



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

**SERVICES IN OCTOBER 2021**

Welcome to the month of  
**Cultivating Relationship!**



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

**Sunday, October 3, 10:30am**

*What is the Shape of Your Ministry?*

Rev. Melora Lynngood

David Tietz, worship associate

Online Zoom Service

Ministry is not only something done by professional ministers; ‘ministry’ in the more general sense is anything you do to care for our planet and those who dwell upon it. What is your particular way of caring for this planet and those who share it? Are you an artist, an activist, a really good listener? What is your ministry? Are there new ways of caring you may wish to explore? How might we combine our gifts together in community and offer care to the larger whole?

Note: Today is the kick-off for the “Better together” Annual Budget Campaign for 2022 pledges. If you are a member or friend, bring your pledge form to the service!

**Sunday, October 10, 10:30am**

*Giving Thanks through Music*

Nicholas Fairbank, Director of Music/Homilist

David Vest, worship associate

Online Zoom Service

For the past year and a half we have been living in times that we could not have imagined in early 2020. As if climate change and subsequent natural disasters were not enough, we have discovered instances of genocide in our own back yard, and we have been learning how to behave and cope with a pandemic that has completely upset the way we live, work and engage with one another.

And yet, we have much to be thankful for. In this service we will sing hymns and songs, and listen to performances, about giving thanks for the gifts that surround us and that give us hope in these troubled and troubling times.

Livestream begins each Sunday by 10:25 am.  
[view please click on this link.](#)

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**Sunday, October 17, 10:30am**

*Transforming Relationships*

Rev. Shana Lynngood, homilist

Casey Stainsby, worship associate

Online Zoom Service

One of the many interviews I explored during our sabbatical was a conversation with Oprah Winfrey and Dr. Bruce Perry about a recent book they co-authored. During the interview, Dr. Perry observed, "Relationships are the agent of change." How have we been transformed or changed or shaped by the relationships of our lives? How can we, as this month's theme encourages, cultivate relationships that are meaningful and a positive force in our lives? How do we tend to the ties we already have?

**Sunday, October 24, 10:30am**

*Unconscious Bias*

Rev. Melora Lynngood, homilist

Emily Tietz, worship associate

Online Zoom Service

"You don't have to be racist to be biased. Unconscious bias can be at work without our realizing it, and even when we genuinely wish to treat all people equally, ingrained stereotypes can infect our visual perception, attention, memory, and behavior." So reads the description of the book by Jennifer Eberhardt, *Biased: Uncovering the hidden prejudice that shapes what we see, think, and do*. This Sunday, we look at how unconscious bias affects our practice of 'cultivating relationship.'

[Sign up](#) for the related after-service session of [Expanding the Beloved Conversation!](#) 12:15-2pm.

**Sunday, October 31, 10:30am**

*Masks and Honesty*

Rev. Shana Lynngood, homilist

Lynne Bonner, worship associate

In-Person and Online Zoom Service

On Halloween we'll reflect on the masks we wear (no, not the Covid ones) and the ways they serve to distance and protect us. We may need them at times, but when do they get in the way? How and when do we let our full selves show, and when do we hide? How aware are we of when we are being authentic, and when we are being less than fully honest with ourselves and others?



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## 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: Bill Glassman Chair, Lorna Anthony, David Vest, Lynn Hunter, Jan Thomson, Shelley Motz.**

### KEYS: REMINDER FROM THE CHURCH OFFICE

In order to be available for others requiring access, please replace any lockbox keys being used, immediately. (Sanctuary and Farmhouse)

These keys are not to be held on your person while in meetings or for the duration of your visit.

Thank you for understanding!

**Viki Mullin**

**Office Administrator**





## Annual Budget Campaign 2022 BETTER TOGETHER

**ABC Luncheon Sunday, October 3  
CANCELLED due to pandemic concerns.**

Covid 19 and the Delta Variant continue to influence our hopes, fears, and activities for our congregation. In 2021 we have been “Holding Together, While Staying Apart”. The ABC 2022 package celebrates what we have achieved in 2021 together and shares a vision of how we can be “Better Together” with your support in 2022. The pandemic has brought out a profound sense of generosity and this is something we need to keep for our Beloved Community to thrive. Our 2022 budget should include staff increases in pay as we always strive for fair compensation.

All members and friends should have received the ABC package in the mail. You may also find it on our website, <https://victoriaunitarian.ca/>. If you did not receive a copy of the ABC package, contact Nancy Dobbs at [nandobbs@telus.net](mailto:nandobbs@telus.net) or 250 652 5438. **ABC 2022 begins Sunday, October 3.** Please pledge as you are willing and able after the service.

### Exploring Unitarian Universalism and our Congregation

Online discussion

**Sunday October 31st 2021 @ 12:30-2:00pm**

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 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 Reverend Shana Lynngood and some members of the congregation. We will outline the pathway to becoming a member or friend of the congregation. To find out more <https://victoriaunitarian.ca/program/exploring-membership/>

REGISTRATION: please send an email before October 20th to Shannon in our FUCV office at [communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca) and cc [rev.shana@victoriaunitarian.ca](mailto:rev.shana@victoriaunitarian.ca) and [membership@victoriaunitarian.ca](mailto:membership@victoriaunitarian.ca)

Please feel free to contact Reverend Shana Lynngood at [rev.shana@victoriaunitarian.ca](mailto:rev.shana@victoriaunitarian.ca) or 250-891-6331 with your questions and wonderings.

# Welcome to the month of Cultivating Relationship!



## Theme Questions

This month we explore the practice of **cultivating relationship**.

Here are some questions to spark your thinking inspired by the UU Soul Matters Network. Discuss the questions with a fellow congregant, 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?

1. What was the most nourishing *new* relationship you cultivated during the pandemic time? Was it with an unexpected person? A new habit? A new part of yourself? And what’s your plan to intentionally nourish that relationship moving forward?
2. What’s the wisest thing you were ever taught about cultivating relationships?
3. When was the first time you deeply connected to someone in a way that caused you to also deeply connect with yourself?
4. When did you first realize there was something called “a chosen family”?
5. Which of your friend relationships have lasted the longest? Or gone the deepest? What’s been the secret? And, most importantly, is that a secret you need to pull out and use again in your current life?
6. Is it time to *stop* cultivating a relationship and instead walk away from it?
7. How are you being called to more intentionally cultivate a relationship with a loved one who has died?
8. Do you ever feel that the push to cultivate relationships is overblown? Do you ever wish our culture (or those around you) had a greater appreciation of aloneness? What is it about aloneness that others around you don’t understand?
9. What “unnoticed” sacred relationship is our country most in danger of severing? What unacknowledged tearing of threads scares you the most?
10. Have you ever encountered “God” in between you and another person? Some say “God” is the electricity that surges between people. Has that ever rung true for you?
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.

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# This Month's Spiritual Exercises

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

## Option A

### At Least Ten Reasons Why You Love Them

Relationships require comment, at least every once in a while. The precious people in our lives know we love, appreciate and adore them, but it doesn't hurt for us to tell them exactly why that is so. There is something about saying it out loud that breathes life back into our connections. There's something about giving voice to the reasons for our love that makes that love real.

This is what the poet, Matthew Olzmann, understands better than most. In his poem, [\*Mountain Dew Commercial Disguised as a Love Poem\*](#), he lists all the reasons why he loves his partner, or as he puts it, "the reasons why our marriage might work." And the genius of the poem is the level of detail it contains. One after another, he lists the extremely particular. He goes to great pains to be precise. That's where the power rests, he seems to say.

**So, here's your exercise:** Write your own "Mountain Dew" poem! Pick someone precious in your life and make an *exceedingly specific* list of the reasons why you treasure them. Don't stress about the poetic structure or try to make it perfect. Just sit down and make a list. And when you are done, give it to your precious person. And if you've got the guts, you might even ask them to sit down and let you read it to them aloud.

**Extra:** Here's a video of the poem being read aloud: <https://www.youtube.com/watch?v=tpplxELjtkM>

## Option B

### Which, not How...

There's lots of advice out there about how to cultivate relationships, but what about the challenge of deciding which relationship to nourish?

We live in a society that narrows our view, that distracts us from the relationships that matter most, and certainly the relationships that *could* feed us the most. When societal voices encourage connection with our checkbooks, 401k accounts, social standing, and our Netflix cue, it's hard to hear our inner voice calling us to reconnect with wonder, stillness, play, protest, memory or prayer.

So this month, lean into the work of noticing, of stepping back to widen your view, of listening to the longings for deeper connection. Here's your assignment:

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Set aside 15-30 minutes of reflection/meditation to read this poem/prayer multiple times by Phyllis Cole-Dai: <https://www.dailygood.org/story/2540/a-pandemic-poem-prayer-phyllis-cole-dai/>

1. On the first reading, pay attention to the 4-5 lines that “pop” for you, that seem to pull at your heart, that emotionally light up in neon lights.
2. Go slow and notice the way the poem invites you to consider types of relationship we usually overlook. For instance, our relationship with our voice, our sense of safety, our faith, our temper, our expectations or what tempts us.

Then reflect on those 4-5 lines and identify the one that stands out the most.

The aim is to uncover **the** relationship that wants *and most needs* your attention *right now*, the relationship that wants you to feed it so it can feed you.

## Option C

### How Do You NOT Cultivate Relationship?

It’s counterintuitive but true: arguing well can strengthen relationships unlike almost anything else. Those skilled at navigating the tense waters of a fight know that it’s not the fight itself but *the way* one fights that tears the threads of relationship. To have had a fight with someone that “fights fair” is to know that you can trust them when things get rough again. It leaves one clear that what matters most to the other is not winning but the relationship itself.

Here’s the good news: we can all get better at arguing well, at fighting fairly! And a great place to start is with recognizing the ways in which you **don’t** fight fairly.

So for your exercise this month, read [this article](https://www.huffpost.com/entry/worst-things-to-do-during-argument-15cc1ec65e4b066119de37b6d?utm_source=pocket_mylist) about 8 common argument mistakes ([https://www.huffpost.com/entry/worst-things-to-do-during-argument-15cc1ec65e4b066119de37b6d?utm\\_source=pocket\\_mylist](https://www.huffpost.com/entry/worst-things-to-do-during-argument-15cc1ec65e4b066119de37b6d?utm_source=pocket_mylist)) and identify the one or two you need to work on the most. And don’t worry about this being an abstract or intellectual exercise because, if you pick correctly and honestly, then you are bound to run into a situation this month where the temptation to use your old bad habits will surely appear. Which also means you will be given the opportunity to resist that habit and come one step closer to becoming someone people look forward to arguing with! :)

## Option D

### Cultivating & Recalculating the Sum of Us

No one doubts that racism divides us. It is the great and terrible opposite of cultivating relationship. But are we sure we’re clear about the exact cost of that division? Most often we assume that racism divides us into winners and losers. But could it be possible that in the end we all lose? This is what Heather McGhee argues in her essential new book, *The Sum of Us: What Racism Costs Everyone And How We Can Prosper Together*.

To honor its important and needed perspective, make reading it your spiritual exercise for the month. If you are challenged for time, you might instead engage one of these video/audio options:

Podcast conversation: <https://podcasts.apple.com/us/podcast/vox-conversations/id1081584611?i=1000512526401>

Interview with Trevor Noah: <https://www.youtube.com/watch?v=IzPse-90KTY>

TED Talk: <https://www.youtube.com/watch?v=eaCrsBtiYA4&t=1s>

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But don't stop there. Don't just read or listen to the above pieces. Instead work to identify *the single* sentence or paragraph in one of them that grabs you most, that seems to be trying to speak to you personally, that seems to carry a message or a call specifically for you, something that is challenging you to think or act differently.

## Option E

### Childhood Questions That Cultivate

It's often surprising how little we know about our partner's or close friend's childhoods. Yet awareness of that early part of one's life adds depth to our relationships in ways that little else can.

So for your exercise this month: **Fill in the childhood blanks!** With the below list of questions as your guide, have a conversation of depth with your partner or a close friend sometime this month.

Come to your group with the story of your favorite moment from the conversation.

#### Questions List

1. Who was your childhood best friend, and what is your favorite memory with that person?
2. What was your favorite childhood activity?
3. What was your favorite childhood toy?
4. What was your favorite movie growing up?
5. What was your first screen name?
6. Who was your first kiss? Do you think they remember you?
7. What sort of rules did you have in your house growing up?
8. What was your best family vacation?
9. Were you closer with one parent over the other? Why?
10. Were you closer with one sibling over the other? Why?
11. What caused you to get into the most trouble with your parents?
12. How did you and your family celebrate holidays?
13. What the best thing one of siblings did for you? What was the worst thing?
14. What kind of student were you?
15. Is there a childhood achievement you were particularly proud of?
16. What is your favorite childhood memory?
17. What was your childhood dream? Is there a particular reason you stopped pursuing it?
18. What was your most embarrassing childhood moment?

## Soul Matters Songs on the Theme

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

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

Direct link to **Cultivating Relationship** playlist on spotify:

<https://open.spotify.com/playlist/4rS7EkGTPQY1R1VjK9oDAW?si=6bfd330f4484795&nd=1>

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

[https://www.youtube.com/channel/UCL\\_fSD0\\_Ps01GauCVL\\_mKQ/playlists](https://www.youtube.com/channel/UCL_fSD0_Ps01GauCVL_mKQ/playlists)

Direct link to **Cultivating Relationship** playlist on youtube:

[https://www.youtube.com/playlist?list=PLvXOKgQQVYP4g7FvNsYXv\\_9BX9yoRU\\_pU](https://www.youtube.com/playlist?list=PLvXOKgQQVYP4g7FvNsYXv_9BX9yoRU_pU)



## COVID-19 Task Force Update

Current BC Stage 3 rules allow worship services indoors with no restrictions. A survey of our congregation has recently been completed (thank you all for your thoughtful input). Although some are looking forward to meeting in person, many responders would not feel comfortable attending an in-person service at present (click <https://victoriaunitarian.ca/wp-content/uploads/Re-open-Survey-summary-Sep-2021.pdf> and <https://victoriaunitarian.ca/wp-content/uploads/Re-Open-comment-analysis.docx> to see survey results).

Clearly we need to continue to provide a Zoom connection for our services, and our audio-visual systems in the sanctuary need some work in order to do that. The Amplify UU project, which will provide high quality broadcast capabilities, will not be completed until early January.

The church's sanctuary is ventilated by two heat pumps, which have been set to refresh the air every 20 minutes.

Keeping these factors in mind, the Board has approved the following:

The church will begin hybrid services, both in-person and on Zoom, on Sunday, October 31.

Only those who are fully vaccinated should attend in person; it will not be necessary to show proof of vaccination because as a covenantal church we undertake to be truthful with each other.

Everyone will wear a mask over nose and mouth while inside, with the exception of the presenter who will be distanced from the congregation.

No food or beverages will be served.

Musical presentations including singing will be allowed in small groups, distanced from the congregation.

The congregation may hum along with the music, behind their masks.

Chairs will be set up with social distancing in groups of one, two or three.

If you are experiencing any possible COVID-19 symptoms, you are asked not to attend in person.

The above are, of course, subject to change if the government of BC issues updated regulations regarding the public health response to COVID-19. Please check the eweekly for any changes.

- Your COVID-19 Task Force: Jim Willis, Nancy Dobbs, John Tiffany, Kristina Stevens, Rev. Melora Lynngood.

If there is one thing that has cultivated relationships among our kids during this pandemic, it's UU Minecraft. Starting again Oct 10th for just over an hour each Saturday morning, kids in grade 3-8 will be "Making Waves" by immersing themselves in a new series of 8 weekly sessions of creativity to make a better world in Minecraft. Be sure to register ASAP before the Sun 3rd Oct deadline as space is limited!

Water was the topic selected for this session through a democratic decision-making process by the last Minecraft group in August at UU Minecraft Camp. An ingenious COVID collaborative creation in partnership for two summers in a row with other UU congregations on both sides of the border in the Pacific Northwest, Arran helped our staff and volunteers, made up of both youth and adults, to bring these fully online camps to life.

As with all our previous sessions, this Minecraft session will be facilitated fully online by program leader staff Marissa. Many of you will remember our other program leader Abhi who brings the magic of movement to our intergen Zoom worship with a dance party. Families will remember both of them for their kindness to our kids and volunteers when we were still meeting in person at church. Our kids are so lucky that there are familiar faces to support them through our online gatherings. I am so lucky to have the support of two such talented and beloved long-time staff as we transition back to IRL (in real life) WALFN (without Arran Liddel for now).

To see who reads these articles all the way to the bottom, I'll sneak in a confession: I myself know next to nothing about Minecraft. I've had a long time to learn about it. A kid at church as far back as 2014 baffled his adult mystery buddy that he exchanged letters by his willingness to talk about little else but the intricacies of this unusual game. My ignorance is not for lack of ongoing efforts on the part of the kiddos in my life. My usually tight lipped stepkid will sometimes explain the Minecraft world for almost the full hour drive to and from her mom in Duncan each week. My kindergarten nephew explained this summer in his usual solemn way that the game's name tells us that, "first you mine and then you craft." As obvious as it sounds as soon as you hear it, I had never considered that basic truth.

My other confession is that while I've been involved in UU child, youth and family programming for over a decade, and orienting in this new role since the start of the church year, I definitely don't know what I'm doing or how to do it. And most days I'm surprisingly ok with that. I try to trust that we will all figure it out together. This church year has already proven that it will very likely not be what any of us expected, and yet we can be certain that the unexpected will continue to allow us to grow and make connections.

Anna Isaacs

Acting Director of Spiritual Exploration and Learning for Children and Youth

[dsel@victoriaunitarian.ca](mailto:dsel@victoriaunitarian.ca) or text or talk 778-557-3492



## Refugee Committee Report

We are very happy to share news from Immigration Canada that Mohammad, Fatemah, and Abdulrahman will arrive in Victoria on October 7.

A lot has happened since we received this update. We've been very fortunate to be offered a two bedroom apartment for the family. The location is about six blocks from Khaled and Raweah's house and is close to Rutledge Park and Mayfair Mall. Khaled says 'this is great news'.

After our two week search in the Victoria and Saanich heated rental market, the property manager of the building and the owners of the apartment reached out to help our refugee family. They also agreed to a quick occupancy date and are doing basic renovation work and painting in the apartment. In the meantime, Pat Kinrade and her team are working with speed both inside and outside the Unitarian community to collect furnishings plus bedroom and kitchen items to make this a wonderful home.



The Refugee Committee plans to hold a gathering in October/November when Mohammad, Fatemah, and Abdulrahman can meet us all. The additional funds we hope to raise at that time will be used to help with accommodation costs that have significantly increased since our original budget for the family was planned.

Stay tuned for more news when the family arrives in just over a month.

## FURNISHINGS NEEDED FOR REFUGEES

Two years ago FUCV sponsored Khaled, his wife and two children who fled the war in Syria. Khaled's family is now fully independent, and Khaled works in Victoria as a carpenter. Khaled's parents and brother are also refugees, and they are scheduled to arrive here in early October. FUCV will sponsor them for one year. We are looking for a two bedroom suite (contact Carol Smith [nuagesail@gmail.com](mailto:nuagesail@gmail.com) if you know of one). We also need furnishings for the suite. Please click on this link and make your additions if you can donate items – new or gently used – for the family. Thank you!

[https://docs.google.com/document/d/1dLQbWf-KeeNB34zA-rbKChTcSlvM\\_A0ja4W2NzNRAn0/edit?usp=sharing](https://docs.google.com/document/d/1dLQbWf-KeeNB34zA-rbKChTcSlvM_A0ja4W2NzNRAn0/edit?usp=sharing)

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### Message from Niki at the Church Office

**Shannon and I would like to thank the "Secret Chocolate Fairy" for the kind and thoughtful gift that was left on my desk. Thank you so much! Wow, made our day!**

## Delegate selection for November 27 CUC vote on the 8<sup>th</sup> principle

FUCV has been allocated six delegates to the CUC Special Meeting on the 8<sup>th</sup> Principle. Would you like to be considered? We are looking to make as diverse a team of representatives as possible.

We are asking that all potential six delegates confirm whether you are prepared to attend the online Special Meeting on November 27, 2021, and whether you can do the following to prepare for the vote:

Be well informed of the conversations about the proposed 8<sup>th</sup> Principle

**Read** the [Dismantling Racism Study Group's Preliminary Report](#) of October 2020 and their Final Report of May 2021

**Read** the CUC Board's "[The 8<sup>th</sup> Principle Process: Next Steps](#)"

**Attend** all three sessions of FUCV's [Expanding the Beloved Conversation](#) on **September 26, October 24, and November 21** (12:15-2:00 PM Sundays)

**Attend a forum** at which you listen to input from your fellow congregants about the 8<sup>th</sup> Principle on Wednesday evening **November 24**

If available, **attend** the [CUC-hosted forums](#) to bring congregations together in respectful conversation taking place on four Sundays (**September 19, October 3, October 17 and November 7**)

Be clear that you are voting according to congregational instructions rather than voting your conscience

If you can attend these sessions and do the reading, and you would like to be considered as one of our delegates, reply to Board President, Jim Willis at [jimwillis568@gmail.com](mailto:jimwillis568@gmail.com).

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### Indigenous Matters

The WSÁNEĆ Leadership Council has added a new [section to their website](#) to provide resources for non-Indigenous people's efforts toward reconciliation. There are some excellent resources here, including an audio that addresses how to pronounce WSÁNEĆ.



## [Transgender Inclusion in Congregations Course](#)

It's back! In case you didn't get a chance to take this course last spring, Rev. Melora is facilitating a couple more groups this fall. This is an online course, designed by a UU organization. Our congregants discuss the material together in small groups. The course is geared toward people from generally LGBTQ-welcoming congregations or faith groups who want to deepen their understanding of gender and transgender identities and are invested in creating truly trans-affirming faith communities. It is designed for people of all genders and has an **innovative intersectional perspective**. ([what is intersectional? Click here](#) for great short video)

### **The Discussion Groups (to discuss the online material)**

Each Group gathers 3 times. Choose ONE group:

**Tuesday 1pm-3pm, in person**, at church, Farmhouse Common Room

October 5

October 26

November 23

Sign up by adding your name to this [google sign-up sheet](#), or email [rev.melora@gmail.com](mailto:rev.melora@gmail.com) with subject heading "transgender inclusion" or text/call 250-891-6330

**Tuesday 6:30-8:30pm, online** (zoom)

October 5

October 26

November 23

Sign up by adding your name to this [google sign-up sheet](#), or email [rev.melora@gmail.com](mailto:rev.melora@gmail.com) with subject heading "transgender inclusion" or text/call 250-891-6330

### **The Online Material**

**Time:** Whenever works for you!

There are six sessions, which we are combining into 3 sets (we'll discuss 2 sessions at each of our 3 group discussions). Each session includes a 45- to 55-minute online video lecture by instructors Mykal and Alex, reflection questions, resources to take it deeper, and a short informal quiz.

- **Sessions 1 and 2** are designed to ground you in this work, theologically, spiritually, and historically, and help you explore why we are called as people of faith to dismantle gender-based oppression—as well as exploring how each and every one of us are impacted by it and practices that can help us stay present.
- **Sessions 3 and 4** explore gender diversity and the lived experiences of trans people—including the ways that race, class, and other factors influence those experiences—along with trans spirituality.

**Sessions 5 and 6** are all about culture and how to transform it. Expanding the circle of inclusion within a congregation or faith group requires understanding the unique culture of that group, along with how that culture works to include or exclude.

At the end of this course we will have a number of practices, frameworks, and tools that to help create an action plan for being radically welcoming to trans/non-binary people in our congregation.

Want to know more? Check out this [video about the course](#).

Questions, contact Rev. Melora [rev.melora@gmail.com](mailto:rev.melora@gmail.com) , text/call 250-891-6330



## [The Role of Faith Institutions in Mobilizing Canada for the Climate Emergency](#)

At our service on September 5<sup>th</sup>, Seth Klein gave a homily entitled *The Role of Faith Institutions in Mobilizing Canada for the Climate Emergency*. He challenged us with the same four criteria he uses to assess whether governments are taking the climate crisis seriously. So far, none is—not one!

If our government is serious about the climate crisis: 1) it spends what it takes; 2) it creates new economic institutions to get the job done; 3) it shifts from voluntary and incentive-based policies to mandatory measures; 4) it tells the truth about the severity of the crisis and communicates a sense of urgency about the measures necessary to combat it. These criteria need re-phrasing slightly to fit faith institutions. Let's see if our church is doing better than governments.

Criterion #1: Is our church spending what it takes to win? We have installed bicycle racks, electric car charging stations, and upgraded our heat-pump system. We're installing solar panels on our roof. Is this sufficient? Probably not. How about installing sufficient solar panels to cover all our electrical needs? How about increasing our vegetable garden production?

Criterion #2: Is the church contributing to new economic institutions sufficiently to get the job done? Greater Victoria Acting Together (GVAT) is not an economic institution, but it urges governments to take the climate crisis seriously and spend what is needed. Our membership fee to GVAT in the amount of \$1,500 a year suggests we're doing as well as can be expected on this one.

Criterion #3: Is the church urging governments to shift from voluntary and incentive-based policies to mandatory measures? For example, the provincial government carbon tax on fossil fuel use reduced CO<sub>2</sub> emissions temporarily but it's now almost ineffective. It's also unjust—it's harder on the poor than the wealthy. We need carbon rationing as outlined by George Monbiot in his book *Heat* (2007). We could be urging GVAT and the government to implement that policy.

Criterion #4: Is our church telling the truth about the severity of the crisis and communicating a sense of urgency about the measures necessary? Most emphatically we're not! Perhaps we don't want to further depress those suffering from the COVID 19 crisis. We need to leaven bad news with good.

The bad news: the climate crisis is only one of several crises we'll be facing over the next 3-4 decades. In addition to climate-associated forest fires, heat deaths, sea-level rise and more, there are simply too many of us on this planet. If we do nothing to redress this, "mother nature" will do it for us. This means a reduction in human population worldwide from our current near eight billion people to around five billion by 2080.

The good news: we can tackle the climate crisis, and also achieve population reduction via attrition, education, and family planning. Alternatively, we can let nature take its course. Reduction will then occur through violence, drought, sea-level rise, mass migrations, starvation, and disease (the harbingers of which we've already seen). Teenagers, like Greta Thunberg, are aware of what's in store, and are willing to do what's necessary. We need to help them.

So how is our church doing? Do we rate perhaps 5 out of 10? You decide. Then act—it's good for your health!

*Your GVAT core group: Susan Layng (lead), Lynn Beak, Hanny Pannekoek, Marion Pape, Philip Symons, Audrey Taylor, and Rev. Melora Lyngood (ex officio). **Comments and suggestions welcome!***

## Expanding the Beloved Conversation:

**Come one, come all! Sign up now**

How do we become the radically inclusive beloved community we long to be? The beloved community of which Dr. Martin Luther King Jr. spoke, a human community of social and economic justice for all, in which racism and all forms of discrimination, bigotry, and prejudice, are replaced by a radically inclusive spirit of solidarity, respect, and compassion for all.



As noted in the September newsletter, the [CUC Dismantling Racism Task Force](#) has reported that, despite our best intentions, Indigenous, Black, and People of Colour still experience microaggressions and other forms of racism in our Unitarian Universalist congregations across Canada. As anyone with a marginalized identity knows, we have more learning and growing to do if we are to become the radically inclusive communities we long to become.

What can we do? How can we begin to address this?

Come join the conversation!

Share your questions, share your learning, listen to what your fellow Unitarian Universalists have learned.

### **Expanding the Beloved Conversation**

3 sessions (attend one, two, or all three!)

**Sundays, after church, 12:15pm - 2pm**

September 26 (online, join here:

<https://zoom.us/j/93124211141?pwd=RjhFQ1VDTUhhZHVlL1AxclJlT2xhQT09> )

October 24, Farmhouse Common Room (or possibly online, check e-weekly)

November 21, Farmhouse Common Room

Last year (fall 2020), 30 of our members attended the in-depth, multimedia, anti-racism program [Beloved Conversations](#).

*Continued on next page...*

In these sessions, we will broaden those conversations. We'll address issues such as:

What are BIPOC people (Black, Indigenous, People of Colour) saying about their experiences in UU congregations in Canada?

How can I help our UU congregations be more radically inclusive?

What exactly is: 'white fragility?' 'a micro-aggression?' 'white supremacy culture?' How are those terms helpful in dismantling racism and other oppressions?

I understand those concepts, but I have a hard time explaining them to my friends and relatives. How do I do that – in a way that is helpful, grounded in love, and doesn't set off their defenses?

I understand those concepts, but I have a hard time speaking up when someone says or does something hurtful. How do I do that-- in a way that the message is most likely to be heard?

When talking with others about racism and oppression, how do I ground myself and the conversation in love, humility, openness, and curiosity? How do I have conversations that bypass defensiveness and build connection?

Please **sign up** by putting your name on this google doc, <https://docs.google.com/document/d/1rja2RzFK9MGOnDI2c7Back2UC-WOKUQbDhzBWb49bj4/edit?usp=sharing>

or by contacting Rev. Melora 250-891-6330 text/cell, [rev.melora@gmail.com](mailto:rev.melora@gmail.com) , with subject heading "expanding beloved conversation"

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## **Lion Hall Zoom Service Viewing and (optional) After Service Chat All October Sundays except, October 31 (Service in the Sanctuary)**

Provincial Guidelines have no restrictions on religious services, but your survey indicated that to feel safe for worship, certain restrictions are needed. With your survey in mind, the Board has approved worshipping together with the following restrictions:

Be fully vaccinated  
Wear masks over mouth and nose  
Hum with masks, not singing  
Social distancing of chairs

## Soul Matters Spirituality Group

Soul Matters is a spiritual self-exploration series based on the themes the Reverends adopt for each month. We then gather as a group for two hours once a month to be deeply heard.

Explore the monthly themes on your own with a package of materials then share what you have learned with the group. Some of the themes include: Relationship, History, Joy, Intention, Renewing Faith. No challenges to your contributions - just comments on what others learn from your sharing. A satisfying way to get to know others – and yourself - in a deeper way.

For accessibility, we will meet on Zoom, then have a couple of in-person social gatherings during the year.

Facilitated by Mary Burcher.

October 2021 to May 2022. The last Wednesday of each month, 6:30 – 8:30 p.m.

Contact Mary Burcher for details or to express your interest in joining. [mary.burcher@gmail.com](mailto:mary.burcher@gmail.com)



### Get Involved in the Music Programme this Fall

Did you know that at FUCV we have four music programmes that you can participate in?

**Chalice Choir** - meets Thursday evenings 7:30 - 9:30 and sings two Sundays per month.

**Farmhouse Ringers** (handbell ensemble) - meets on Monday mornings and performs in church once every two months.

**JAMMers** - meetings to be arranged once Covid restrictions are defined, sings once a month in local hospitals and nursing homes.

**Men's Choir** - meets every second Thursday evening 6:30 - 7:20 and performs on Sundays once every two months or so.

September is a good time to join one or more of these groups. For more information see our website page at <https://victoriaunitarian.ca/program/choir-and-music-program/>

Note that start-up times are currently dependent on the Covid situation, so please follow the contact links on the web page to ask about specific groups.

*-from Nicholas Fairbank, Musician*

# INVITATION RESEARCH PROJECT

## FORGOTTEN LIVES: THE EXPERIENCES OF TRANS OLDER ADULTS WITH DEMENTIA

### Are you:

- Over the age of 18
- Caring for a trans or nonbinary person who has Alzheimer's or dementia (mild or advanced)
- Providing regular care and support to this person, i.e. at least monthly

WE WOULD LIKE TO MEET WITH YOU AS PART  
OF A PROJECT EXPLORING THE LIVED  
EXPERIENCE OF TRANS PEOPLE WITH DEMENTIA  
AND THEIR CARERS

### What to know:

- A meetings will be scheduled by videoconference at a time of your choice
- Participation compensated by a 25\$ gift card
- Up to 120\$ of respite funds available to facilitate the interview, if needed
- Project co-led by a transgender person and a cisgender person using a trans-affirmative perspective

TO PARTICIPATE OR FOR MORE INFORMATION,  
PLEASE CONTACT:

[trans.dementia.project@gmail.com](mailto:trans.dementia.project@gmail.com)

Marjorie Silverman, PhD (she/her)  
Principal investigator  
School of Social Work  
University of Ottawa

Alexandre Baril, PhD (he/him)  
Co-investigator  
School of Social Work  
University of Ottawa



## Practicing Allyship

Rev. Melora Lynngood

We Unitarian Universalists are called to defend the inherent worth and dignity of every person to confront powers and structures of oppression. When we fight an oppression that targets people whose identity is different from our own, that's being an ally. Think about how you have served as an ally. Maybe you are: an able-bodied person who works against ablism, a settler who works toward truth and reconciliation, or a cisgender person who speaks out against transphobia.

I don't know about you, but I have found that the work of allyship can be tricky. It's hard to do it well; it is easy to do it badly.

For me, this work of allyship, has been a continual learning process. Here are a couple things I've learned over the years, that I'm guessing you have too --

I've learned that effective ally-ship requires that

(a) we engage in relationship – and that

(b) we take the lead from the people with the marginalized identity.

So, we don't determine on our own what we think will be helpful. We don't go parachuting in, telling people what to do, and how we can save them.

Instead.. with humility, we listen to their analysis of the problem. What do *they* say needs to be done? We listen, We learn, We show up when asked. We take direction from the people with the lived experience of the oppression.

A more recent learning for me is that our own attempts at allyship can be rendered ineffective, if, while trying to build that relationship, we are constantly saying things that are unintentionally hurtful.

Our inter-cultural blunders...

Canadians with brown skin report getting that relentless, "where are you from?" question all the time. Even if the answer is Toronto- for 3 generations--they are pressed, "no, where are you *really* from?" When they are asked this question again and again, way more than any white Canadian is asked it, the message they hear is, "I don't expect you to be from here. You don't belong."

I want to underscore that saying these things – especially when we do say them with good intentions—does not make us bad people.

It just means that to be good allies, we have to do the work of listening when people with marginalized identities tell us what kind of words or actions are hurtful. To be good allies, we have to set aside intent, and focus on impact.

Ideally, our congregations could become allyship learning spaces – places where we can help one another learn how to be effective allies on all sorts of issues. ...

The thing about a lot of prejudice and unconscious bias these days is that it comes out in ways that are so subtle, sometimes it is hard to catch ourselves at it, and hard to understand why it could be hurtful.

This is why I find the term "micro-aggression" so useful. "Microaggressions are comments or behaviors that 'other' or demean members of a marginalized group. They are often unintentional, but can cause serious psychological and spiritual harm over time— the effect known as 'death by a thousand paper cuts.'" [adapted Source: Stopping Harm, Restoring Relationship. Responding to Racial Microaggressions and Oppression in Unitarian Universalism](#)

Micro-aggressions are statements that are not necessarily *intended* to harm, but that have a harmful and demeaning effect, especially when experienced again and again.

And like I said, they are sometimes so subtle, it can be hard to explain why they are hurtful. We are getting better at it though.

*Continued on next page*

There's this scene I saw recently, on a TV show called, *Mixed-ish*. The setting is the 1980's;

a white male lawyer saunters into the office of a black female lawyer, perches casually on the corner of her desk, looks down at her and says, "This report you wrote is *actually* pretty good." The scene pauses, and the narrator cuts in, "Today, we would call this a micro-aggression. In the 80's, we called it a complement."

The term micro-aggression helps us to identify and call out those subtler ways in which prejudice is voiced and does harm. I find it helpful to practice.

How would you explain to a friend why that supposed compliment has a hurtful impact? "This report is *actually* pretty good."

Maybe you'd say that the "actually" shows the white man's surprise that the black woman's work is good, which reveals a prejudiced belief that black people - or women - or both -are less skilled, less intelligent. The 'pretty good' adds an extra layer of condescension.

The more we practice figuring out and explaining why these things are hurtful, the better allies we will become. I've learned too that we need to avoid asking the people with the marginalized identities to always be the educators. Allies can help other allies learn. So, for example, white people can help white people understand racism. And cisgender folks can talk with one another --and with google--about why it is helpful to put our pronouns on our nametags.

As a white settler, 11 years new to Canada, one of my biggest learning curves has been learning how to be an ally with Indigenous people.

You may recall that back in January 2020, 44 Unitarian Universalists in Victoria - perhaps including you -- participated in a workshop led by the Indigenous Perspectives Society. We learned about the legacy of colonialism, inter-generational trauma, resilience, and how to develop inter-cultural intelligence.

We were given lots of resources, including helpful lists of 'dos & don'ts.' You would think some of the don'ts would be obvious, like the list of colloquialisms that can be hurtful. But it wasn't until I moved up here and started learning about truth & reconciliation, that it occurred to me that I shouldn't use the term 'pow wow' as I had been. Shana had a similar realization about the phrase 'circle the wagons.'

Near the end of the workshop, we were given a handout with an exercise about microaggressions. The exercise listed 8 statements. Statements that are not intended to be hurtful by the speakers, but that have a hurtful impact on those who receive them.

Here are 3 examples:

"I wouldn't have thought you were Native - your skin is so pale!"

"I really like Native spirituality - in fact, I like to smudge my own home when I have guest coming."

"People would listen more to indigenous people if they were less angry."

The exercise first asks us to identify the possible negative messages that could be conveyed by each statement. It was multiple choice, so we had answers from which to choose. I think, for example, that when a non-indigenous person says... "I wouldn't have thought you were Native - your skin is so pale!" that can be heard as meaning... "Indigenous people all look the same. Physical traits are what make someone indigenous."

After we match the statements to the negative messages they may convey, the next assignment is to rewrite the statement in bias-neutral language.

I struggled with this. At first, for most of them, I thought, "Just don't say it." But I pushed myself to try to follow the intention and see if there was something else I could say.

How would you rewrite, "People would listen more to indigenous people if they were less angry?"

Yikes. Here's my attempt:

"White fragility and defensiveness prevents many white settler people from listening to Indigenous people when

*Continued on next page*

they get angry. I wonder how I, as a white settler person, can help other white settler people hear and understand the deep injustices and harm that evokes the anger.”

Or maybe it’d be more honest to say:

“As a euro-descended settler, from a conflict-averse culture, anger can make me feel fearful, guilty, or defensive. But I know I need to push through that and listen anyway, to the pain and injustice that evoke the anger.”

What about the other ones—what could possibly be an acceptable bias-neutral re-write of [“I wouldn’t have thought you were native –your skin is so pale!”](#) or [“I really like Native spirituality – in fact, I like to smudge my own home when I have guest coming.”](#) I would love to hear your ideas. Maybe you can share them at the next session of “Expanding the Beloved Conversation” (see page \_\_\_\_).

The more we help one another with this kind of learning, the more we will develop our cultural intelligence, the less unintentional harm we will do in relationship, and the more effective we will be as allies, the closer we will get to building the beloved community to which we aspire.

One last thing..

I’ve learned that allyship is not an identity you claim; it’s an action you take; and the action is never complete. It is hubris for me to declare to a person of color – “I am a white ally.” It’s not an identity badge I earn, and then show off to make me feel like a good person. Trying to act as an ally is something I continually work on. And I’m not actually the most qualified person to know if what I’m trying to do is actually helpful. As Robin diAngelo has said, it’s up to people of colour “to decide if, in any given moment, I’m actually behaving in allied or antiracist ways.” [source](#)

It’s my job to stay open to the learning, and to keep trying.

This will be an ongoing conversation, I’m sure. I hope you will join in the “Expanding the Beloved Conversation” sessions- Sept 26, Oct 24, Nov 21. [See page \\_\\_\\_\\_](#).

-Adapted from sermon, “Allyship and Integrity,” August 30, 2020



**Practicing  
Allyship**



## Amplify UU Update

The Amplify UU Team has been hard at work through the summer. Two proposals for sound and video were received and evaluated and one was selected and is proceeding. A separate lighting proposal has been evaluated and details are currently being finalized. The team is being diligent in ensuring that the project remains within budget and that timelines will be met.

Through the process several issues have arisen. One that remains unresolved is the question of sun shining on the North wall and screen during services through the winter months. While the upgraded projector and screen will partly alleviate that, the real solution is the ability to shade the East window. Potential solutions are being investigated and a recommendation will be made to the Board.

Another issue is that we are still waiting for Saanich to issue a building permit for the sound booth. This is urgently needed so that we can offer an interim Zoom option once in-person services resume.

The Amplify UU team greatly appreciates the support of the congregation for this visionary project. And special thanks to Gary Theal, Peter Hancock and Jamie Twidale who are devoting a huge amount of time to the technical and logistical challenges of the project, and to Marion Pape, our Team leader, who jumps in to trouble-shoot as issues arise.



## Song Circle/Zoom Sing – Everyone Welcome

*Jewel Spooner, Nancy Dobbs with our tech support, Bernhard Spalteholz*

October 1 in the Sanctuary CANCELLED due to pandemic concerns.

Join us for:

Zoom Sing – Everyone Welcome      Fridays from 3:30- 4:30

**October 1, 15, 29**

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.

Please email Nancy Dobbs [nandobbs@telus.net](mailto:nandobbs@telus.net) for a Zoom link.

## CUC\* Events

\*CUC is the “Canadian Unitarian Council,” our Canada-wide organization of Unitarian Universalists

<https://cuc.ca/events/>

### Featured Event: Media, Racism, and Censorship with Christine Genier

Wednesday, October 20, 2021, 4:00 pm PT | 5:00 pm MT | 6:00 pm CT | 7:00 pm ET | 8:00 pm AT

Indigenous broadcaster Christine Genier speaks to us about her experience as a truth-teller in a predominantly white institution that promotes itself as multicultural.

As we look at ourselves and institutions through a decolonizing and dismantling racism lens, Genier reflects on what true inclusivity of diverse voices can look like if we pay attention to what is being communicated to us; the role of censorship in media, and how controlling the pace of someone else’s truth is harmful for everyone.

This 60 minute address will be followed by a 30 minute Q & A session where the audience can ask questions to delve into things more deeply. No prior skills or expertise required. All are welcome.

Register at <https://www.eventbrite.ca/e/media-racism-and-censorship-with-christine-genier-tickets-164031220797>

### UU BIPOC Space

Saturdays, September 18, and October 16

9am PT | 10am MT | 11am CT | 12pm ET | 1pm AT

A space for UUs who are Indigenous, Black, and People of Colour, ages 18 and up, to gather safely to share experiences, stories, and be change-makers. Join Rev. Fulgence Ndagijimana and Vyda Ng to share what is on your minds and in your hearts.

Details [here](#).

Join on Zoom at [http://bit.ly/UU\\_BIPOC](http://bit.ly/UU_BIPOC)

### Leaders Roundtable

Saturdays, September 25, and October 30

9:00 a.m. PT | 10:00 am MT | 11:00 am CT | 12:00 pm ET | 1:00 pm AT

Join Vyda Ng and CUC Board members in reflection about accountably dismantling racism and being radically inclusive, one of our [5 Aspirations](#). For this August 28 roundtable, bring your questions, concerns, affirmations, and wonderings. These specific roundtables on this topic will run on the last Saturday of each month until October 30. After that date, other timely topics will resume. Connect on [Zoom](#).

### Connect and Deepen

Sundays, September 12 and 26 and October 10 and 24

1 pm PT | 2 pm MT | 3 pm CT | 4 pm ET | 5 pm AT

Connect and Deepen is a regular small group ministry in which participants gather, virtually, for meaningful discussion, connection and reflection.

More information is available at <https://cuc.ca/events/connect-and-deepen-september-october-2021/1631462400/1631467800/>

*Continued on next page*

## **Gathered Here**

Join other UU 18-35 year-olds on Zoom (a video-conferencing platform) for sharing of joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community.

Monday, September 13

5 p.m. PT | 6:00 pm MT | 7:00 pm CT | 8:00 pm ET | 9:00 pm AT

Thursday, October 14

11 a.m. PT | 12:00 pm MT | 1:00 pm CT | 2:00 pm ET | 3:00 pm AT

More information is available at <https://cuc.ca/events/gathered-here-sept-nov-2021/1631563200/1631568600/>

## **Dismantling Racism and 8th Principle Forums**

The CUC will hold a series of 4 forums to bring congregations together in respectful conversation. The forums are cumulative and each one will build on the one before it, and participants can attend these as a series or as stand-alone sessions, although we encourage you to attend all four, especially congregational leaders and delegates. The forums will focus on reflection and embracing action to prepare us for making a significant decision at the Special Meeting on November 27th.

Sundays, September 19 and October 3 and 17, 4 pm PT | 5 pm MT | 6 pm CT | 7 pm ET | 8 pm AT

More information is available at <https://cuc.ca/events/8th-principle-process-forum-1/1632078000/1632083400/>

## **Lay Chaplain Q&A**

### **Ask Us Anything – Lay Chaplaincy Edition!**

Tuesday, September 28 – 4:00 pm PT | 5:00 pm MT | 6:00 pm CT | 7:00 pm ET | 8:00 pm AT

For all those interested in becoming a lay chaplain, and for continuing lay chaplains with burning questions.

More information is available at <https://cuc.ca/events/lay-chaplain-qa/1632855600/1632861000/>

## **Serving With Spirit Leadership Workshop Day (Registration Deadline is Sept. 26th)**

Saturday, October 2, 8:30am – 4:30pm PT/ 9:30 am – 5:30pm MT/ 10:30 am- 6:30 pm CT/ 11:30am – 7:30 pm ET/ 12:30 – 8:30 pm

We welcome you to join fellow Canadian UUs as we together explore

- identifying leadership gifts and welcoming ways to express them
- finding creative expression for UU values

building skills so that our structures reflect our UU principles

More information is available at <https://cuc.ca/events/serving-with-spirit-leadership/1633174200/1633203000/>

## **Widening the Circle of Concern: Canadian Perspective (Registration Deadline is Oct. 7th)**

October 16 and 30, November 13, and December 4, 8:30 am-4:30 pm PT/9:30 am – 5:30pm MT/ 10:30 am- 6:30 pm CT/ 11:30am – 7:30 pm ET/ 12:30 – 8:30 pm AT

Join us for a Canadian UU exploration to broaden our understanding of social justice and its implementation within our communities. Your congregation and/or group is invited to send a team of lay leaders and religious professionals to engage in learning an adapted Canadian version of the UUA's study guide – **Widening the Circle of Concern**. Participants, those who have a demonstrated commitment to anti-racism, social justice, and are interested in changing systems in the congregations, will become facilitators as the program runs in Canadian UU communities in 2022 and beyond.

More information is available at <https://cuc.ca/events/widening-circle/1634383800/1634410800/>

*Continued on next page*

## Communicating from the Heart

1st weekend: October 22 – 24

2nd weekend: October 29 – 31

This webinar is a multi-part advanced communications training, with a focus on building effective listening focusing on effective listening on the first weekend, leading to building effective speaking skills on the second weekend, with some exercises in between. Lay Chaplains have been invited to register and now registration is being opened up to others. Spaces for lay chaplaincy candidates, ministers, ministerial students, and service leaders are dependent on availability. Registration closes September 30th, 2021, 11:59pm PT.

The program will be facilitated by Sara J. Hilton, a professional speaker, speaking coach and trainer. Her bio can be found on her website [Spoken Advantage](#).

More information is available at <https://cuc.ca/events/communicating-heart/1634925600/1635096600/>

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## BIPOC Space

### for UUs in Canada who are Black, Indigenous, and People of Colour

Saturday, October 16 – 9 am PT | 10 am MT | 11 am CT | 12 pm ET | 1 pm AT

The Canadian Unitarian Council (our national denominational organization) hosts this space for Unitarian Universalists (UUs) who are Indigenous, Black and People of Colour, ages 18 and up, to gather safely to share experiences, stories, and be change-makers. Meets on the 3rd Saturday of each month.

Questions? Contact Vyda Ng [vyda@cuc.ca](mailto:vyda@cuc.ca) (CUC Executive Director) or Rev. Fulgence Ndagijimana [fulgence.ucs@gmail.com](mailto:fulgence.ucs@gmail.com)

Join on Zoom at [http://bit.ly/UU\\_BIPOC](http://bit.ly/UU_BIPOC)





<https://weseedchange.org/>

The Share the Plate charity for October 2021 is SeedChange, formerly known as USC Canada. USC was founded in 1945 by Lotta Hitschmanova as the Unitarian Service Committee of Canada. It updated its name to SeedChange in October 2019.

FUCV, and Unitarians in general, have a long history with this non-profit organization that works with farmers around the world. The main goals of their work is to strengthen farmer's ability to grow food sustainably with locally adapted seeds by providing programs that:

- Save, share and breed new seeds directly in the field.

- Restore degraded lands and soil through regenerative techniques.

- Find local solutions to water shortages and climate change.

- Launch successful enterprises and cooperatives to increase their incomes.

- Share and deepen their farming knowledge, with a special focus on the valuable knowledge of women farmers and Indigenous peoples.

- Advocate for their rights at the local, national and international level.

Large-scale industrial farming of today is not a viable approach. It puts profits from food and seed in the hands of only a few. It accelerates biodiversity loss, contributes to climate change, and contaminates our soil and water.

Farmers' work is essential, yet they don't earn a fair income. Their rights to land and seed are under threat. Women and Indigenous farmers face discrimination, and opportunities for young farmers are hard to come by. Seventy per cent of the world's food is grown by 2 billion family farmers. Nearly half of them live below the poverty line.

When you support SeedChange, you support 35,000 small-scale farmers fighting for justice, health and sustainability. You allow hard-working farmers to break down barriers to healthy and sustainable food, so they can nourish their communities and live better lives. You will also support SeedChange's work to influence global food production policies that protect farmers' rights and nurture fertile landscapes, regenerating the water, soils and vegetation that humans, plants, and animals depend on.

***"Farming is the profession of hope." – Chaitanya Joshi***

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# SONG FOR AUTUMN



In the deep fall  
don't you imagine the leaves think how  
comfortable it will be to touch  
the earth instead of the  
nothingness of air and the endless  
freshets of wind? And don't you think  
the trees themselves, especially those with mossy,  
warm caves, begin to think



of the birds that will come—six, a dozen—to sleep  
inside their bodies? And don't you hear  
the goldenrod whispering goodbye,  
the everlasting being crowned with the first  
tuffets of snow? The pond  
vanishes, and the white field over which  
the fox runs so quickly brings out  
its blue shadows. And the wind pumps its  
bellows. And at evening especially,  
the piled firewood shifts a little,  
longing to be on its way.



—MARY OLIVER

## CALENDAR:

[CLICK HERE](#)

## Membership Changes

## 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.



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

## OCTOBER BIRTHDAYS

Karen	Sharlow	October 01
Cedar	Thokme	October 01
Lexington	Allder	October 03
Francois	Duruiseau	October 06
Karen	Furnes	October 08
Mariko	Matsumoto	October 11
Margaret	McKelvie	October 12
Scott	Branch	October 13
Barry	Wiebe	October 13
Doreen	Burgess	October 14
Stuart	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
Peter	Schulze	October 20
Lorna	Shaw	October 20
Virginia	Daniel	October 25
Marion	Pape	October 25
<u>Don</u>	Armstrong	October 27
Helen	Hvozdanski	October 27
Allen	Milne	October 27
Susan	Lean	October 28
Diane	Berry	October 30
Kent	Haden	October 30
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# FIRST UNITARIAN CHURCH OF VICTORIA

5575 West Saanich Road • Victoria BC • V9E 2G1

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*Continued next page*

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