



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

SERVICES IN NOVEMBER 2020

SUNDAY SERVICES BEGIN AT 10:30 am

November's Monthly Theme:

Healing

Sunday, November 1, *10:30am

*(*Daylight Savings Ends – set your clocks back!)*

Gifts from our Ancestors

*Rev. Melora Lynngood and Arran Liddel, Director of Spiritual Exploration and Learning for Children and Youth
Beckham Ronaghan, Worship Associate*

We have relationships with many of those who have gone before us - for some, this might be those with whom they are connected biologically, for others it may be people who have impacted their lives due to their social justice action, artistic expression, theological understandings, or scientific discoveries (for example). In this service, we will honour our ancestors and celebrate the gifts they have given us.

Sunday, November 8, 10:30am

Living with Loss and Grief

Rev. Shana Lynngood

Victoria Barr, Worship Associate

The Covid pandemic has brought grief and loss to the surface for all of us, both collectively and personally. One of the most powerful things I listened to over the summer was an interview with Pauline Boss that explored ambiguous loss and complex grief. How do we grieve when we feel more than a clear-cut sense of sadness? How do we grieve in a culture that tries to avoid it? How do we not try to move past or beyond our grief, but rather find a way to live with it accompanying us through the rest of our lives?

Wednesday, November 11, 10:30am

Remembrance Day

Peter Scales, Homilist

Fran Pardee, Worship Associate

Remembrance Day is a time to remember those who died in wartime, to consider why humans go to war, and to discuss how to strive for peace. Our November 11th ceremony includes Unitarians who have served in the Canadian Forces, and speaks to all who never want to see war again. Today we welcome Capital UU Congregation and Salt Spring Island Unitarians.

Continued next page...

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

Services continued from previous page

Sunday, November 15, *Earlier than Usual!* 10:00 am Pacific
National Service for all Canadian Unitarian Universalists
Sustaining Our Light



National Zoom – not our regular church zoom-

To register with zoom to view the service, click here: <http://bit.ly/UUService>

This national Sunday service, hosted by the Canadian Unitarian Council (CUC), is part of the National Fall Gathering weekend for Unitarian Universalists.

This Sunday service focuses on "Sustaining Our Light" during these unusual and troubling times. Filled with music and reflections, and with participation from Unitarian Universalists across Canada, the service explores why we need each other and offers opportunities for us to connect and create community together.

For more info on the [National Fall Gathering weekend](https://cuc.ca/events/), including Sunday's service, see <https://cuc.ca/events/> for November, or click [here](#). Registration deadline for workshops and other events is Nov. 6. You need not attend the weekend to join the Sunday Service.

The service is coordinated by: Rev. Diane Rollert (Montreal), Rev. Wayne Walder (Neighbourhood, Toronto), Rev. Debra Faulk (Calgary), and Rev. Debra Thorne (Nanaimo).

(Stay tuned for a national service in February that will include Rev. Shana!)

Sunday, November 22, 10:30 am

Climate Justice--UU-UNO Sunday

Rev. Shana Lynngood

David Vest, Worship Associate (Jim Hemstock, UUUNO representative, and Jennifer Monin to give personal reflection and offertory words.)

This year's Unitarian Universalist United Nations Office service is focused on climate justice. In the midst of the existential threat of climate collapse, we can see that poor people, people of colour, and indigenous people are disproportionately impacted. How can we try to stem the tide of climate collapse and be just at the same time?



Sunday, November 29, 10:30am

Comfort Me

Rev. Melora LynngoodLynne Bonner, Worship Associate



As the days get shorter and shorter, as the dreary weather settles in, as the pandemic stretches on, what brings you comfort? What's the difference between comfort that nourishes us and unhealthy escapism or wallowing stagnation? When the world seems to be falling apart, when our personal lives drag us down and break our hearts, where can a Unitarian Universalist turn for comfort and healing?

IN THIS ISSUE

Services.....	1	GVAT.....	17
Committee on Ministry.....	3	Indigenous Matters.....	18
Monthly Theme.....	4	Soap Maker.....	19
Viewing Zoom Service.....	7	Green Corner.....	20
Exploring UU and Community at FUCV.....	8	Accommodation Needed.....	21
Breeze.....	9	Kristallnacht Remembrance Service.....	22
SEL.....	10	CUC Fall Gathering.....	23
Annual Budget Campaign.....	11	Staff.....	24
Celebrating 25-year Members.....	12	Calendar, Birthdays, New Members, Contact Info.....	26
Firewood for Sale, Used Bikes Needed, Ride.....	16	Ads.....	27



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.

MINISTERS' SABBATICALS

The ministers accumulate one month of sabbatical for each year of ministry. In order to avoid a long absence during their next sabbatical, they are experimenting with shorter sabbaticals taken more frequently. The Board recently approved the following: a two-month sabbatical in May/June of 2021 and a three-month sabbatical in February/March and June of 2023. The ministers are planning an exciting roster of speakers for the weeks they will be away, so be sure to tune in!

November's Monthly Theme:

Healing

www.victoriaunitarian.ca

Theme Questions

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

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

1. Who first healed you by *not* trying to fix you?
2. What's something you know now about healing that you didn't know when you were younger?
3. When was your first heartbreak? What helped you heal?
4. When you are suffering physically or emotionally, what brings you comfort? How is comfort different from - or related to - healing?
5. Is someone you love in need of healing? In what ways can you support and nurture their healing?
6. Which broken places in our interdependent web of life call to you? How do you answer the call?
7. What are the stories you tell yourself about who you are? Which support your healing and thriving, and which do not?
8. What is your body telling you about where you need healing in your life?
9. Can you think of a time when brokenness, and the subsequent healing, ended up making you stronger?
10. In what ways do you still feel hurt? What would healing look like?
11. **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

Don't always run from your pain as fast as you can;
befriend it.

Hold it in your frightened hands until you realize it's
more malleable than you thought.

Until you realize your strong and courageous hands
can shape it, can take its sharp edges and
mold them into pathways that connect
you with other people's hurt,
can transform it from a weapon
that has wounded you into
a bridge that connects you to others.

Rev. Scott Tayler



This Month's Spiritual Exercises

This spiritual exercise is one of several 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).

Let Lectio Divina Lead You to Healing

This month, we are invited to engage our monthly theme by engaging an ancient Christian spiritual practice called lectio Divina, translated literally as “divine reading.” Learn more about it [here](#) and [here](#). The basic idea is to deeply listen to a text by reading it multiple times, through a different reflective lens each time. You can also think of it as bringing different discernment questions to the text, with each question inviting you to listen to the text in a new way. Our favorite three questions are:

- What FEELINGS arise?
- What MEMORIES does it stir?
- What MESSAGE does it have for you personally? (“words of comfort or challenge”)

Here are three “healing texts” to choose from:

- Even This Is Enough, by Rev. Vanessa Southern
<https://www.uua.org/worship/words/prayer/even-enough>
- Love After Love, by Derek Walcott
<https://www.poemhunter.com/poem/love-after-love/>
- A Blessing For One Who Is Exhausted, by John O'Donohue
<http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted/>

Continued next page

Continued from previous page

Find the one that calls to you the most, then read it three times. With the first reading guided by the question: What FEELINGS arise as I listen to the words?" And the second reading guided by "What MEMORIES does it stir?" Ending with a third reading guided by "What MESSAGE does this have for me? What word of comfort or challenge is it trying to offer me?" (On this third reading it often helps to listen for which single word or phrase pops out at you, and then apply the question to that word/phrase.)

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 **Healing** playlist on **youtube**:

<https://www.youtube.com/playlist?list=PLvXOKgOQVYP4TE2h-Wk2L9F5TI6TZSuZo>

LION HALL ZOOM SERVICE VIEWING

Nancy Dobbs

Sundays, November 1 at 10:30 am

Masks mandatory

November 8 at 10:30 am

Masks optional after sitting

No singing

When our congregation was surveyed this summer about connecting during the Covid-19 pandemic, some of you expressed an interest in meeting in the Lion Hall to view the Zoom service on the TV. If you would like to give in person viewing a try, please read and follow the following Board-approved policies for indoor gatherings during the COVID-19 pandemic. (see below).

[Signup Sheet for in-person viewing Lion Hall Zoom service](#)

Stay home, if, as of the date of the service, you, or anyone close to you have experienced flu-like symptoms in the previous 14 days.

Volunteers Needed! If Lion Hall services are to continue volunteers are needed:

- Person in charge of - opening, set up, sanitizing, attendance to office.
- Zoom set up and put away.
- Usher in charge of greeting and attendance check in.
- Online registration has a volunteer. (Thanks to Robin Sacker-van Gessel)

If you need assistance with registering, please call Robin (250- 384- 6927) and she will register you.

For volunteering, contact Nancy Dobbs nandobbs@telus.net

Indoor Gatherings

- First step: a contact person should reserve the space with the church office.
- The following spaces can be used: Farmhouse Common Room (up to 7 people); Sanctuary (up to 41 people if singles, 50 people if some are couples or in the same bubble); Lion Hall (up to 25 people). All other rooms are too small for group use.
- Maintain social distancing of six feet between people except those in the same family/bubble. Six-foot bamboo poles are available in the Sanctuary and the Lion Hall to measure safe distances.
- It is recommended everyone wear masks until seated. Once seated at a distance of at least six feet from others not in your bubble, masks may be removed. Masks are available at the entry to the church for FUCV members who have forgotten theirs.
- For each event, a contact tracing list shall be kept by the contact person to each register participant – name, phone number and email address. This list will be given to church office staff and kept in the church office for a minimum of six weeks.
- When church buildings are entered all touch surfaces (such as door handles, tables, backs of chairs) shall be cleaned using a dilute bleach solution [30 ml of bleach in a litre of water, or one cup of bleach in one gallon of water] in a labeled spray bottle and cloth rags.
- Washrooms should only be used in emergency situations.

Continued next page

Continued from previous page

Cleaning protocols.

Groups that meet in the Sanctuary, Lion Hall or the Farmhouse Common Room are responsible for cleaning washrooms, the church and room doors on arrival and again before leaving.

There is a single dilute bottle of bleach and a wipe in each area open for meetings. Pump bottles of hand sanitizer will be provided in each area.

- Each person who uses a washroom is responsible for their own cleaning before and after use.
- Each group is responsible for sanitizing door knobs they use and chairs and tables they touch.
- Before the meeting and after each use, ensure that restrooms are sanitized, and that touch surfaces are cleaned using a dilute bleach solution (door handles, tables, chairs, sink, faucets, toilet flush handles, etc.). Each bathroom will be supplied with bleach solution and a wipe.
- Entry Doors: Leave entry doors open as much as possible to minimize touch contact. For example, all church entrance doors should be left open. Hand sanitizer bottles will be supplied for each area of use, including the space you are using.
- Identify areas such as entries/exits or lobbies where crowding and bottlenecks might occur; use volunteers or barriers to redirect people who may gather in these areas. For larger groups, control entry to and exit from the meeting area before and after group activities. Consider staggering time of arrival or departure.
- Greetings: Members should refrain from shaking hands, hugging or similar actions.

Food Services: Kitchen facilities will remain closed. Members attending meetings should be encouraged to provide their own beverages and food and not share them with other members.

If the washroom is used the following shall be cleaned using a dilute bleach solution: toilet, toilet handle, water faucet, paper towel dispenser, both sides of the washroom door knob.

EXPLORING UNITARIAN UNIVERSALISM AND THE COMMUNITY AT FIRST UNITARIAN VICTORIA

Online discussion Sunday December 6 @ 1:30-3:30pm

Curious to know more about Unitarian Universalism and what our congregation at First Unitarian is up to in Victoria?

For newcomers, searchers and anyone wanting to learn more, the purpose of these **online** gatherings are two-fold: sharing information about events and activities within our community so that you can discern and decide how to get involved, and to introduce you to some of the history, stories, and theology of Unitarian Universalism so that you have a sense of what is unique about our spiritual community and ways we may be similar to other congregations and communities.

This is also a time to connect with others who are new to exploring this community as well as connecting with Rev. Shana and some members of the congregation. We will outline the pathway to becoming a member or friend of the congregation.

For more information see <https://victoriaunitarian.ca/program/exploring-membership/>

Please contact Reverend Shana Lynngood at rev.shana@victoriaunitarian.ca or 250-891-6331 with your questions and wonderings.

Feel free to invite your friends !



“GETTING ON BOARD WITH BREEZE”



Marion Pape and Shannon Oatway

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. The ABC Team is planning on using Breeze during the 2021 campaign and it would be very beneficial to the team if you have your profile all set up and ready to go. We are assuming that you have activated your Breeze account. If you have not activated it, please contact Shannon at communications@victoriaunitarian.ca

Here are detailed instructions on how to search Breeze:

Open your Internet browser to login to Breeze <https://fucv.breezechms.com> with your username (email address) and password. If you have forgotten your password, click on “**forgot password**”, which is located below the Sign In Button and follow the prompts. This ‘Sign in’ will bring you to the Breeze Dashboard page.

When you log onto your account, click on the “My Profile” Star icon to get to your individual profile page. You can search for other members from this page as well, at the top right, in the search field. Or you can go to the navigation menu, running horizontally along the top of the page: “**breeze Dashboard People Events My Profile Give Now**” and click on **People** to search for members. On the left where it says “Filter by Name”, type in the name of the person you want to search and the member’s name and photo will come up on the page, then simply click on the name.

Your Profile page is where you add or update any personal information such as your contact details including your cellphone number and Emergency Contact information and much more, this is a good place to explore. Your photo may already be on this page. If not, to add or change a photo, click on the photo box and follow the prompts. Each Section Head (ie **Main, Family, Communications**) is on a grey coloured rectangular bar, hover over the bar with your mouse to expose the “**Click to edit Section**”, to the right of the section name and do what it says, **click on it**, and edit the info you wish to change or add, be sure to click SAVE once you are done.

On this page you can locate the following information:

Key Contacts FUCV Leadership: The key contacts list may answer most of the questions you might have about FUCV and it is there at your fingertips. Info is conveniently located on your own profile page, under “Our Church Community” bottom right of your profile page, then click.

Search for other members and friends for their contact info by putting their name in the Search People box in the upper right corner of your profile page.

Explore the online calendar: Once you get into your profile; to get to the online church calendar on Breeze, click on the Events icon at the top of your profile page and it will take you to the calendar.

Delve into your Giving History including your history of pledging (Only you can see this info):

This is directly relevant to our 2021 ABC to look up your record of contributions. From your profile page, click on the **Giving Button** on the left side of the page in a list under “Details”. Once into your Giving information where you can see your current giving info, you can search your pledge history by clicking on the box labeled ‘Pledge’ in the center of the page.

So, let’s get activated, my friends. And thank you for using this amazing Breeze database.

SPIRITUAL EXPLORATION & LEARNING: A PEOPLE OF DEEP LISTENING

Arran Liddel

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 UUsers, 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 and part of Saturday for small groups, worship and all sorts of fun. For more information see: <https://www.cognitoforms.com/PacificWesternRegionUUA/PWRFallConSeries2020>. If you are interested in attending, **please email Arran.**

2021 ANNUAL BUDGET CAMPAIGN

2021 Annual Budget Campaign

Our 2021 Annual Budget Campaign (ABC), during which we set the goal to connect with every member and friend, was a hit! We have received positive reports from many of you about how much you enjoyed the connection and the deep conversations you had. Thanks to both canvassers and people being canvassed for your openness and honesty about how you were connecting with FUCV, what help you needed and questions you had. We will be communicating more about this later after all the results have been received from canvassers.



This year, the ABC team has participation from so many that we are nervous about naming our thank yous and forgetting someone. We are filled with gratitude for all the people who pulled together in many different ways to get this ABC canvas off the ground: the mailing stuffer crew; 51 canvassers and Marion Sollazzo who oriented them all; Fran Pardee (canvasser coordination); Barry Wiebe (Redesign of online pledge and data on Breeze); John Hopewell and Mary Cramer (ABC video); Liz and Mike Graham (ABC skits and website); Jen Young (graphics extraordinaire); Ryan Guenther (Holding it Together While Staying Apart pamphlet design); Kristina Stevens (Compiling individual letters from Treasurer); Suellen Guenther (ABC feedback report to Board and congregation).

Rev. Shana (Oct 6 launch of ABC homily); Emily Tietz (Worship Associate testimonial); Office staff (Shannon with Breeze info, Niki's help with canvas materials); Nick (musical video); Arran (Intergenerational vesper-style Thanksgiving service).

This is a year for Gratitude. Gratitude for living on Vancouver Island, Gratitude for the huge numbers of contributors to this 2021 Annual Budget Campaign; Gratitude for our synergistic ABC team; Gratitude for our Unitarian community.

By getting in your pledges you are helping us continue our Mission ...

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

-from Nancy Dobbs and Marion Pape, Co-Chairs, 2021 ABC

CELEBRATING OUR NEW 25 YEAR MEMBERS

Louise de Lugt

I was born in Fort Victoria, Zimbabwe, in 1957. I must have been eager to enter this world, because I was 6 weeks early! I've also lived in Zambia and South Africa, and moved to Canada with my parents and 3 siblings on April 28, 1968. I hated Canada at first due to culture shock—now I can't think of a better city and country to live in!

I became a Registered Nurse and enjoyed many years working at the Royal Jubilee Hospital until I had to go on long-term disability (LTD) because of health reasons. Despite being on LTD, I managed to get my BScN degree from U. Vic. with first class honours in 1992.

I love to travel and do so whenever possible. I also enjoy reading, some walking, watching Netflix, looking after Sophie (my cat). I volunteer with the Royal Symphony Orchestra in my spare time.

I started going to the Unitarian Church when it was still on Superior Street. Some of you may remember Ken Waldock who introduced me to the church. Prior to this, although I was baptized Anglican, I had virtually no religious upbringing, so decided to look into it as an adult. After trying a few churches, I went to the Unitarian Church and it fit like a glove! Its seven principles resonated with me and I like the fact that it's inclusive and non-denominational. I am agnostic.

I finally became a member in 1995 when Gloria Turner and I went to Vann Knight's spaghetti dinner for an introduction into Unitarianism and, in particular, the First Unitarian Church of Victoria. I've enjoyed the people and, our current ministers, in particular. I've also enjoyed Circle Dinners, Chalice Circle, book sales, Soul Matters and the annual auction.

I've volunteered for work in the office, and have been a long-term usher and long-term Care and Concern person for my neighbourhood group. Now, I am hoping to broaden my horizons by volunteering on a committee.

Many thanks to all those who've been supportive of me during times of illness and wellness!!



Nancy Dobbs

I attended the first Sunday Service at our present location, in the parking lot in June, 1995. That day, Kristina Stevens told me that I wouldn't stay if I didn't get involved. I took her advice to heart... Children's Choir leader (20 years), adult choir, Song Circles/Zoom Sings, Music Committee, Canvass Committee, Co-ordinator of Neighborhood Groups, Nearby NG Convenor, co-ordinator of the Memorial Team (supporting NGs with hosting Memorials), the board. This year I am co-chairing the 2021 Annual Budget Campaign (ABC). I am grateful for the gift of this community; its people, shared values and our ministers.



Continued next page

Nille Fibiger-Crossman

I was brought up in a strict Lutheran Church household in Denmark where my paternal grandfather was a well known Lutheran minister in Copenhagen. When I was ten my family immigrated to Canada. There followed years at a High Anglican boarding school for me. Latin was a compulsory subject and much of our frequent chapel time was in Latin. The school continued reinforcing those traditional Christian views. I was still unable to accept the dogma I was subjected to. For years I searched for some belief system or spiritual practice that would be meaningful to me.

Then I met a neighbour, the Unitarian minister, Marvin Evans. I was married, in my twenties and had three young children. Marvin lived around the corner from us in Oak Bay. He told me that he ran an introductory class on Unitarianism in his home on Thursday nights. I went and had a major epiphany. This is what I had been searching for since childhood. I was elated.

The whole five of our family began attending the Unitarian Church on Superior St. (originally an old Seamen's residence). My former husband served on the board and I taught Sunday School. There were about six to nine couples that I recall who were the main "movers and shakers" at that time. Young, enthusiastic and idealistic, we threw ourselves into church gatherings. Spaghetti or potluck dinners followed by loud 60's music and rowdy dancing. Family trips to Mitchell Farms in Metchosin for picnics and hay rides. Summer camps at Shawinigan Lake or Seabeck in Washington state. All this and much more while practicing a philosophy of the extraordinary Unitarian principles.

Eventually, In November 1970 we became members of the church. The same year all five of us became members of the Maharishi movement and practised transcendental meditation. In 1980 we moved from Oak Bay to Metchosin to live the country life with horses. We went to Unitarian pot luck dinners there, but attended church only periodically. Uninformed and naive, I did not realize my membership had lapsed. I discovered this when I went to vote at an annual general meeting years later at our new Saanich church site. I had started attending church again with my second husband, Mike Crossman, who happily became a keen participant. Mike and I have been attending the church together for thirty years now. I do not remember when I officially became a member again once I discovered I had let my membership lapse.

I am delighted to see so many young people replacing the old "movers and shakers" of the 60's and 70's. Our church continues to thrive, grow and inspire in many positive ways. Except for a stint on the board and the Arts committee years ago, and now being 82 years old, I no longer contribute the way I once did. Therefore my experiencing the vitality and capable contributions of our young members gives me endless pleasure and joy! I am proud to be a Unitarian.



Continued from previous page

Stephanie Ippen

I've been attending Unitarian churches since childhood: in Boise, Idaho, Vancouver BC, North Vancouver and for the last 25 years, Victoria BC. Very different kinds of Unitarian churches, but all retain the core set of values and an invitation to question and explore religious beliefs, spirituality, and social justice. Michael and I were married at the Vancouver Unitarian church, all three of our children's' Infant Dedication Ceremonies and celebrations were held in the North Shore Unitarian Church. When we moved to Victoria, Michael and I looked for a house that would be close to the Unitarian Church, because we knew that as a family, we would continue to be very involved in our new church community. Timing is everything--the church had just bought the West Saanich road property--we live ten minutes away. Being here while transformation occurred to the buildings, gardens and the creation of our glorious sanctuary was exciting and felt essential to our family identity.



My twin callings in life are mothering and educating, so involvement in our church's RE (religious education) classes for children was a given. In 1996 I became the Director of Religious Education for Children and Youth at First Unitarian. I remained in the role for five years. What a rich experience! I was passionate about supporting parents and children in exploring both the natural world and human communities. Unitarians covenant to affirm and promote our 7 principles. The simple language used for the children's version (see below) gives us guidance for our explorations, and development of critical thinking skills takes care of the rest.

My work as DRE led to involvement with the UUA at the district and national level. This stimulating invitation to my own spiritual growth enabled me to support the spiritual growth of families. Highlights included creating worship circles for the children and intergenerational services for kids of all ages, and ensuring we had trained About Your Sexuality then Our Whole Lives leaders. Our sexuality education programs offer important outreach to youth who need accurate and timely information. Any question asked is answered. Perhaps the best thing I did as DRE was recruit Michael as an OWLS teacher. I believe he taught 4 courses of 27 sessions each followed by another 4 years with these same kids in the Youth group. This meant that all 3 of our children, Thomas, Daniel and Sarah, went through the program and many of their friends did, too. Teens going out into the world with accurate information about sexuality.

Yes! I've found many of my dearest friends in this community, through participating in my women's spirituality group, singing in the choir, serving on Search, Worship, Care and Concern teams, helping at memorial service receptions, fundraisers, presenting and attending adult education courses and workshops, in addition to my work as DRE. There were a few years when my family was busy with other things. I still attended church when I could and I continued to pledge, because what this church offers the world is significant and important. I knew that I would participate more regularly again when I was 'willing and able' to return to active participation in church life.

These days, attending Sunday services with my parents, Phyllis and Herb Girard, is a special delight. In the last couple of years when my sons Daniel and Thomas each chose to wed, it was a Unitarian minister (Shana Lynngood) and a Unitarian chaplain (Anne Vaasjo) who officiated. Daniel and Chelsea were married

Continued next page

right here in our sanctuary with their reception in Felix and Eva Lion Hall and on our beautiful grounds. What joy I felt as my children celebrated another phase of life within my Unitarian home.

1st: We believe that each and every person is important.

2nd: We believe that all people should be treated fairly and kindly.

3rd: We believe that we should accept one another and keep on learning together.

4th: We believe that each person must be free to search for what is true and right in life.

5th We believe that all persons should have a vote about the things that concern them.

6th: We believe in working for a peaceful, fair, and free world.

7th: We believe in caring for our planet Earth, the home we share with all living things.

Hugo Sutmoller

The church has been a place where I felt supported in times of deep personal sadness and joy. My involvement in a variety of committees gave me satisfaction by contributing in achieving our goals and it was rewarding because of being with talented and stimulating people. I also feel inspired by our ministers to contribute for the betterment of the larger community.



Gloria Turner

I moved from Hamilton, Ontario to Victoria in the spring of 1975. This was the beginning of a new stage of life after the recent dissolution of my marriage and early retirement from a career in public library administration. While going through a difficult divorce, my search for emotional support led me to the Unitarian Church of Hamilton where my atheist views were tolerated. When I made the decision to return to the west coast of BC where I had been born, access to a Unitarian Church became high on my list of priorities. I wanted to continue my spiritual development in the non-judgmental environment I had found in that church.



!!!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/>



GVAT quietly at work during the pandemic

While GVAT’s three Action Research Teams (ARTs) continue planning campaigns on specific aspects of housing, mental health and addictions, and climate change, some issues have arisen that have required immediate action, and Greater Victoria Acting Together for the common good (GVAT) stepped up.

One of the first of these was the protection of hotel workers’ jobs. Fifty thousand hotel workers were laid off in July because of COVID-19. They had stayed home because the government had told everyone to protect public health, but now they worried how they would put food on the table, pay rent, and support their families, and they were not even sure whether their employers would hire them back.

Hotel workers organized a rally at the Legislature to mark the start of a hunger strike—our Rev. Melora Lynngood gave the blessing there. GVAT organized a supportive petition that member organizations and their supporters could sign. On September 1, 2020, laid-off hotel workers ended a 22-day “Fast for Our Jobs” hunger strike having won “a pathway to recall rights”—a win in which GVAT had participated.



A second campaign concerned old-growth forests. About 74% of the original *old-growth forests* on BC’s southern coast *have been logged*. Several environmental organizations have campaigned to save as much of what remains as possible. GVAT decided to help with another petition. However, this was a complex issue with concerns for the jobs of those in the forest and lumber industries, and the communities they support.



Time was short: the BC government was expected to announce the fate of our ancient trees as part of their revised “Old Growth Strategy” by mid to late August. Should our Church’s Core Team sign the petition or not? There was no time to consult the Board, so the Core Team asked Steve Sharlow, Church President, to write a letter on the Church’s behalf. In late August the B.C. government passed a new Old Growth Forest Strategy agreeing to protect over 350,000 hectares of Old Growth Forest and defer current logging plans. Another win!

These wins, however, have raised a question for the GVAT Core Team: how can, or even should, the Core Team speak for the church when there is no time to consult with the Board? The Core Team and the Board are working on a process that can guide such decisions.

If you want to know more about GVAT or get involved ask Susan Layng, core-team leader, or any of the other core-team members, Lynn Beak, Hanny Pannekoek, Marion Pape, or Philip Symons. We’d appreciate your help.

- from Philip Symons

INDIGENOUS MATTERS

By Julie Deans

The recently formed THRUU team (Truth Healing and Reconciliation Unitarian Universalists) grew out of the Indigenous Film Discussion Groups held in Spring 2020 with a mandate to facilitate education and FUCV connections to local Indigenous communities. In this new section of our monthly newsletter we plan to offer a selection of educational and - in post-pandemic times - volunteer opportunities and events.

- Orange Shirt Day (September 30) began in 2013 to honour Residential School survivors and their families, and to remember those children who didn't come home. The story behind the origin of Orange Shirt Day is described in this interesting article. <https://discover.rbcroyalbank.com/every-child-matters-phyllis-webstads-story-behind-orange-shirt-day/?fbclid=IwAR1T3Dt8S-nTyc-Ay9-MdXgc8E3eDrMjxDyddz7uqfXtnmlESwtKB7OliEg>
- Indigenous Canada is a 12-lesson on-line course from the Faculty of Native Studies at the University of Alberta. The course explores Indigenous histories and contemporary issues in Canada from an Indigenous perspective, highlighting national and local Indigenous-settler relations. Topics for the 12 lessons include the fur trade and other exchange relationships, land claims and environmental impacts, legal systems and rights, political conflicts and alliances, Indigenous political activism, and contemporary Indigenous life, art and its expressions. Registration is free and on-going <https://www.coursera.org/learn/indigenous-canada>. If you are interested in being part of a small group to co-ordinate our registration and go through the course together, with regular zoom discussions on the course content, please contact Julie Deans at jpdeans01@gmail.com by November 30.
- A new series, TRICKSTER (6x60) is now airing on CBC. Past episodes are on CBC Gem. It is based on the best-selling novel Son of a Trickster by Eden Robinson. Starring newcomer Joel Oulette, this unique series is created by award-winning filmmaker Michelle Latimer (RISE, Nuuca) and Tony Elliott (Orphan Black). Oulette plays Jared, an Indigenous teen struggling to keep his dysfunctional family above water, holding down an after-school job and selling ecstasy to support his partying mom, Maggie (Crystle Lightning), who self-medicates an undiagnosed mental illness, and his unemployable dad, Phil (Craig Lauzon) and his new girlfriend. But when Jared starts seeing strange things — talking ravens, doppelgängers, skin monsters— his already chaotic life is turned upside down." The book has been described as a "darkly humorous coming-of-age story."

SOAP MAKER HANNAH GINDAY

by Faye Mogensen



Hannah doesn't miss a step even though hip dysplasia causes her to walk a little off-kilter. She is 28 years old and married to an unemployed similarly slightly disabled man. She is the mother of three boys and two girls between the ages of 2 and 12. When I first met her, she didn't smile.

Before launching her soap business, Hannah sold home grown vegetables on the streets of Taiama. Her hope was to earn enough to buy rice and occasional fish for her family, and pay for her children's school supplies. Some weeks sales were few and far between, and she returned home with empty pockets and more cassava leaf than the family needed. Both hunger and worry chewed away at her insides until Hannah decided to enroll in the soap making course at the Zoie Gardner Education Centre - *a project made possible by the First Unitarian Church of Victoria, thanks to member Jim Hackler who died very recently*. When she began the program in August 2019, she found

new hope.

Hannah finished the course in early December, when there were temporarily no startup microloan funds available. She was resolved to put her new skills to use and, like the other soap makers, she began to produce both bar and powdered soap. She sells it by walking through town, carrying her soaps on her head and calling door to door. But without the loan she was on precarious footing. She could afford to buy only enough caustic soda for one batch of soap at a time and paid for it at a premium. Unable to pay the cost of the palm oil needed, she found a vendor willing to allow her to pay for it after selling her soap. She soon learned that the arrangement was a little like using the services of a loan shark - she paid far more for the oil than the going rate. Though her profit margins were very low, making and then selling soap was a more certain way of covering the costs of her family's needs than was selling vegetables.

Thankfully, the microloan account was restored in February 2020, and Hannah was first in line for a loan of Le500,000. It turns out that her smile is radiant.



Here's a doughnut that is good for us!

Can humanity thrive while not exceeding the “boundaries” of our living planet? This is the big question that Kate Raworth, professor at Oxford University's Environmental Change Institute, explores in her book *Doughnut Economics: How to Think Like a 21st Century Economist*.

Raworth's doughnut, illustrated here, “consists of two concentric rings: a social foundation, to ensure that no one is left falling short on life's essentials, and an ecological ceiling, to ensure that humanity does not collectively overshoot the planetary boundaries that protect Earth's life-supporting systems. Between these two sets of boundaries lies a doughnut-shaped space that is both ecologically safe and socially just: a space in which humanity can thrive.” [\[Source\]](#)

The social foundation is based on the UN [Sustainable Development Goals](#), which Wally du Temple wrote about in October's Green Corner. The ecological ceiling refers to earlier research by [Rockström, et al.](#), and the [Stockholm Resilience Centre](#).

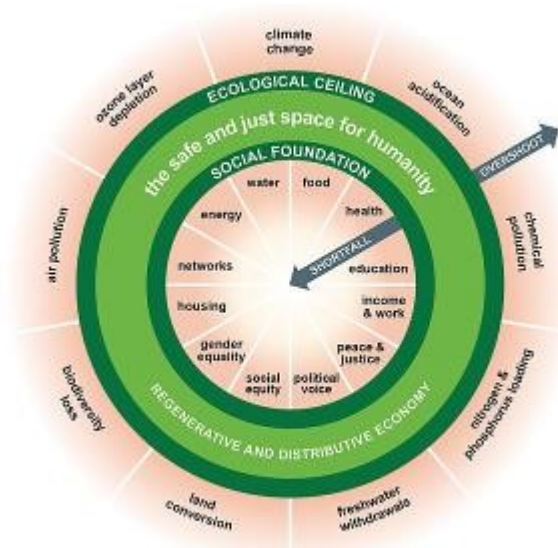
When I read *Doughnut Economics* a few years ago, I remember thinking, “That's a brilliant concept in theory, but how would you apply it in real life?” Well, as it happens, much has been learned since the book's publication in 2017.

How Are Individual Countries Doing at Living Within the Doughnut Now?

In a word: awful! [Research](#) conducted at the University of Leeds – headed by Canadian Dan O'Neill, an alumnus of UVic – shows that no country in the world currently lives in the doughnut. O'Neill says, “Such a country does not exist. Nowhere in the world even comes close [Vietnam being the closest]. In fact, if everyone on Earth were to lead a good life within our planet's sustainability limits, the level of resources used to meet basic needs would have to be reduced by a factor of two to six times.” However, in this interesting [interview](#), O'Neill describes his planned research, which will explore whether countries lived within the doughnut in the past, perhaps in the 1970s, which could shed light on our current predicament.

How About Downscaling the Doughnut to Cities?

Here the progress is much more encouraging. Collaborating with other groups, Raworth has published [Creating City Portraits: A Methodological Guide from the Thriving Cities Alliance](#). She has been working with the cities of Amsterdam, Portland and Philadelphia as pilot projects and Amsterdam has recently published [The Amsterdam City Doughnut: A Tool for Transformative Action](#). Raworth is hoping that Amsterdam can inspire other jurisdictions to create their own doughnut and, on September 29, she launched the [Doughnut Economics Action Lab](#) for larger scale collaboration.



Continued from previous page

What's Next?

The doughnut teaches us that our current quest for perpetual economic growth – as expressed in GDP – is not tenable. A growing number of economists and other academics are promoting the idea of “Degrowth” or “Post-Growth,” which Economic Anthropologist [Jason Hickel](#) defines as “A planned reduction of excess energy and resource use in rich nations to bring the economy back into balance with the living world, while reducing inequality and improving people’s access to the resources they need to live long, healthy, flourishing lives.”

Whether the countries of the world have the political will to achieve a safe and just future for all remains to be seen, but cities like Amsterdam are showing that it’s not only possible, it’s exciting!

RENTAL NEEDED 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

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



KRISTALLNACHT REMEMBRANCE SERVICE – 7PM, MONDAY, NOVEMBER 9

As they have for years, Congregation Emanu-El and the Victoria Shoah Project invite us (and the wider Victoria community) to attend their annual Kristallnacht Remembrance Service, to be held on 9 November 2020.

Kristallnacht, “The Night of Broken Glass”, was the night of November 9-10, 1938. That night of terror, well-choreographed by the German government, saw the burning of synagogues throughout Germany and Austria, the looting and destruction of Jewish homes and businesses, the deportation to concentration camps and the murder of Jewish citizens.

The service has been deeply moving every year, including a pledge of mutual respect, support, and community solidarity which calls us to consider what we can do in the here and now to act against discrimination of all kinds.

This year’s service will be held online. Details for how to connect to the service will be posted here: <https://victoriashoahproject.ca/kristallnacht/>

You can also contact Rev. Melora with any questions 250-891-6330 rev.melora@gmail.com

National Fall Gathering Offers Variety of Interesting Workshops, Nov 13-15
For all Unitarian Universalists across Canada



The [Canadian Unitarian Council's 2020 Fall Gathering November, 13-15](#) will offer a variety of interesting workshops, a fun coffeehouse, a chance to connect with the CUC board, and an engaging Sunday service.

The Gathering features a two-step registration process, with participants required first to register for the sessions they would like to attend through the [CUC website](#), and then for each individual session via Zoom (Please note: the registration deadline is **November 6**).

Events will begin with **regional gatherings** on Friday evening.

Saturday workshops will focus on topics including

- peer pastoral care,
- Truth, Healing and Reconciliation, and
- dismantling racism within Canadian congregations.

After the Saturday workshops, you're invited to join the **conversation** on "Sustaining Our Light" and what we are learning during this pandemic that will sustain and strengthen us, hosted by the **CUC Board of Trustees**.

The **coffeehouse** that evening will feature music, storytelling, poetry and fellowship.

And the **National Sunday Service** on November 15, hosted by 5 ministers from across the country, will examine the theme of "Sustaining Our Light" and how we need each other to create community.

Community is more important than ever during these strange and troubling times. We look forward to you helping us create it by joining what's sure to be a memorable weekend.

FIRST UNITARIAN CHURCH OF VICTORIA

5575 West Saanich Road • Victoria BC • V9E 2G1

www.victoriaunitarian.ca

churchoffice@victoriaunitarian.ca

250-744-2665

STAFF, BOARD EXECUTIVE, COUNCIL CHAIRS, C & C COMMITTEE

MINISTERS

Reverend Melora Lynngood

Cell: 250-891-6330

rev.melora@victoriaunitarian.ca

Reverend Shana Lynngood

Cell: 250-891-6331

rev.shana@victoriaunitarian.ca

Minister Emerita

Reverend Jane Bramadat

250-652-1272

LAY CHAPLAINS

laychaplains@victoriaunitarian.ca

Jenny Heston 250-509-1240

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

Continued from previous page

DIRECTOR OF MUSIC

Nick Fairbank
music@victoriaunitarian.ca

CHURCH ADMINISTRATOR

Niki Mullin
250-744-2665
fucv.churchoffice@gmail.com churchoffice@victoriaunitarian.ca

COMMUNICATIONS ASSISTANT

Shannon Oatway
250-744-2665
fucv.communications@gmail.com communications@victoriaunitarian.ca

BOARD EXECUTIVE

President
Steve Sharlow
sharlowsteve@yahoo.ca

Vice President
Jim Willis
jimwillis568@gmail.com

Secretary
Audrey Taylor
audrey_t@telus.net

Treasurer
Kristina Stevens
kristinalstevens@gmail.com

Past President
Marion Pape
marionpape@shaw.ca

COUNCIL CHAIRS

Administration: Finance
Bruce Nicol
Audrey Taylor
brucenicol@inbox.com
audrey_t@telus.net

Congregational Life
Katherine Maas
katherine@kjmaas.com

Outreach SRC
Jim Willis
jimwillis568@gmail.com

Property
Peter Hancock
hancockp@telus.net

Spiritual Development
Wally du Temple
wallydutemple@telus.net

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



CALENDAR:

[CLICK HERE](#)

NEW MEMBERS

Julie Deans

Jennifer Hawthorn

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

FROM THE EDITORS: GUIDELINES FOR YOUR SUBMISSIONS

*We try to standardize the
presentation, to avoid the dog's
breakfast aspect...:*



- Where possible we use Calibri font.
- One space between sentences and between lines.
- No pdf files, please, use Word.
- Send pictures in jpegs... Don't send text as jpegs.
- Take the deadline seriously!

BIRTHDAYS

Lynne	Bonner	November 01
Gloria	Turner	November 01
Thomas	Andersen	November 02
David	Vest	November 02
Ariane (Angelina)Templeton		November 03
Lance	Young	November 03
Harry	Moore	November 04
Marion	Sollazzo	November 04
Audrey	Taylor	November 04
Laura	Porcher	November 06
Louise	Parsons	November 07
Helen	Furnes	November 08
Lorna	Anthony	November 09
Andrew	Lee	November 09
Roberta	Engel	November 10
Faye	Mogensen	November 10
Brock	Brown	November 12
Pauline	Kenneally	November 12
Barbara	Rintoul	November 14
Samuel	Wilmott	November 15
Hanne	Fair	November 16
Kathleen	Filan	November 17
James	Twidale	November 18
Doug	Seeley	November 19
Lila	Watson	November 19
Diana	Black	November 20
Robert	Van Alstyne	November 22
Simon	Williams	November 22
Terri	Ziegler	November 23
Anna	Tilson	November 26
Robert	Gifford	November 28
Rowan	de Boer	November 29

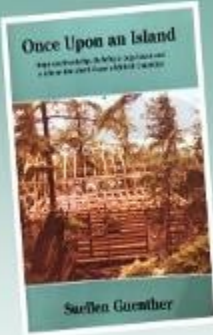
Ads appearing in this issue are not necessarily endorsed by the church.



Astrid Firley-Eaton
Design

interior design
colour consultation

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



Looking for a Unique Gift?
Consider Giving a Copy of my Back-to-the-Land Memoir. \$29.95

This memoir recounts the 15 years I lived on the BC North Coast during the "back to the land" movement, building a log house on Porcher Island. It is the longer version of my story, "Home Is a Tent", published in the book *Gumboot Girls*. The book is 360 pages, with 109 photographs, 27 of them in colour. \$29.95 each. Email Suellen at sguenther@shaw.ca to place your order.



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

Accepting Enrollment
Book Now for a Tour!

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

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

Handyman Available 

- ♦ \$25 an hour, efficient, timely service, church references available on request.
- ♦ Will do small painting jobs, light hedge pruning, household repairs, junk removal...

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

Lance Young
Electrician
#18138
For all your electrical needs



No job too small Free estimates Honest Advice

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

De-cluttering services: Jan Thomson will help you transform one of your cluttered closets or cupboards (or rooms) from chaos to order. I will help you decide what to keep and what to do with the things you don't want to keep. Service includes removal of the items for responsible re-distribution and/ or recycling them to suitable charities etc.. Covid 19 protocols maintained. Reasonable rates. FUCV member testimonials available.

Email me at: aurora2u@telus.net or phone 250-480-1462.

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

OLD USED FURNITURE WANTED!

For example:

Desks End Tables Dressers

For free or at a low cost

Contact Elinor Bazar at:
elinorbazar@gmail.com

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

Phone: 250-744-2665

E-mail: churchoffice@victoriaunitarian.ca

www.victoriaunitarian.ca

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

THE VICTORIA UNITARIAN

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

The **deadline** for submissions to
the **December** issue is **November 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).