



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

SERVICES IN OCTOBER 2020

October's Monthly Theme:
Deep Listening

SUNDAY SERVICES BEGIN AT 10:30 am

DATE AND TIME October 4: 10:30 AM
HOMILIST: Rev. Shana Lynngood

TITLE: Essential Community—ABC campaign kick off
WA: Emily Tietz,

The pandemic has pushed lots of collective conversations about what is important in our lives and what work and services that we connect to are essential (often taken for granted in the past, or even seen as unimportant). This reflection and conversation extends to our congregation as well. What is essential about what we offer to one another in this community that we can't experience elsewhere? Where else do we combine spiritual nourishment, social connections, and work to make the world a more sustainable and loving place for all people? What can we give to continue to thrive as a community in these challenging times? What do 2021 and beyond require of us?

DATE AND TIME: October 11: 10:30 AM **TITLE: Listening with Our Whole Bodies**
HOMILIST: Arran Liddel & Guest Musicians Holly Arntzen of The Wilds and Tom Arntzen
WA: Casey Stainsby

Give thanks with a vespers-style service of eco folk music in celebration of this month's Annual Budget Campaign. Music invites us to be fully alive and present in our whole bodies as we worship together in community.

Continued next page...

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

Continued from previous page

DATE AND TIME: October 18th: 10:30 AM
HOMILIST: Rev Melora

TITLE: Listening as Spiritual Practice
WA: Fran Pardee

How can the practice of listening help us to grow spiritually? If ‘spirituality’ is a felt sense of our interconnection, how can listening help us better connect – with one another, with our own inner wisdom, with the web of life that holds us all?

DATE AND TIME: October 25: 10:30 AM
HOMILIST: Rev. Shana Lynngood

TITLE: Two Ears, One Mouth
WA: David Tietz

As we finish our month of exploring deep listening, we look at how important it can be to value listening twice as much as speaking. What are we able to perceive when we listen more than we speak? Are there some people in our lives that we listen to closely with ease, and others to whom we often find ourselves giving mini speeches? How can we place deep listening at the heart of every interaction?



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.**

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Theme Questions

Deep Listening

On the surface, our theme for this month seems incredibly simple. Listening is not hard or complex and it is something we do all day, everyday. Even deep listening seems fairly straightforward. You add a bit more focus and intention to the listening you already do and voila, deep listening is born.

The challenge, however, as with most spiritual practices and concepts, is not in understanding them, it is in the doing (and especially in doing consistently). We all know what it is to listen deeply. We have done so for others, and we have felt the remarkable gift it is to have someone else listen to our thoughts and reflections deeply. We also all know what a struggle it can be to listen deeply—we are pulled in so many different directions and our energies are so often split and divided. To listen fully, and only listen is hard.

There are also multiple dimensions to deep listening. We listen to others and we also listen to ourselves. We pause to meditate or journal or pray—which are all forms of deep listening—because we know we act in ways that are more aligned with our deepest values and best selves when we do some inward listening first. Listening to others, listening to self, and listening to that which is beyond or other than words.

Here are some questions I have crafted to stir your reflection as we enter this month of focus on deep listening:

How has the pandemic time sharpened or detracted from your ability to listen?

How does listening to music or nature sounds hone your ability to listen in conversation?

When you want to listen deeply to someone else, are there practices, things you can do before you enter the interaction that will help you focus and pay greater attention?

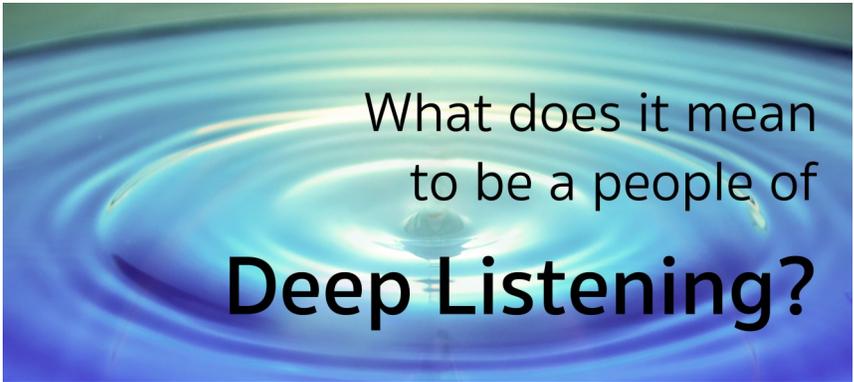
If you find yourself listening with an eye to what you will next say, how can you slow yourself down so you can be sure you have heard what was actually said and not what you were expecting to hear?

October is also the month of our Annual Budget Campaign. What do you hear when you listen to your inner thoughts about this community? What is this congregation's future? What will it take to get from here to there? What value do we place on this community?

If you were to create a practice that you could use to begin each day in order to increase the chances that all of your listening would be deep, how would your day begin?

If I have not created a question that speaks to you, craft your own. What does deep listening evoke for you?

See you in our virtual, actual community,
Rev. Shana



What does it mean
to be a people of
Deep Listening?

Programs beginning this fall:

All Ages

Social Justice Storytime – 8.15 am every morning (except Sundays)

Routine and connection are vital as we all move through this time. With that in mind, we are offering a daily Time For **All Ages** where all UU'ers, from newborns to the elderly and everyone in between can light a chalice, breathe, and enjoy a social justice themed picture book. [Find out more.](#)

Spiritual Exploration at Home (begins October 2020)

Sign up to receive a monthly package of activities to do at home as a family. The package will explore our church theme for the month and will have activities suitable for all ages. Registration required.

Elementary/Middle School:

SPACE: Exploring Anti Racism, Sunday at Noon. K-Gr 2 & Gr 3 -5

Our two SPACE groups will cover age-appropriate content that will explore the children's identity, their connection to their family and communities, and how to act in inclusive/anti-racist ways. The program will run from September 27 – March 14. *Please register as soon as possible.* [More information and registration.](#)

Minecraft: Alternative energy. Grade 3+

We will be offering our successful Minecraft Summer Camp as a weekly program. Join us to create a community in Minecraft and learn about alternative forms of energy to fuel it. Program will run Mid October – Early December. [More information and registration.](#)

Youth

BC UU Youth Group

We are currently creating a collaborative youth program with other congregations in BC... This monthly program will begin in October. Please fill in this form to express your interests: <https://forms.gle/2HJdR4jrHEBfwz2x8>

Youth Cons! October 16 & 17 and November 20 & 21

There are two virtual youth Cons in the Pacific Western Region this Fall. High school youth (14-18yr) and their adult sponsors will be gathering online on Friday evening & part of Saturday for small groups, worship and all sorts of fun. For more information see: <https://www.cognitofrms.com/PacificWesternRegionUUA/PWRFallConSeries2020>. If you are interested in attending, please [email Arran](#).



ABC (Annual Budget Campaign) 2021

October 4-25, 2020

Dear Friends, here we are, 6 months after the pandemic struck acknowledging what a terrific job the FUCV Congregation has been doing during this pandemic. Our Congregation is thriving as we proactively take on transforming to virtual programs and services, building our technical capability and taking careful steps toward some in-person gatherings while maintaining social distance.

Some current highlights:

On Sept 13th, our wonderful Ministers were honoured by an outpouring of love from the FUCV Congregation celebrating their 10th Anniversary with us.

Ministers, SELCY staff and volunteers are providing a stimulating array of adult and children's virtual programming this Fall. (Check it out in the website, e-weekly and Newsletter).

Our Office staff are helping us get activated on our Breeze database, which stores information including your personal record of your Giving History. Please ensure you have been activated.

2020 has fiscally been a success due to the generosity of the congregation in maintaining their pledges and support of the auction and the committed efforts of all our volunteers. Some members and friends have taken a hit in income and are unable to maintain pledge levels, but many others are able to continue their pledges. Rental income is down but so are expenses. Finally, our talented financial team has accessed govt subsidies resulting in additional revenue.

However, 2021 holds a lot of unknowns with uncertainty regarding additional Covid waves, the timing of a Covid vaccine and related economic problems. We hope you will maintain your pledge if you can and even raise it to fill the gap for those unable to offer the same financial support during this difficult pandemic period.

The 2021 virtual ABC Launch at Sunday service with Rev Shana in the pulpit will take place on Oct 4. We will hold a shortened 3-week campaign from Oct 4-25 as follows:

Sept 23, 2020, a 2021 Canvass package will be mailed to all members and friends of FUCV.

October 4-17, the ABC Canvass Team of over 50 volunteers will call every member and friend of our congregation. It has been 6 years since we last did this and in these COVID times, it seems to be an 'oh so necessary' connection. We may not be able to have in house visits, but we can expect most everyone to be home!

We want to check in with you, see how you are connecting with the church community during the pandemic, discuss how we could help, make sure you are connected with our Breeze database, answer any questions you might have as to our church finances during the pandemic and your new online options for making payment.

Please pledge ASAP after you have been canvassed October 4-17.

Our funding goal is being held to the same target as in 2020 at \$310,000. We encourage generosity and ask you to consider increasing your pledge to help us in these uncertain times. We may not be using our buildings but FUCV needs to fully fund our budget.

The pledge form can be found at the FUCV website link:

<https://victoriaunitarian.ca/wp-content/uploads/2021-Pledge-form.pdf>

The form includes the variety of options for making your payments.



Please e-mail us Photos of Your Ancestors (by October 16)

We are planning to honour our ancestors as part of our Sunday Service on November 1st.

We need your help!

Please send us:

1 photo of yourself (present day, so we can recognize you)
your name

1 photo of one of your ancestors (could be more than one ancestor in same photo, or you and your ancestor when they were still living, but please just one photo)

their relation to you (e.g., “my Nana,” “my Uncle Joe,” “my great-grandparents”)

[optional: their name. e.g., “my Nana, Joan Smith,” “my grandparents, Jim & Joan”]



Photos will be shown as part of the service on November 1, and may (?) end up as part of recording when we post service video recording online.

Send photos to Arran arran@victoriaunitarian.ca by October 16

Thanks!

Rev. Melora & Arran



Being heard
is so close to
being loved
that for the average
person
they are almost
indistinguishable.

David Augsburger

Congratulations Suellen!

Last week, Suellen Guenther received a 2020 Valued Elder Recognition Award (VERA) for her volunteer contributions within the wider community of the Capital Regional District (CRD) over the past 13 years. Many of us in the First Unitarian Church know the exemplary work that Suellen does volunteering within our church community. Many, however, may not be aware of the significant contributions she has made in the wider community, particularly in our Refugee Program and primarily in the Bedside Singing Program at Victoria Hospice. The annual VERA 2020 is in recognition of this service.



Suellen's biographic information for the VERA is accessible on pages 16 to 18 for those interested.

The Eldercare Foundation and the Uvic Institute on Aging and Lifelong Health have been recognizing and honouring individuals who, over their lifetime, have given exemplary service to helping others in the Capital Regional District since the first presentation in 2000. A special online program is planned this year to honour the ten VERA recipients and to mark the United Nation's International Day of Older Persons on October 1, 2020.

All are invited to watch the program online to celebrate the broad diversity of volunteering that happens within the CRD. Watch for details from our church office!

Another Opportunity to Join a Soul Matters Group

For a chance to be deeply heard... join a Soul Matters Group via zoom. Share what you discover about yourself through completing a monthly spiritual exercise and a discerning question, while others listen deeply.

Another group will begin in October or November at a time that works for the facilitators. Please contact the coordinators, Anne Vaasjo (annevaasjo70@gmail.com) or Mary Burcher (mary.burcher@gmail.com) for more details.



Zoom Sing – Everyone Welcome...

Nancy Dobbs, Jewel Spooner

**1st and 3rd Fridays of the months from 3 to 4pm:
October 2, 16; November 6, 20; December 4, 18**



Informal, relaxed, campfire vibe with words provided. With Zoom only one singer can be heard at a time. Practice harmony in the privacy of your home. Tech and moral support provided by Bernhard Spalteholz. Email Nancy Dobbs nandobbs@telus.net for the Zoom link.

REFUGEE REPORT

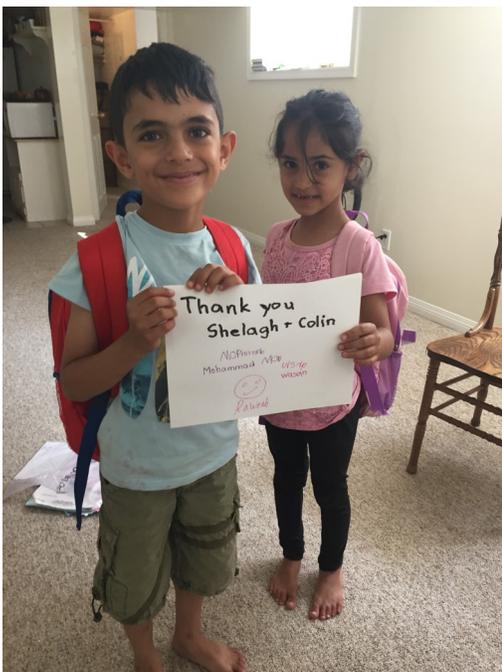
Carol Smith

Claire visited Khaled and Raweah last week, before the children started school and dropped off classroom supplies for Mohammad and Wasan. Thoughtful friends of the church covered the cost of the materials with a little extra for activities in the home. Claire reports that the first day of school (2hours) went well. The kids were very excited about starting and getting to know their teachers and classmates.

Twelve months of rental housing support for the family by a generous First Unitarian is now complete and was of significant help while Khaled developed his work opportunities and put the family in a stable financial position.

Khaled, Raweah, Mohammad and Wasan send many thanks for these kindnesses as they now move into their third year with us here in Canada. Their UU friends and

supporters and the Refugee Committee are very happy to see them on their way forward as they now wait for more of their family to arrive through the FUCV Refugee Program.



Co-Minister Portfolio Split

First Unitarian Church of Victoria, 2020-2021

Rev. Melora and Rev. Shana both do:	
Preaching and Worship	
Teaching	
Pastoral Care and Counselling	
Rites of Passage	
<i>We both meet with:</i> Committee on Ministry, Staff, Board	
Rev. Melora is primarily responsible for ministry in these areas:	Rev. Shana is primarily responsible for ministry in these areas:
Worship & Worship Associates Program	Music and Choirs
Congregational Life: recognition & awards	Congregational Life: membership, care and concern, depression & anxiety support group, neighbourhood groups, fun and fellowship, pub night, zoom sing, etc.
Co-vid Response Team	(Off-site services team, when resumes)
Spiritual Exploration and Learning for Children & Youth (SEL-CY) oversight Family Ministry Team	Occasional intergenerational services
Outreach: SRC (social responsibility coalition), GVAT, EAT, denominational affairs	Outreach: lay chaplaincy, serving as chaplain at UVic, jazz vespers, writing articles for Times Colonist
Beloved Conversations (on race and ethnicity) Truth, Healing, & Reconciliation Team Soul Matters Program, (theme-based ministry: worship & small groups (groups likely to begin in	Spiritual Exploration and Learning for Adults (SELA) oversight: including chalice circles, AHA, spirituality, library, etc. Leading 'What Holds Us Together' Program, fall 2020
Property Management Council	Finance (includes Annual Budget Campaign (ABC),
Administration: HR Team Lead (staff meetings, HR system, staff compensation, etc.)	Administration: All Admin except HR; includes: church office, computers, communications

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<i>Continued from previous page</i>	
Denominational: attend UUMA, UUA GA, UUMOC, CUC meetings and conferences	Denominational: mentor one UU minister, attend UUMA, UUA GA, UUMOC, CUC meetings and conferences
Supervises:	Supervises:
Director of Spiritual Exploration and Learning for Children and Youth (who, in turn, supervises SELCY assistant(s) and Sunday child-minders)	Church Administrator (who, in turn, supervises office staff, custodians, and maintenance technician) Director of Music (who in turn, supervises Accom-

Note: This portfolio split above is largely the same as last year. We expect to make significant changes after our May/June sabbatical 2021, as such periodic changes (applying new perspectives, ideas, skills to a given area) are healthy for our congregational system as well as our ministries.

In particular, we are thinking of switching Worship and Care & Concern/ Neighbourhood groups in 2021-22; as well as perhaps switching up supervision and thus Admin & SELCY the following year 2022-23.

Contacting Your Co-Ministers

We, Rev. Melora and Rev. Shana, share one, full-time position. We split the areas of church work between us (see portfolio split above). We also split the minister's work week.

When are Rev. Melora and Rev. Shana available to see me?

The simpler answer:

We are available for meetings Tuesdays, Wednesdays, Thursdays, and Sundays. Friday is our sermon writing day, which we try to reserve for service preparation. Monday is our day off (a Sabbath from church business, but we are still on call for emergencies. Call our cell phones).

The more detailed answer:

This schedule subject to change pending Covid-impacted school schedules.

Usually, our work week looks something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am–2:30pm	Day Off; available for emergencies	Rev. Melora & Rev. Shana	Rev. Melora & Rev. Shana	Rev. Melora & Rev. Shana	Worship Prep	Sometimes work special events – workshops, rites of passage, etc.	Rev. Melora & Rev. Shana
2:30pm–9:00pm		Rev. Melora	Preacher works until 5pm	Rev. Shana	Preacher continues worship prep. 5pm zoom rehearsal		Off except for Jazz Vespers

The bottom line: We care about you. We want to be available and accessible to you! Please feel free to call our cell phones, text, or email or set up a time to meet (on zoom/ in person pending Covid context).

Rev. Melora (250) 891-6330 , rev.melora@victoriaunitarian.ca Rev. Shana (250) 891-6331 rev.shana@victoriaunitarian.ca

One Planet Survey results are in!



[Photo: First UU Church Belmont, MA](#)

A big **THANK YOU** to the 101 people who took the One Planet Survey! We're excited to share the results with you. Click on the link below to view the results:

https://docs.google.com/forms/d/15dYKmR22FyNX47u1u_hm5JMctAIWkXwwGPM0ugUiifk/viewanalytics

The Environmental Action Team (EAT) will be guided by your feedback in finalizing our One Planet Action Plan (OPAP). In the near term, we will be asking the Board to approve the Plan and publish it on the One Planet Futuremakers [website](#). We aim to start implementing the 2 to 3 most popular ideas in 2021.

An interesting fact is that, as the results rolled in, the amount of support for key initiatives remained consistent, whether we were analyzing 25, 50, or 101 responses. The three initiatives that garnered the most support were:

1. Create a grounds and garden plan for the future – 90% of respondents either strongly approved or approved of this idea.
2. Investigate the feasibility of installing solar panels and possibly a wall battery for emergency power – this was supported by 88% of respondents; furthermore, 88% also supported the idea of seeking creative ways to fund this initiative.
3. Develop an adult and/or children's program that is an exploration of the spiritual value of nature and our place in the natural world, known as spiritual naturalism – this was supported by 82% of respondents.

We invite you to explore the rest of the survey results at the link above. And thank you again!

GREEN CORNER

While this is a Green Corner from your Environmental Action Team you will notice that it deals with an integrated plan for Sustainable Development Goals that cannot but include Social Responsibility.

What are the Sustainable Development Goals?

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by all United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030. Not much has happened.

The 17 SDGs are integrated—that is, they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.

Now, during COVID19 and after with a fresh realization forced by a virus that concerted action can clean the air, change the way we work and travel, cause us to produce more local food, reduce carbon emissions hugely and stimulate a global consciousness with regard to world health CAN the world really now see these goals as being integrated, and essential for life on planet earth and ACT NOW? Nature has shown that it can rebound in a limited way with coyotes in the streets of San Francisco, and peacocks dancing in Mumbai but much more is needed to restore the earth and sea to full health.

Humans can do this if we work together as if life matters for humans, for our brother and sister creatures, for the ecosphere. Often the metaphor of war is used, a war against the virus. Now is the time to oppose actions that negate progress to achieving these 17 goals, and to put all of human creativity, resources and love into fulfilling them.

Essays on each of these 17 integrated goals are available at <https://www.undp.org/content/undp/en/home.html>



Wally du Temple

The Belgian parliament, Greta Thunberg... and you

Dear friends

What's the connection? All are discussing a crime of ecocide.

This month we have lots of incredible news, and also great opportunities for **immediate, easy action** (yes, signing things! From the comfort of your laptop or phone!).

Belgium to discuss ecocide



Spurred on by Macron's support in France just weeks ago, the Ecolo-Groen (Green) parties in Belgium lost no time introducing a bill into the federal parliament in July, to propose legislating for ecocide both nationally and at the international level, backing the call from Vanuatu and the Maldives last December. Proposer Samuel Cogolati, himself a Harvard Law School graduate, worked closely with Stop Ecocide associate and legal expert Valérie Cabaneson the bill. He said:

"If we, as legislators, take scientists seriously, we have to say as a matter of criminal law: destroying the Earth is not ok. It's actually punishable. Because without water, without forests, without clean air, we cannot survive on Earth."

“GETTING ON BOARD WITH BREEZE”

What are the benefits of Breeze? It is so much more than just an online directory.

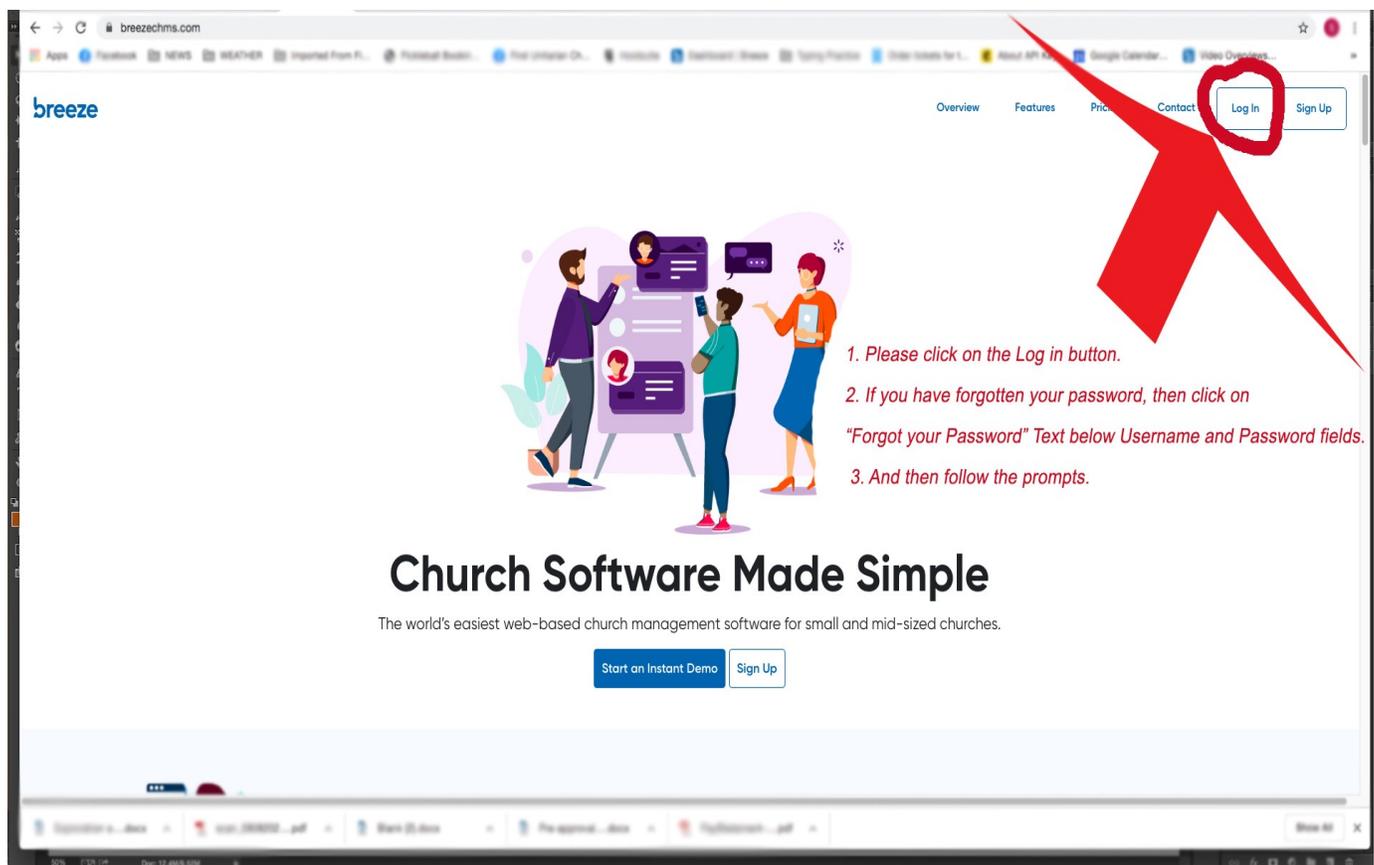
This database is an incredibly valuable tool for our church members and friends.

Did you know that you can look up the key contacts of the church on Breeze? This info is conveniently located right on your own profile page, under **“Our Church Community”**. You can also search for other members and friends contact info, explore the online calendar as well as delve into your Giving History; look for the **Giving Button** which is located on the far left side of your profile page, in a list under **“Details”**. It’s a great way to look up your record of contributions. Once into your Giving information, you can search your pledge history as well as see your current giving info. The ABC Team is planning on using Breeze during this years’ campaign and it would be very beneficial to the team if you have your profile all set up and ready to go.

If you have forgotten your login credentials click on the link below and then click on **“forgot password”**, which is located below the Sign In Button and follow the prompts. <https://fucv.breezechms.com>

Or if you **haven’t activated your account**, you can expect an email with another invitation to Activate in the next week or so.

So let’s get activated, people!



The screenshot shows the Breeze website homepage. A red arrow points to the "Log In" button in the top right corner. Below the arrow, a list of instructions is provided:

1. Please click on the Log in button.
2. If you have forgotten your password, then click on "Forgot your Password" Text below Username and Password fields.
3. And then follow the prompts.

The main heading on the page is "Church Software Made Simple" with the subtext "The world's easiest web-based church management software for small and mid-sized churches." Below this, there are two buttons: "Start an Instant Demo" and "Sign Up".



Every organization struggles with communication. Our church and GVAT are no exceptions.

However, within our church communication is good. We have a church website, a monthly newsletter, E-Weeklies, a church office that can send important messages to every member who has email, neighbourhood groups that can do the same, and as a last resort Sunday services where announcements can be made from the pulpit or via Zoom when services must be held that way. So you all know about GVAT, don't you?

Test! Give the full name for which the initials G V A T stand (no peeking!). Next, state in a sentence or two what GVAT is and does. Third, name the three priority areas that GVAT's Action Research Teams (ARTs) currently are working on. If you can answer these three points, pat yourself on the back!

You may remember that our GVAT core team is concerned about speaking for the church on a contentious issue when there is no time for the team to consult with the church's board. The board is the only body (excluding Ministers) that can speak for the church in such cases. Now, that can create a communication problem! Fortunately we're nearing a resolution (stay tuned!).

GVAT (Greater Victoria Acting Together) has more difficult communication problems. You can find out what GVAT is and does on its website www.gvat.ca. But how can GVAT get messages to you about its latest campaigns and actions?

Every member organization is supposed to have a "core team" that can relay messages to the individual members of that member organization. We have a strong and well-functioning core team at our church that brings messages to you via various methods. Not all member organizations have a core team, and those that do may not have monthly and weekly newsletters or a Sunday service where announcements can be made!

GVAT's lead organizer, Chet Phillips, is working to improve GVAT's communication to all its member organizations. In addition to the website, GVAT may soon offer an information package and Zoom meetings for people who want to know more about GVAT and to get involved.

At our church, if you want to know more about GVAT or get involved it's even simpler: simply ask Susan Lyang, core-team leader, or any of the other core-team members, Lynn Beak, Hanny Pannekoek, or Philip Symons. We're all ready and willing to help.



Nominee Biographic Information

2020 VERA

Suellen Guenther

Of note, *“text in italics and quotations”* are Suellen's own words.

Volunteering Experience in the CRD:

Bedside Singers Program (BSS) at Victoria Hospice

-Suellen started volunteering in the Bedside Singers Program in 2007 and has continued through to the present time although the program is on hold due to COVID- 19 pandemic.

-Roles include bedside singer; practice co-ordinator; recruitment & publicity coordinator; training program creator, teacher/trainer & mentor; trouble-shooter related to conflict resolution; BSS communication contact with Victoria Hospice Volunteer Coordinator for training and practices.

-Bedside singing involves on average 2-3 shifts per month at 3 to 3 1/2 hours each; plus 2 practices per month at 1 1/2 to 2 hours each.

-Recruitment, publicity, training preparation, teacher/trainer involves hours and hours off time put in for 2 training programs of 8 weeks classroom followed by several months of mentoring/shadowing relationships on the in-patient unit, one training held in late 2015 and one in early 2017. This volunteer work was willingly taken on by Suellen when our original leader/co-ordinator left suddenly due to health concerns in 2013. See Suellen's description of these sessions below:

“I did the first intake and training in Sept. 2015 for which I received a \$1000 honourarium for some of the work spent creating & delivering the training program. Before that, I created publicity and did two recruitment presentations with two other singers. Unpaid. I created the BSS application form, made a new start note sheet, photocopied & set up all the training binders, and arranged for more CDs to be created.

It was all very time-consuming and I found the actual training sessions exhausting. After the training, I set up the practice schedule and mentoring shifts for the new singers. So 2015 was the initial training.

As it turns out, I did only two trainings. There was no compensation for the training in Jan. 2017, which I condensed into a much shorter period. I was still involved in publicity, was the contact for the new singers, and set up their mentoring schedule. I continued to be one of the interviewers for prospective BSSers for all the intakes. By Aug. 2018 I had cancer, so I mentored Susan to do the next training. I was having radiation and unable to help her much except she checked in by phone every week.

In addition to the training, I took a leadership role in organizing our group to function together creating an outline of the jobs that needed doing and recruiting people to fill them. I was the BSS trouble-shooter and arranged for a conflict resolution practice with a skilled leader. I also recruited all the practice leaders until last fall, when another singer took on the job.

I wanted our BSS program to continue, so I did what I could to keep it going when our original leader suddenly left.”

-Other tasks undertaken on behalf of the Bedside Singers Program over the years have included updating the questionnaire for prospective singers; maintaining a list of interested contacts; booking practice spaces, interview rooms and workshop spaces; and continuing to be the “point person” for present singers and new recruits.

Continued next page

Reasons for Volunteering:

-Suellen has always been a lifelong learner, volunteer and teacher. As a first year teacher, she “*wanted to teach in a poverty school*” because the students had little to begin with and she “*wanted to make a difference*” in their lives.

-When she retired, Suellen wanted to widen her circle of contacts beyond her family and her church community and she envisioned volunteering at Victoria Hospice in some way. She enjoys singing and is comfortable around people and their families at end-of-life so she signed up for the training to become a bedside singer.

-Once in the Bedside Singer Program (BSS), she got to know other singers, bonded with them and wanted to keep up these friendships.

-When the long-time original leader/co-ordinator of BSS needed to step down suddenly for health reasons, Suellen and several other singers who highly valued the Bedside Singer Program worked to ensure that it continued. Suellen's skills as a teacher, teacher/trainer and organizer as well as a team builder have been invaluable to the continuation of the Bedside Singers as a Hospice program.

Benefits of the Bedside Singer Program & Victoria Hospice to the Wider Community:

-Suellen believes in the power of music to invite conversations between patients and their families and to connect patients with parts of their past in a process of reflecting on their lifetimes. Bedside Singers are one avenue through which music finds its way into the end-of-life experience of people in our community.

-The in-patient unit at Victoria Hospice is a place where caring for body, mind & soul becomes a tangible reality for countless patients as well as their families and friends on their journeys of a lifetime.

-Of note, singing at the bedside is not something everyone wants which is why the Bedside Singers always seek permission first from the patient. If the patient is unable to give permission, then singers approach family and/or staff. If permission is unavailable for some reason, then singers do not sing to the individual. If singing at the bedside has started and for some reason, the patient becomes agitated, then the singing stops.

Other Volunteer Experiences:

-Suellen has a long and varied history of volunteering at the First Unitarian Church of Victoria including teaching in the children's Sunday school program (11 years); chairing the Annual Budget Campaign (3 years); working on the church board (2 years) then later as President (2 years) and then Past President (one year); chairing the Membership Committee (2 years); co-ordinating the Neighbourhood Group Convenors as well as writing a monthly column “Around the Neighbourhood” (both several years); working on the Refugee Program as well as writing weekly communication letters to the congregation (1-2 years); organizing several major fundraisers including the annual Services Auction (11 years) and the annual Book Sale (12 years).

In 2007, her first year of retirement, Suellen volunteered at the Single Parent Resource Centre and attended events there.

-In 1967, Suellen and her husband volunteered for the Peace Corp in Barbados for 2 1/2 years during which time she trained local teachers to teach science and they worked with the local teachers and other Peace Corps volunteers to create an indigenous science curriculum for the island of Barbados with easy-to-follow lesson plans. The curriculum was then published by the Barbados Ministry of Education.

--Suellen states that her dream professionally as a teacher and teacher trainer was that she “*wanted to make a difference*”.

Continued next page

-When Suellen and her husband moved to the Pacific Northwest Coast in the 1970's to live as sustainably as they possibly could, her dream was that she *"wanted to live a difference"*.

Pre-Retirement Occupation:

-As a professionally trained teacher, Suellen was unable to find a job in her profession when she and her family moved to Victoria from the Pacific Northwest coast because there were already 80 unemployed teachers in Victoria; instead, she took a position available at the Bookstore at the University of Victoria.

-At the time of her retirement in July 2007, Suellen was the textbook buyer/manager for the University of Victoria Bookstore, having been there for 22 years and having worked her way up through all of the staff positions within the textbook department.

Other information and hobbies:

-Suellen enjoys reading (favourite), gardening (next favourite), journalling, outdoors (originally camping), beach walking and visiting friends.

-Last year, she was given the honour of Church Elder. As an Elder, she is consulted regularly regarding matters of concern as her thoughts and opinions are highly valued in the Unitarian Church community.

-Writing has been Suellen's major focus over the past 2 years. She recently independently-published her memoir of living on the Pacific Northwest coast for 15 years during the back to the land movement of the 1970's. The title of her book is *"Once Upon an Island – Hope and Hardship, Building a Log House and a Life on the North Coast of British Columbia."*

Written in consultation with Suellen Guenther.

Respectfully submitted by Barbara Boyle



!!!USED BIKES NEEDED!!!

I am looking for used bikes for some of the children and youth I work with. A kind person has agreed to fix them up before they are given to the youth. Please contact me if you have a bike you no longer use and would like to give it new life.

250- 893- 3821 or gjohn-iyam@icavictoria.org

Thanks, Gita John-Iyam



FIREWOOD FOR SALE AGAIN THIS YEAR

Due to limited supply one truck load per order, please.

\$115 delivered.

Call 250 658-2239 or email Mike at mfrogbog@gmail.com



NEED A RIDE TO CHURCH? (when it opens again, of course...)

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

NATIONAL UU FALL GATHERING AND SUNDAY SERVICE- ONLINE!

Our national Unitarian Universalist organization, the CUC (Canadian Unitarian Council), in conjunction with our various regions, is planning an online regional and national fall gathering the weekend of November 13- 15 and we want you to attend!

On **Friday, November 13**, regions will gather together for Zoom events and conversations specific to each region.

On **Saturday, November 14**, we will come together nationally for workshops and programming focusing on topics identified as priorities in our recent congregational survey. Following the workshops, the CUC Board will host a conversation. Multigenerational events are also being planned.

And on **Sunday, November 15**, (10am Pacific) we will have a national Sunday Service with participation from congregations across the country. Our theme will be **Sailing Ahead** and we will imagine together the promise and the possibility of Unitarian Universalism in Canada.

More information about the weekend will be available soon; a youth con is being considered for a different date. Please watch for details in future editions of the eNews and on our Facebook page.

To sign up for CUC eNews:

<https://cuc.us2.list-manage.com/subscribe?u=14cdbcb20d193a5636bf18bdd&id=9434666947>

CUC facebook:

<https://www.facebook.com/CanadianUnitarianCouncil/>

CUC website:

<https://cuc.ca/>

RENTAL NEEDED FOR FEBRUARY/MARCH 2021

Sylvia Krogh's sister and her husband from Alberta would like to rent a place in or near Victoria for February and/or March 2021.

If you are aware of such a place - please phone Sylvia at 1-780-454-6216 or email skrogh@shaw.ca

FIRST UNITARIAN CHURCH OF VICTORIA

5575 West Saanich Road • Victoria BC • V9E 2G1

www.victoriaunitarian.ca

churchoffice@victoriaunitarian.ca

250-744-2665

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Kjerstin Mackie 250-598-5975

Anne Vaasjo 250-385-1603

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!

DIRECTOR OF SPIRITUAL EXPLORATION AND LEARNING FOR CHILDREN AND YOUTH

Arran Liddel 250-744-2695

arran@victoriaunitarian.ca

Continued next page

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CARE AND CONCERN COMMITTEE

We Care!
for hospital and home visits,
or just to talk...

Barbara Boyle
250-381-0264

or your Neighbourhood
Group Care and
Concern person



FIRST UNITARIAN CHURCH OF VICTORIA OFFICE GOES VIRTUAL.

For the safety of the staff and members of the congregation FUCV, the Church Office will no longer be staffed. The office staff will be working remotely.

What does this mean for our congregation? It means that the **physical** office is closed until the government issues a return to work policy based on the end of the Covid-19 virus pandemic. But the office staff is still hard at work from their home offices – “working remotely”.

They still can be reached through their usual emails:

Shannon’s emails: Fucv.communications@gmail.com communications@victoriaunitarian.ca

Niki’s emails: fucv.churchoffice@gmail.com churchoffice@victoriaunitarian.ca

Voice Messages can be left on the phone which will be retrieved on a daily basis.

Their work hours remain the same:

Shannon’s Hours:

Tuesdays thru Thursdays: 10 am to 4 pm

Niki’s hours:

Sunday: 9-1

Monday: 9-3

Tuesday: 9-1

Wednesday: 9-1

Thursday: 12-4

If you require any printing done that you cannot do yourself or some office urgent task, that **cannot be postponed until the pandemic is over**, please let us know and we will look after it for you.

There is a lockbox with a key on the front door of the office. If you have authorization (are a board member or committee member and have access to the code) and you do come to the office, please put your name on the sign-in sheet located on a clip board on the table in front of the west facing windows. We are trying to keep track of anyone who comes into the office during its official closure. This relates to security as well as sanitation standards for the office to assist in avoiding any contamination of Covid-19.

Our Mission

We are a welcoming community, energized by the diversity of beliefs, identity, and experience, that each person brings.

We encourage our children’s curiosity and nurture their open and loving nature.

We gather to explore sacred mysteries, to sing of our longings and our blessings, to be still and listen.

Strengthened in spiritual growth, supported in diverse community, we strive to transform ourselves and heal our world through compassionate action.



CALENDAR:

[CLICK HERE](#)

NEW MEMBERS

None

NEW CONTACT INFO

None

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.
4. Send pictures in jpegs.. Don't send text as jpegs.
5. Take the deadline seriously!



OCTOBER BIRTHDAYS

KAREN SHARLOW	OCTOBER 01
CEDAR THOKME	OCTOBER 01
FRANCOIS DURUISSEAU	OCTOBER 06
KAREN FURNES	OCTOBER 08
SARAH HARRIS	OCTOBER 08
MARIKO MATSUMOTO	OCTOBER 11
MARGARET MCKELVIE	OCTOBER 12
SCOTT BRANCH	OCTOBER 13
BARRY WIEBE	OCTOBER 13
DOREEN BURGESS	OCTOBER 14
STU WHITNEY	OCTOBER 14
DAVID SMITH	OCTOBER 15
BRUCE EDWARDS	OCTOBER 16
TRISH HENRY	OCTOBER 16
SHIRLEY MARCUSE	OCTOBER 16
REBECCA MELLETT	OCTOBER 16
ROWLAND MAK	OCTOBER 18
BONNIE HALVORSON	OCTOBER 19
FRITZ SCHULZE	OCTOBER 20
LORNA SHAW	OCTOBER 20
VIRGINIA DANIEL	OCTOBER 25
MARION PAPE	OCTOBER 25
FRANCES HANCOCK	OCTOBER 26
DON ARMSTRONG	OCTOBER 27
ALLEN MILNE	OCTOBER 27
SUSAN LEAN	OCTOBER 28
DIANE BERRY	OCTOBER 30
KENT HADEN	OCTOBER 30
DOUG MCGINNIS	OCTOBER 31
RUTH POZER-TELFORD	OCTOBER 31



**The Newsletter Deadline is the
15th of the Month
EVERY MONTH!**

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



Astrid Firley-Eaton
Design

interior design
colour consultation

250-384-3405
afe@firley.ca

Handyman Available



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Darren Matsumiya

email Darren.mat@shaw.ca, phone 250-598-1884



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www.islandmontessori.com

ACCOMMODATION WANTED

Unitarian from Kingston seeking like-minded folks to rent a room from Nov 1-Dec 15 in Victoria.

My daughter is having her first baby Nov 15, but she and her partner have a tiny 1 bedroom near Finlayson and Maplewood. Happy to pay. Wifi required because working part-time. Would love to chat if any questions...Susan

Young: susanhyoung65@gmail.com or 613-650-7906.

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or talk to me at church

RENOVATIONS WANTED

We are Unitarians from Kelowna who are intending on moving to the Highlands area. We are wondering if there may be someone amongst the congregants who knows of a good, honest reliable contractor that could do renovations or/ and additions onto a home.

Jan Dawson,

www.northstardogtraining.ca

ACCOMMODATION WANTED

UU Seeking Rental in July for 3 months in Victoria area.

Option: a housing exchange possible - in tropical China in future years.

West Coast Unitarian is seeking a room to rent, with access to cooking, ideally with a Unitarian, for 3 months starting July 1 or 15, in the Victoria area. Purpose is to spend time with son, daughter-in-law and their new baby daughter. He could housesit if that is needed. Ed Taylor is known to Christine Johnston, has been a UU for 50 years and is associated with 3 churches Vancouver, Kelowna, and Calgary. Many years ago he was on PNWD Board representing small congregations in BC when Rod Stewart was Administrator.

Ed owns a property on the tropical island of Hainan in south China and offers (if wanted) accommodation there within the next 2-3 years. Phone is 778 999 6770 and e-mail: Ed.Taylor@telus.net

The First Unitarian Church of Victoria
5575 West Saanich Road
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Phone: 250-744-2665

E-mail: churchoffice@victoriaunitarian.ca

www.victoriaunitarian.ca

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The **deadline** for submissions to
the **November** issue is **October 15**.

Copy should be sent to
newsletter@victoriaunitarian.ca.



For those without email, 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).