



The Victoria Unitarian

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

SERVICES IN MARCH

SUNDAY SERVICES BEGIN AT 10:30 am

DATE AND TIME: March 1: 10:30 AM

TITLE: Inner Wisdom

HOMILIST: Rev Melora

CHOIR: Chalice Choir

WA: Shelley Motz

We begin the month of wisdom with a look at methods of accessing inner-wisdom –ways to listen to the ‘still small voice within.’ We will, in particular, consider a Unitarian Universalist take on prayer, including questions like, “Can Rational Humanists pray?”

DATE AND TIME: March 8: 10:30 AM

TITLE: Where Are We on the Path to Equality?

HOMILIST: Rev Shana

CHOIR: Bell Choir

WA: Victoria Barr

On this International Women's Day, we'll explore how far things have come and how much further we have to go since the first gathering in 1911. As we continue to explore being a people of wisdom, what does embracing the equality and contributions of all look like and mean? Have we become wiser in our inclusion of women? How will we know when full parity has been reached?

DATE AND TIME: March 15: 10:30 AM

TITLE: Gandhi and Child Haven

HOMILIST: : Rev Melora and Katie McNivan Gladman

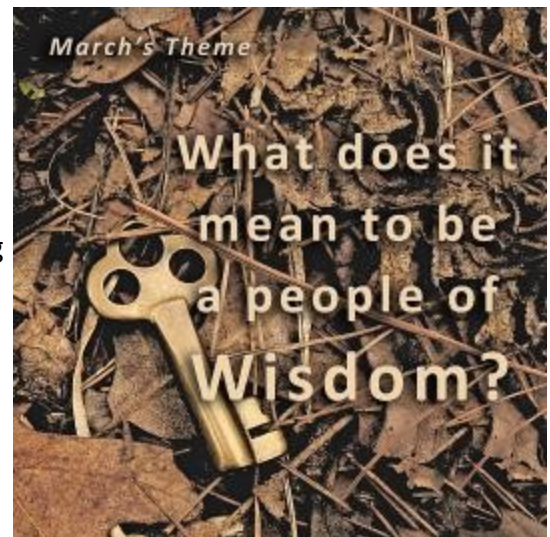
CHOIR: Piano

WA: David Vest

Child Haven International Homes are inspired by the ideals and philosophy of Gandhi. In this theme month of wisdom, we look at Gandhi’s wisdom about living in diverse community and the ways in which that informs the practices that guide Child Haven Homes.

March 15: 7:00 - 8:00 PM

Spirited Jazz with Rev Shana and the Jon Miller Quartet. See page 4 for details.



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](#).

Services continued from page 1.

DATE AND TIME: March 22: 10:30 AM

TITLE: The Source of All Good

SPEAKERS: Dr. McCreary

CHOIR: Chalice choir

WA: Lynne Bonner

"The Source of All Good" takes us on a spiritual quest for the origins of peace, justice, and equality. A fresh perspective on these themes is offered using insights from Baha'i Sacred Writings.

Dr. Elaine McCreary was twice appointed as Baha'i chaplain at UVic and served five years at the Baha'i World Centre in Haifa, Israel.

DATE AND TIME: March 29: 10:30 AM

TITLE: Giving Too Much?

SPEAKERS: Sam Magnus

CHOIR: Men's Choir

WA: Shelley Motz

Adam Grant writes that in life, we tend to show up primarily as either givers, takers, or matchers. This homily explores how we can become better givers and encourage giving - without burning out.



EMPATHY BUDDIES

Meet your Empathy Buddy Team! We are here to listen after most Sunday services; you can find us at the front of the sanctuary or in the chaplain's room for a listening ear from a caring peer!

Learn more about our Empathy Buddies in future articles.

We need your input! Are you aware that we have an Empathy Buddy Program and would you use this if you needed a caring person to listen? Any suggestions you may have would be greatly appreciated so we can make the Empathy Buddy program match what is needed.

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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.. Don’t send text as 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/>

SPIRITED JAZZ

Unitarian Jazz Vespers

Enjoy jazz with a splash of spiritual inspiration by Reverend Shana

Jon Miller Quartet

Roster: Tony Genge organ, Monik Nordine saxophone, Rob Cheramy guitar, Jon Miller drums

Theme: Fun & Games & Smiles & Chuckles

March 15th, Sunday, 7 - 8 PM

First Unitarian Church of Victoria

By donation and greatly appreciated

Back with fun and games, smiles and chuckles as guitar, sax and drums converse with the traditional swinging vibrations from the sounds of the B3 Hammond Organ to get feet tappin' and fingers snappin' with pure enjoyment.

The Jon Miller Quartet is a top-rated jazz group from Victoria that has been making waves on the B.C. jazz scene for several years running, both for its engaging live performances and for the depth and variety of its original compositions. The group's most recent iteration (AKA the Parallel Universe Band) features the amazing Tony Genge on Hammond B3 Organ along with jazz guitar great Rob Cheramy, saxophonist extraordinaire Monik Nordine and leader Jon Miller on drums. The quartet's repertoire alternates original material by group members with classic organ-jazz in the vein of giants of the genre – Jimmy Smith, Brother Jack McDuff, Joey DeFrancesco and Larry Goldings.

Hard hitting and soulful, with an emphasis on swing, groove and blues inflected jazz, the Jon Miller Quartet (AKA Parallel Universe Band) invites audiences everywhere to join in their unique musical vision.

The band's leader and drummer Miller is a graduate of McGill University's jazz programme and a participant in Banff Centre's Jazz Programme under the direction of Dave Holland. Upon graduating he played drums with a wide variety of Montreal based groups before going on to spend the 90's in Europe and the US, playing with successful bands and sometimes freelancing with other artists including Charlie Hunter and Terry Mann in France, the Netherlands, Monaco, Germany and the US. He has studied drums with Pete Magadini, Alan Dawson and Marvin "Smitty" Smith. In addition to writing for and leading his quartet, Miller is also a member of the Victoria Jazz Orchestra.

"Whoa! Where have you been hiding, Jon Miller Quartet? ...on behalf of sun-deprived Canadians everywhere, thanks for this much needed dose of Vitamin D." -Robert Rowat, CBC Music

"This has got to be one of the best jazz acts in the city" -Adrian Chamberlain, Times Colonist

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.



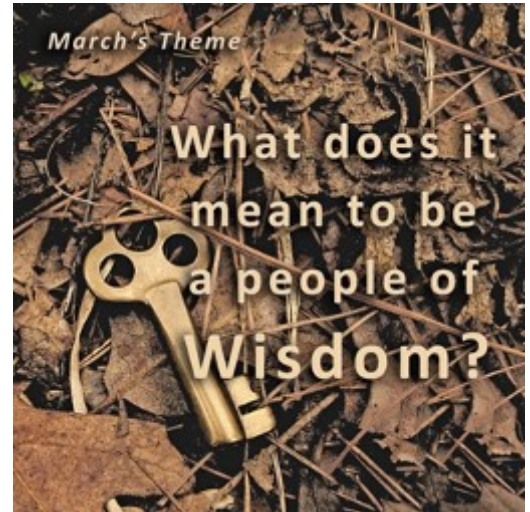
First Unitarian Church of Victoria 5575 West Saanich Road (250) 744-2665

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

Theme Questions

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

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



1. Who is the wisest person you know? Which of their lessons might be worth remembering today?
2. What's something you know now about wisdom that you didn't know when you were 18 years old?
3. How much do you trust the wisdom of your intuition? The wisdom of your head? Your heart?
4. When has willingness to sit with not knowing led you to wisdom?
5. What wisdom have you learned from getting through hard stuff?
6. What has been the most unlikely source of wisdom in your life?
7. The Sufi poet Hafiz wrote: "The Beloved sometimes wants to do us a great favor: Hold us upside down and shake all the nonsense out." What piece of nonsense did you hold on to the longest?
8. When did you first feel wise?
9. What was the wisest decision/choice you made as a young adult?
10. What was the wisest decision/choice you made as a parent (or, as a caregiver of others in your care)?
11. What is the wisest decision/choice you made most recently?
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 Exercise: Becoming a People of Wisdom

This suggested spiritual exercise is 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).

The Best Advice You've Received

Wisdom is a gift. We pass it on to each other like a precious jewel. None of us want others to make the same mistakes we did, so we generously share our advice.

In other words, wisdom connects us. It's not just something we collect to uplift ourselves. It's something we pass on so we can all make it through together. Or to put it another way, wisdom and kindness are more closely linked than we acknowledge.

To honor this, we're invited this month to remember the wisdom we've received.

To help, we've assembled some awesome videos and articles to jog your memory.

Here are your instructions:

1. Make time to meditate and reflect on the videos and articles below.
2. Let them take you back in time to the best advice you got from others.
3. Then, out of all those memories (and pieces of advice) pick the one you think is most relevant to you currently. Pick the one your life right now needs you to remember.
4. Tell someone about it.

Add Ons:

Make this exercise richer by asking someone close to you about the best advice they received. Maybe even interview a few folks. It's not only a great way to help them remember the gifts of wisdom they've received, but it's also a sneaky way for you to get some more great advice passed on to you! :)

You might also listen to the videos for new wisdom you need to hear. As you watch and listen, ask yourself, "Is any of this advice, the wisdom I need right now?"

Start here

How to Age Gracefully | CBC Radio: https://www.youtube.com/watch?v=sycgL3Qg_Ak

12 Truths I Learned from Life | Anne Lamott: <https://www.youtube.com/watch?v=X41iulkRqZU>

Continued next page

More If You Have Time...

- Best Advice You've Received | 0-100: <https://www.youtube.com/watch?v=ZfsyrNKhNTE>
- The Most Important Lesson You've Learned | 0-100: <https://www.youtube.com/watch?v=F2GsSy8LNxg>
- Wisdom from great writers on every year of life - TED Talks , [Joshua Prager](#)
https://www.ted.com/talks/joshua_prager_wisdom_from_great_writers_on_every_year_of_life?language=en
- Lessons From a Lifetime of Bad Advice
- https://www.ted.com/talks/nicole_wilson_lessons_from_a_lifetime_of_bad_advice
- 9 Learnings from 9 Years
https://www.brainpickings.org/2015/10/23/nine-years-of-brain-pickings/?mc_cid=637ca026b4&mc_eid=04e3c8a6e2
- 100 Pieces of Advice from 100-Year-Olds
<https://www.mentalfloss.com/article/54286/100-pieces-advice-100-year-olds>

Soul Matters Songs on the Theme



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

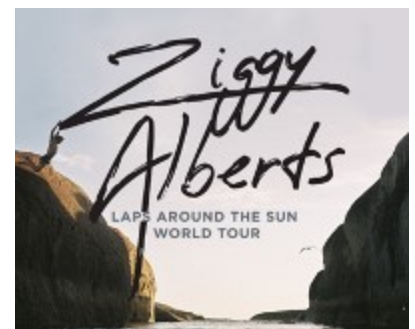
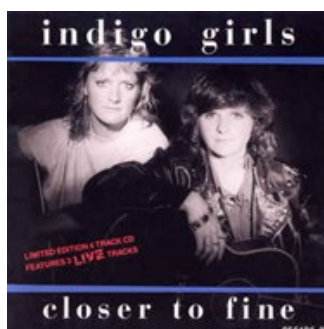
<https://www.soulmatterssharingcircle.com/spotify-lists.html>

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

https://www.youtube.com/channel/UCL_fSD0_Ps01lGauCVL_mKQ/playlists

Direct link to **Wisdom** playlist on youtube: <https://www.youtube.com/watch?v=YwLgxyVjwk4&list=PLvXOKgQQVYP5otcQ84mQd4wOuWjFoZyP5>

featuring :



Anne Miller

250-478-4117 millg@shaw.ca



Born in Winnipeg, and growing up in Victoria, Anne majored in English and Sociology at UVIC, and experienced a 35 year career in the social service field.

Finding watercolour painting in 2003 has been an amazing and life altering experience. Anne has enjoyed the guidance of many excellent teachers and mentors in her development, both local and international instructors.

She enjoys creating an interplay between lights and shadows, and sometimes just the pure magic of colours and hues is enough to nourish her creative spirit.

Teaching for over 12 years has helped to keep engaged with the creative process, and Anne is currently the Classes Manager for the Coast Collective Gallery and Art Centre, putting together a yearly calendar of exciting and varied arts classes and workshops. As a long time member of the CC in Colwood, Anne enjoys a wonderful circle of friends and fellow artists with expertise to learn and develop new skills.

A regular contributor to juried shows at the Coast Collective, she has also shown at Moss St. Paint In, Goward House and Victoria Look Shows.

Anne enjoys life in this beautiful Vancouver Island and when not painting, family, tennis, gardening, travel and reading fill her world.

Human Resources Update

- John Worton, Chair of the Human Resources Committee, reported to the Board that following the principles provided by the Board, the HR Committee researched a number of health benefit providers and recommended purchasing the benefits package from Manulife as they provide the most comprehensive benefits at the lowest price.

HR also presented a Staff Benefits Policy to the Board which was amended and approved .

- Rev Shana reported that the search for a new Office Administrator brought forth several excellent candidates and after a difficult decision the HR Committee recommends the hiring of Niki Mullin, who will start on February 24. There may be some changes from the schedule that Nadia worked..

The Board extends heartfelt thanks to HR Committee and several others for their work in the above areas.

Cultural Perspectives Training on how to be an Ally

Thanks to Rev Melora for her enlightened work in bringing 42 Unitarians together, including Capital Fellowship, to learn how to be an ally presented by staff from the Indigenous Perspectives Society.

Task Force on Offsite Services

We received approval for funding from the Ruth Humphrey's Innovation Fund to continue the successful Offsite Services program from September, 2020 through April 2021 on a monthly basis, perhaps in a changed venue from Cedar Hill Recreation Centre. An added emphasis for this next phase will be to increase communications about this program to attract new members. The Board approved the Terms of Reference for an Offsite Task Force.

If you would be interested in working on this exciting initiative, as a Task Force member or in any other capacity, please contact Marion Pape. marionpape@shaw.ca

New Board Member approved

Mollie Twidale was approved as a new Board member for the term February-May, 2020 with responsibility for developing a Communications Strategy including communicating the Offsite Services.

Announcements

Jim Willis sends the following: Thanks to Bernhard Spalteholz, Lance Young, Glenyss Turner, the Environmental Action Team, Tiff and the board for their work in bringing our electric vehicle charger project to fruition.

Marion Pape would like to thank Jim Willis for ably chairing the General Meeting on Jan. 26 in her absence. Marion watched the Sunday service by livestream and was impressed.

Bruce Nicol reported that he had watched last Sunday's service as it was live-streamed into his home. He said the viewing and process went very well.



On Sunday March 22th we will honour Suzanne Dearman, who is an Elder of the church. She has been a driving force in the church since its very beginning. When you are fortunate enough to talk with her, you will find her stories are fascinating!

Suzanne says 'My Husband Frank and I used to go to the original Unitarian meetings at the office of Dr Alcorn. There I met Myra Yarwood who invited us to join five other families to start a Sunday School.

We bought the building on 105 Superior St that was the Seaman's Institute. It now is the Il Cova Trattoria restaurant.

I was Chair of the Finance Committee when we negotiated the purchase of the current West Saanich Road property. The process of selling the Superior St church and negotiating with the municipality of Saanich about what we could and couldn't do with our new property took three years off my life! But I was working with a wonderful group of people.

I regret that I can't be more active in the church now, but I appreciate being able to make contributions in fund raising.'



RUTH HUMPHREYS INNOVATION FUND 2020

In memory of his late wife, Ruth, Ted Humphreys who passed away in October 2019 has very generously funded the Ruth Humphreys Innovation Fund. Annually the RHIF team accepts applications based on a number of criteria – a new and different method to existing program; scaling up a successful and innovative program and/or service; experiment with new ideas; collaborative approach to address an issue or opportunity.

This year's successful applicants are:

- Location Task Force to provide eight offsite services, September 2020 to April 2021 - \$5,040.00. Applicants Oliver Belisle and Marion Pape
- Caregiver Workshops - \$500. Applicant Barbara Boyle
- A/V Enhancement \$3,000. Applicants Gary Theal
- "Beloved Conversations: Canada" workshops \$3,700. Applicant Rev Melora

An application for an innovative, state of the art hearing loop was submitted by Gary Theal and Stu Whitney. The Grace Mersereau Fund trustees have agreed to fund this request of \$4,549 as it fits under Grace's criteria that her estate be used to enhance the sanctuary.

GETTING YOUR ADVANCE CARE PLAN DONE

A four-week workshop April 20 &27, May 4 & 11

1:30 to 3:30 pm in the Common Room

Presented by Choices in Dying Victoria

Have you written your Advance Care Plan describing the medical treatments you want and don't want, if you are not able to speak for yourself? Have you filled out the required form appointing a representative and an alternative to speak for you, if you cannot speak for yourself? If your answer is NO, this is the workshop for you. Perhaps you have been intending to do so, but haven't got around to it. There are reasons for this, other than procrastination.

This workshop is a repeat of ones offered in 2016 and 17 with minor revisions, presented by Margot Lods assisted by Audrey Taylor.

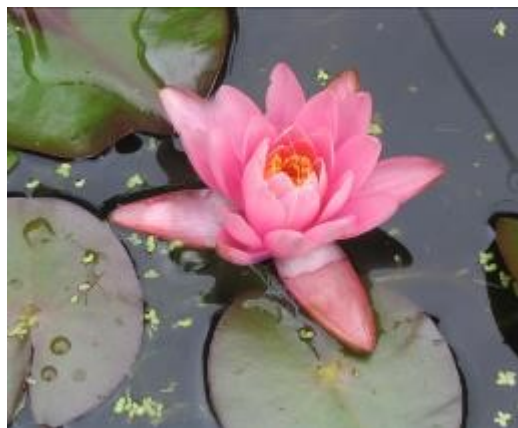
It is not a workshop just giving you information about the BC Advance Care Plan. By the end of it, you will actually have completed your own Advance Care Plan ready for signing. At the first session, you will be asked if you wish to continue, which means committing to complete the course including "between-sessions activity" (aka homework). A \$5.00 fee for materials is payable at the first session.

In order to facilitate preparation of materials, preregistration is required. Our previous workshops filled very quickly with fairly long waiting lists. We have room for a maximum of 24 people. This will be on a first-come first-serve basis.

To Register: Email or phone Audrey Taylor: Audreyt@telus.net or 250-744-7338

Include your name, email address and phone number.

For More Information: Contact Margot Lods, mlods@shaw.ca or 250-920-3893



Renewable Natural Gas (RNG)

What is Renewable Natural Gas? Normally, we understand that natural gas is a fossil fuel composed largely of methane. Recently, various distributors of natural gas have been offering a “renewable” natural gas product, which is delivered through the normal infrastructure to consumers. Renewable natural gas is “biogas” (largely methane) gathered from sources such as municipal landfill sites, dairy farms and compost from food and plant waste, which has been marketed as being “renewable”. The gas distributor builds the infrastructure to gather biogas at these sites and charges a premium to consumers.

Renewable Natural Gas (RNG) is somewhat of a misnomer since biogas is largely composed of methane along with other impurities which are filtered out before transmission to consumers. The important point is that the methane in biogas is captured rather than allowed to escape into the atmosphere. If methane escapes into the atmosphere, it becomes a very aggressive Greenhouse Gas (GHG), which is more potent than carbon dioxide. The warming effect of a GHG can be expressed by its Global Warming Potential (GWP), which for methane is 86 times more potent than carbon dioxide, over a lifetime of ~10-20 years ($GWP_{20} = 86$). After about 20 years, methane decays to CO_2 . In comparison, carbon dioxide as a GHG, persists in the atmosphere for centuries or even millennia. On the other hand, if the methane in biogas is just burned, CO_2 and water vapor are released ($CH_4 + 2*O_2 \rightarrow CO_2 + 2*H_2O$). This could be a consumer burning RNG (or as some landfills do, flaring/burning the biogas). This is preferable to letting the methane escape and warm the atmosphere 86 times as much. This is also why leaks of fossil fuel natural gas in the infrastructure between the wellhead and the consumer are of considerable concern.

“Renewable” natural gas is an option for people who consume natural gas in their furnaces, fireplaces and appliances. This represents a worthwhile interim option for people who want to limit GHGs but may not have the capital to switch away from fossil fuels in the short term. In the longer term, switching away from natural gas to electric heat pumps, for instance, is the best solution, so that no CO_2 goes into the atmosphere. In the future, it may be possible to replace fossil fuel natural gas with biogas derived from plant cellulose fibers, but this will require more research work to achieve.



WHAT IS PARENTING LIKE FOR YOU?

By Victoria Barr

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

Watch the entire service at tinyurl.com/fucv-ptd

Parenting has been a constant journey of learning and growing, an immense privilege and a huge responsibility. Like many parents I found the early years sometimes really hard. There's so much to do, so much to feel, and oh so little sleep. Lots of love and joy, but also fear, anger and confusion on a daily basis, as many of you can relate to I'm sure. My husband David and I have two children. We didn't have any family nearby so we didn't have that extra support, but being part of this community really helped in terms of offering that supportive love to my children and to us as parents. We joined the church when my kids were five and seven, and now they are 14 and 16.



One of the reasons that I found parenting a challenge - it was challenging in a lot of different ways - but one of the things that was particularly challenging for me was that I can't cook at all. I am terrible. And I don't enjoy being in the kitchen at all. If I had known that that was part of the job! [laughter] I had no idea that I was supposed to do all this preparing of food all the time, it's crazy. I have other talents, so it's okay.

What's awesome though is that now that my kids are 14 and 16, I'm enjoying parenting so much more. Partly because they can make their own food, but also because I love watching them develop their own ideas and being able to verbalize those in their own choices and explore the world in a totally different way than they did when they were four or six. It is such an exciting time. And I really enjoy it. I hear all sorts of horrible things about teenagers but I haven't experienced that much to tell you the truth. It's been a lot of fun. Part of that I think is that my confidence as a parent has grown as the kids have gotten older.

We recently had friends over for dinner just a few days ago, and my son Jonah who's 16 and in grade 11 was there with us for dinner. Jonah is really keen to leave the house. He's keen to move on to go to university. He's keen to just get away from us actually [laughs] to be independent and do his own thing, which I think is super healthy. My friend Lily who was visiting us said to Jonah quite sincerely, "What kind of mom is your mom? What's it like being Victoria's son?" I thought, oh my gosh what a question for a 16 year old. Teenage boys in particular, but actually teenagers in general, they're full of emotion, but they don't necessarily have a lot of language to go with that. So often we ask Jonah a question and he will sort of nod or grunt or something like that. But this is what he said when she asked that question. He said, "She can't cook at all [laughs] but she's a great mom. She's very smart and very caring. But I still can't wait to go University." Just a little mixed bag of what it's like parenting teens.



Greater Victoria Acting Together

GVAT (Greater Victoria Acting Together) is rapidly building towards its Founding Assembly now scheduled for Monday April 27th, 2020. GVAT has 28 member organizations representing approximately 48,000 people! Some of these are large unions capable of paying substantial membership fees, ensuring GVAT's continuing financial viability. Our church also met its financial obligation with January's shared plate collection for GVAT of \$1,286.09 made up with funds from our GVAT revolving fund to meet our membership fee of \$1,500. GVAT is now a substantial organization with increasing power to make the changes we need for the common good.

At the Founding Assembly GVAT's Action Research Teams (ARTs) will ask politicians and others with power to change policies to pledge to undertake the changes that ART members have discussed with them and got them to agree to. Who is going to back out of such a commitment when they know 48,000 people are watching?

We need as many "bums in seats" at the Founding Assembly as possible. To that end we will have a sign-up sheet in the Lion Hall on most Sundays through March and April. Your GVAT Core Group encourages you to sign even if you're unsure whether you can attend or not. Later you can cancel or confirm your attendance. There is no work involved, just your presence. Further information will be in Church newsletters and the E-Weekly.

The GVAT Core Group is keen to have one or two more members to help with a few of the jobs. For instance, we need someone standing by the Founding Assembly sign-up sheet to draw people's attention to it. If interested, please speak to one of the current Core Group members, who are:

Susan Layng (leader), Hanny Pannekoek, Kym Hynes, Sonya Ignatieff, Philip Symons, and ex-officio, Marion Pape and Rev. Melora Lynngood.



SONG CIRCLE

Everyone Welcome (visitors too!)

Nancy Dobbs and Jewel Spooner

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

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.



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 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/>





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 and Concern contact for each NG keeps tabs on members who may need extra assistance.

In January and February four NGs met 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. Members and friends attending each of the chats found them to be worthwhile and enjoyable. The March chats will be Western NG (March 8) and James Bay (March 15).

So far this year there have been two Souper Sundays. There will be one more on April 5th. 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.

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 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
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- ◆ 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



Joseph Haydn's *Seven Last Words: Crucifixion of the Earth*

The Lafayette String Quartet is joined by renowned Canadian poets Robert Bringhurst and Jan Zwicky, in an updated version of this classic work for string quartet. In its original version of *Seven Last Words*, each of Christ's seven last utterances served as the basis for a short sermon, which was then followed by meditative music. **The new poetry Bringhurst and Zwicky have created amends the theme of crucifixion to focus on environmental destruction: what humans have done to the Earth, rather than on what humans have done to the divine in human form.** Haydn's powerful and moving score provides the perfect atmosphere in which to contemplate our effect on the natural world.

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

Director of Music

Nick Fairbank
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Church Administrator

Niki Mullin

Communications Assistant

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

Barbara Boyle at 250-381-0264

or your Neighbourhood Group Care & Concern person

CALENDAR:

[CLICK HERE](#)


Board Members on Duty in March

1 Marion Pape
8 Steve Sharlow
15 Audrey Taylor
22 Nancy Dobbs
29 Bruce Nicol

Contact Changes

None to report

BIRTHDAYS IN MARCH



John Tiffany	March 1
Wally du Temple, Eleanor Lloyd	March 3
Todd Webber	March 3
Elijah, Jasper Motts Fox	March 4
Carolyn Startin	March 6
Fiona O'Dell	March 9
Thea Revoy	March 11
Adam Gabriel	March 12
Isabel Jones	March 14
Sandra Jacobsen	March 15
Victoria Gray	March 16
Nancy Gray-Hemstock	March 17
Kjerstin Mackie	March 18
Roger Sandford, Juia Webber	March 19
Phyllis Girard, John Hopewell	March 20
Margot Lods, Shannon Oatway	March 20
Michael Ramsey	March 21
Bill Gaylord, Kressa Sisu	March 22
Gary Theal	March 24
Donald Lloyd, Shirley Travis	March 26
John Hall, Athena Lynngood	March 27
Curran Dobbs	March 29
James Hemstock	March 30

Membership Changes

Loraine Lundquist, Visitor to Member

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Astrid Firley-Eaton
Design

interior design
colour consultation

250-384-3405
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For those without email, copy may be left at the church
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