



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

SERVICES IN JANUARY 2022

SUNDAY SERVICES BEGIN AT 10:30 am



Welcome to
Living with Intention!

A scenic landscape photograph showing a range of mountains under a blue sky with scattered white clouds. In the middle ground, a flock of birds is captured in flight against the sky. The foreground shows a lush green hillside with trees and shrubs.

****The first service in January is online-only. The rest are both in-person and online. Check e-weekly to confirm.****

We continue to take Covid precautions. Based on BC guidelines and on our congregational survey telling us your comfort level, our current agreements are to have:

- ages 12 and up double vaccinated
- ages 5 and up wear masks covering nose and mouth while indoors
- maintain 6 feet distance where possible
- for now, no congregational singing, but we can hum along
- singers and speakers are at least 15 feet away from the first row

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

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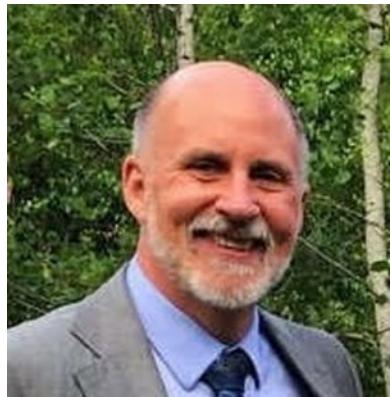
Sunday, January 2, 10:30am

GVAT - Moving Forward in a Challenging Year

Joe Chrastil, guest speaker; members of FUCV's GVAT Core Team, collaborators

Casey Stainsby, worship associate

Online Only Zoom Service



This service will review the accomplishments over the past year of Greater Victoria Acting Together (GVAT), of which our church is a member. In a recorded interview, our guest Joe Chrastil will explain how organizations like GVAT came about and where we are headed as we harness GVAT's incredible power to make a difference in our communities. As well, there will be updates on each of the Action Research Teams. Join us for this annual service and learn how GVAT is making a significant impact in our community.

Joe Chrastil has over 40 years of experience in building action-oriented community organizations - focusing on leadership development and capacity building - that have addressed a wide range of issues related to jobs, immigration, health care, education, climate change, housing, and transportation. He is currently the Director / Lead Organizer for the IAF (Industrial Areas Foundation) Northwest, responsible for oversight and support for the leaders and organizers of the IAF affiliated organizations in Canada (Victoria, Calgary, Edmonton), the Northwest US (Seattle –Tacoma, Spokane, Portland, Missoula) Australia (Sydney, Brisbane) and New Zealand (Auckland and Living Wage NZ).

Sunday, January 9, 10:30am

An Intentional Life

Rev. Shana Lynngood, homilist

Lynne Bonner, worship associate

In-person and Online Zoom Service

(First Sunday with Amplify UU complete)

The beginning of a new year is a ripe time for exploring how much intention we bring to our living. This month's theme invites us to reflect on how much we deliberately chart a path through our days and how often we feel as though life happens to us. As you lean into 2022, what are you noticing about the amount of focus you are placing on how you are living? Is that different from looking at what you are doing?

Sunday, January 16, 10:30am

How Are You Being?

Rev. Melora Lynngood, homilist

David Tietz, worship associate

In-person and Online Zoom Service

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To paraphrase one of this month's soul matters questions, do you wake up asking yourself, "What do I have to get done today?" or "How do I want to be today?" In this month of intention, this Sunday, we look at what happens when we focus our intention on being rather than doing. How do you want to be in the world? What 3 words would your friends use to describe your being? If you had to choose 3 words that describe how you want to be in the world, what would they be? Loving, generous, kind, humble, thoughtful, honest, attentive, grateful, calm, present...? How do you live into that intention?

Sunday, January 23, 10:30am

Time and Again

Rev. Shana Lynngood, homilist

Fran Pardee, worship associate

In-person and Online Zoom Service

Our relationship to time can often be contentious. The pandemic has changed our sense of time, with days and even weeks and months running together. How can it be that we feel simultaneously like we never have enough time, and that we can't seem to make the most of the time we do have? This morning we'll explore our relationship to time, both in the day-to-day sense of what we do with each day, and in the macro sense of what we make of a lifetime.

Sunday, January 30, 10:30am

Getting Better

Anna Isaacs, homilist

Emily Tietz, worship associate

In-person and Online Zoom Service

We can all get stuck. When our intentions don't match our impact, how do we know whether to change our expectations, try harder, or seek a new way?



IN THIS ISSUE

Service Blurbs.....	1	Widening Circle of Concern; Share the Plate, GVAT.	14
Committee on Ministry, Key Reminder.....	4	Refugee Report.....	15
Worship Signup, Covid Guidelines.....	5	Honoured Volunteer	16
Monthly Theme.....	6	Zoom Sing.....	17
SELCY.....	10	Doctrine of Discovery Invite.....	18
Amplify UU.....	11	CUC Events.....	19
Transgender Inclusion Course.....	12	Calendar, Birthdays, Membership News, Editorial Guide-lines.....	20
Upcoming CUC Inclusivity Forums		Staff, C&C.....	21
CUC Inclusion Forums, Alternative Families, Dis/abilities, Class February, March, April.....	13	Ads.....	23

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, and Jan Thomson.

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!

Niki Mullin

Office Administrator



Sign Up for In-Person Worship and COVID Guidelines

Due to Amplify UU Construction, the sanctuary will be closed for Sunday services Jan 2. On this Sunday we will worship online instead. Looking forward to a return to in person worship on Jan 9 with our new Amplify UU audiovisual system. Because the congregation indicated on our fall survey that they are most comfortable with in person if we are seated at a distance, **seating will be limited**. In order to avoid having to turn people away at the door, this means **you must sign up in advance to attend services in person**. (The sign-up sheets will also be useful if contact tracing is necessary.)

You may register for an in-person seat in the sanctuary at this link:

<https://rsvp.church/r/uYZwZfyw>

- Choose the service you wish to attend.
- Enter the number of people in your party so we know we can seat you together.

If you find that you are unable to attend any given service after you sign up, you can **cancel your registration** by clicking the link that gives you that option on your confirmation email. This will make your seat available to someone else. See instructions here:

<https://help.rsvp.church/hc/en-us/articles/360061177914-How-Attendees-Can-Delete-Their-Own-Response>

In case of difficulty using the link to register or to cancel, contact Nancy Dobbs at (250) 652-5438 (home), 778 350 5541 (cell) or nandobbs@telus.net

The church's COVID-19 Team reached out to the church community with an email notifying members, friends and attendees that one person attending the November 28th service had tested positive for COVID. This person, who was double vaccinated, has completed their self-isolating period with no transmission, which confirms that our protocols are working.

Covid info & Guidelines: The church's sanctuary is ventilated by two heat pumps, which have been set to refresh the air every 20 minutes, with 100% outside air. HEPA filters for ventilation are being purchased for the Farmhouse common room (1), Farmhouse office (1) and the Lion hall (2). They should be left in place and run at the 2nd setting.

The latest provincial COVID-19 guidance, dated 1 Dec, is available at: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/faith-based-spiritual-and-worship-practices>.

Keeping these factors as well as congregational survey results in mind, the Board has approved the following:

- Those who are **eligible** should only attend in person if they are **fully vaccinated**; it will not be necessary to show proof of vaccination because as a covenantal church we undertake to be truthful with each other. Although children under 12 have just become eligible to be vaccinated, all children are welcome in person at church.
- Everyone age 5 and up must wear a **mask over nose and mouth** while inside, with the exception of the presenter who will be distanced from the congregation. Mask rules and rules for all programming involving children will follow BCCDC guidelines <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-and-children> and as of Oct 1st, this currently means everyone age 5 and older is required to wear a mask. Those younger than 5 are welcome to wear masks when it is considered safe by caregivers for them to do so, and mask wearing is considered unsafe for those under 2 years.
- All staff and volunteers working with children must provide Director Spiritual Exploration for Children and Youth with proof that they are fully vaccinated before being allowed to work with children.
- 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. Please endeavour to keep a six foot distance when moving about the space.
- If you are experiencing any possible COVID-19 symptoms, you are asked not to attend in person.

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

Thank you for your patience as we adjust to the ever-changing circumstances.

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

January's Monthly Theme: Living with Intention!



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 you own. If the list is overwhelming, scan it, and simply choose one question to ponder and revisit over the course of the month. See what insights might come from living with the question over time. Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out which question is “yours.” Which question captures the call of your inner voice? Which one contains “your work”? What is it trying to get you to notice? Where is it trying to lead you?

1. What did your parents intend to do with their lives? Did they fulfill it? And whether they did or didn't, what did you learn from watching them try?
2. What is your intention when you wake up? Some begin the day by asking, “What do I have to get done?” Others ask, “What do I want this day to be about?” Which are you?
3. Are you too intentional? Is it time to put down all the “doing” and pay a bit more attention to “being”? Has your long list of intentions left you feeling exhausted and even lost?
4. They say intention arises from within. So, what do you do to stay in touch with the fire in your belly?
5. They say intention takes pause. So, when was the last time you stopped, stepped back and allowed yourself to ask, “Am I going in the right direction?”
6. They say, “Habits eat good intentions for breakfast.” So, what new habit might you put in place that enables your intentions to become real?

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7. What if it's not about what you intend to do with life, but about what life intends to do with you?
8. Have you ever felt that life was living you rather than you living it?
9. Is it finally time to give up that unrealistic intention? The one you've failed at following through on again and again? The one you've been beating yourself up over, again and again? Is it time to intentionally be gentle with yourself and let it go?
10. Are you as good at assuming the good intentions of others as you are at defending your own?
- 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.

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

Filling in The Blanks With Intention

It's not easy to stay true to your deepest intentions. But often it's even harder to figure out what they are. This exercise assumes that our deepest self already knows our core intentions and our work is to decipher what it wants us to hear. To help, you are invited to access and download [this document](#). It contains uncompleted sentences. Fill them in, then step back and see if you notice any patterns or surprises in them. When filling in the blanks, trust your instincts. In other words, don't spend a lot of time pondering what to put in the blank. Instead just write down the first or second thing that pops in your head. Think of it as a Rorschach test on intention.

After you complete the sentences on the linked page, use these questions to help you reflect on the answers you wrote in the blanks:

- What would you change after giving the completed sentences a second look?
- What surprises you?
- Would your closest friend or partner agree with how you filled in the blanks? (Maybe even ask them!)
- What 2 or 3 sentences seem to merit your greatest attention right now?
- What single intention are you ready to make based on listening deeply to what the list of completed sentences is trying to tell you?

Share with a friend or fellow congregant the 2-3 questions that you engaged the most and why that was so. And if you are comfortable, consider sharing what single intention you set based on the exercise.

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Option B

Start Your Day with Intention

"At the beginning of the day, the mind is most open to receive new impressions. One of the most important things we can do is to take full responsibility for the power of the morning."

- Marianne Williamson

"Your day is pretty much determined by how you spend your first hour." - Anon

This exercise invites you to explore the power of intentional mornings. Too often our days take hold of us rather than us taking hold of them. So, for at least one week, pick one of the practices listed [on this page](#) to begin your day with a greater sense of intentionality and purpose.

Option C

Just Eat!

Multitasking is king. All of us do it. It's become a habit. Just the way things are. In other words, we are now multitasking *unintentionally*! So this month, let's intentionally try doing one thing at a time, or as [some people](#) say, let's try *single tasking*! Here's your challenge in a nutshell:

Pick one thing you usually do while multitasking and instead do it, and it alone, each day for a week!

So many options to choose from. The obvious one, of course, is eating. That's right, pick one meal a day and do nothing but eat. No watching TV at the same time. No checking your email as you chomp down. Just intentionally eat and focus on your food. Or maybe narrow it a bit more and single-task with your first cup of coffee or tea each morning. For ten minutes just do nothing but sip. Ten bucks says you will notice the aroma in your nose and heat on your tongue in a way you've not in a long time. Some of us will choose to do a chore without our usual distraction of listening to a podcast while washing the dishes or sweeping the floor. Others may apply this practice to our morning commute and just sit and ride. No newspaper reading or headphones in. When you walk the dog, just do that! When you shower, just shower. When you shave, just shave. When you pet your dog, just pet your dog. You get the point. The challenge is picking the one thing you will do each day for a week.

[Researchers](#) say that when we single-task, even for just ten minutes a day, depression decreases and happiness increases. We also [remember](#) and [notice](#) more. In other words, when we intentionally focus on what we are doing, our lives don't just become happier, they become richer. Not a bad deal for ten minutes a day!

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Option D

Octavia's Call to More Intentionally Shape Our Future

"When a student asks Butler what the answer is to ending the suffering in the world, she replies, '... there's no single answer that will solve all of our future problems. There's no magic bullet. Instead there are thousands of answers—at least. You can be one of them if you choose to be.'"

There's no better time to read or reread Octavia Butler's books, particularly Parable of the Sower and Parable of the Talents. These visionary and cautionary science fiction works confront us with an inescapable call to more intentionally shape our future. So start with [Parable of the Sower](#) and move on to [Parable of the Talents](#). Engage one or all of the below articles beforehand. They will convince to go out and get the books today! Why So Many Readers Are Turning to Octavia Butler's Apocalypse Fiction Right Now

<https://slate.com/culture/2020/09/octavia-butler-parable-of-the-sower-talents-pandemic.html>

- A Few Rules For Predicting The Future by Octavia E. Butler

<https://commongood.cc/reader/a-few-rules-for-predicting-the-future-by-octavia-e-butler/>

- The Radical Hope of Octavia Butler

<https://www.aaihs.org/the-radical-hope-of-octavia-butler/>

Related Podcast: <https://www.npr.org/2021/08/25/1030976863/octavia-butler-visionary-fiction-2021>

Butler's statement of purpose and intention: <https://www.tor.com/2016/01/29/octavia-butler-note-of-encouragement/>

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 **Living with Intention** playlist on spotify:

<https://open.spotify.com/playlist/5W0IFcs76nFli39ug1rsWm?si=7ecf4a615cd94dc0&nd=1>

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

https://www.youtube.com/channel/UCL_fSD0_Ps01IGauCVL_mKQ/playlists

Direct link to **Living with Intention** playlist on youtube:

https://www.youtube.com/watch?v=voGqlJ43Fv0&list=PLvXOKgOQVYP43RkwXnV_On4I5XVKskwTb

Spirituality in the Trenches This Hot Mess of a New Year

“Faith development is all we do. Unitarian Universalism is the faith we teach. The congregation is the curriculum.” Connie Goodbread.

Due to Arran’s encouragement, I signed up for a “settling in” course this fall offered to those like me who are new to leading UU children and family programming. Holy heck are we all stressed out by trying to learn a new job and figure out how to serve families during a pandemic. I am in deep awe of the good hearts of these newly found colleagues across the continent. Like any reasonable meeting these days, most of our time was spent on extended Zoom check-ins affirming that we weren’t alone in our mighty struggles. This helped me out a lot.

I learned from this training that Universalist churches used to teach kids to read and write. Why? Most of the kids in these working class congregations spent their weekdays doing paid labour instead of attending school, so their churches decided the most important thing that they could offer to the spiritual development of these kids was basic literacy. This factoid was part of a really interesting session about faith development and the wrought faith model shared by Joy Berry. I don’t think this was the key learning that the organizers expected me to leave with, but we don’t always get to choose what we learn. It threw the doors wide open for me in imagining what church could be and could mean for our families.

Many families struggle to stay afloat in a raging river of formal learning and tight schedules these days. My sense is that the most impactful thing we can do for kids is to care for the exhausted parents that love them so fiercely. What is our modern day equivalent to teaching reading and writing that we will choose as our offering to the spiritual life of our UU families? I don’t think the answer is families rushing Sunday morning to attend age-segregated classroom instruction. Put bluntly in the title of a famous 2017 UU article, we have reached “The Death of Sunday School.”

I think this moment calls for us to help UUs of all ages practice healing and trust in all their many forms. Useful buzz words like consent-based, trauma-informed, intensive parenting, spiritual bypassing, radical acceptance, somatics, empathy and neurodiversity all hint towards a path forward to living our 8 UU principles, but I don’t yet know what the specifics look like for our families in 2022. To practice what I preach, I invite you to let me know what might help with healing, and I’ll trust that we will find a way there.

I have found myself wondering if working with intention calls me to turn off the screens and instead mask up to invent some sort of physically distanced family pastoral care house call modelled on the work of doulas. I can feel my shoulders soften and the chatter of catastrophic thinking quiet when I daydream about spending my working hours knocking on doors with a gluten free vegan casserole while I do some laundry and dishes and family members clear a patch of floor in another room to lie down on and do some box breathing or hold a dance party while they wait for dinner to warm.

Perhaps this idea feels too in-person for this omicron moment. All ages interfamily online board game play dates? Making a box of junk left out on your doorstep disappear? Let’s give up on our Sunday best game faces and get real in this hot mess of a moment. The only reasonable way to do church in these circumstances is to snort with laughter and have an ugly cry in our bathrobes all in the same Zoom call. If your family’s spiritual needs are totally different than my musings, all the better. Let’s find a way forward together.

P.S. I’m serious about looking for doable ways to provide practical support and care to individual families. Get in touch. I mean it. And yes, I’m talking to you.



Installation is Underway

Despite continuing supply chain problems caused by the worldwide pandemic and regional weather, new AV equipment is being installed. It's hard to provide a reliable update because deliveries and delays occur daily. Our volunteers and contractors demonstrate maximum flexibility and creativity moving ahead. Many thanks to our team of volunteers – Gary Theal, Jamie Twidale and Peter Hancock for keeping all this on track.

What we do know is that as we return to hybrid services from the sanctuary in January, we will have a much-improved system. As of this Newsletter deadline a new 160 lb. projection screen is installed but the promised projector has yet to show. The old projector remains in place until it arrives. We have a functioning and improved sound system although parts are still to arrive. Three of the four cameras are installed. Most of the delayed equipment will be installed and implemented as they are received. Installation of lighting will be delayed until we have five consecutive days without renters in the sanctuary. Our operator volunteers have been receiving training during December, with more to follow as delayed equipment is received. The upper acoustic panels will be installed after Christmas, as scheduled.

In short, our technical team has worked hard – adapting along the way to accommodate global and regional supply issues. Much of the installation will be complete by January, with more to be completed in the New Year.

Gary Theal's Reflections on our Sanctuary Infrastructure

"Sometimes the unseen in a project is just as amazing as what is seen. At this stage of our operation, it is so impressive to see the behind-the-scenes diagrams of cabling, wiring and conduit come to life winding throughout the building. Weaving out from our new AV booth and west hall AV closet, crisscrossing the basement ceiling, reaching up to the very peaks of the north wall, with ins and outs from the east and west walls; infrastructure designed and installed to support a vibrant future."

Capital Campaign

Many thanks to everyone who pledged and donated to our capital campaign as scheduled. We'll include an update on final numbers, including contributions received to December 31, in the February newsletter.

If you have questions about AMPLIFY-UU please contact Marion Pape at marionpape@shaw.ca or John Hopewell at hopewell@telus.net





Transgender Inclusion in Congregations Course

Jan & Feb 2022

It's back! In case you didn't get a chance to take this course last spring or last fall, Rev. Melora is facilitating one more group this January and February.

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)

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

- January 25
- February 8
- February 22

Sign up by adding your name to this [google sign-up sheet](#), or email 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.

Cost: No cost to you. The cost for the course has been covered by the First Unitarian Church of Victoria.

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

Questions, contact Rev. Melora rev.melora@gmail.com , text/call 250-891-6330

Upcoming CUC Inclusivity Forums:

Alternative relationships, Dis/abilities, Class

(CUC = Canadian Unitarian Council, our national organization of Unitarian Universalists)

We started this congregational year in Fall 2021 focused on dismantling racism within Unitarian Universalism and were thrilled to have over a hundred people attend each of the four CUC forums! The New Year 2022 will see three additional Forums which we anticipate will be attended with much enthusiasm as congregations work to dismantle barriers to full inclusion for all. Please register early so we can properly prepare for these important events.

All members and friends of the First Unitarian Church of Victoria are invited to attend these national forums for Canadian Unitarian Universalists.

Materials for each forum will be shared in advance. At each forum, we'll discuss how UU communities can become more inclusive. The CUC's Responsibility Covenant will be used to promote safety for all in attendance.

Welcoming those in Alternative Relationships and Families

Wednesday Feb 2, 4-6pm PST

This forum will focus on the experiences of UU's in alternative relationships and family structures within UU groups/congregations. This includes, but is not limited to, ethnically non-monogamous relationships, polyamorous families/relationships, families where parents are no longer romantic partners but continue to co-parent and have family together, platonic families, and those who 'do' relationships and family outside of society's norms. A caucus group will be available for those in alternative relationships/families should they prefer to discuss together.

NO REGISTRATION FEE. Please Register Early: <https://bit.ly/RCFGSession1>

Welcoming People of all Dis/abilities

Wednesday Mar 2, 4-6pm PST

This forum will focus on the experiences of UU's with various dis/abilities within UU groups/congregations. This includes, but is not limited to various physical, mental, and emotional dis/abilities. A caucus group will be available for those with different dis/abilities, should they prefer to discuss together.

NO REGISTRATION FEE. Please Register Early: <https://bit.ly/RCFGSession2>

Welcoming People from all Socio-Economic Classes

Wednesday April 6, 4-6pm PST

This forum will focus on people's experiences of classism in UU groups/congregations and how our organizational cultures can shift to be more aware of how we privilege those in upper classes over those in lower classes. A caucus group will be available for those who feel they experience classism should they prefer to discuss together.

NO REGISTRATION FEE. Please Register Early: <https://bit.ly/RCFGSession3>

For each of these forums we are working with people with lived experience to inform what happens. We invite you to [reach out to us](#) to share ideas, review what is being planned and/or share your ideas about how UU communities can become more inclusive. You can reach us at: erin@cuc.ca and amber@cuc.ca



Widening the Circle of Concern

Rev. Shana is part of a team of lay and ministerial leaders that will be offering a program this Spring designed to help us look at how to ensure that our ways of doing things (our systems and habits/customs) are intentionally inclusive. The 8th principle process reminded us that being truly and profoundly welcoming takes effort, it doesn't just happen. We'll need to look at how we make decisions and welcome new people and gather for worship. In short, all of how we live in community impacts how welcome people who carry marginalized identities feel within the congregation. The better we become at welcoming those on the margins, the better we become at welcoming all of us, and welcoming each of us to bring our whole selves.

The 2022 Widening the Circle of Concern: Canadian Edition invites leaders and changemakers in the spring of 2022 to participate in a Canadian UU learning and exploration experience on deepening and living out our values of social justice and equity. The sessions are based on the Unitarian Universalist Association's "Widening the Circle of Concern" Study Guide, which we have adapted to our Canadian context.

If you are interested in being a part of First Unitarian team of aspiring change-makers – and feel committed to dismantling racism and systemic barriers to full inclusion in our congregation, I hope you will consider signing up for these sessions. The program aims to equip participants with the tools to be facilitators of change.

There will be four dates, with two 90-minutes sessions on each date, please plan to attend all dates and sessions:
March 12, March 26, April 9, and April 20, 2022.

Session I: 9:30am to 11am

Session II: 11:45am to 1:15pm

If you have questions, please contact Rev. Shana. The CUC requests a registration fee for the course on a sliding scale of \$130- \$160- \$190- \$220. As is always the case, you are asked to pay what you are able, and the suggested fee should never be viewed as a barrier to participation. All are welcome. Details on the CUC website: <https://cuc.ca/events/widening-circle/>

SHARE THE PLATE AND GVAT

Next month our Share the Plate recipient will be Greater Victoria Acting Together (GVAT). We are an alliance of over 30 diverse local organizations with a total membership of about 100,000. We advocate for social issues of common concern to build a better community. We are resilient and committed to

Strengthening Diversity and Inclusion

Responding to our Climate Emergency

Improving Housing Access and Affordability

Addressing Mental Health and Addiction challenges

And our staff and volunteers have:

- Overhauled and updated our admin systems, financial records, files and data archives for security and accessibility
- Established a new Strategic Planning Team to support our leadership council (Strat Hub)
- Recruited a capable full-time admin assistant to support the Lead Organizer

Now, more than ever GVAT and our member organizations need your financial support. Your help is needed to ensure that we can continue our unique broad-based organizing work. Our yearly membership dues will help fund the activities we value, and our Share the Plate initiative will allow us to do that.

As a friend of GVAT, you could ask your family and friends to donate to GVAT in lieu of gifts for birthdays or anniversaries. This is the gift that will keep on giving throughout 2022. Please consider giving generously as your donations gratefully received during the month will provide you with an opportunity to support this amazing organization and the work of GVAT as we move forward to create change for a better community!

TAKING BOLD ACTION REQUIRES A SUSTAINABLE FOUNDATION:

Your help is needed today!

REFUGEE REPORT

We are happy to report that Mohammad, Fatemah and their 18 year-old son, Abdulrahman, are settling into the Victorian community.

The Camosun Interurban campus has confirmed Abdulrahman's registration and financial aid for ESL study for the Winter term. His course will run January 10-April 22 for four hours each weekday. He follows his brother, Khaled, who also attended this program and is now competent in the language. Congratulations, Abdulrahman !

Home based English conversation, chat and study sessions are also going well. FUCV and Capital volunteers are working with the family four hours per week at their apartment in the Hillside area. We hear that a lot of fun and enjoyment as well as learning takes place !

The Refugee Committee is exploring an interim federal health program which provides financial support for a wide range of basic and supplementary health services for the refugee community. We believe this may prove to be very helpful for Mohammad, Fatemah and Abdulrahman.



Refugees in Victoria Need Your Help to Find Housing

The Inter-Cultural Association of Greater Victoria (ICA) advises that the extreme shortage of affordable housing in Greater Victoria is one of the greatest barriers to successfully resettling refugees in our community.

With the developing crisis in Afghanistan, Canada will be welcoming many more refugees than originally anticipated and although we won't initially see refugees directly from Afghanistan, Greater Victoria will be taking more Government Sponsored Refugees from other countries to help open spaces in other cities for those coming from Afghanistan.

But to do this ICA needs your help to find suitable housing for these families!

If you have a suite that you can rent or know of any suitable, safe housing opportunities that may not be currently available on the market, please contact ICA:

Nahlah Alsayah, RAP Coordinator

Email: nahlsayah@cavictoria.org

Phone: 250 388 4728 Ext. 152

Honoured Volunteer: JOHN TIFFANY

The President and Councils of the Board are asked to nominate volunteers who have made significant contributions to the life of the church and Unitarian community. Tiff (John) Tiffany has been nominated by Katherine Maas, chair of the Community Life Council.

Tiff said:

I was born and raised in the Hudson River Valley in New York State in the 1950's and 60's. I grew up in a small village at the base of Storm King Mountain (1,400 ft high), which rises right out of the banks of the Hudson River and is part of the Hudson Highlands. It is a very scenic location, as the river is over 1 mile wide at that point.

I was raised in the Episcopal Church and became an altar boy. I left this church when I was 16 and joined a nearby Unitarian Church. I was very involved with civil rights and the anti-war movement in the 1960's and 1970's. I left the Unitarian Church when I went away to college and became a Marxist.

At the age of 19, I moved to New York City and lived there for 23 years. I graduated from City College of New York with a B.S. in chemistry and went on to graduate school for a degree in Environmental and Occupational Health. Starting at the age of 38, I set up an environmental consulting firm that specialized in indoor air quality.

I was married to my first wife Dory when after 2 years of marriage she developed an incurable brain tumor. She died in our home as I took care of her under hospice care over a 2-year period. It was a heavy blow as at the age of 46 I became a widower.

At the age of 48, I met my current wife, Jany Li, while we were both attending a Unitarian Church in Princeton, NJ. It was the first time for both of us at this church and we both were looking for a possible partner and fellowship. We hit it off right from the start! On Boxing Day in 2004, we were married at Washington Crossing UU Church in Titusville, NJ.

In July, 2008, we took a holiday to BC (a first time for us) and spent several days in Victoria. We were entranced with the Pacific Northwest and with Victoria in particular. In 2010, we decided to apply for permanent residence status in Canada and finally got admitted in October, 2012. Upon moving to Victoria, I sold my firm and retired at the age of 62. We both joined FUCV and after 6 months I joined the Church Board as Property Council Chair, which I held until 2020.

I deeply value my membership in FUCV and over the 9 years as a member have come to be friends with a number of members. I walk 3 times a week with a walking group of FUCV retired men (since 2013) and have become very close friends with this group.

Jany and I love Victoria and would never want to live anywhere else. We became Canadian citizens since moving here and have no desire to move back to the States.

Marion Pape said:

Tiff and I moved to Victoria and joined the church around the same time in 2012. Tiff jumped in very early to volunteer for Property Management and joined the board taking on two big jobs at once. He excelled at rentals, developing a rental promotional brochure, contracting with a rental's consultant, and developing quality relationships with groups such as the Children's International Summer Village Program.

I was impressed!



Continued next page

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When I was President of the Board, I saw Tiff at his best even further. He was on top of every maintenance issue, had an amazing work ethic that astonished even me. What this all said to me was that if Tiff is on the job, I can breathe without anxiety.

Tiff held his position for more years than I can remember and although he wanted to take a break from so much responsibility, he did not leave his position until he had established a Corps of Engineers who each handled particular areas of Property Maintenance and were available for advice.

We have an amazing group of Honoured Volunteers, but Tiff is close to the top of my list for his dedication, expertise, good humour and patience in what he does. He is truly an asset!

Congratulations, Tiff.

John Worton said:

Tiff and I were on the Board together for a while. Since then, I have worked with him on a committee about our lease with Montessori and I have sometimes assisted Tiff in some of his work on rentals.

Tiff worked hard at all these tasks and he accomplished a great deal. But I would highlight the wonderful work he did in adding so many new tenants and in dealing with their many issues. His work in leasing our Church to Netflix was exceptional. I am sure many of us would have said there were too many problems and rejected the Netflix possibility.

In addition to his talents and his work ethic, Tiff is a genuinely nice guy who cares about other people. He well deserves to be recognized as an Honoured Volunteer.

Mike Graham said:

Since joining us, Tiff has been dedicated and committed to our community. Over the years he has ensured that regular maintenance and emergency repairs to our church buildings (whether by our volunteers or outside contractors) has been conducted efficiently and to a high standard. A quiet hero who deserves our recognition.

Zoom Sing – Everyone Welcome

Friday 3:30- 4:30

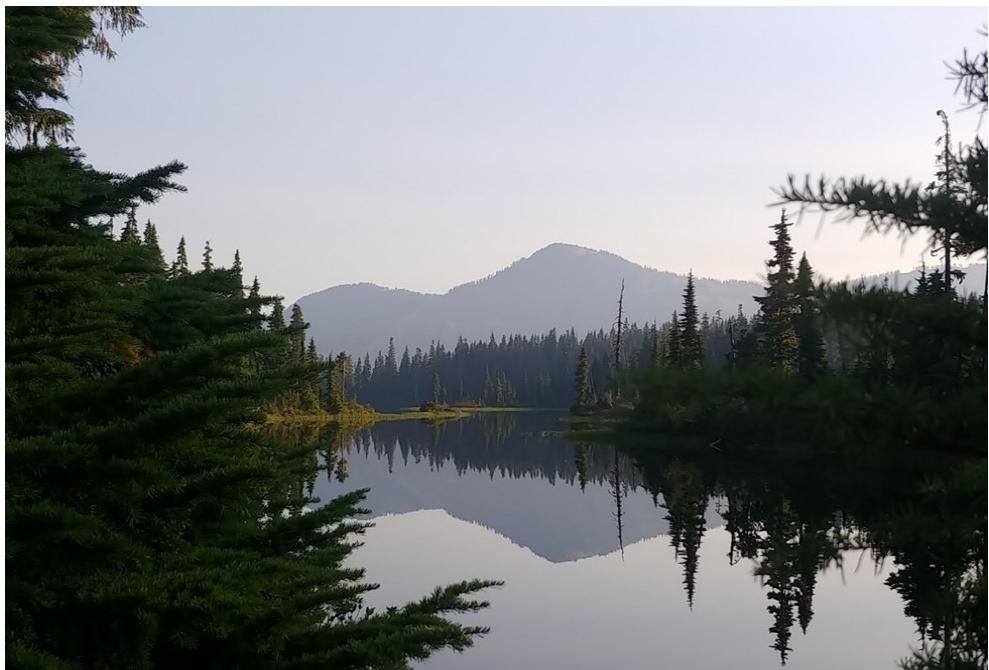
January 14 and 28

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

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 for a Zoom link.

DOCTRINE OF DISCOVERY STUDY GROUP INVITATION



We are offering the online study of the film *Doctrine of Discovery: Stolen Lands, Strong Hearts* again, in February and March of 2022. The film shows how decisions made by settlers over the past five centuries continue to profoundly – and negatively – impact Indigenous people. It gives insight into the racist foundations of some Canadian property laws and other laws still in existence. The study group is an opportunity to discuss each of the four main sections of the film. In light of the mass graves of children at Canadian residential schools, this is an opportunity to learn what you can do to be part of the solution and the healing that needs to happen for all of us.

Here are some testimonials from participants of the 2021 sessions.

"I highly recommend the 'Doctrine of Discovery' course. I found it to be a profound learning experience on my own personal journey. The course showed me how our world view has been fundamentally shaped by this oppressive doctrine and how much work is ahead to change this world view." Lynn Hunter (FUCV)

"From the study series and videos on *Doctrine of Discovery* - the fact that so many institutions and laws mirror the Doctrine in ways which negate Indigenous sovereignty and indoctrinate our thinking so deeply, was an ongoing learning experience for me." Jan Greenwood (Capital)

When: First and third Mondays in February and March, 7:00 p.m. – 8:30 p.m.

Facilitators: Evelyn Peters and Marion Pape, back-up Karen Christie, and Rev. Melora

Where: In your own home. Watch the 67-minute documentary on YouTube whenever it suits you. Then join us on Zoom for discussions about the film and its study guide.

Program format:

1. Register for the study group (contact Evelyn Peters @ Evelyn.Joy.Peters@outlook.com). We wish to limit groups to 12 people. Please be prepared to review the study question for each session.
2. Watch the 67-minute video at your own convenience. This [link](#) allows you to watch one section at a time. We will discuss three sections at each session.
3. Prepare to address the questions and issues we will send you for each section.
4. Join us on Zoom for a discussion on the Mondays listed above on a link to be provided.

Warm greetings to all Canadian UUs as we head into another winter holiday season!

A heads up to all of you to consider participating in some of the **three great events** below. We also encourage any group or congregation leaders to tap others on the shoulder and invite them to participate. Items 1 & 2 carry even greater impact potential if several people from a UU group or congregation attend together!

1. Serving With Spirit: Nurturing UU Leaders Mini- Series

- **January 23 & 30, February 6, 13 & 20, 2022**
- **1-3 pm PT/ 2-4 pm MT/ 3- 5 pm CT/ 4- 6 pm ET/ 5- 7 pm AT**

Do you wish that your life as a volunteer and a leader was a joyful expression of your values, not a task on your to-do list? Do you struggle to know how to engage in a way which encourages resiliency? Do you desire to operate within a wider base of connections and spiritual/sustaining practices in your life?

Join Rev. Linda Thomson, Liz James and Joan Carolyn, for an interactive five sessions over a five-week learning journey this winter! Each week, you start with learning materials—videos, worksheets, and experiential learning experiences. You're invited to work through the materials at your own pace, on your own, and with classmates online. Each Sunday afternoon/evening, the group gathers on Zoom to share and learn together.

Together we will seek to build our capacity as leaders, allowing us to return to our home communities with stronger networks, fresh perspectives, and a sense of rejuvenation. For more information or to register- <https://cuc.ca/events/serving-with-spirit-nurturing-uu-leaders/1642953600/1642953600/>

2. Widening The Circle of Concern

- **March 12, March 26, April 9, April 30, 2022**

Leaders and changemakers: Join us for a Canadian UU learning and exploration experience on deepening and living out our values of social justice and equity. The series of four sessions are based on the Unitarian Universalist Association's "Widening the Circle of Concern" Study Guide, which we have adapted to our Canadian context.

The Canadian version focuses on the justice and equity issues which are important to us. We invite your congregation/community to send a team of lay and professional leaders and aspiring change-makers - those who have a demonstrated commitment to dismantling racism, systemic barriers to full inclusion, justice and equity, and who are interested in changing systems. We aim to equip these participants with the tools to be facilitators of change in their congregations and communities.

Specifics:

- **Who:** Leaders, Change makers, those committed to doing the work of radical inclusion/anti-racism work in our congregations and institutions.
- **When:** March 12, March 26, April 9, April 30, 2022 - 2 sessions each day
- **Fee:** \$130- \$160- \$190- \$220 with the option to pay what you are able

Registration: Will be up early in January, 2022

3. It's Shining Lights Season!

Nomination Deadline: Jan. 31/22

No, We don't mean holidays (although that too). It's the season for UU congregations, groups, projects and even individuals to look back at what they've done this year.

The Shining Lights award from the CUC recognizes innovative UU programming, successes, inspiring stories, breakthroughs or learning experiences even if goals were not attained. In other words, experiences that can be shared with other UUs that may encourage them in their work.

Congregations in Hamilton and Winnipeg, as well as the UU-led project, Mirth and Dignity (The UU Hysterical Society) have received awards.

As Canadian UUs, you can let your congregations and groups know about Shining Lights and encourage them to make an application for the 2022 award. All UU project nominations are welcome- young adult group, CUSJ project, religious education program, music project, congregational programming- to name just a few. Nominations are due by Jan. 31/22 and the award will be given out in April, 2022, via a Zoom seminar.

Here's the link on the CUC site for more information:

<https://cuc.ca/about-cuc/cuc-awards/shining-lights-award/>

CALENDAR:

CLICK HERE

New Members

Barry Wiebe

Deaths

Dale Shortliffe, Friend, Died September 8/21

Catherine Cardinal, Friend, Died November 25/21

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 jpeg... Don't send text as jpeg.
- TAKE THE DEADLINE SERIOUSLY!



The Newsletter Deadline is the
15th of the Month

DECEMBER BIRTHDAYS

First Name	Last Name	Birthdate
Jany	Li	January 1
Jackie	Bennet	January 1
Sonia	Ignatieff	January 2
Patricia	Disbrow	January 2
Bob	Salmond	January 2
Betty	Sherwood	January 3
Cecil	Bannister	January 5
Dennis	Jaques	January 7
Christine	Johnstone	January 8
Philip	Symons	January 9
Margot	Garmsen	January 12
Jane	Wilson	January 16
Ellen J.	Carey	January 17
Fran	Pardee	January 18
Tim	Hall	January 19
Lynn	Hunter	January 20
Lynn	Beak	January 20
Bruce	Nicol	January 21
Nellie	Van Leeuwen	January 21
Ruth	Miller	January 23
Mary	McCormick	January 23
Gerry	Brimacombe	January 24
Lillie	Lentz	January 24
Sylvia	Krogh	January 24
Remi	Odense	January 26
Stephen	Sharlow	January 27
Rebecca	Denlinger	January 28
Mike	Graham	January 29



FIRST UNITARIAN CHURCH OF VICTORIA

5575 West Saanich Road • Victoria BC • V9E 2G1

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churchoffice@victoriaunitarian.ca

250-744-2665

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Reverend Shana Lynngood

Cell: 250-891-6331

rev.shana@victoriaunitarian.ca

Minister *Emerita*

Reverend Jane Bramadat

(250) 419-4148

LAY CHAPLAINS

laychaplains@victoriaunitarian.ca

Jenny Heston 250-509-1240

Barbara Boyle 250-381-0264

Oceanna Hall 250-886-1077

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

Acting Director : Anna Isaacs 778-557-3492 (text)

Continued next page

Continued from previous page

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Christine Peterson, Fiona Cook

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hancockp@telus.net

Vegetable Garden: Heather Zeh

Spiritual Development: Soul

Matters, Empathy Buddies
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

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



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Astrid Firley-Eaton
Design

interior design
colour consultation

250-384-3405

afe.design@firley.ca

Books by Philip Symons



These are the first two of four Secret Agent stories for young adults.
\$19.95

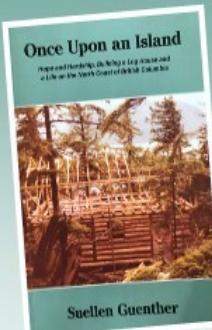


Non-fiction
\$16.95

All books available at local bookstores; church members/friends may buy them from the author.

Further information philipsymons.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. Shipping boxes available, or I will ship it for you.

Long-Term Housing Needed

Pam Hood Szivek, FUCV member since 2017, has experienced repeated flooding of her rental basement apartment and is urgently seeking a dry home for long term rental. In-suite laundry and parking preferred, 1 or 2 bedrooms, townhouse, house or other suite. Move-in date and rent negotiable. Professional with excellent references, fully vaccinated and low risk. Home-owner most her life. Please contact if you know of any vacant property that could welcome a paying and conscientious UU as a tenant. Any help gratefully appreciated.

pam@canadianchildrenstherapy.ca

or (250) 818-2034

Seeking Studio Office



Registered Clinical Counsellor seeking to rent private nature-based studio space for deep one-on-one counselling work with people facing end-of-life diagnoses. Can also arrange to build my own small studio in the right place. Open to different arrangements!

Please call Elinor @ 250-508-2819 with any leads. Thank you!

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Copy should be sent to
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For those without email, copy may be left at the church office. All copy is subject to editing.

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