



The Victoria Unitarian

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

SERVICES IN JANUARY

SUNDAY SERVICES BEGIN AT 10:30 am

DATE: January 5

HOMILIST: Chet Phillips, Lead Organizer –GVAT

WA: Samantha Magnus

We live in a time when political polarization and personal isolation are increasing, and democracy itself is imperiled around the world. It can be tempting to retreat into our most intimate circles of loved ones, those with whom we most agree, even as these circles get smaller and the lines around them turn into walls. Yet revitalizing our communities, our democracy, cannot be done at a distance. Nor can it be done through debating "the facts." Sharing our stories means being vulnerable enough to share both our own personal pain and concern and to seek out how our stories connect with those of others, even the stories that seem to challenge our own. Pluralistic democracy depends on respect for our differences, yes, but also on our working constantly to invite others to join in the telling of a common story. (See Bio page 2)

TITLE: Not Hiring a Hitman: How Our Stories Can Save Democracy

CHOIR: Piano

DATE: January 12

HOMILIST: Rev. Melora

WA: Morgan Reid

How honest are we really? How honest do we need to be to live lives of integrity? What would happen if you were more honest than you usually are? Would people's feelings get hurt? When is honesty used as an excuse for being hurtful? (e.g., "I'm just being honest!"). Do honesty and compassion have to be in conflict? We'll explore the benefits and the limits of this moral virtue.

TITLE: Can I be honest?

CHOIR: Chalice Choir

January 19

HOMILIST: Rev. Shana

WA: Victoria Barr

This year's sermon of your choice auction winner has invited me to reflect on the passage of Christian Scripture in which Jesus says, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself." (KJV, Matthew 22:37-39) What do we make of this "first and great" commandment? Does it hold meaning for those who are atheists? All of which got me reflecting on the hold the commitments of our lives have on our beings. What do you feel ultimately committed to? How does it shape your choices and path through life?

TITLE: The Commandments of our Lives

CHOIR: No Choir

Services Continued next page...

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

Services continued from last page

DATE: January 26
HOMILIST: Rev. Melora

TITLE: Allyship and Integrity
CHOIR: Chalice Choir

Whatever our own array of identities, how might we be good allies to those with marginalized identities that are different from our own? In particular, how might we act as a bridge of learning for others? Do we stand up against Uncle Joe when he says something unwittingly offensive (e.g., sexist/ racist/ homophobic) at the family reunion? When do we 'call people out,' when do we educate with gentle compassion? How do we do so without being patronizing? How do we handle our own inter-cultural errors with integrity?

DATE: January 26 from 7:00-8:00 pm **Jazz Vespers**
With Reverend Shana and the Edie Lapointe Quartet—see details page 4.

ABOUT CHET PHILLIPS

Chet arrived in Canada after 22 years in southern Arizona where his work ranged over fields as varied as sustainable agriculture, creative writing, collaborative land management and conservation planning and the social science of conflict resolution. Chet joined GVAT this past July as the full-time lead organizer and now resides in Victoria with his partner, Jen and their three young children. In all his work, he is guided by a saying from one of his mentors: "An individual can resist injustice, but it takes a community to do justice".

HOLIDAY BREAK AND JANUARY OFFICE HOURS

The office will be closed Christmas Eve (December 24th) through January 5th for the Holiday Break, reopening on Monday, January 6th. In January 2020 the office hours are being adjusted as we search for a new Office Administrator. The office will be opened Monday thru Thursday, 10am to 4pm throughout January with the exception of Monday, January 27th when the office will be closed for the day, reopening for that week on Tuesday, January 28th. Sundays during January will not be staffed. We will update the office schedule for February and beyond once a new hire has been made.

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, Jan Thomson, Suellen Guenther.

NEED A RIDE TO CHURCH?

Check "Ridesharing" <https://victoriaunitarian.ca/directions/>

IN THIS ISSUE

Services.....	1	Eco Games.....	17
Office Hours, Committee on Ministry.....	3	Honoured Volunteer.....	18
Jazz Vespers.....	4	Why Is Your Family Here?.....	19
Theme Questions.....	5	Indigenous Cultural Perspectives Training	20
Spiritual Exercises	6	Green Corner.....	22
Soul Songs.....	8	Choir: New Members Welcome.....	23
SEL.....	9	Innovation Fund, BREEZE Training.....	24
President's Report.....	10	NG.....	25
Artist of the Month, Legacy Circle.....	11	Staff, Lay Chaplains, Care and Concern.....	26
GVAT, Song Circle.....	12	Ads.....	27
Community Dinner, Coffee for Sale, Lockbox.....	13	Ad, Birthdays, Calendar, BMOD, Contact & Membership Changes.....	28
HOW.....	14		

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!



SPIRITED JAZZ

Unitarian Jazz Vespers

Enjoy jazz with a splash of spiritual inspiration.

January 26th, Sunday, 7-8 PM

Edie Daponte Quartet

Edie Daponte – Vocals; Jan Stirling – Piano;

Damian Graham – Drums; Joey Smith – Guitar & Bass.

Theme: 2020 Vision



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 is a songstress unequalled in the art of story-telling with a passionate and engaging style guaranteed to transport you. Meeting the challenges of a new year and a new decade the music and lyrics are designed to lift you up and provide a positive outlook as Reverend Shana mirrors the theme with segues and a homily of optimism and hope.

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

Theme Questions

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

Here are some questions to spark your thinking from the UU Soul Matters Network. Discuss the questions at coffee hour with a fellow congregant, at the dinner table with a friend or with family, and/or journal about them on your own. If the list is overwhelming, scan it, and simply **choose one question** to ponder and revisit over the course of the month. See what insights might come from living with the question over time. Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out which question is “yours.” Which question captures the call of your inner voice? Which one contains “your work”? What is it trying to get you to notice? Where is it trying to lead you?



1. Is integrity harder or easier for you than it was when you were young?
2. What did your family of origin teach you about telling the truth? What did they teach you about being true to yourself?
3. To what extent do you tell the truth? What would happen if you were more honest? What would happen if you were more compassionate? Do the two have to be in conflict?
4. If you were to paint a picture (or doodle a drawing) of the WHOLE of you, what many and varied images would that whole include? What ties it all together?
5. Do you feel authentic?
6. What's your "integrity path"? Is integrity for you about staying faithful, or allowing yourself to unfold, or putting the pieces back together, or matching your insides with your outsides, or refusing to hide, or something else?
7. Which of society's lies was the hardest for you to shake off: "You are what you have," "You are what you do" or "You are what other people say or think about you"?
8. That thing about yourself you're trying to fix... Is it really you that wants it fixed? Or them? Who are you fixing it for?
9. When is it hard for you to say, "I'm sorry"? Which mistakes are hard to own?
10. Can you imagine a workplace where you don't have to wear a mask? In what settings are you able to put the mask down?
11. What would it mean for your spiritual life to have integrity?
12. **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

THIS MONTH'S SPIRITUAL EXERCISES: BECOMING A PEOPLE OF INTEGRITY

These suggested spiritual exercises are two options that are suggested by the Unitarian Universalist Soul Matters Network this month (If you are in a Soul Matters Small Group at our church, see your packet for more resources).

Option A

Counting Your Values on Your Hand

Integrity and value-clarity go hand in hand. But do we really take the time to name and bring our core values into awareness? And do our self-proclaimed values match how others see us? This exercise invites you to wrestle with both of these questions.

To keep it simple, we've created [a list of values](#). Here's how to engage it:

1. Pick your five core values from the list.
2. Give a blank copy of [the list](#) to someone close to you and ask them to pick the five they think are your core values, without letting them know which you picked earlier.
3. Compare lists and discuss the differences, as well as why each of you picked what you did.
4. Come to your group ready to share insights.

Taking it Deeper

Here are some additional questions and an activity to explore more:

- From your selected five values, which one would like to live into more fully?
- What were your parent(s) five core values? In what way are your core values and theirs the most same and the most different?
- Which of your core values are most directly and deeply related to your UU faith? i.e. which value would not be on the list if it wasn't for your faith?
- What's the newest value to make it on to your list of top five? Which value did it "replace"? Did that happen consciously? Or did the shift sneak up on you?
- Take this online values test and see if it reveals anything new:

<https://www.valuescentre.com/tools-assessments/pva/>

Continued next page

Option B:

Remembering Our Way into Integrity

We know that integrity is about the way we act: acting in alignment with our values, acting honestly, acting faithfully. In this sense, it is forward-looking. But it's easy to forget that integrity also is about looking backward. In other words, it's not just about how well we act; it's about how well we remember. Important life lessons come our way. Some of them stick and some slip away. Our integrity is determined by whether we remember them or forget, whether we hold our life lessons close or let them evaporate.

So this exercise asks: What life lessons do you want to make an extra effort to remember?

Spend some time this month creating a list of "5 life lessons I want to remember." Think of it as self-talk. As your better self-helping your forgetful self-return to your center. Pull out a sheet of paper or pull up a document on your computer or phone and type out a list numbered 1-5. Then spend the month filling it in with the pieces of wisdom or advice that are important to you *but that you also often forget*.

Bring this with you to your group and be ready to share 2 items on the list that were most surprising or engaging.

Here are some example reminders to get you thinking:

- Remember that failure stings but regret haunts.
- Remember that masks that stay on too long will stick to my skin.
- Remember that assuming good intentions is not only kind-hearted but also creates those good intentions in others.
- Remember that everyone is carrying pain, even if I can't see it, so be kind.
- Remember I'm not the only one that feels like an imposter. They only look like they have it all together.

Option C:

Name Your Many Names

This exercise also asks us to explore the connection between integrity and memory. Instead of asking us to remember a specific value or life lesson, it asks us to remember all of who we are. It's a reminder that integrity is about finding and holding on to our wholeness.

We turn to Israeli poet, [Zelda](#), to lead us on our way. In her poem, [Each of Us Has A Name](#), she makes it clear that integrity is a matter not so much of holding tight to your one true name, but remembering and embracing the many names given to us by the experiences of our lives. The full poem can be found at [this link](#), but here's a taste:

Each of us has a name given by God

and given by our parents...

Each of us has a name given by the mountains

and given by our walls...

Each of us has a name given by our sins

and given by our longing...

Continued next page

Continued from last page

So, this month, reflect on how these universal human experiences have “named you” and how those names call you back to integrity. Spend a few hours or a few days going through Zelda’s poem line by line, stopping after each one to think about how that experience imprinted itself on you and added a dimension to the wholeness and integrity of who you are.

It helps to think of each of these experiences as saying to you: “You are...” or “I name you...” Here’s an example of what you might ask yourself as you work with each line:

- What name was I given by “God”(or Love)? How did my first God experience say to me: “You are ...”?
- What name was I given by my parents? How has my relationship with them said to me: “You are ...”?
- What name was I given by the mountains? How has my experience with nature said to me: “You are ...”?
- What name was I given by my “sins”? How has my experience with my shadow side or mistakes said to me: “You are ...”?

To help, we’ve created [a fill in the blank form](#) related to the lines of the poem. Find it [here](#).

After answering the questions, consider assembling all the sentences or all of your names into a list that functions as a poem of sorts. Read your many names aloud one by one or ask someone close to you to read them as you listen.

Soul Matters Songs on the Theme



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

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

With Video! Also available as a **youtube** playlist. :

https://www.youtube.com/channel/UCL_fSD0_Ps01IGauCVL_mKQ/playlists

Direct link to integrity playlist on youtube: <https://www.youtube.com/playlist?list=PLvXOKgOQVYP56OkEDvVVA5C65t5eRRI9G>

See <https://www.uuworld.org/articles/why-martin-luther-king-jr.-wasnt-uu> for full article.

SPIRITUAL EXPLORATION & LEARNING: A PEOPLE OF INTEGRITY

Arran Liddel



What if Martin Luther King Jr had been UU?

It might seem like a strange question, but it actually could have happened.

Rosemary Bray McNatt (president of the UU theological school *Starr King School for the Ministry*) had a discussion with Coretta Scott King (Martin's wife) and was surprised by Coretta's delight when she shared that she was in the process of becoming a UU minister. Coretta said she "went to Unitarian churches for years" and she and Martin seriously considered becoming Unitarian.

So if they attended Unitarian churches and were well connected with Unitarians and Universalists...and even delighted at the mention of UU, why did they not become members of UU? Coretta explained "Martin and I realized we could never build a mass movement of black people if we were Unitarian." And though it pained her, Rosemary Bray McNatt agreed.

Contemplating what would have happened if MLK had become a Unitarian McNatt states:

"Certainly his race would have been the primary barrier. In a religious movement engaged until the 1970s in the active discouragement of people of color who wished to join its ministerial ranks, King might have found his personal struggles to serve Unitarian Universalism at least as daunting as the Montgomery Bus Boycott."

While we have come a long way there are still structural barriers to people of colour and other marginalized folks within UU generally and on the path to ministry specifically. In the 1960s many UUs of colour left our faith and in the 70s we began to address racism in our midst. But the ball was dropped.

In her article [To pray without apology](#), McNatt asks us serious questions about our commitment to an inclusive faith. Are we willing to change ourselves and to change our faith to become inclusive of people who have been pushed out of our communities?

In the last few years our UU movement, across North America, has begun to address the very real challenges of white supremacy and white privilege and engage with anti-racist work in a deep way. The Canadian Unitarian Council (CUC), the Unitarian Universalist Association (UUA), and Liberal Religious Educators Association (LREDA) are all participating in this work, as are many congregations. I find this an exciting time in UU history, one with great potential and I hope that we follow through with what we have started. And that this time we choose love.

Warmly,

Arran Liddel, *Director of Spiritual Exploration and Learning for Children and Youth*

During this time of awakening to the light following Winter Solstice, there is much to deliberate upon. We do well to celebrate the returning sun with family and friends because we need it. The Board followed its final board meeting of 2019 with a potluck inviting staff and Ministers.

Nadia's Resignation: By now you will know that Nadia Kozak will be leaving FUCV effective December 31. The board acknowledged the many contributions made by Nadia during her three years as Office Administrator. You will receive an updated schedule of January office hours as Human Resources seeks a replacement, hopefully for Feb. 1, 2020. We are considering splitting administrative and bookkeeping functions and plans for January coverage are being put in place. You can understand that there is much work to do. Wherever possible, please attempt to submit approved and signed cheque requisitions for 2019 on or before January 5.

The Finance Committee and the ABC (Annual Budget Campaign) team states that we have reached 88% of the pledge amount needed for the adjusted 2020 draft budget. Thanks to the 251 members and friends who have submitted pledges totalling \$288,364. There are 48 outstanding pledges which we critically need to determine the 2020 budget. Please give as you are able. Call Shirley Travis or Jen Young if you have questions about your much-needed pledges.

The Board passed the 2020 Budget substantially in its current form at the December 12 board meeting. It will be finally be reviewed at the January Board meeting for additional pledges received as well as staff benefits costs.

A team of Board members is reviewing staff benefits policies across Canada to help guide this decision-making process.

The Human Resource Committee has been meeting regularly to examine many options available to FUCV for Staff Benefit packages.

Thanks to them and to an astute Finance Committee for submitting a budget based on analysis of trends as well as indications of savings from 2019.

General Meeting January 26, 12:15. Please mark your calendar to attend this very important meeting. In addition to the 2020 Budget, we will receive a short presentation from the Location Task Force. Childcare will be provided, and we invite our young families to join us as they are able. Sandwiches will be available to purchase.

As required, budget documents and the GM agenda will be sent out electronically on Jan. 12, 2020. Limited copies will be deposited at the back of the Sanctuary and in the Church office.

Closed Captioning Survey: If you have not yet completed this important survey, please contact Stu Whitney.

An Electric Vehicle Proposal to install two electric vehicle charging stations with approved funding from a Provincial Rebate and the Church Property Fund has been approved by the board. Operating costs (mainly electricity) will be collected by donation from members, friends, renters and visitors. Thanks to Bernhard Spalteholtz and Jim Willis from EAT (Environmental Action Team) for spearheading this innovative initiative.

FUCV Mission and **streamlining/simplifying all church activities:** We all can cite examples of feeling overwhelmed with too many activities. We have over 90 different committees, concerns about burnout, and inability to attract volunteers to do essential work. In the context of our Church's mission together with our three strategic priorities, the board is actively considering how we can deal with the many valuable things we choose to do. Please think about it in preparation for a discussion in the new year. Creativity will be required but so will we need to discipline ourselves to consult with a broader group prior to introducing new projects. If you have ideas in the meantime, please give them to any board member. They can be identified by their name tag.

ARTIST OF THE MONTH:

JENNIFER OLSON



Jennifer Olson is a representational watercolour artist from Victoria, BC. She received her Bachelor of Fine Arts in painting from the Alberta College of Art and Design in Calgary and has been recognized nationally as a three-time recipient of the Elizabeth Greenshields Grant for representational artwork. Focusing on still life and architectural subjects, Jennifer uses the natural flow of paint through water to create vibrant and dramatic imagery. Unique in their strong contrast, quality of light, and brilliant luminosity, Jennifer's original paintings and commissions are held in private and corporate collections across Canada and beyond.



LEGACY CIRCLE

The Legacy Circle (formerly Planned Giving) is made up of members who have made bequests, regardless of the amount, to the church. If one wishes to remain anonymous, one's privacy will be honoured. If you are interested in learning more about making bequests, please contact Frances Hancock at 250-477-1310.

JOHN AND GLORIA HOPEWELL

We have named the Church and the Foundation in our wills to help ensure the long term sustainability of the Church and to help fund future outreach programs.

Our bequests will come from our RRIF because registered funds become taxable in the year of death unless they transfer to a surviving spouse, and leaving them to charity greatly reduces the tax bill.





Next month our Share the Plate recipient will be Greater Victoria Acting Together. GVAT has grown substantially since our initial inception and there are now 26 member organizations – up from 22 this time last year. These now include the Electrical Worker’s Union, The BC Federation of Labour, the Threshold Society and the Mustard Seed. These member organizations are made up of pro-active, everyday people dedicated to working together to tackle some of the toughest issues in Greater Victoria.

The Action Research Teams were formed earlier this year addressing those issues which garnered the highest priority from the votes cast on Discernment Day in November 2018. These included mental health/addictions and affordable housing. As the Action Research Teams conducted expert interviews with various frontline agencies and individuals, we began to see common themes emerging. These themes were recently brought before our members at the Delegate’s Assembly held this past November. At the same event, a Climate Action Research Team was formed to concentrate on this very important issue. You are encouraged to become a part of this exciting new team.

GVAT has spent the last four years building a solid foundation and now as we move into 2020, GVAT will be holding its Founding Assembly in early April. The official launching of our external Action (until now, our actions have been internal to the alliance), is the time we shift our primary focus from building the organization to the exercise of power. This Assembly is the public announcement of the power base that will allow us to achieve our goals. This will be an amazing event to show Victoria our influence in numbers and to ask our local politicians what action they will commit to in order to achieve the needed changes we have identified. Your passion and energy are essential to create this wave of transformation.

Our yearly membership dues will help fund the activities we value. This includes paying our organizer a living wage as well as financing learning events and remitting our affiliation fees. Our Share the Plate initiative will allow us to do that.

Please consider giving generously as your donations gratefully received during the month, will provide you with an opportunity to support this amazing organization and the work of GVAT as we move forward to create change for a better community!



SONG CIRCLE – EVERYONE WELCOME (VISITORS TOO!)

Nancy Dobbs and Jewel Spooner

In the Sanctuary: 2:30pm-4pm

January 24, February 21, March 20, April 17, May 22, June 19,

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

COMMUNITY DINNER JANUARY 10, 2020

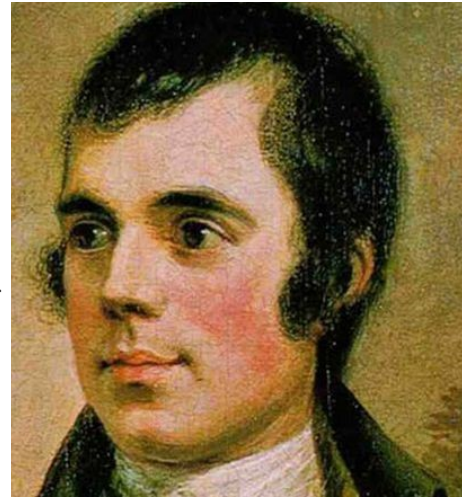
Friday January 10, 2020 is a *Rabbie Burns Lite Community Dinner* in the Sanctuary at 6:00pm

We will be serving Baked Potatoes with loads of delicious toppings, vegetarian options and Haggis! 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.

Following the meal there will be a short program including bagpipes, poetry and dancing! If you have a Scottish themed tale, song, dance or anything else you would like to share please connect with Martha at marthaj.mcdougall@gmail.com and we will add you to the lite program!

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

To help with clean-up please bring your own plate, cup and cutlery. A rinsing station will be provided.



COFFEE FOR SALE

Level Ground Fair Trade coffee is for sale in the Farm House from the kiosk 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 Colombia. Bags sell for \$13.00.

FARMHOUSE FIRST FLOOR LOCKBOX

A four-digit lockbox containing the farmhouse first floor key has been installed on October 1st 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) or 250-884-6812 [cell].

HEALING OUR WORLD (HOW)

Healing Our World in 2020: Now is the time to think: where?

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 (250-665-8087)

Martha McDougall – 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 .

Continued next page

Continued from previous page

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.

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.

Continued next page

Continued from previous page

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.

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.

SUCCESS OF ONE OF OUR 2019 HOW PROJECTS!

Good news from the Vancouver Island Counselling Centre for Immigrants and Refugees! Rachel Davey writes: “In October we received fantastic news from the BC Ministry of Mental Health and Addictions that VICCIR had been chosen to receive a three-year Community Counselling Grant which will provide funds to support our counsellors, supervisors and interpreters for the next three years. Just when we thought our year could not get any better, we were able to secure a new location for VICCIR, and we will moving into our downtown home at 100-850 Blanshard Street (on the ground floor of the Quality Inn) at the beginning of January 2020. This has been a transformational year for VICCIR and your generous gift has been an important factor in that. Thank you, on behalf of everyone at VICCIR and the many individuals, couples, youth, children, and families who benefit from the work that we do.”

She says that our HOW Project gift of \$5,325 has enabled them to compensate their interpreters, who were volunteering their time previously, and that this has really helped them fill the increasing need for counselling services. She says, “Our interpreters are refugees and immigrants who have often themselves experienced trauma on their journey to a new home in Canada, and yet are able, with training and support, to support others. Our interpreters are with our clients from day 1 and stay with them throughout their therapy, providing not only language interpretation but also a cultural bridge between our counsellors and our clients.”

A big Thank You to all of you who contributed so generously to this 2019 HOW Project!

-Kristina Stevens

-Christine Johnston



Joining the EcoGames is an awesome New Year's resolution!

A new decade is a perfect time to turn over a new leaf...and join the EcoGames! So far, we have 96 Eco-Gamers registered, and you can join anytime until June. To join, click on [ECOGAMES CHALLENGE](#) on the church website. And, if you're a volunteer with the **FOOD RESCUE PROJECT WITH STEVE SHARLOW**, you've already earned yourself a Gold Medal!

Still not sure what the EcoGames is?

Once you sign up, you'll receive a nifty **PLAYER SCORECARD** that lists 87 different challenges. These are behaviours we can do to help the environment. Some of these behaviours you could already be doing (e.g., using reusable shopping bags, which earns you a Silver Medal) and you can claim these medals immediately.

But wait...and, LISTEN UP ALL ECOGAMERS...there's more!

The reason the EcoGames extends for nine months is that, every now and then, you can revisit your Player Scorecard and see if there are **NEW BEHAVIOURS** that you want to experiment with (e.g., regularly giving someone a lift to church is worth a Gold Medal). Also, we have surprise **PROMOS** now and then which let you sneak in extra medals! Right now, we have a **WATCH...READ** promo. As always, details are in the E-Weekly, as well as the current medal standings.

Let's do it for the team!

EcoGames "medals" are really symbolic medals, and it's a way to cheer on people who are doing good things. And each medal earns you and your **NEIGHBOURHOOD GROUP** points (Gold=5 points, Silver=3 point, Bronze=1 point). But, since some NGs are much smaller than others, we rank the NGs by **POINTS PER CAPITA**...so the total points earned by the NG are divided by the entire NG population – not just the number of members who have joined the EcoGames. This is what we call **NEIGHBOURHOOD GROUP EQUITY!** This gives every NG the chance to have a fun and friendly competition on an equal footing. So, for example, our leading NG as far as participation rate is also our smallest group, **CADBORO BAY**, which has a population of only 32. And our leading NG as far as points per capita is **ROYAL OAK EAST**, which has a population of only 35!

How do I claim my medals?

You have two choices:

1. Complete an **ECOGAMES MEDAL CLAIM FORM** and put it in the **ECOGAMES DROPBOX** (the purple EcoGames Dropbox is located near the EcoGames poster in the church hallway, and Medal Claim forms are available there). If you want, just list the Codes for your completed challenges on your form...you don't have to write out the description; **OR**,
2. Email your completed **ECOGAMES CODES** (on your PlayScorecard) to: ecogames@victoriaunitarian.ca

HONOURED VOLUNTEER:

MARY-ELLEN NICOL

The President and Councils of the Board are asked to nominate volunteers who have made significant contributions to the life of the church and Unitarian community. Mary-Ellen Nicol has been nominated by Nancy Dobbs, chair of the Community Life Council.

Mary-Ellen Nicol has been a friend and now member of the First Unitarian Church of Victoria since 2010. A west coast girl through and through she was born and raised (third generation) in Vancouver and lived there for most of her adult life with a few exceptions. Worked as a registered nurse in many lower mainland hospitals and here in Victoria at the Victoria General and Gorge Road Hospital. Later taught a Seniors Recreational program through Kwantlen college in Vancouver and worked as a Seniors Recreation Coordinator for several care home facilities. When first married to husband, Bruce, they lived in Victoria for a few years but moved back to Vancouver in the mid 1980's. Work brought them back to Victoria and later retirement. It wasn't hard to make the trek back across the water because Victoria is such an amazing smaller city. They still make the trek back and forth with two wonderful grown children on the mainland, and one living in Victoria.



Having never really settled on a spiritual home, Mary-Ellen and Bruce were surprised one day to stumble upon the West Saanich Road Unitarian community when shopping at Red Barn. They had been to services at the Vancouver church with Bruce's mother, Marjorie Nicol, and were familiar with the church's Principles. They always thought they might get more involved there but never did.

"The first time we attended a church service I wept inside. I knew this was the place for me. The Unitarians stood for everything I held dear to my heart. Why had I waited so long? "

Since joining the church Mary-Ellen has dipped her hand and heart into a few different committees. Helped Faye Mogensen with the Spiritual Exploration Programs (SE-CY) for a few years, spent three years on The Committee on Ministry. Has always enjoyed the creative outlet of providing flower arrangements for Sunday mornings. Is a Care and Concern Liaison for several neighbourhood groups and care visitor. Co-chair for chalice circles and more recently for Soul Matters.

She has been most passionate for the last 9 years in providing and chairing the committee that provides meals for a women's homeless shelter in downtown Victoria. The Sandy Merriman house is part of the Cool Aid society. Once a month a group of dedicated Unitarians make three meals for twenty-five homeless women that need emergency shelter and help in transitioning. She really feels these meals make a difference in these women's lives. She is very happy to support this project which has been part of the First Unitarian Church for many years. If anyone is interested in joining this small group of volunteers, they cook every month on the second Tuesday of the month. Just contact Mar-Ellen Nicol.

Mariko Matsumoto said:

I am so pleased to hear that Mary-Ellen has been named as a Honoured Volunteer for this month. I got to know her from the Royal Oak Neighbourhood group several years ago. She has

Continued next page

Continued from last page

ber of that group, hosting meetings with Bruce and initiating many projects taken by the group. You can always count on Mary-Ellen. She has been a chief of cooking for the "Sandy Merriman house" after taking over from Sandra Jordan. She organizes the monthly cooking.... recipe and ingredients for us to get going. We have great fun cooking with different crews. But what I like in her most is that she is very much interested in the future of our congregation, always thinking of what can be done better and more beneficial for all involved. It has been a great honour to work with Mary-Ellen. She has a great energy, positive attitude, organizational skills and caring spirit to make FUCV a better place for many of us. Let us cheer for her this month!!

WHY IS YOUR FAMILY HERE?

From Rebecca Mellett

*(transcript from Parenting These Days worship service, Oct 27th, 2019
Watch the entire service at tinyurl.com/fucv-pta)*

My introduction to Unitarianism goes way back to my teenage years in Pointe Claire, Quebec, where my mother tried to introduce me to the youth group and I was busy rejecting and rebelling against any adult advice. Fast forward to my wonderful relationship and blended family with Russell when we moved home from the UK. We needed a place to find peace, once a week in our chaotic and crazy lives, and the Unitarian Church in Ottawa was home and gave that to us from very different backgrounds. Russell was raised strict Baptist, and would break out in a rash if you put him in a dogmatic structured religious context. And I, I'm a holiday Catholic.

With Natnael, our son, we were absolutely thrilled to find the kids program here when we moved to Victoria, because it brings for us as our little family, a connection to our values and principles. We love the questions that come from our services. Natty's answer to the question, "What do you love most about the Unitarian community?" He said, "Oh, the snacks." [laughter] And then he added Souper Sunday. I come for the songs and the sermons. Russell comes for community.

For those of you that know or have experienced our lovely busy son, it does take a village. One teeny tiny story, maybe the first time I realized this, when he was four, I was sitting in one of the kids programs, and Natty was tinkering with someone's glasses on their head. So I went over to Natty and I said, "Natty, you need permission to touch, those are special." And the man said, "It's ok. Natty and I are friends. And I've told him that he can touch my glasses and he knows what to do." I thought, wow, my son is making relationships with people that share our values, that I can trust and know that they care for him. It was just such a wonderful thing. I make a point now to get to know people's names. The more I get to know people's names, the more I feel like this is a village. Thank you.



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

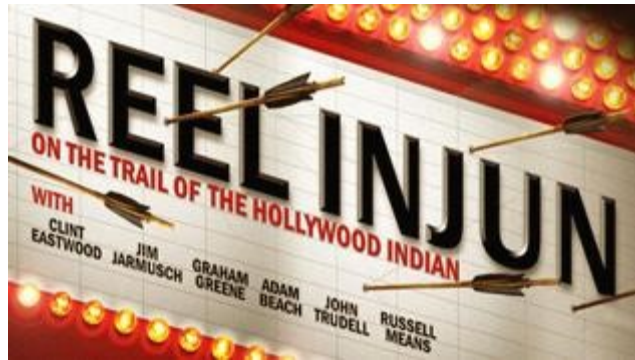
Eight additional hours of online learning will be available to each participant after the workshop.

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 first of two opportunities. To deepen learning further, you might also wish to also attend the five session Indigenous Film Discussion Series. **See article next page..**



**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
- KONELINE: 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 1st 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 second of two opportunities. To deepen learning further, you might also wish to also attend the one day *Indigenous Cultural Perspectives Training* on Saturday, January 18th. See article last page.

An article appeared in the Times Colonist of November 24th written by Ken Wu who is the executive director of the Endangered Ecosystems Alliance and has worked to protect B.C.'s old-growth forests for 28 years. Ken will be speaking at our Unitarian sanctuary on Earth Day 2020.

Ken starts his composition with the maxim "Justice delayed is justice denied". The remaining part shows that the maxim is nowhere more true than regarding the fate of B.C.'s endangered old-growth forests.

He writes that "the battle over B.C.'s old-growth forests has been one of the most enduring conflicts in the province's history. For half a century, hundreds of thousands of British Columbians have placed their time, money, and freedom on the line to protect these globally significant forests, home to trees up to 2,000 years old."

The struggle to protect old growth cannot last much longer because not much is left. Ken points out that 80 percent of the original, productive old-growth forests on Vancouver Island have already been logged.

After acknowledging the cultural importance of 'old-growth' to First Nations Ken writes that "the evidence and research shows that protecting nature bolsters the economy by creating and attracting wealth from a diversity of sectors. Protected areas and old-growth forests boost the tourism and recreation industries."

Less mentioned but even more important is the preservation of the remaining canopy ecosystems in old-growth that require centuries to create and can be felled instantly.

Despite the past disappointments a glimmer of hope resides in a government initiative that could save the remaining old growth if the political will exists, and if you and I and others make it so. A provincial panel has been appointed to get advice on how to manage B.C.'s old-growth forests. Submissions close on Jan. 31. The panel will submit its findings to the province next spring. Your 'Environmental Action Team' will be giving written advice individually and on behalf of FUCV. Please make this action yours by taking action to support the protection of 'old-growth' in January. Action letters will be offered for signing or for personally modifying in the corridor between our sanctuary and Lion Hall.



Ken Wu measures a giant red cedar in the Walbran Valley.

Photograph By TJ WATT

Who is missing from this photo?



YOU!

**Email Nick or talk to him at church
to join one of our choirs in January**

NICK FAIRBANK — MUSIC DIRECTOR

music.director@victoriaunitarian.ca

No Audition

No pressure

**A chance to sing some wonderful songs
and learn new skills**

Lots of Fun

New Friends

New members welcome In January

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.

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

We look forward to hearing from you!

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 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.



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. Conveners will be sending out information to their groups. Upcoming dates for these are Royal Oak West (Jan. 12); Oak Bay (Jan. 19); Nearby (Feb. 9); Royal Oak East (Feb. 16); Western (March 8); James Bay (March 15).

The first Souper Sunday of this church year was held in November with Neighbourhood groups sitting together, mapping out their locations and enjoying a scavenger hunt. This church year there will be 3 more 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 three Soupers are January 19th, February 23rd and April 5th.

There had been some discussion to realigning NG boundaries but it has been decided that we will leave the boundaries as they are at this time.

Many of the NGs have recently enjoyed seasonal activities together with potlucks or appetizer gatherings.

If you don't know which group you are in, please phone the church office. The NG conveners are:

- ✦ Oak Bay: John “Tiff” Tiffany 778-432-0881
- ✦ 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

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 Communications Assistant

(to be announced)

Shannon Oatway
communications@victoriaunitarian.ca

Officers

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

Board Members

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

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

Tell them about FUCV's

Lay Chaplains

It's what we do!

Email: laychaplains@victoriaunitarian.ca



We Care!

Care and Concern Committee

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

Barbara Boyle at 250-381-0264

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



NEURALIVE
technology

HAVE YOU TRAINED YOUR BRAIN TODAY?
NeuroOptimal®
Neurofeedback

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

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




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

Accepting Enrollment
Book Now for a Tour!

5575 West Saanich Rd (across from Red Barn Market)
250 592 4411 tmh@islandmontessori.net
www.islandmontessori.com

- 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

JOURNEY
with an autistic child
from birth to adulthood



Anne Swannell

COPIES \$10 each can be picked up at church if u email anneswannell@shaw.ca

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

Ads

Continued next page



Robin's Face Value

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

Today is a good day
to look and feel good!

robinvangessel@gmail.com

"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

Ads Continued:



Surviving Civilization's Collapse
 with hope, love, and a little humour

by Philip Symons

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

CALENDAR:

[CLICK HERE](#)

**Board Members on Duty
 in January**

5 *Marion Pape*
 12 *Steve Sharlow*
 19 *Audrey Taylor*
 26 *Nancy Dobbs*

Contact Changes

None

Membership Changes

Lori Waters: Visitor to Member
Lynn McKay: Visitor to Member

BIRTHDAYS IN JANUARY

Jackie	Bennett	January 01
Mary	Burcher	January 01
Sonya	Ignatieff	January 01
Jany	Li	January 01
Suzanne	Dearman	January 02
Patricia	Disbrow	January 02
Julia	Guilbault	January 02
Barbara	Guyton	January 02
Jim	Hackler	January 02
Helen	Hvozanski	January 02
John	Hvozanski	January 02
Florence	Jobson	January 02
Keith	Jobson	January 02
Adeleine	Morris	January 02
Valerie	Roberts	January 02
Bob	Salmond	January 02
Peter	Scales	January 02
Linda	Schlechte Petch	January 02
Phyllis	Aherne	January 04
Cecil	Bannister	January 05
Elaine	Hanson	January 05
Emil	Mogensen	January 05
Dennis	Jaques	January 07
Christine	Johnston	January 08
Alastair	Mont	January 08
Margot	Garmsen	January 12
Kiana	Belisle	January 14
Gaia	Bazar	January 16
Ellen J.	Carey	January 17
Tim	Hall	January 19
Fran	Pardee	January 19
Lynn	Beak	January 20
Lynn	Hunter	January 20
Bruce	Nicol	January 21
Mary	McCormick	January 23
Ruth	Miller	January 23
Gerry	Brimacombe	January 24
Sylvia	Krogh	January 24
Lillie	Lentz	January 25
Remi	Odense	January 26
David	Person	January 27
Alexander	Adam	January 28
Rebecca	Denlinger	January 28
Mike	Graham	January 29



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 **February** issue is **January 15**.
Copy should be sent to
newsletter@victoriaunitarian.ca.



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

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