faq-carbon-offsets-1.5008339>

Reduce or eliminate?

A new trend is for people to pledge to give up flying for a fixed period of time. Two Swedish women have persuaded nearly 14,500 people to commit to going air-free in 2019, and a further 6,000 have said they are interested. Elsewhere, people are easing their consciences by persuading their peers to fly less and by trying to make their institutions more responsible.

Kevin Anderson, professor of energy and climate change at the Tyndall Centre in Manchester, who says: “I don't have a no-fly policy, but rather a fly-less one. I have been able to avoid flying for many years because what I do is not sufficiently important to justify the emissions.

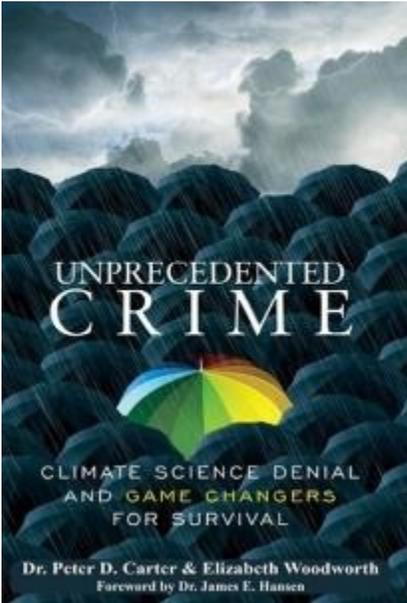
“If we are going to fly, it should be for truly extraordinary and important reasons. Otherwise, we shouldn't go, or we should take a slower form of travel and arrange for a longer visit; thinking through the pros and cons of flying engenders a very different attitude towards travel, time, emissions and moral responsibility.”

<https://www.theguardian.com/travel/2019/jan/26/why-i-only-take-one-holiday-flight-a-year-climate-change>



Climate Change: The Unvarnished Truth

...and game changers for survival



Guest Speakers:

**Dr. Peter D. Carter &
Elizabeth Woodworth**

Dr. Peter Carter is founder of the Climate Emergency Institute. He served as an Expert Reviewer for the UN's Intergovernmental Panel on Climate Change's 2014 and 2018 climate change Assessment Reports.

Elizabeth Woodworth is a writer on climate change science and activism and co-producer of the COP21 video "A Climate Revolution for All."

Praise for their recent book *Unprecedented Crime*:

"An overwhelming case that young people are victims of 'unprecedented crime'...but Carter and Woodworth offer many solutions." – *Dr. James E. Hansen*

"A fascinating exposé of the climate crisis."

– *Dr. Margaret Klein Salamon, Common Dreams*

"An indispensable read for citizens and policy makers."

– *Lawrence Torcello, Rochester Institute of Technology*

When: April 14, 2019, 12:00 PM

Where: First Unitarian Church of Victoria, 5575 West Saanich Road

All welcome. Complimentary snacks will be provided.



Who else has joined One Planet Saanich?

The District of Saanich; Camosun College; Claremont, Reynolds and Mount Douglas Secondary Schools; Up-town Mall; Gardenworks; VanCity Credit Union; Bumblebee Electric; Beespot Neighbourhoods; Haliburton Farm; Artemis Place Society; and Creatively United for the Planet.

Where are the other One Planet Cities?

The other cities participating in this project are: Oxfordshire County Council (UK), Durban (South Africa), Elsinore (Denmark), and Tarusa (Russia). Our church would be the first faith group to join as a member of a One Planet Cities project.

What are the next steps?

The Environmental Action Team (EAT) has submitted a motion to the Social Responsibility Coalition for their consideration. Upon approval, the motion will go to the Board for final approval, at which time FUCV will officially become a stakeholder in One Planet Saanich.

How can I get involved?

EAT will be hosting a table at the **FUCV Volunteer Fair on March 3 at 12:00**. Come and talk to us and we can answer your questions! In the meantime, you could consider which of the One Planet Living Principles (see chart above) most interests you.

How does this project compare with Greater Victoria Acting Together (GVAT)?

GVAT has voted to concentrate on housing, and mental health/addiction through a climate change and reconciliation lens. EAT envisions One Planet Saanich as a way for our church to take meaningful action to mitigate and adapt to climate change.

Very good news for Raweah last month. She has enrolled in The Victoria Immigrant and Refugee Centre Society ESL and daycare program. Their beginner course is six hours per week over three mornings and promises to be an interesting opportunity for her to meet other students and move into learning and practicing English. We are very excited for her.

VIRCS is "a non-profit organization founded in November 1989 by three former refugees. VIRCS helps immigrants, refugees, new Canadian citizens, and visible minorities settle and adapt into new lives in Greater Victoria."

Another wonderful event took place in January for members of the Refugee Committee and some of the volunteers who have been working with the family. Raweah and Khaled very kindly hosted a wonderful dinner at their home.

Raweah cooked a variety of Syrian rice and vegetable dishes for us to enjoy, including roasted chicken and meat kebabs which were a great hit. It was impossible to choose a favourite. Desert followed with a pistachio sweet cake and other tempting nibbles.

A couple of guests brought games for Wasan and Mohammad which they pounced on with

glee. And after dinner, adults joined in the games while Khaled showed some of the group interesting videos of Syrian men performing costumed dancing at a marriage ceremony. This encouraged Raweah to bring out her wedding photos for the women to see. The evening wound up with Khaled giving a demonstration of Arabic script writing.

It was a thoroughly enjoyable experience for eight Unitarians to come together in the family's home and we were very grateful to spend an evening of fun and pleasure with our Syrian friends.



SONG CIRCLE – EVERYONE WELCOME

Nancy Dobbs and Jewel Spooner

In the Sanctuary: 2:30pm-4pm. Fridays, March 22, May 3, May 31, June 28

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

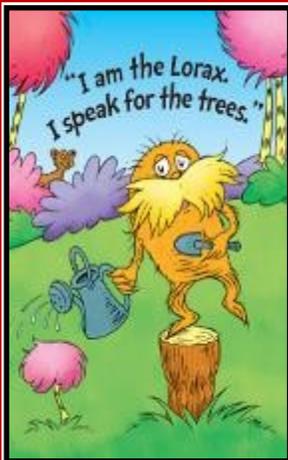


COMMUNITY DINNER

Friday March 8 is Fiesta Night at 6:00pm in the Sanctuary!

We will be serving hard and soft tacos with loads of toppings! Vegetarian options will be available. 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 watch the upcoming Eweeklies and SEL-CY Newsletters for possible special events happening that night as well!! Please bring a salad or dessert to share.



Popcorn Theology: The Lorax (all ages)

Friday, March 8, 7pm in the Lion Hall

Following *Community Dinner* on March 8, we will have a new offering - **Popcorn Theology!** A fun UU program which invites us to take part in some activities, watch a section of a movie and discuss the themes and how they apply to our lives... and eat popcorn!

We will have the play mat and cushions out, feel free to come in your PJs and get cozy.

This month our theme is "*What Does It Mean to be a People of Journey?*" and we will explore our journey as social change agents through the movie **The Lorax**.

After watching a key section of the movie we will discuss what the movie shows us about:

- persistence when it comes to affecting social change
- people we know who are out in the world making change who can inspire us
- the ways we can stay persistent in our social change journey, even when facing obstacles

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

All welcome, no need to register.



ARE YOU INTERESTED IN BECOMING A LAY CHAPLAIN?



On behalf of the church, the Lay Chaplaincy committee is recruiting a lay chaplain.

The work of a Lay Chaplain is to prepare and present ceremonies, including child dedications, marriages, memorials and other rites of passage to mark life's significant events. Typically the term at Victoria Unitarian is for 6 years, and our current lay chaplains are due to retire in the near future... one in each of the next three years.

We are seeking expressions of interest from people in our community who are actively engaged members of our congregation interested in deepening their connection to our faith tradition and sharing its meaning and message through leading rites of passage.

Candidates should have a solid working knowledge of Unitarianism; good judgment and communication skills; compassion and empathy; and a willingness to participate in a training program prior to appointment and ongoing training as a Lay Chaplain.

Preparation for the role consists of a CUC training course offered annually, job shadowing with active lay chaplains, mentoring, and membership in the lay chaplaincy committee.

While weddings take place primarily on summer weekends and availability at that time is important, you would be a member of a three-person team so summer time off is possible.

Lay Chaplains receive a fee for their services, but it is not intended that the honoraria be a significant source of income.

If you are interested in knowing more about the role, please speak with our current Lay Chaplains: Kjerstin Mackie, Anne Vaasjo, or Oceanna Hall or former Lay Chaplains, Liz Graham or Fran Pardee, to learn what our Lay Chaplains do, why they do it, and whether it's a role you'd be interested in.

An Expression of Interest form is available by emailing Liz Graham hello.liz.graham@gmail.com.

Interviews with interested candidates will take place in early May, 2019.



RADICAL WELCOME GROUP



Dear Friends; over the last few years I have become aware that there can be many gaps of understanding between our differences which can cause misunderstanding and conflict, that in turn can lead to feelings of unwelcome, especially for those of us coming from multiple marginalized backgrounds.

I know that we at FUCV wish to be a warm and welcoming community where ALL people can find the love and support they need. I believe, as many of you must, that it is only through understanding and empathy that we are able to bridge those gaps between our divisions.

... And so what better time than after a month of exploring what it means to be a people of trust, to extend this invitation for you to join with me in forming a group, one that proposes to meet once a month, where through self education, participating in honest and meaningful conversation, and other means yet to be decided, (with the possibility of obtaining resources from the UUA's Transforming Hearts Collective and their Radical Welcome Pilot Program), we hope to foster a better understanding between people of difference and work towards becoming a more radically welcoming, and inclusive community.

If interested, please contact Dar Gareau-Levy in person, by email: darlevy@gmail.com, or by phone: 1-250-384-7229.



**Sunday March 3
from 11:45am to 1pm**

Find out more about our many Church Committees and Teams - and maybe think about joining one that matches your interest. It's a great way to find out more about what makes our Church tick and to make new friends. A 'Volunteer Job Fair' for Church Committees/Teams will be held on Sunday March 3, 2019, after the church service (i.e., during coffee hour) in the Sanctuary, from 11:45 AM to 1 PM.

Hope to see you there.

HOW 2019 – two local people projects

Our HOW campaign for this year begins March 3 in support of two local projects. The first will aid immigrants and refugees and the second will support those who suffer from Borderline Personality Disorder.

The first project was suggested by church member Kristina Stevens and the registered Canadian charity involved is the Vancouver Island Counselling Centre for Immigrants and Refugees. This project has a target of \$5,000 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.

The second project has been proposed by church member Lynne Bonner and the registered Canadian charity involved is the Borderline Personality Disorder Society of BC. The target here is \$4,550, most of it for the rebuilding 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. Most people who have this disorder cannot regulate their impulsive and sometimes reckless behavior and unstable relationships. Despite the seriousness of the disorder, recent research indicates that treatment can lead to considerable improvement over time and there is hope for healing and recovery.

There will be no congregational vote on preference. Based on past experience, the HOW committee judges that reaching both goals is likely, based on the congregation's past response to HOW projects. The campaign runs from the beginning of March to the end of July.

To contribute to these HOW projects, please make your cheque payable to First Unitarian Church of Victoria and on the memo line write: HOW. If you choose, you can specify which single project you want to support by adding the word "translation" or "disorder" after the word, HOW. Otherwise contributions will be divided evenly between the projects.

– Don Vipond



INNOVATION GRANTS



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.

Applications will be received for time-limited grants to projects of up to \$10,000 per year that:

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”; volunteer tea; Ministerial Intern; portable tent for community displays.

Further information and funding application forms are available from the church website under “Innovations Fund” and from the church office. **DEADLINE is Sunday, March 31, 2019.**

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!

LOCATION TASK FORCE

Property Use Update, presented Sunday, Feb. 10th
prepared by Shirley Travis

In order to move forward with decisions on location, we should know where we are. This article will give you a brief review of what we know about our property's uses and limitations. This is a synopsis, with reference to pages and maps from the 2007 Rural Saanich Local Area Plan.*

A new area plan process has started, but it may be five years before we are surveyed for the 12-part update.

We are part of Saanich's Prospect Lake Advisory Area.

We are in Rural Saanich (1 of 12 districts). We are not in the ALR. We are zoned 'Institutional' by Saanich definition, Map 11.2 of General Plan. Our single residence has limited square footage.

The Active Transportation Master Plan indicates, after a discussion with Saanich planner Pam Hartling, that we are outside the urban growth area, therefore are not high on the list of improvements, such as transit, water or sewage.

Todd Creek Action Plan is separate, but affects the neighbourhood. <https://www.todcreekwatershed.ca/> or <https://www.crd.bc.ca/docs>

We are on a 'major greenway' with in rural Saanich, but have not registered a significant tree nor heritage building. This is good as those require reporting and include restrictions.

We are close to the 'trail network' which may be of interest to church members. Might we connect?

Maps 13.1 We have Rural Zoning P1A – Basically allowing day use and one residence, limited to 400sq. meters. Day use. Our 'Purposes' (registered provincially and federally) should cover small questions such as CISV lease.

Map 16.1 – Streamside development permit and map - we are not on the map. This is good as, although we are good stewards of our seasonal stream, we are not monitored.

Utilities and private servicing may, if correct, are part of the Prospect Lake Feed. The well use is approximately 500 gallons/day and we use well below its maximum. Our septic fields would be maximized with any moderate change and Allan Dakin believes there is an option for a 3rd field. Local cost estimates are no less than \$30,000 for approved systems and probably higher.

* Throughout this document, References are to General Plan 1993 and the Official Community Plan, 2008. See also http://www.saanich.ca/assets/Community/Documents/Planning/plans/Rural_lap_web.pdf)

PLEASE REMEMBER TO FILL OUT THE SURVEY BY MARCH 3 2019!

the link <https://www.surveymonkey.com/r/FUCVLocation>

We need to hear from you. For questions or discussion with the Location Task Force please contact Liz Graham, Shirley Travis, Steve Sharlow or John Hopewell.

PATHWAY TO MEMBERSHIP - ARE YOU NEW TO OUR CHURCH?

Have you just discovered our church or are you a Unitarian from elsewhere?

Would you like to know more?

We know it can be daunting to get to know people when everyone seems to already know everyone. And we know it can be hard to get to know us in the coffee hour. So, if you **would** like to get to know us better, we hope the steps below will help.

STEP ONE: Drop by the Visitors' Table near the front of the sanctuary. Ask questions. Fill out a Visitor Welcome form where you can indicate if you would like to receive the monthly newsletter, weekly electronic mini-newsletter, be connected to your Neighbourhood Group, or have your own name tag.

STEP TWO: Newcomer Orientation Sunday 10 March from 12:00 – 1:00 in the Church

Common Room

This is a gathering for all newcomers, whether you have just walked through the door or been coming for several months and want to know more about us, whether you eventually become a member, or choose to be a friend of the church. The Orientation provides basic information about our congregation and ways to make connections.

STEP THREE: Considering Membership, Sunday 17 March from 12:15 – 2:00 in the Fire-side Willow Tree Room

This session will help you determine whether you would like to officially become a member of our church. Whether you join right away, not yet, or not at all, the session will be informative and enjoyable, as we will be talking about things that matter in a small group setting with warm and interesting people.

All events will be held on Sundays, after the church service. A light lunch will be available and child minding is provided on request.

To sign up for any or all of these sessions, or if you have questions, please contact Reverend Shana at rev.shana@victoriaunitarian.ca or call or text 250-891-6331.

STEP FOUR: Application for Membership. Fill out the application found in the membership packet. Submit the application and a financial pledge or contribution to the office. Your name will be read into the membership records at the next board meeting. Voting privileges commence 60 days after and you will be recognized at the next New Member Ceremony.

**The next Welcome Ceremony will be on Sunday 16 June 2019
as part of the Sunday Service.**

**We are so glad you have found us and we are looking
forward to getting to know you.**

FUCV STRATEGIC PRIORITY: FAMILY MINISTRY

-from Arran Liddel

Last month we looked at some of the advantages of multigenerational ministry and discovered it is not an easy path. We have no map to follow - we have to create new ways to do church. When we ask "What does a multi-generational congregation look like" you will get a different answer from every person you ask - it is UU after all. To get us started here are some answers from two UUs who have begun this journey before us:

"Every age group is a participant, leader, and recipient of every part of the life of the church (e.g., worship for ALL ages, pastoral care of ALL ages, social justice for and with ALL ages, governances including ALL ages, learning happening with many ages together both as teachers and learners). At the same time each generation is empowered, honored, and uniquely served (i.e., there are still programs and ministry unique to that generation). The NORM is a room filled with people of all ages who choose to be there because of a shared interest, such as singing, cooking, talking about books, planning for a fundraiser, talking about who to hire, or selecting good community-building games to play. Age-based groups can also form alongside of these multigenerational activities in order to meet specific needs or interests." [Rev. Linda Olson Peebles](#)

"What would a truly multigenerational congregation look like? It would be the ultimate committee of the whole: a community in which everyone is seen as teacher and learner; in which every age and stage of life is equally valued and equally supported by whatever tangible and intangible resources the community has to offer; in which every age and stage of life is allowed to contribute whatever tangible and intangible resources it has to offer; a community in which no decision is made about the life of the community—whether in the area of worship, physical plant, fundraising, budgeting, social action, the arts, education, or any other—without consideration of its impact on and opportunities for every member of the community." [Judith A. Frediani](#) (from [Essex Conversations](#))

There are now several UU congregations who have addressed the challenges of modern churches by embracing a family ministry model, each in their own way. Here are some examples:

While serving the UU Congregation of Binghamton, New York as Transitional Director of Lifespan Faith Development, Ann Kadleck reported on the birth of a new family ministry model. Her report tracks the Binghamton congregation's story of moving from a Sunday School model to approaches that meet the needs of families in new ways and welcome them into congregational life. Her report discusses collaborations for staff and volunteers and an evolving role for the religious educator.

In "Creating a Multigenerational Culture: A Drive Time Essay," Krista Taves, minister of [Emerson Unitarian Universalist Chapel](#) (in Ellisville MO) ties her small congregation's recent growth to their decision to move to a two-hour format with one hour of worship for people of all ages and one hour with religious education programs for both children [and youth] and adults. Listen to the [audio](#), read the [transcript](#) from the pdf.

The [Unitarian Universalist Church of Ogden's](#) multigenerational approach to worship and religious education is one of the reasons the 102-member church has been named a [Break-through Congregation](#) by the Unitarian Universalist Association. Learn more in the UU World article "[We Know Why We're Here](#)".

While our solution will not be exactly like any of these, there may be elements we'd like to try out as we move forward. As you look over the examples above, what do you think might work in our congregation? What do we want to move towards? The Family Ministry Team would love to hear your thoughts. Reach us by emailing arran@victoriaunitarian.ca

ANOTHER FUCV STRATEGIC PRIORITY: FAMILY MINISTRY

-from the UUA

A significant aspect of Family ministry is multigenerational ministry, including multigenerational faith development. Why is it so important? The [UUA shares](#):

We need multigenerational faith communities for so many reasons, but our culture conspires to keep the generations apart and isolate them from each other:

- We are more age-segregated as a society now than perhaps ever before.
- Younger generations of adults are more transient and mobile than previous generations.
- Older generations have moved out of the neighborhoods and into retirement communities or age 55+ neighborhoods, nursing homes, and assisted living facilities, often not in the same town or province/territory as their children or families, while children are further segregated in schools.
- In many of our congregations, the adults go into the sanctuary on Sunday morning, the children go into our Religious Education programs or the basement, and the youth come at an entirely different time or on a different day.
- We need these multigenerational connections! The separation in our culture causes us to miss the insights, history, and perspectives of each generation. When contact with multiple generations decreases or is non-existent, we become less in touch with one another's physical, emotional, social, and spiritual needs. And in turn we are diminished by the separation.

The [Rev. Dr. Rebecca Parke](#), discusses multigenerational ministry as being a “concentration of ‘paradise’ in which the multiplicity and diversity of life thrives in interaction.” She adds that she wants us to see “how revolutionary this understanding of sacred community is and how strongly it functions as a counterculture to the dominant culture we are in.”

Creating intentional multigenerational communities means doing things differently. It means getting out of our comfort zones and making community with people with different perspectives on the world and needs and wants within it. It means thinking creatively and constantly asking, are we considering the needs of **all** of our people? How can we include a wider span of ages in **meaningful** ways?

It is not an easy path. As the Rev. Dr. Rebecca Parker says, it is countercultural. There are no IKEA diagrams to follow. We have to create new ways to do church. We will make mistakes and begin again and in doing so change ourselves, our community and our culture.

Care and Concern Workshop with Rev. Shana “The Art of Visiting”

Have you wanted to become a visitor but felt that you did not know how to comfortably talk to someone you did not know well?

**Come and learn some active listening skills
Gather wisdom from the rest of the group and learn of their experiences
Get the chance to practice some new skills**

**Saturday, March 9, 2019
1:00 to 4:00 PM
Farmhouse Common Room**

Your Care and Concern team look forward to our sharing and learning from each other; being together promises great opportunities for connection!

All are welcome!

Please RSVP to Barbara Boyle barbara.boyle@shaw.ca (250-381-0264)

so we can make enough cookies and tea!



SOUPER SUNDAY, MARCH 17 AFTER CHURCH

Come one, come all! Oak Bay and Nearby Neighborhood Groups invite you to join us for soup, buns and desserts. Donations will be gratefully accepted in baskets at the soup line. See you there.

Board Members on Duty

March 3 - Bruce Nicol

March 10 - Nancy Dobbs

March 17 - Kathleen Zimmerman

March 24 - John Tiffany

March 31 - Mike Graham

New Members

Ernest Kassian

David Vest

Anne Bowers

Audrey Taylor

Kent Haden

Lesley Duthie

Bernhard Spalteholz

Brenda Greenwood

Catherine Haynes



March Birthdays

- 1 John Tiffany
- 3 Wally du Temple, Eleanor Lloyd,
Todd Webber
- 4 Elijah and Jasper Motz Fox
- 5 John Hopewell
- 6 Caroline Startin
- 9 Fiona O'Dell
- 11 Thea Revoy
- 12 Gabriel Adam
- 14 Isabel Jones
- 15 Sandra Jacobsen
- 16 Victoria Gray
- 17 Nancy Gray-Hemstock
- 18 Kjerstin Mackie
- 19 Roger Sandford, Julia Webber
- 20 Phyllis Girard, Margot
Lods, Shannon Oatway
- 21 Michael Ramsey
- 22 Bill Gaylord, Kressa Sisu
- 23 Arran Liddel
- 24 Gary Theal
- 26 Shirley Travis, Donald (Don) Lloyd
- 27 John Hall, Athena Lynngood
- 29 Curran Dobbs

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
Past President	Lorna Anthony
Vice President	Steve Sharlow
Treasurer	Earle Anthony
Secretary	Kathleen Zimmerman

Board Members

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

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

Tell them about FUCV's

Lay Chaplains

It's what we do!

Email: laychaplains@victoriaunitarian.ca



We Care!

Care and Concern Committee

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

Barbara Boyle at 250-381-0264

Val Roberts at 250-477-7192

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



Astrid Firley-Eaton
Design

interior design
colour consultation

250-384-3405
afe.design@firley.ca

"AT YOUR SERVICE"

Assisting Seniors 40 to 93
with

- Downsizing
- Decluttering
- Home Care & Support

Contact: Sandra Jacobsen
Phone: 250-370-1204
Email: samvic@shaw.ca



island montessori
A local non-profit for all children (Since 1973)

Accepting Enrollment
Book Now for a Tour!

- preschool to grade 2
- before and after school care
- small class sizes
- supportive and caring staff
- excellent academic foundation
- Kodaly music program
- lovely rural location connecting children to nature

5575 West Saanich Rd (2 cross from Red Barn Market)
250 592 4411 info@islandmontessori.net
www.islandmontessori.com



HAVE YOU TRAINED YOUR BRAIN TODAY?
NeuroOptimal®
Neurofeedback

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

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

Lance Young
Electrician
#18138
For all your electrical needs



No job too small Free estimates Honest Advice

Call: 250-893-3214
Email: hellolanceyoung@gmail.com
or talk to me at church

Yana Petronis Counselling



Support in living a fulfilling and joyful life.

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

Yana Petronis, MA, CCC

Sliding scale available.



IN VIGOURAID
Mary Burcher

Quality of Life
Facilitator &
Companion

778-977-5394
invigouraid@gmail.com

Ads continued next page



Robin's Face Value

Today is a good day
to look and feel good!

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

robinvangessel@gmail.com

House sitting opportunities

I am returning to BC May 1st of this year after a two-year journey of research and writing, and am looking to housesit for the next year and a half. May 1, 2019 to November 2020 — not necessarily all in one place. I have a car and am living out of a suitcase so can change residences easily. References available.

Please contact Ruth Welburn at ruthwelburn2012@gmail.com or 250 656-2494

"Moving Mom and Dad"

Saturday March 16 at 1 PM

Sands, 1803 Quadra - Upstairs board room.

Location

FREE PUBLIC WORKSHOP

Presenters Connie Lebeau and Kressa Sisu

One of the most difficult rites of passage is the move from the family home into either assisted living or full care. As part of the "Sandwich Generation" many of us are faced with helping our parents or friends make this move. This workshop will be about:

- Making this process as easy as possible
- Protecting Mom and Dad's Interests
- How to talk to parents about this process
- Easy steps to make this process efficient
- Tips for minimizing the stress

RESERVE YOUR SPOT NOW: 250-588-8605 or 250-891 6776

The First Unitarian Church of Victoria
5575 West Saanich Road
Victoria, BC V9E 2G1

Phone: 250-744-2665

E-mail: churchoffice@victoriaunitarian.ca

www.victoriaunitarian.ca

Postage paid at Victoria, BC
5575 West Saanich Road
Canadian Publications Mail
Sales Product Agreement No. 40010260

THE VICTORIA UNITARIAN

is the monthly publication of the
First Unitarian Church of Victoria.

The **deadline** for submissions to
the **April** issue is **March 19**.
Copy should be sent to
newsletter@victoriaunitarian.ca.



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

Staff :Barbara Nyland and Jen Young (editors); Nadia Kozak
and Natalie Brake (production, distribution and paid adver-
tisements).