



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

**SERVICES IN FEBRUARY**

**SUNDAY SERVICES BEGIN AT 10:30 am**



**February 2** TITLE: Strong Tender Souls  
HOMILIST: Rev Shana CHOIR: Chalice Choir WA: Lynne Bonner

Often when we think of resilience we picture strength, an unbreakable core to our beings. What we picture and acknowledge less often is that the resilience we claim is often born out of the struggle, sadness, and vulnerable moments we have experienced. How do we honour the strong and the tender within us?

**February 9** TITLE: Friendship  
HOMILIST: Rev Melora WA: Morgan Reid

In the month of resilience, we look at how friendships can help us get through the ups and downs of life. What does it take to sustain a friendship? Which are the friendships that have sustained you and why? To what extent does resilience require us to continually reach out cultivate new connections?

**February 16** TITLE: Togetherness and Resilience, Intergenerational Service  
HOMILIST: Arran Liddel CHOIR: Chalice Choir WA: Kressa Sisu  
and Rev. Shana Lynngood

This intergenerational celebration of resilience will appreciate our individual ability to bounce back and move forward as well as the ways we can do so with even more when we have company. How does our bearing witness to each other's resilience remind us of our own? What would a ritual of resilience look like?

*Continued on next page...*

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

Continued from previous page...

**February 23**

TITLE: Intergenerational Solidarity

SPEAKERS: Casey Stainsby

WA: Sam Magnus

These times, and surely those that are coming, require an enormous amount of resilience from us. I believe that one of the places we need to look to find those reserves is to each other - and specifically, to those of very different ages from ourselves. But it's not easy. Let's wonder together about why and how to reach across that seemingly wide gulf of years to genuinely connect and support each other. Specifically, we'll look at some of the particular challenges that young adults (18-35 year olds - the most underrepresented age demographic in UU congregations) are facing, and how UU communities can support them, even when they don't show up for church.

Casey Stainsby (she/her) coordinates youth and young adult programs and events for the Canadian Unitarian Council, and is an active member of the community of the First Unitarian Church of Victoria.



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### 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!

**The newsletter deadline is the  
15th of the month  
EVERY MONTH!**

### 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/>

I have always liked and appreciated the word resilience. Over the years I have come to value it even more--in part because I have seen it show up in powerful ways in so many people and so many places. Initially my notion of resilience was primarily one of toughness or inner strength. It is that. I think, however, what I have grown to appreciate and perceive more over the years is how much resilience is connected to the ways we work through the most challenging aspects of our lives. When I come through one of life's storms, I can see my resilience most clearly. It is also in these places that I can see and sense our common human story most keenly. We have all struggled and we have all--in different ways and to different degrees--found a way to keep going. I would guess that like me, many if not all of you have been awed by the resilience you have witnessed. The ways you have come out the other side of suffering and the ways those you have known and cared about have done the same. Our beings are strong and resourceful. Sometimes beyond what we thought possible.

In these very trying times we will need to call upon our resilience regularly. We will need to find ways to be resilient not just on our own, but together as a community. The large scale struggles we face--climate collapse, geo-political conflict, and mounting polarization--not to mention increasing isolation and anxiety and depression, will demand new resilience and encourage us to find shared stockpiles. Let's not go it alone. Let's appreciate our ability to keep moving through the storms.

See you in church,  
Shana

Here are this month's spiritual reflection questions from our friends at Soul Matters:

1. One definition of resilience is the ability to return to one's original shape after it has been unexpectedly jolted, stretched, flattened, bent, etc. Where are you in the journey of resilience? Starting to feel pulled? Already significantly bent? Stretched and worried about snapping? Slowly returning to form? Still trying to figure out what's causing the kink? Gratefully back? Realizing there's no going back to that original shape?
2. Has someone else's resilience helped you survive? When did you not give up because they didn't give up?
3. How has your life partner made you more resilient?
4. What did your hardest moment teach you about yourself?
5. Have you been trying to act strong for too long? Could it be that resilience is asking you to rest, just rest?
6. It is said that resilient people don't just struggle through their pain; they share their stories and hear the stories of others. So is it time for you to be a storyteller, as well as a survivor?

Or, create your own question to reflect upon this month.







## ***Win 3 bonus Gold Medals by sharing your EcoGames story!***

Well, it's 2020 and the EcoGames has a new promo called **WRITE!** All you have to do is **WRITE** 100 to 200 words --- or however much you wish -- about your experience with the EcoGames. Here are some questions to ponder:

- Has the EcoGames changed how you think about your habits and lifestyle?
- Have you made any changes in your habits and lifestyle?
- Which EcoGames challenges do you find particularly daunting?
- What completed challenges are you most proud of?
- Do you enjoy collaborating with your Neighbourhood Group to earn more medals and points as a team?
- If you haven't changed anything yet, are you considering changes in the future; if so, what behaviours?

Have you become increasingly concerned with the climate and ecological crisis the world is facing? Does participating in the EcoGames make you feel like you're doing your bit?

When you've written your story, simply e-mail it to: [ecogames@victoriaunitarian.ca](mailto:ecogames@victoriaunitarian.ca) and we will share it in the E-Weekly!

## ***New EcoGames website coming soon!***

Through our friends at One Planet Saanich, we have been lucky enough to have the assistance of Max Serpa in Vancouver, who has volunteered to build us a stand-alone EcoGames website. Max will have the website completed in a few weeks, at which time all EcoGames players will receive an e-mail inviting them to view their Player Scorecard and claim their medals online. Note that players will need to re-enter their medals on the new website, but it is very fun and user-friendly!

## ***Important change in Neighbourhood Group scoring***

In working with Max Serpa in developing the EcoGames website, Max convinced me that the fairest way to calculate the Neighbourhood Group (NG) scores is to divide the total points won by the team by the number of EcoGames players on the team. Previously we divided the total by the total population of the entire NG, whether they were EcoGames participants or not. This has resulted in some changes in the Neighbourhood Group leaderboard.

**Join the EcoGames at:** <https://victoriaunitarian.ca/ecogames-neighbourhood-challenge/>



## ***Resilience within UU: Rev. Dr. Mark Morrison-Reed***

Our theme this month is “What Does it Mean to Be a People of Resilience?” and it is also Black History Month. When I thought of those two things **Rev. Dr. Mark Morrison-Reed** immediately sprung to mind.



Mark Morrison-Reed was raised UU, his family joined the First Unitarian Society of Chicago in the early 1950's and he and his siblings were the first African-American children to be christened there. He and his family were deeply involved in the church and it is still very present in his heart:

*"In 1952, when my parents were looking for a religious home, a friend of my father's invited them to the First Unitarian Society of Chicago. They're still there, inurned with my sister in the crypt beneath the sanctuary. I have no idea what my family's life, or my own, would have played out without that invitation. So, I need you to think about that the next time you pass on inviting somebody to church!"*

He showed remarkable resiliency sticking with UU during the 1970s. A time when many mistakes were made within UU that lead many Black UU's to leave the movement disillusioned, most never returning.

Morrison-Reed stayed, showing incredible commitment, and tried to make changes within, as he continues to do to this day. He says of this work:

*"It just required showing up. Again. And again. And again. Staying in the conversation and engaging respectfully, open-heartedly, lovingly with people of good intent, to shape a future none of us alone could imagine or create."*

Also deeply committed to the work of Black Empowerment, especially Black people within UU, Morrison-Reed has dedicated much of his life and career to bringing to light the stories of Black UU's. He has written and edited numerous books including *Black Pioneers in a White Denomination*, *Darkening the Doorways: Black Trailblazers and Missed Opportunities in Unitarian Universalism*, *In Between*, *Voices from the Margins*, *The Selma Awakening: How the Civil Rights Movement Tested and Changed Unitarian Universalism*, and *Revisiting the Empowerment Controversy*.

Morrison-Reed also has a Canadian connection - He was a minister at First Unitarian Congregation of Toronto, with his wife Rev. Donna Morrison-Reed, for over 25 years and served the Canadian Unitarian Council (CUC) for many years, including being President. In 2019, Rev. Dr. Mark Morrison-Reed received the Award for Distinguished Service to the Cause of Unitarian Universalism (see his acceptance speech <https://www.uua.org/ga/past/2019/worship/closing/award-distinguished-service-uuism>). In an article of this length, we can barely touch the life and work of this leading figure in Unitarian Universalism. I encourage you to read more about him and pick up some of his books.

Warmly,

Arran Liddel

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

# We Need Your Help!

## Lion's

## Lounge

## Host

The Lion's Lounge Host will set up the Lion Hall to make it welcoming to families with young children. There is a play rug that is put down and some toys and activities that the children can play with while their parents can chat and watch the service on the TV in an informal atmosphere.



The host will welcome the adults and kids, offering them tea/coffee/snacks (provided) and perhaps provide a friendly ear if the parent is having a hard day or they can play with a child so the adult can focus on the service. Children will not be there unaccompanied so there is no direct supervision requirement/ responsibility. Near the end of the service, you will put away the rug, toys etc (often with help from adults and kids). Each person would host approximately once a month.

\* \* \* \* \*

## Nurturing Team Program

This team will offer extra support to infants and younger kids (mostly 4 years old and under) who have a hard time being in the sanctuary or Wee Care so the parent/guardian(s) can participate in the service.



You could either:

### ***Work with one specific kid, who you will build a relationship with over time.***

In this role, you would work with a child who needs time to get comfortable with adults or who needs regular support. You may work with them on a specific goal, developed with their parent/guardian, such as becoming comfortable in Wee Care and being able to be there without additional support. Typically the Nurturing Team member would be with the little on a minimum of once a month.

### ***Be 'on-call' - ready to offer support to any kid that needs extra help that day.***

The on-call Nurturing Team member would be comfortable soothing a kid who may cry and/or may not be able to commit to a regular schedule.

In both roles, you would be with the child either in the Lion Lounge, Wee Care or the playground.

If you are interested in either of these roles or have any questions, please email Arran: [arran@victoriaunitarian.ca](mailto:arran@victoriaunitarian.ca)

# OUR WHOLE LIVES (OWL)

COMPREHENSIVE, PROGRESSIVE  
SEXUALITY EDUCATION



All OWL programs are justice-oriented and actively inclusive of a wide range of experiences, identities and kinds of families.

Info Session:  
Feb 9, 12-1pm  
at First  
Unitarian Church  
of Victoria

More info and  
Registration at:

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

## K-1 PROGRAM

NEW DATES!

Topics include:

- Learning about our bodies
- How to keep our bodies healthy and safe
- Different family configurations
- Changes in families
- How babies come to families
- Conception
- Celebrating life stages

Sundays  
10:30-11:45am  
April 5-June 21

First Unitarian  
Church of  
Victoria

## GR 4-6 PROGRAM

Topics include:

- Sexuality and Values
- Images in Popular Culture
- Body Image
- Changes of Puberty
- Gender
- Feelings and Attractions
- Reproduction and Staying Healthy
- Decisions and Actions
- Consent and Peer Pressure
- Healthy Relationships

Sundays  
1:30-2:30pm  
April 5-June 21

Saanich  
Neighbourhood  
Place



# OUR WHOLE LIVES (OWL) INFO SESSION



February 9th, noon-1pm  
at First Unitarian Church of Victoria  
Childcare will be provided!

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

**\*DATE CHANGE:** Both programs now start April 5

Moving into 2020 invites us to look back at how we have changed since the year 2000.

We have done a lot in our church which includes developing a Strategic Plan, hiring highly competent staff and Ministers to take us where we need to go, having a two-year Intern Minister bringing new ideas and ways to communicate, maintaining our membership numbers and bringing in vibrant new members who actively engage in supporting FUCV in new endeavors.

Would you be prepared to contribute more ideas of things we have done? **Send your thoughts to [marionpape@shaw.ca](mailto:marionpape@shaw.ca) and I will incorporate them into an Annual Report for 2019.** Thank you for this.

**Report from Location Task Force:** John Hopewell and Liz Graham presented recommendations based on their year-long consideration of facts, history and options. There was a high degree of consultation with members of the congregation, surveys netted a large number of respondents and results were conclusive. Thanks to our two Ministers, Collaborative Pianist Jennifer Mitchell, Mike and Liz Graham, John Hopewell, Lynn Hunter and Don Armstrong, Louise deLugt, Jeri Dause, and Jackie Bennett who presented three pilot services at Cedar Hill Recreation Centre on Sunday afternoons.

A Power Point Presentation on the Results and Recommendations from the Location Task Force will be given at the General Meeting on Jan. 26<sup>th</sup> at 12:15 in the Sanctuary.

**Continuation of Offsite Services:** Flowing from the recommendations in the LTF report, a proposal to continue off-site services on a monthly basis was approved by the board at the Jan. 2020 mtg. An application for the 2<sup>nd</sup> of 3 years of funding will be presented to the Ruth Humphreys Innovation Grants Program to cover costs of these services.

**2020 Budget:** The board recommended the 2020 Budget as presented by the Finance Committee which will come to the Congregation for approval at the General Meeting on Jan. 26<sup>th</sup>. This budget includes a Staff Benefits package for all qualified staff. Although we did not meet the target set by the ABC Team for pledge income, we have been expanding rental, occupancy costs and other income thus reducing the deficit to a manageable \$1,284. Thanks to an amazing rental team with Shirley Travis, John Tiffany, John Worton and Nadia Kozak for creative and diligent negotiations. Thanks also to the fundraising team headed by Suellen Gunther for exceeding the budget set for them in 2019.

**Streamlining & Simplifying church activities:** Committee of Ministry contacted the Board in 2019 to ask us to consider how we can reduce the complexity of activities presented by FUCV. We sometimes have difficulty filling volunteer positions and many of the stalwart members of the Congregation who have held it together over the years are getting weary. Board Member, Jim Willis developed goal statements and suggestions for healthy governance structures based on a number of principles. He suggested some initial ideas for the board to consider for streamlining and simplifying church activities and will be meeting with Council Chairs in mid-February to review FUCV activities and develop a process for decision making. Jim will present this topic to the congregation at the General Meeting on Jan 26<sup>th</sup>. Please give this some thought so you can contribute ideas on how we can reduce the demand on volunteers, discontinue activities which no longer serve us and open up space for new ideas.

*Continued on next page....*

*President's Report continued from previous page....*

**Human Resources:** HR Committee has taken out bookkeeping function from the Office Administrator job description and will be contracting out these functions including duties that have been done both by the Office Administrator and the Treasurer.

**Changes to Church Leadership:** Last week someone expressed surprise to hear that the Leadership of the Membership Committee had changed and suggested that the Congregation might like to know about such changes. Here are some more:

Membership Chair: Rebecca Mellett  
Coordinator of Greeters: Fritz Schulze  
Coordinator of Ushers: Mollie Twidale  
HOW :Martha McDougall and Elaine Hepburn  
Board Member Admin Council Rep responsible for Communications: Mollie Twidale

The Board truly appreciates how giving we all are.  
**Thank you!**

## ARTIST OF THE MONTH:

**VICTOR J. CRAPNELL**

### **Victor J. Crapnell**

3390 Maplewood Rd, Victoria BC, V8P 3N2 250 889 2849  
info@victorsart.ca      www.victorsart.ca

Victor was born in 1959, and spent his first few years in the prairie lands of western Canada. Whether through music, painting, photography or cartooning, Victor expressed his imagination with enthusiasm and humour.

Studying both fine art and commercial art, he joined the fast-paced world of advertising as an Art Director in Ottawa after graduating. Very soon he found himself drawn back toward his western roots. Packing up his guitar, paints, brushes and drawing board, he headed west.

Now settled peacefully in beautiful Victoria with wife Joanne and their pups, he's made a living as a Graphic Designer, while continuing to fulfill his creative soul through personal art.





GVAT's three Action Research Teams (ARTs): Housing, Mental Health and Addictions, and the Climate Crisis, are working furiously to formulate actions to be requested of authorities in power at GVAT's Founding Ceremony on April 5<sup>th</sup>, 2020.

Identifying potential actions is a complex process. Each team must first identify areas where there are needs. Then they must interview appropriate authorities on what has been done—or not done!—to address these needs, and what hasn't worked and why. Often the problems are NIMBYism (Not In My Back Yard), lack of a clear policy or regulation, insufficient staff for enforcement, lack of funding, and so on. ARTeam-members must then decide if GVAT can devise a solution. If the problem is NIMBYism, can it be overcome with better awareness among the public? How would that be done? Or has a lack of funding arisen simply because the problem is not a high priority? When the Action Research Team has decided how the problem might be resolved, Team members talk with the appropriate authority and get their agreement to a particular action.

Then comes the big moment! The person in authority who has agreed to take action is asked again, at GVAT's Founding Ceremony in front of several hundred people representing the 47,000 people in member organizations of GVAT, if he or she will truly undertake the action to which they have agreed in private. You can imagine the pressure this has on a government or other official to do what they have agreed to do! Therein lies the power of GVAT!

The next step is where we in our Church congregation come in. As many of us as possible need to be at the Founding Ceremony on April 5<sup>th</sup>, 2020 to help GVAT achieve the anticipated number of witnesses. There will be sign-up sheets in the Lion Hall through February and March where you can indicate your willingness to attend the Ceremony. This event should be exciting and fun! We hope you will plan to be there.

*Your GVAT core group: Susan Layng, Kym Hines, Sonya Ignatieff, Hanny Pannekoek and Philip Symons.*



## **SONG CIRCLE – EVERYONE WELCOME (VISITORS TOO!)**

**Nancy Dobbs and Jewel Spooner**

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

**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 FEBRUARY 14, 2020

Friday February 14, 2020 is the next *Community Dinner* in the Sanctuary at 6:00pm

Come celebrate Valentine's Day with members of this beloved community!

We will be serving a special Valentine's menu of ribs, baked potatoes, green beans and vegetarian options. Please bring a salad or dessert to share. There will be an opportunity to decorate your own heart cookie after dinner.

When you arrive we will have a Valentine Card making table set up for those crafty and not so crafty types. There will be board games set up as well. Bring your own favourite game to play if you wish.

Following dinner Nancy Dobbs will be available for a sing-a-long with songs of connection, love and a few fun, silly songs too.

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!**

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 1<sup>st</sup> near the main front door to the office and common room. The lockbox code will be given to those who use the office and common room during non-office hours. Board members will contact the committees and teams under their councils to let them know of this arrangement. Various church members who need access to the Farmhouse first floor will be given the box code for the lockbox by contacting the Property Council chair (John "Tiff" Tiffany,

[johnstiffany0705@gmail.com](mailto:johnstiffany0705@gmail.com)) or 250-884-6812 [cell].

## Remembering 25 years ago.....

On January 8, 1994, the Grbavac family, who had fled their war-torn country of Bosnia, arrived in Victoria BC to start a new life, sponsored by our Unitarian Church!

Our church helped this family of four, Josip, Bodana, daughter Maja (16) and son Bojan (12), for one year with housing, employment, education and settling in.

Dorothy Brewis offered them housing, Joop Schuyff, Alastair Mont, Kjerstin Mackie and many others diligently assisted them. Now 25 years later, Bodana and Josip live happily and gratefully in a lovely house in Esquimalt. Both are retired. Their daughter Maja is married and lives in England with her husband and their son. Bojan lives in Victoria, married and has two small children.



I vividly remember the big fundraiser we did in our Church on 106 Superior, with Josip and friends playing guitars and drums while Bodana served us scrumptious homemade Bosnian cakes, each made with 8 eggs! We sold books, written by a young Bosnian female writer and generously donated to us by Jim Munro of Munro's Books! We raised lots of money!

A few weeks ago Josip and Bodana came to our house for tea. They presented me with a bouquet of 25 colourful roses ("one for every year"). I gratefully accepted these on behalf of our Church community who made it all happen. We reminisced, recalled events and celebrated. We had a wonderful time and we will keep up this renewed contact. IT WAS A VERY JOYFUL REUNION!!

For more details, contact Marya Nijland <philmar@islandnet.com> or call 250- 592-6484

## Electric Vehicle Chargers at the Church

Recently two electric vehicle chargers were installed at the church. These chargers were recommended by the Environmental Action Team (EAT) in order to support emission reductions goals of the congregation, and approved by the church board last year. Half of the cost of the charger installation was funded by a BC Hydro grant. The chargers are installed at the north-west corner of the sanctuary. Those who use the chargers will be requested to pay \$1 per hour, which covers the cost of the electricity used as well as a small additional amount to offset the installation cost over time. Plans are being made to encourage those with electric vehicles to reach out to others in their neighborhood group and offer to share rides in their electric vehicle, which will further increase the overall benefit, as well as provide opportunities for more people to learn about the vehicles. There is also the opportunity to set a day when multiple different electric vehicles could be shown to anyone interested after church one day if there is interest. Feel free to reach out to any member of the environmental action team if you have any questions.



If a medical incident should take place during our service, we have a protocol in place. It can be found on our website:

<https://victoriaunitarian.ca/wp-content/uploads/Medical-Incident-Protocol-Visual.pdf>

The protocol instructs participants in the service- Ministers, Worship Associates, Board Member on Duty, greeters, ushers, audio-visual- as to what their role would be during such an event. Any incidents should be reported to Peter Hancock who oversees "Health and Safety".

## MEDICAL INCIDENT PROTOCOL

### For Ministers and Worship Associates

If a medical incident occurs during a service...

**Stop the service. Say:**

"There appears to be a medical problem."

**Ask the closest ushers and BMOD:**

"Is **medical help** needed?"

**If YES,**

"Is there a **first responder** who can assist?"

**If the person leaves the sanctuary, say:**

"Our hopes that '**all shall be well**' go with you."

**Then ask:**

"Please join me in singing a hymn.\*"

\*e.g., #123, Spirit of Life

**After a moment of silence, the service may continue.**

**Add any further instructions depending on what is happening.**

**Report afterward:** Write down your notes to document the key facts of the incident (date, time, name), what happened, and any suggestions on what went well and could be improved.

## MEDICAL INCIDENT PROTOCOL

### Ushers, board members, AV, and greeters

**AV Note:** Stop the live stream if a medical incident is occurring.

**Q: Is medical help needed?**  
Closest ushers and board member on duty assess the situation. Answer:

<p><b>"No, it's okay"</b></p>	or	<p><b>"Yes, and we HAVE medical help. 911 is being called."</b></p>	or	<p><b>"Yes, and we NEED medical help. 911 is being called."</b></p>
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**Get what is needed:**  
Closest ushers and board member on duty work to get help and supplies.

<b>First Responder</b>	<b>Kit</b>	<b>9-1-1</b>
Ask congregants for help	In both kitchens, on top of the fridge	<i>IF NEEDED</i> -- Use cell or landline in the hall
<b>Defibrillator</b>	<b>Wheelchair</b>	<b>Cleaning</b>
In hallway in front of sanctuary doors	In the closet by Lion Hall in hallway	In the kitchen on right of the fridge

**Greeters check for ambulance** Safety vests are in the closet across from the front entrance

**Follow up.** Usher or BMOD should observe that the patient is attended to by medical person and /or family member or companion while waiting for ambulance. Check that someone is going to the hospital for patient and/or will inform family

**Report afterward:** Write down your notes to document the key facts of the incident (date, time, name), what happened, and any suggestions on what went well and could be improved.





Thank you again for all your kind donations for the Dormitory Project in Tanzania, Africa.

I just came back from a wonderful trip and stayed right in our village with our Maasai Family. There have been huge changes in our village and a permaculture project is well. The change in the landscape was breath taking. All my friend Sharon and I could say as we toured the grounds was WOW!! From all you can see is dirt to glorious vegetation in one year. Mind boggling. The village finally has a well near the classrooms and this has made the difference. We take water for granted here in North America but in lands where it is scarce, it is life changing.

The dormitory is almost completed. See above picture of its present state.

## HEALING OUR WORLD 2020

## NOW'S 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 Healing Our World (HOW) annual campaign has two new administrators, Elaine Hepburn and Martha McDougall, 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. It may be as much as \$5,000. 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?

Please find the HOW application form on the FUCV Website.  
Applications will be received until 15 February 2020.

**If you have questions please contact the HOW administrators:**

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

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



## Why is your family here?

Lesley Duthie

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

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

My name is Lesley, and I started coming to the church about 10 years ago when my daughter was 10 years old. I came here looking for a place where I could explore my spirituality in a community. I brought my daughter because I wanted her to experience that, and also the rich cultures and spirituality of people around the world. So that was my lofty goal. [laughter] It didn't work out that way. She came to the youth programs on and off for a year or two and decided it wasn't for her.

Of course I was disappointed and sad, but not too much so, because I was enjoying my own experience at church so much. I had always hoped to be the kind of mom that can let her daughter be her own separate and distinct person. So I had a chance to practice that philosophy (laughs). And it's worked out really well. I love being here, I feel like I belong here and the church belongs to me. And it's not right for her at this time and that's fine too.



I think, I think I've done a good job. And I think it's hard to say "I've done a good job of parenting" at any time so yay me! [applause & laughter] And in a spirit of humility I thought I should check out with her that that was her experience too (laughs). So I called her this morning and I said, you've got to tell me, is that the way it works? And she said, "Yeah, that is that way that it worked. You and dad both always let me be myself, and I really appreciate that because I could be close to you, and still be who I am. So, thanks, mom."

---

## News on our new Refugee Family

We are very pleased to report that following the filing of our new Refugee Family sponsorship application last Fall for the Abo Qayass family (Khaled's parents and brother), Mohammad and Fatemah and their 16 year-old son Abdulrahman have been invited for an interview with the Canadian embassy in Amman, Jordan where they are currently based. It will be held February 3 which is exciting news for us all!

The interview process involves eligibility and admissibility screening which we hope will lead to their arrival in Canada in 2020. We will report further when we have more news.



Khaled, Raweah and the Refugee Committee would once again like to thank all the Unitarian members who are donating or have already donated to the Refugee Fund and enabled this to happen."

**February 2020 Honoured Volunteer – Lynn Beak**

The Recognition and Awards Committee asks the Councils of the Board, and the President, to nominate volunteers who have made significant contributions to the life of the church. This month the Outreach Council, has nominated Lynn Beak.

Like many women in the 1980s, Lynn Beak found the UU community through a “Cakes for the Queen of Heaven” goddess program. She and partner John Taylor joined Thunder Bay’s Lakehead UU in 1988, where Lynn was active in the Welcoming Congregation and RE programs. Moving to Victoria in 1996, she joined the Saanich Church in 1998. Active again in RE for more than 8 years, she then became a member of the Committee on Ministry for 5 years.

Currently Lynn is the coordinator of the Fairfield Neighbourhood Group and has been active in the group since Herb and Phyllis Girard revived it in the early 2000’s.

When the CUC created their Truth, Healing and Reconciliation initiative, Lynn and Diana Smith took the first CUC facilitation training offered. From 2016, through generous support from Humphrey Initiatives Fund, they co-led the most recent reconciliation initiative. Bringing the play “Home” to Victoria was an exciting time with over 800 people attending the performances, developing partnerships with Theatre for Living & the Cadboro Bay United Church. Artist Maureen Gruben, from Tuktoyaktuk, led the congregation and the RE children on an exploration to understand how art and culture are core to her indigenous perspective.

The January 18, 2020 Indigenous Perspectives training course is an opportunity to learn more about the local indigenous cultures. Lynn and Karen Christie from Capital UU are co-leading the afternoon sessions of the upcoming Indigenous Film Dialogues. Lynn notes that sharing these projects with Capital UU enhances our local inter-relationships.

Lynn, despite having an artistic “black” thumb, has led a craft workshop at the UU women’s retreat over the last 18 years, and has signed up again for April 2020! Lynn and John are also looking forward to the August wedding of their son Andrew.

**Diana Smith says:** What stands out most about Lynn, as I reflect on 20 years of friendship, is her integrity, clarity and commitment. She lives from a place of seeking healing, truth and fostering reconciliation. In the early days of the Unitarian involvement with THR, Lynn generously contributed her experience, understanding and time. She understands the issues, the dynamics and knows where effort is warranted. She has coordinated the Fairfield Neighbourhood Group, with similar persistence. She was and is always available to step in, do whatever is needed, whether it be behind the scenes or as a visible leader. I love her values, her teamwork, humour and gentle tenacity. She serves – without need for recognition – because it matters!

**Susan Layng says:** Back in 2017 I sat on several meeting with Lynn and Diana in the planning stages of organizing a bringing šxʷəamət (home) to our community. This was a huge undertaking and Lynn was exceptional in her organizational and planning skills. Unfortunately, I had to step aside before the project came to fruition as I was scheduled for knee surgery in the late fall of 2017 and missed the production.

I know that Lynn, along with Diana, played an integral part in planning for the artist-in-residence initiative by bringing in Maureen Gruben to showcase her art and obtaining funding through the Ruth Humphreys foundation to bring Dr. Martin Brokenleg to speak with our congregation on two separate occasions.



*Continued next page....*

*Honoured Volunteer Lynn Beak continued....*

She is dedicated to the aspects of developing an ongoing relationship with indigenous communities. From her years of experience, she is unwavering in her vision of ensuring that our UU community is moving on a path of developing protocols of engagement and that we should consider the role of the UU elders in how we greet and engage local communities. I believe she feels strongly that we, as a congregation, need to develop a depth of respectful interactions and that these new relationships will help to bridge gaps of understanding. She has also been passionate in her ideas of creating a THR team to build up our library and to promote the workshop lead by Michelle Brown last year. Lynn was instrumental in approving the remaining assets in the innovation fund from the šxʷʔamət (home) play to support the Indigenous Perspectives Workshop to be held on January 18<sup>th</sup> as well as the Indigenous Film series to be held later this spring.

Her dedication and commitment to the pursuit of fostering understanding and awareness within our congregation by creating lasting relationships with our Indigenous neighbours is nothing short of remarkable.

## **SHARE THE PLATE:**

## **RAVEN**

This month's Share the Plate charity is RAVEN (Respecting Aboriginal Values and Environmental Needs), a small but mighty registered charitable organization whose mission is to raise legal defence funds to help Indigenous Peoples in Canada defend their treaty rights and the integrity of their traditional lands and cultures.

RAVEN was formed to recognize the need to redress an inherent imbalance in the legal system. Their vision is a country that honours the ancestral laws, rights and stewardship values of Indigenous Peoples and their equitable access to the justice system within a thriving natural habitat. As the only non-government charitable organization in Canada that provides legal defence funds to assist Indigenous People, RAVEN is unique in the Canadian landscape.

The environmental challenges that face many Indigenous Peoples in Canada are really challenges for the entire world. Fundamentally, they believe these are issues of human rights and climate change – they are seeking social and environmental justice for all. The constitutional rights of Indigenous Peoples are the strongest environmental laws in Canada (and possibly the world). With more and more positive decisions from the courts, the law is clearly on the side of Indigenous Peoples: their victories protect us all.

RAVEN's support means Indigenous nations do not have to divert funds away from critical community resources – housing, education, resource management, infrastructure and mental health – to pursue their rights. Native leaders and their legal teams almost always face overwhelming odds against the established interests of big corporations and governments as they struggle to protect their rights and lands through the courts.

Since 2014, RAVEN has dispersed over \$4.1 million dollars to their First Nations partners. The legal actions of our partners have resulted in cancellation of the Enbridge Northern Gateway pipeline; protection of 75% of the Peel Watershed in the Yukon; defence of Teztan Biny (Fish Lake) and Morrison Lake from proposed mining developments; ongoing litigation by the Beaver Lake Cree to stop the degradation of traditional lands by tar sands industries; cancellation of the Petronas Pacific Northwest LNG project at the mouth of the Skeena River; and ongoing litigation in BC to stop the proposed Trans Mountain pipeline project.

Visit [raventrust.com](http://raventrust.com) or email [laurie@raventrust.com](mailto:laurie@raventrust.com) for more information.

## **SPIRITED JAZZ**

**Enjoy jazz with a splash of spiritual inspiration.**

**February 16<sup>th</sup>, Sunday, 7-8 PM**

**[Ryan Oliver Mark Crawford Duo](#)**

**Ryan Oliver - tenor saxophone; Mark Crawford - Guitar.**

**Theme: Your Musical Memories Internalized**



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 Ryan Oliver Mark Crawford Duo. A dynamite combo at the top of their professions, this pair of seasoned musicians will amaze you with innovative treatments and stylizations of Swinging Standards, Bossa Novas and Ballads designed as a memorable blast from the past.

A Juno-nominated, Victoria-based saxophonist, Ryan Oliver honed his craft on Canada's west coast before moving to Amsterdam, Toronto and New York. Since returning to Vancouver Island, he has maintained a busy schedule as one of Canada's most in-demand saxophonists. His most recent recording, "Strive" features legendary jazz drummer Victor Lewis. Oliver has toured Canada, India, Australia, New Zealand, South America, Europe and the United States with the legendary eclectic jazz group, The Shuffle Demons. He is also a member of Juno award winning blues/rock performer Derek Miller's group. The band has traveled throughout North America, including performances at the New Orleans Jazz Festival, the Aboriginal Achievement Awards (broadcast on CTV), and Toronto's Dundas Square. Oliver is featured in the horn section on "Derek Miller and Double Trouble", featuring Stevie Ray Vaughn's heralded rhythm section Double Trouble and musical icon Willie Nelson. The recording was nominated for a Juno in 2011. He has received numerous Canada Council and Toronto and Ontario Arts Council grants for touring, recording and education and was nominated for the 2013 Prix De Jazz for the Montreal Jazz Festival.

Mark Crawford is an Emmy-nominated composer, director, and producer that has traveled the world making films and absorbing cultures. His music and video work have been included in programs featured on National Geographic California Academy of Science, Harvard Kennedy School Fast Company, and additional music for the award-winning feature documentaries *Chasing Coral* (2017) and *Chasing Ice* (2012). With his background in producing, directing, and editing films, he understands the full spectrum of the production process, and knows how to best help the story with his music. He currently lives in Longmont, CO, where he composes from a home studio, enjoys the glorious outdoors, and works on projects with his wife and producing partner, Larissa Rhodes.

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



# Care & Concern Workshop

## Information for Living Well

**Your Care & Concern Team is hosting the first of two FREE Workshops with Community-based experts in their fields.**

**Please Join Us!**

**Presented by:**

**Family Caregivers of BC\***

**on**

**Saturday, February 29, 2020**

**10 – 12 noon**

**At the First Unitarian Church of Victoria— Room TBA**

**Presentation followed by Q&A session and refreshments provided**

**Pre-registration required!**

Contact Barbara Boyle at (250) 381-0264 or

[barbara.boyle@shaw.ca](mailto:barbara.boyle@shaw.ca)

**We all care for those in our world.**

**How we care is as diverse as each of us is individual!**

**Resources are available!**

**Want to learn more?**

**Join us!!**



## First Unitarian Church of Victoria Foundation: Call for Grant Proposals

The First Unitarian Church of Victoria Foundation was established to promote the principles and values of our Church. Currently the Foundation has contributions invested with the Victoria Foundation totalling approximately \$81,000. Income from approximately \$45,000 of these funds is dedicated to supporting First Nations post-secondary education through the Church. Income from the approximately \$36,000 is directed by request of the donor to support the music programme and/or social responsibility programmes of the Church.

In 2019 the Foundation funded three \$533 bursaries for First Nations students attending Camosun College in 2020 and it granted \$744 to the Music Committee to assist in bringing musicians to the church for Sunday Services when the choir is not performing. Another \$576 was donated to the LEOHN project with \$288 at the start and another after 6 months. This year we anticipate around \$1,600 will be available to fund four ongoing First Nations bursaries at Camosun College from the First Nations Fund.

The Foundation is currently seeking proposals from Church groups who need a grant of up to \$1,300 to fund church music or social action programmes. Applications must be for enhanced activities not normally supported by the Church budget and must cover costs not yet incurred. An application form is available at the Church office or from the church website under FUCV Foundation.

The deadline for submission is April 30, 2020 and funding will be approved in May at the Foundation annual meeting.

## *it's cold out there*

Hosted by The Mustard Seed Street Church – a member of GVAT – our congregation has been asked to participate in this national event.

### The Coldest Night of the Year!

This is a family friendly walk that raises money for charities serving hungry, homeless and hurting people in our community. You can participate with a 2km, 5km or 10km walk with hot chilli served afterward.

This year it's being held on:

**Saturday, February 22nd**

Last year, 100's of our community came out to walk and raised more than \$25,000!

Please join us this year as we aim to raise \$30,000 to support individuals and families moving through seasons of food and financial insecurity. Help us ensure that no one has to choose between heating and eating this Winter season.

For more details and to register for the Coldest Night of the Year website: <https://cnoy.org/location/victoriaqueens>

*St. John the Divine*

*Food Bank Benefit Concert*

*Featuring*



**THE GREATER VICTORIA POLICE  
CHORUS**

**2:00pm – Sunday, February 23, 2020**

**Doors open 1:30pm**

**Tickets \$20**

**Tickets Available through the St. John's church office**



# *A little fun...*



Unitarian Universalist Valentines

*I love you  
more than  
fair trade  
coffee...*



*Almost.*

## 2020 Bucket List:

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators and have them follow one another.
  3. Wear a shirt that says 'Life' while handing out lemons on a street corner.
4. Announce in a crowded elevator: 'No doubt everyone is wondering why I've gathered you here today...'
5. Major in philosophy and ask everyone WHY they'd like fries with that.
6. Run into a store all out of breath shouting 'What YEAR is it?!?' and - when you get a response - scream, 'YES! It WORKED!!' and tear back out of the store.
  7. Become a doctor. Change last name to Acula.
8. Change name to Simon and speak in the third person.
  9. Buy a parrot and teach it to shriek, "Help! I've been turned into a parrot!"
10. Follow joggers around in your car blasting "Eye of the Tiger".



## 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

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

### Board Members

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

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

Tell them about FUCV's

**Lay Chaplains**

**It's what we do!**

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



## We Care!

### Care and Concern Committee

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

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

or your Neighbourhood Group Care & Concern person

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



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



## BIRTHDAYS IN FEBRUARY

First Name	Last Name	Birthday
------------	-----------	----------

Jean	Mihell	February 01
Koba	ter Neuzen	February 01
Kieran	Domney	February 04
Nanw	Cariad	February 05
Anne	Swannell	February 05
Clara	Buttemer	February 06
Laura	Anderson	February 07
Sandra	McMullen	February 07
Marcella	Calberry	February 08
Jerrelyn	Dause	February 08
Katrin	van der Leeden	February 08
Margaret	Nixon	February 09
John	Stewart	February 09
Rebecca	Sterling	February 10
Anna	Isaacs	February 12
Daniel	Klimke	February 12
Phyllis	Gardiner	February 13
Ben	Smith	February 13
Teo	Smith	February 13
Mary	Theal	February 14
Kellina	Dyer	February 16
Robin	Sacker-van Gessel	February 16
Jonathan	Taylor	February 16
Shana Ryan-James	Lynngood	February 19
James	Adam	February 21
Cyrus	Belisle	February 21
Leslie	Gillett	February 21
Mary-Ellen	Nicol	February 21
Sheila	Drew	February 23
Ruth	Ralston	February 23
Sandra	Haywood	February 26
Jean	Wallace	February 28

### CALENDAR:

[CLICK HERE](#)

### Board Members on Duty in February

2	Bruce Nicol
9	Susan Layng
16	John Tiffany
23	Jim Willis

### Contact Changes

None

### Membership Changes

New Member: Kathie Doerksen

The First Unitarian Church of Victoria  
5575 West Saanich Road  
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Copy should be sent to  
**[newsletter@victoriaunitarian.ca](mailto: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); Shannon  
Oatway (production, distribution and paid advertisements).