



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

**SERVICES IN NOVEMBER 2022**

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

**\*\*Services are currently planned to be simultaneously in-service and on Zoom. However, with the ever-evolving Covid situation, please check the e-weekly each week to confirm and to find the most current covid precaution guidelines.**

**Sunday, November 6, 10:30 am**

*Private Space?*

Rev Melora Lynngood, Homilist  
Rosemary Harrison, Worship Associate

Ever been in a shared hospital room and longed for a private room instead? Ever made disparaging comments about gated communities? Where is the balance?



Is private space a luxury that our individualistic western society has falsely set as the standard; or is “a room of one’s own” (as Virginia Woolf might suggest) a necessity and a right that every human requires for soul-growing, creativity, and basic dignity?

In view of this month’s theme of “change,” we might ask it this way: to what extent do our personal views on private space need to change, and to what extent do society’s policies on private space need to change? What are the blessings of private space? What are the blessings of communal space? How can they co-exist to the benefit of both individuals and community?

**Friday, November 11, 10:30 am**

Peter Scales, Homilist

*Remembrance Day*

Fran Pardee, Worship Associate

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

Peter Scales is a BC historian, a member of both Victoria UU congregations, and the Unitarian chaplain to the University of Victoria. Before moving to Lekwungen territory, he served 21 years in the RCAF.

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

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**Sunday, November 13, 10:30 am**

Rev Shana Lynngood, Homilist

*Flexible Hearts*

Lynne Bonner, Worship Associate

If we want to be the truly diverse and radically welcoming beloved community we long to be, it will take more than plans and good intentions. It will take love. We'll have to be willing to change and be open to loving more broadly and boldly than we have in the past. As our world puts everyone into categories that make it easier or harder for us to see how and where we connect, we have to look beyond confining boxes to ways we can care for one another. As the poet, Gwendolyn Brooks put it, "we are each other's harvest: we are each other's business: we are each other's magnitude and bond."

**Sunday, November 20, 10:30 am**

*CUC National Online Service*

This online service includes a reflection from Rev. Shana, "Living Into Covenant." We Unitarian Universalists are a covenantal people. Our faith tradition believes in the power and possibility of covenant—a set of shared promises, agreements, and understandings—to hold us together. How does a vision of covenant hold us together when we disagree? How does our faith community covenant overlap and diverge from the other covenants of our lives (being a partner or parent or friend or citizen of the world?)? How is all of this impacted by how well we are keeping a covenant with ourselves, our own well being?

**Sunday, November 27, 10:30 am**

Rev Shana Lynngood, Homilist

*Climate and Human Rights—*

*UU United Nations Office*

Rosemary Harrison, Worship Associate

This year the Unitarian Universalist United Nations Office is inviting us to give our attention and commitment to the ways Climate Collapse is having the greatest impact on communities all over the globe that were already the most marginalized. How can we stem the tide (quite literally in some places) so that the poorest and those least prepared to survive the impact of huge climate shifts are protected? How is "climate migration" shaping our future?



# Theme Questions

This month we explore the path of **Change**.

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?

If you could change one thing about your past, what would it be?

How good was your family at changing their minds and admitting they were wrong? And how has that shaped you?

If you could reclaim a trait or strength from your childhood self, what would it be?

What do you wish your 16-year-old self would have known or felt to make the changes of your teenage years easier? What do you wish your 25-year-old self would have known to make their life changes easier?

It's what [many of us fear](#) the most: becoming reconciled to injustice, resigned to fear and despair, lulled into a life of apathy. What strategies have you used to help yourself avoid this fate?

If you could easily let go of one grudge, wound or regret, what would it be?

Sure, “they” need to change. But how might *you* changing something about yourself enable that?

Would your grade 5 self still recognize you as “you”?

What do you wish you would have changed your mind about earlier?

What part of you no longer exists? How are you *truly and radically* different than your younger self?

Is that broken thing you keep trying to put back together keeping your life from that beautiful thing that is waiting to be built? ([Trent Shelton](#))

12. **What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

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## MINISTERS' SABBATICAL: February, March, AND June 2023

Reverends Shana and Melora receive one month of sabbatical leave for each year of service to our church. In order to avoid a long absence, they have been experimenting with “mini-sabbaticals” - taken more frequently. The first one was for two months in 2021.

The Board has approved a three month “mini-sabbatical” in 2023 with the first part being for the months of February and March, and the second part in June, followed in July and the first part of August by the ministers’ annual two weeks vacation and annual four weeks study leave.

While the ministers are away, the Committee on Ministry will serve as the Sabbatical Team, a hub for overseeing the ministry of the congregation, in concert with the Care and Concern Team (for pastoral care needs) and the Worship Associates (for vibrant worship led by guests and lay leaders). The January newsletter will contain detailed information with both a list of contacts and full worship schedule for February and March.



# This Month's Spiritual Exercises

*These suggested spiritual exercises are some of those suggested by the Unitarian Universalist Soul Matters Network this month (packets available to participants in the newly forming 'meaningful connections groups').*

## Option A

The Mark Made by Your Changes... in 5 pictures!

We go through many changes in our lives. But often we fail to notice or fully appreciate the gift that those changes gave us. So this month, why not return to the various changes or unique chapters of your life and reclaim what gift, blessing or beautiful mark each period of change left you?

Here's one way to go about it:

1. Identify at least five major chapters of your life so far.
2. Find a photo of yourself to go with each chapter.

Then write a sentence to go with each chapter/picture that captures the gift, blessing or beautiful mark of that time. Here are three sentences we suggest using to identify the gift/mark:

*I became more/less...*

*I learned...*

*I left behind...*

## Option B

Where Were You When it Happened?

*And from then on, things were just never the same.  
- Howard Zinn*

It doesn't always happen, but it does happen at least once to us all: Some major historical or societal event occurs, and we never quite see the world the same as before. The external event altered us internally.

So what was it for you? What's your "things were never the same again" story?

Spend some time this month revisiting it. And don't just think about it, externalize it. Paint, journal, write a poem, find a song connected to it. If you're not feeling overly creative, push yourself to have a deep conversation about it with someone close to you. Share your "never the same story" and invite them to share theirs.

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A few questions to ask yourself along the way:

What was happening for me personally that led to the event having such an impact?

How was your new way of looking at the world a gift? How was it a loss?

Who do you think you would have been if it hadn't happened?

## Option C

### The Deeper Differences

Changing ourselves is hard. Getting clear about how it will make a difference in our lives makes it easier. And getting clear about the **many** differences makes it even easier. In other words, these deeper differences make all the difference.

This exercise invites us to get in touch with those deeper differences. It's straightforward but not easy. Here are the steps:

1. Identify a behavioral pattern or trait you want to change.
2. With change in mind, complete this sentence: "I want to become less/more \_\_\_\_\_" (*For instance: "I want to become less judgmental."*)
3. Then with your desired change in mind complete another sentence that gets at the benefit your change will make: "When I become more/less \_\_\_\_\_, I will \_\_\_\_\_." (*For instance: "When I become less judgmental, I will be more open to new ideas."*)

Now comes the challenging and important part: Complete that "benefit sentence" another 6-8 times. I.e. push yourself to identify numerous other benefits. Take your time with this. You may be able to do it in one setting but, more likely than not, this will be something you need to set aside and return to multiple times.

The goal of this exercise is to take you deeper and uncover *the deeper need or hunger* that is driving your desire to change.

Before you start, give this article a read: <https://hbr.org/2010/01/an-exercise-in-changing-yourself>. It is where the exercise was drawn from. It is a must read and contains a powerful story about the impact this exercise can have.

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## Option D

### Rearrange a Room... in Order to Rearrange Your Life

What's spiritual about rearranging a room or painting your study a new color? Well, [experts](#) and [poets](#) say quite a lot actually. So this month why not give it a try and find out for yourself.

The goal is obviously not just to alter a space in your home, but to notice what gets altered and stirred up in you. Happiness? Empowerment? Courage? A sense of control? Reconnect with the past? Reconnection with yourself? Come to your group ready to share what internal change happened for you? A simple way to uncover the gift is to try to explain to someone close to you why you made the change.

## Option E

### Let a Book Change You

*People don't realize how a person's whole life can be changed by one book.*

- Malcolm Little

Malcolm Little is right. Books change us! Sometimes radically so. In honor of this, make time this month to dive into one of the recommended books below. Each one is on the theme of change and is explicitly inviting us to understand our world anew. Your task this month is to open yourself to that invitation. Come to your group with two paragraphs from the book that changed your perception, mind, heart or commitment the most.

**Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge & the Teachings of Plants**, Robin Wall  
Kimmerer

Review: <https://openrivers.lib.umn.edu/article/woven-ways-of-knowing/>

**Emergent Strategy: Shaping Change, Changing Worlds**, adrienne maree brown

<https://www.akpress.org/emergentstrategy.html>

**Overheated: How Capitalism Broke the Planet--And How We Fight Back**, Kate Aronoff

Related discussion: <https://www.youtube.com/watch?v=Bp11KZ91NzI>

Related review: <https://climateandcapitalism.com/2021/05/28/four-competing-views-on-how-to-save-the-earth/>

**The Inconvenient Indian, Thomas King** ([library link](#)) or choose one of these top [10 Indigenous Books](#) from UBC

**The Righteous Mind**, Jonathan Haidt

Related TED talk: [https://www.ted.com/talks/](https://www.ted.com/talks/jonathan_haidt_the_moral_roots_of_liberals_and_conservatives?language=en)

[jonathan\\_haidt\\_the\\_moral\\_roots\\_of\\_liberals\\_and\\_conservatives?language=en](https://www.ted.com/talks/jonathan_haidt_the_moral_roots_of_liberals_and_conservatives?language=en)

**Being Mortal**, Atul Gawande

Reviews: <https://www.joincake.com/blog/being-mortal-book-review/>

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## Option G

### Change Over a Cup of Coffee

One of the best ways to explore our monthly themes is to talk about them with those closest to you. Sometimes conversations with our family and friends stay on the surface level. This is an invitation to alter that dynamic.

The conversation prompt below invites you and your discussion partner to explore change in all aspects of your life, allowing you to uncover changes you may not have noticed or underestimated.

#### Discussion Prompt:

Use the same fill in the blank sentence each time, filling the blank in with the list below.

***How has your relationship with \_\_\_\_\_ changed?***

Time	Family
Money	Love
Success	Self-love
Striving	God
Rest	Spiritual Practice
Friends	Intimacy
Regret	Shame
Joy	Hope
Beauty	Your Body

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## Soul Matters Songs on the Theme

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

<https://open.spotify.com/user/mjf4kicgvwkk17jfbzb0un6gg>

Direct link to **The Path of Change** playlist on spotify:

[https://www.youtube.com/playlist?list=PLvXOKgOQVYP5IM\\_ucQsQ675Lr8vrJHKZV](https://www.youtube.com/playlist?list=PLvXOKgOQVYP5IM_ucQsQ675Lr8vrJHKZV)



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

[https://www.youtube.com/channel/UCL\\_fSD0\\_Ps01IGauCVL\\_mKQ/playlists](https://www.youtube.com/channel/UCL_fSD0_Ps01IGauCVL_mKQ/playlists)

Direct link to **The Path of Change** playlist on youtube:

[https://music.youtube.com/playlist?list=PLvXOKgOQVYP5IM\\_ucQsQ675Lr8vrJHKZV](https://music.youtube.com/playlist?list=PLvXOKgOQVYP5IM_ucQsQ675Lr8vrJHKZV)

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## Annual Budget Campaign 2023 Better Together

The final results of our ABC 2023 will be reported in our December newsletter. Our interim results as of October 22 are on the following page.

FUCV's theme for November is "Holding History". Here is a bit of the history of the Victorian Unitarians that have made it possible for us to be together.

Back in 1950, a dozen people joined together, met in homes, and formed a Unitarian Fellowship. That Fellowship grew to nearly 300. These Unitarians bought a building in James Bay in 1977 and developed an active children's program. In 1995 the Victoria Unitarians moved to our present location on West Saanich Road and added a new sanctuary.

All of our predecessors supported a vision for sustainability for themselves and future generations of Unitarians.

Our present congregation is also supporting a vision. For two years, volunteers have been working towards modernizing our audio-visual equipment. When we meet in 2023 whether in the sanctuary, on-line or both, we will have AV that enhances both our physical sanctuary and our virtual online sanctuary. We will be "Better Together" in 2023.

These are the big visions that have brought us where we are today. But their success would not have been possible without the contributions of many volunteer hours and funding for our ministers, staff, buildings, and grounds over 70 years in Victoria.

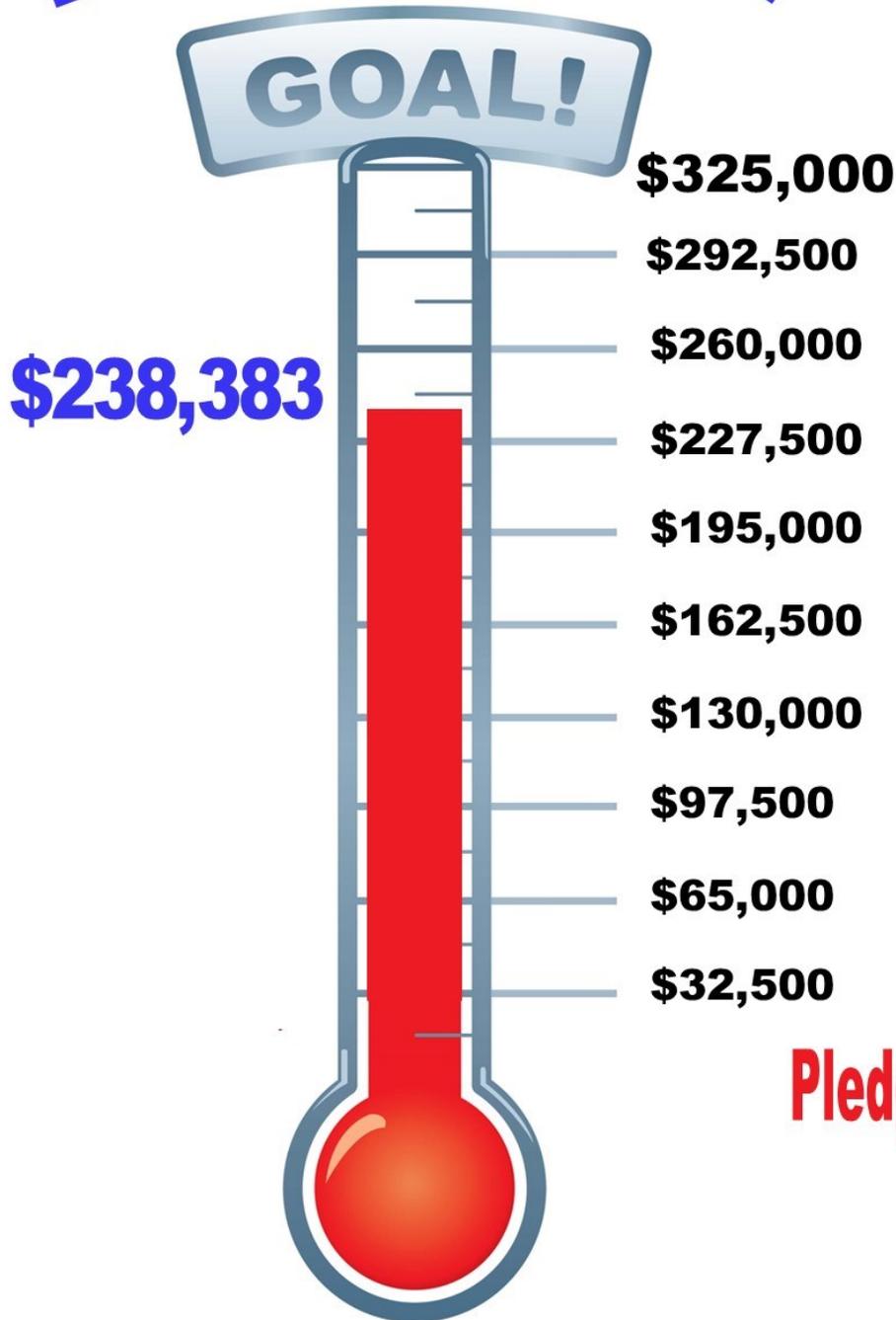
Each fall we ask that you fill out a pledge form indicating what financial contribution you are willing and able to make for the following year. This is how the budget for the calendar year is created. If you are not a friend or member of the congregation, we invite you to go to our website and learn more about Unitarian beliefs and values.

Thank you very much to all of you who have pledged on-line or mailed in your form. If you haven't yet done so, please pledge. Your hard-working ABC volunteers will be very grateful. To pledge online, go to our website <https://victoriaunitarian.ca/> and look under "News". Members and friends can also pledge on Breeze.



# Annual Budget Campaign 2023

## Better Together



**Pledges Received:**  
**116**

# Greener Gifting – Fundraising Sales Event



## It's Not Easy Being Green!"

If you've got good quality "things" you haven't used or worn for years, "stuff" that doesn't love you back anymore (or never did), it can be daunting to take the time and effort to 'upcycle' them responsibly.

**Greener Gifting is here to help!** You can donate your once-loved or redundant items securely anytime at the Farmhouse Residence entrance – located above the church offices – or contact me for pick-up.

Your gently-used donations are likely someone else's treasure! With something for everyone and every budget, **Greener Gifting** offers a cornucopia of festive gift ideas for your loved ones (including yourself!): home décor|collectibles|tools|housewares|fibre arts|clothing – including a children's collection that's free for families – plus Wilderness Committee items ranging from calendars to cards to notepads and more...

**Your generous response will determine the success of this event.** If your donations have value beyond what they could reasonably sell for at this in-person event, they can be added to the antique collection already pending consignment with *StepToe Services* and/or *Good Things*.

**Funds from all sources benefit our church – invite your friends and family to shop at Greener Gifting on Sunday, November 20<sup>th</sup>!**



Madelaine (Mado) Clarke – Farmhouse Resident

[h] 250.479.4701

[c] 778.967.5344



## Circles of Connection

You are not the only one. And you are not alone.

Circles of Connection are one-time small group gatherings, facilitated by Rev. Melora, in which participants share experiences, struggles, comfort, and hope as they connect with one another around a common issue. You are warmly invited to participate in whichever gatherings call to you.

### **November 15, Tuesday: Loss of Children (of any age) and/or Pregnancies**

1:00-3:00pm                      in person in the Farmhouse Common Room, or  
7:00- 8:30pm                      on zoom

A child should not die before the parent. The loss of a child is a unique kind of pain. Whether you lost a child in utero or whether your child died in adulthood; whether the loss happened decades ago, or recently; you are welcome to join in this circle in which we honour the loss of your child, alongside others who know this unique kind of pain. This circle will include a ritual that honours both the loss as well as the spark of light that dwelled within your child. This circle welcomes as well those who have experienced the sense of loss that can come with infertility, the loss of the child who is yearned for but never comes to be.

Sign up by contacting Rev. Melora [rev.melora@gmail.com](mailto:rev.melora@gmail.com) 250-891-6330;  
please put the word 'circles' in the subject heading.

### **November 22, Tuesday: Experiences with MAiD**

1:00-3:00pm                      in person in the Farmhouse Common Room, or  
7:00- 8:30pm                      on zoom

Losing a loved one through Medical Assistance in Dying (MAiD) can bring up a whole array of feelings. Whether your experience was peaceful and all you hoped it would be, or whether it brought up some difficult questions or feelings within yourself or your network of family and friends, we gather in a supportive circle to hold the complexity of it all. We also welcome anyone into this circle who has a loved one who is planning to use MAiD in the near or distant future. Additional resources & support can be found at <https://www.bridgce14.org/>

Please sign up on [this online sign-up sheet](#) if you are able, or contact Rev. Melora [rev.melora@gmail.com](mailto:rev.melora@gmail.com) 250-891-6330; please put the word 'circles' in the subject heading.

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## November 29, Tuesday: Addiction & Recovery

1:00-3:00pm                    in person in the Farmhouse Common Room, or

7:00- 8:30pm                on zoom

Whether you are currently struggling with addiction to drugs or alcohol, or whether you've been in recovery for decades, you are welcome to this judgement-free circle in which you can connect with others in our congregation who 'have been there' too. We'll share what has been hard and also what has helped.

Sign up by contacting Rev. Melora [rev.melora@gmail.com](mailto:rev.melora@gmail.com) 250-891-6330;

please put the word 'circles' in the subject heading.

If you are interested in a particular topic, but cannot make the date it is offered, let me know. If we get a critical mass, I may be able to run a second session at a different time.

October Circles of Connection were on: Living Alone (Oct 5) and Grief/Loss (Oct 25).

And **don't forget the many ongoing groups** in our church community:

Spirituality Group,

Depression & Anxiety Support Group,

Parent's Group,

Tibetan Meditation,

Zoom Sing,

Monday Walkers,

Pub Night,

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### 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)**

## AL ALHI MOSLEM HOSPITAL in GAZA (Operated by the Anglican Diocese in Jerusalem)

WHY GAZA ? There is severe suffering all over the world due to conflicts and climate change. Many innocent civilians are caught in the middle; women and children particularly suffer the most, made WORSE when there is NO HOPE. The tiny territory of Gaza always catches at my heart strings as there has been no hope there for a long time, which makes the severe suffering worse. The Christian-Run hospital has been there for 140 years and is the only hospital there to offer free treatment as well as emergency aid.



This is the third time Share the Plate has given supported to this hospital in the past 8 years. Even a small donation helps to sustain these essential services!

A CHURCH MEMBER PERSONAL TESTIMONY: Their reputation for kindness is legendary. One of our own members even volunteered there several decades ago, Galina Coffey-Lewis, and the experience remains a vibrant memory. She writes “The memories of the wonderful people in that desperate place remain VIVID – Suhailah, my little song bird who sang like a beautiful bird ...and Mohammed, the kindest and most gentle soul I ever met. Or his mother who when trying to visit her family in the West Bank fell and died in the gutter while the soldiers stood by. Life continues there with its suffering – unfit water to drink, often no electricity, bomb shattered homes, yet the open heartedness and kindness of the people under terrible conditions remain still alive in my heart.”

TODAY electricity in Gaza is intermittent at best, sewer systems have failed and running water is not available in most homes. There is little hope for peace, adequate education, good nutrition, jobs, healthcare or medical supplies. Other world crises means less UN support for Gaza refugees, adding to the severe crisis. We know that this 140 year old Al Alhi hospital is efficiently and WISELY RUN and funded by the Anglican Head office in Jerusalem with support from Anglicans around the world, including the Canadian Anglican Primate’s World Relief and Development Fund - to which we would add our contributions.

Overall the hospital serves the most destitute and needy with 3,500 outpatients and 400 inpatients a month but has only 80 beds, so there is severe overcrowding. The hospital fills many roles: emergencies, limb operations, outreach clinics to remote spots, intensive nutrition programmes for newborns and other vulnerable malnourished children, and a breast cancer clinic for women - indeed most of their patients are women, including a special unit for the elderly. They even try to offer psycho-social support for the severely traumatised .

We UUs support many great causes but please include this month’s Share the Plate recipient, the Al Alhi Anglican Arab Hospital in Gaza.

# *A Winter Concert*

*Saturday, December 10 at 7pm*

*First Unitarian Church of Victoria*



*a feast of seasonal songs to whet your musical taste buds...*



**Admission by Donation – Proceeds (cash/cheque only) to the local Food Banks**

**Join us for a reception after the concert**



## GVAT's First General Assembly on Housing Crisis Huge Success!



Marion Pape reports, "Many friends asked me how the GVAT Assembly went on Sunday, October 2<sup>nd</sup>. I answered, 'GVAT has become KNOWN across Greater Victoria as an organization with which to be reckoned, and it was clear that the Mayoral Candidates felt the same way.'

"Using the Municipal Election of the four core municipalities of Greater Victoria (Esquimalt, Oak Bay, Saanich and Victoria) with the subject "Housing For All' as a Mayoral All-Candidates meeting was brilliant!

"We communicated our message, our way of using power, and the talents of GVAT members. The two moderators for the evening were funny, responsive, comfortable, and effective. Stephen Tyler's comprehensive and historic Land Acknowledgement set the tone for the evening. The roll call, although too quiet, worked. Our representative, Susan Layng, led the roll-call parade.



"Approximately 300 people witnessed three mayoral candidates agree to provide 'housing for all.' Your FUCV Core Team encouraged 37 congregation members to attend, or more than 40 if we include the Zoom livestream. Excellent turn out!

"Can you tell I thought GVAT did a great job?"

The livestream link to a recording of the event: <https://vimeo.com/event/2446442>

Photos from the assembly by Penny Tennenhouse of Congregation Emanu-El.

*For further information about GVAT and its activities, contact a GVAT Core Team member: Susan Layng (lead), Lynn Beak, Patty Disbrow, Marion Pape, Evelyn Peters (Board liaison), Bob Stock, and Philip Symons (secretary). New members always welcome!*

## My short bio

I have been a professional mining engineer for over 40 years. I recently retired from the BC Provincial government.

My wife Martha McDougall and I joined FUCV in 1997. We started attending a Unitarian congregation in Surrey and thought we would look into it here when we moved to Victoria.

Some of my volunteer activities include:

Teaching children's religious education

Assisting with the preparation and running of the Island Summer Camp

Sitting on the Board as Property Management Chair

Supervised Custodians, maintenance and rentals

Sat on the Ruth Humphrey Innovation Fund Committee

Sat on Nominating Committee

Volunteered for Community Dinners on Friday evening

Member of FUCV Men's Group

Currently Vice Chair Building Maintenance Committee



It has been very rewarding experience to volunteer for church activities. Martha, our daughter Maria and I really appreciate the friends we have made at FUCV as we proceed on our spiritual journey. With much gratitude

## Al Hoffman

Peter Hancock says:

Al Hoffman and I first worked together providing the sound and recordings of Sunday services in pre-Covid times. I was impressed with his calm demeanour during the inevitable glitches that accompany a service that relies on so many pieces of electronic equipment working in concert. Al has volunteered in a variety of capacities including looking after all the exteriors of the three buildings on our Church property. He has been busy gathering estimates for repainting and window replacements and has also found time to express his own artistic talents repainting the wooden parts of the Lion Hall sundeck. Al and his pickup truck are an indispensable element in our annual book sale. I value Al's humour, his considered opinions and his dedicated service to our church.

Earle Anthony says:

Al is a member of the Building Maintenance Committee. He has assumed responsibility for overseeing the maintenance of the exterior of the church buildings, which is a complex task. It includes painting the walls and Lion Hall deck, window washing and replacement, cleaning of eaves and downpipes, and entrance door maintenance. Al does an excellent job of managing these many tasks with competence and a sense of humour. The church membership is fortunate to have these matters under the watchful eye of Al.

Being president of our congregation is a big commitment. In Marion Pape's case it meant serving as vice president for two years, president for two years and past president for a year and a half. I was on the board under Marion's leadership when she was president in 2019 and 2020. Marion used her administrative skills and her enthusiasm for our FUCV community to ably guide us. You could count on Marion to reliably fulfill her responsibilities above and beyond the "call of duty".

When Marion became past president in 2020, she agreed to co-chair the Annual Budget Campaign (ABC). Planning ABC 2021 began at the beginning of the pandemic, and Marion recognized the importance and challenge of connecting with members and friends during this time of isolation. An exceptional amount of co-ordination and communication contributed to the success of this campaign.

In January 2021, Marion took on the immense responsibility of becoming the project leader for AmplifyUU, our major audio-visual project. Marion oversaw every facet of the project- technical, financial, fundraising, implementation, and communication. Yet another big job well done.

Marion assisted in ABC 2022 and continues her involvement in our community in various capacities. FUCV is very fortunate to have Marion's many years of dedicated service.

### **Marian Pape**

On the first day I attended a service at FUCV in 2012, Marya Nyland grabbed me and took me to a meeting of the Environmental Action Team (EAT). I later became President of EAT for 4 years.

I joined the Board as VP with Lorna Anthony as President and worked at launching a Strategic Planning process with the Board and Congregation over a 3 year period. I became President from June 2018 -June 2020. We implemented the priorities of the FUCV Strategic Plan. I established a Long-Term Planning Team to begin planning for the church's future based on observable trends.

The Board proposed we join GVAT at a church Congregational Meeting in 2019, and FUCV voted unanimously to become a member of GVAT. I was appointed to the GVAT Board in the same year. I am currently an active member on the Church's GVAT Core Team

COVID arrived in Victoria in March 2020 and together with the FUCV Board rapidly established the church COVID protocols and the COVID Team.

During my 2 years as Past President I served on the Nominations Committee, steered AMPLIFY UU through the Board and Congregation, and chaired the AMPLIFY UU Committee. We appointed a Capital Campaign Team that raised the funds to implement the AMPLIFYUU vision. I and others are working towards the formation of a new AV Committee to implement the use of this exciting new technology.

I served for two years on the ABC Team and continue to assist this critical work.

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Communications has long been a huge interest for me and I was a part of a small team that developed a Terms of Reference for a Strategic Communications Committee. This is one of the most important areas in which I am now concentrating my energy. To keep my brain alive in continuously learning new things, I am also serving as a Zoom Host for FUCV Hybrid .

After earning my degree in Library Science, I was a Young Adult Librarian for Saskatoon Public Library for 6 years. I then became Territorial Librarian for the Northwest Territories and Nunavut with Headquarters in Hay River. I moved to Nova Scotia to become Provincial Librarian from 1990-2001, taking the final two years as a secondment to Industry Canada in Ottawa. There I was a part of the team that launched the Community Access Program (CAP) or Public Access to the Internet in Urban Centres across Canada.

My late husband, Manfred, and I moved to Salt Spring Island in 2001 to be closer to our son, Andrew. I became an independent Consultant in Communications and Community Engagement in the area of Community Energy Strategies and Climate Change work. From 2005-2010, I became alternate CRD Director for Salt Spring Island, helping to launch the new award winning Salt Spring Bus System.

Manfred and I moved to Victoria so that Manfred could more easily participate in Stage 4 cancer treatment. He died in 2012 after joining FUCV in the same year.

In October 2013, my grandson, Sheamus, was welcomed into the world. Now 8 years old, this little tyke continues to astonish and bless me with his creativity and enthusiasm for life.

I would like to express my gratitude to FUCV for providing me with these incredible opportunities. I love this church, its Ministers, Staff, Members, and friends.

Gary Theal writes:

Marion is collaborative, organized, communicative, informed, patient, supportive, dedicated, resourceful, caring, understanding, energetic, appreciative, wise, astute, experienced, exceptionally well informed ... Simply stated, with my gratitude; among the best professional volunteers I've ever had the pleasure to know and work with. First Unitarian is so fortunate to have Marion Pape as an integral part of our family.

Marya Nijland writes:

Marion is well known throughout Canada because of her leadership in "Voice of Women for Peace". She's a mover and a shaker and highly respected for her opinions and actions. We are extremely privileged to have her at FUCV. She is also cheerful and friendly.



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Philip Symons writes:

Marion is an ideas person! A 'creative ideas' person in every position she has held--and she has held many! She has been the president of our church and then the past president. She is currently an active member of our Church's GVAT Core Team that forms the link between Greater Victoria Acting Together (GVAT) and our church, its Board, and our congregation. Marion has been on the Board of GVAT itself! She's also been on the Board of BCSEA, and probably various other organizations or committees that we may not know about. Everywhere she has been and goes she leaves a trail of good ideas, many of which have been acted upon to the benefit of whatever committee or organization they were addressed to. We are fortunate to have such an active and vibrant personality in our church.

## **Depression & Anxiety Support Circle**

**We are a confidential peer-led support group. Weekly zoom meetings are a mix of structured sharing and informal conversation, to provide a safe space, as well as foster warmth and humour wherever it can be found, during our 90 minutes together.**

**For more information, or to put your name on our email list, please email Pat: [kinradep@gmail.com](mailto:kinradep@gmail.com) or Lies: [eweij@ryerson.ca](mailto:eweij@ryerson.ca)**



**Shelley Mohr**

Born in Calgary, Shelley spent her childhood in Saskatchewan before coming to Victoria. The prairie landscape and the seascape of the West Coast have been major influences in her life and in her paintings. After a career in healthcare, she finally did something she'd always dreamed of -studying painting at the Victoria College of Art. After graduating, she began painting full-time. Her landscapes reflect the changing colours and patterns created by light-in the sky, water, flora and fauna. She has exhibited in several local shows and at the airport. Shelley's work had been described as "whimsical, colourful and joyful, often evoking a sense of place and serenity."



# Connect with Unitarian Universalists across Canada! Upcoming CUC Events

The CUC (Canadian Unitarian Council) is our national Unitarian Universalist (UU) organization. All UUs are welcome to be involved.

For a fuller list of upcoming events, see [Events page](#) on the [CUC website](#). Here are some highlights:

## **Inclusivity Forum 5: Welcoming People of All Ages**

Wednesday, November 2, 2022

4:00 pm PT | 5:00 pm MT | 6:00 pm CT | 7:00 pm ET | 8:00 pm AT (2 hours)

Join UUs from across Canada for the final Inclusivity Forum of 2022. We will consider what it means to welcome people of all ages into our Unitarian Universalist (UU) communities. More information and registration is available [here](#).

## **Rising Together: UU Youth and Emerging Adults of Colour**

Saturday, November 5, 2022

1:00 pm PT | 2:00 pm MT | 3:00 pm CT | 4:00 pm ET | 5:00 pm AT (90 minutes)

For Youth (14-19) and emerging adults (18-24) of colour

More information and registration is available [here](#).

## **Gathered Here: For 18-35 year-olds**

Monday, November 7, 2022

5:00 pm PT | 6:00 pm MT | 7:00 pm CT | 8:00 pm ET | 9:00 pm AT | 9:30 pm NT (1.5 hours)

More information is available [here](#) (registration isn't required).

## **Connect and Deepen Small Groups**

2nd and 4th Sundays each month

November 13: Courage

1:00 pm PT | 2:00 pm MT | 3:00 pm CT | 4:00 pm ET | 5:00 pm AT (90 minutes)

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

More information and registration is available [here](#).

## **Virtual Fall Gathering: Living in to Covenant**

Friday, November 18 to Sunday, November 20, 2022

Join the national Unitarian Universalist community as we share a weekend online exploring the topic "*Living Into Covenant*."

More information and registration is available [here](#).

## **National Worship Sunday Service: Living into Covenant**

Sunday, November 20, 2022

10:00 am PT

Join UUs across Canada for a National Service focused on covenant, co-created CUC staff and ministers.

More information and registration is available [here](#).



by

# Monday Unitarian Walkers

Monday Unitarian Walkers welcomes ALL interested Unitarian members and friends to join us for weekly walks Monday afternoons at 1pm. The walkers take turns leading walks for an hour to an hour and a half at different locations throughout Greater Victoria from September to June.



If you are interested in joining these weekly walks, please contact:

Nancy Dobbs [nandobbs@telus.net](mailto:nandobbs@telus.net) to be put on the email list.

Walk from Layritz Park, October 17



## Song Circle/Zoom Sing – Everyone Welcome In the Sanctuary and on Zoom

Fridays from 1:30-2:30

**New dates for November/ December- November 4, 18, December 9**

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

The sanctuary is well ventilated and spacious. Masks are optional.

Our Song Circles are Informal, relaxed, with a campfire vibe... songs of peace and joy; familiar, new, folk, world songs, lighthearted, chants...all with words provided.

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

The Church's COVID-19 team continue to monitor the current situation, stay abreast of the current literature on Covid, and adjust our guidelines accordingly. The Church guidelines below are in general alignment with the BC COVID-19 guidelines while taking a more gradual approach, as suggested by FUCV members in a recent survey, and in consideration for the large number of vulnerable elders in our church community.

These guidelines have also been informed by recent research on Covid rates in the Region and recent studies about the long-term effects of Covid infection, including the following:

[Possible 69% higher risk of Alzheimer's for older COVID survivors](#)

[COVID-19 May Increase Risk of Diabetes in Children, CDC Study Finds](#)

[COVID-19 hospitalization data is being misunderstood as next wave begins: BC modelling group. The correct data shows hospitalizations are starting to rise again already](#)

We will continue to follow provincial guidelines and aim to keep the vast majority of the congregation both safe and happy. For the most up-to-date information on our guidelines, please refer to the E-Weekly rather than the Newsletter.

**1. Worship services.** All services are now hybrid, available in person in the Sanctuary and the family friendly Lion Lounge, or by Zoom. There are no capacity limits, no registration, and no vaccine mandates. Please respect others' comfort levels for social distancing and mask wearing.

**2. Masks.** The Sanctuary is designated as a mask-only zone Sunday mornings until noon, while masks are optional in the Lion Hall. We will ask people to mask as they enter the Sanctuary, and provide masks to people who do not have one. Masks may be temporarily removed by officiants, readers or for singing a solo. Microphone covers, which we use when speakers remove their masks, are being used as long as we continue wearing masks.

We recognize that it is impossible for us to guarantee 100% mask compliance in the Sanctuary; if you are concerned about people dropping their masks during the service, please consider attending services by Zoom rather than in person.

**3. Groups.** Committees, groups, teams, and choirs in rehearsal may gather in the church or elsewhere, masked or unmasked, at the discretion of the group.

**4. Singing.** For Sunday morning services, the choir and the congregation may sing with masks.

**5. Air Circulation.** The Lion Hall, Farmhouse Common room and office have HEPA filters installed for air circulation. The HEPA filters should not be used in these locations when the windows or doors are open. The sanctuary's two heat pumps will circulate outside air every 20 minutes; it is important to keep the windows closed for proper circulation.

**6. If Symptomatic.** Anyone who has been diagnosed with COVID-19, has tested positive for COVID-19, or who has symptoms of COVID should not participate in small group activities in person and should not come into the Sanctuary or Lion Hall. [The BC Centre for Disease Control has more information on self-isolation and self-monitoring.](#) Isolation rules vary depending on whether you actually had a positive Covid test, your age, whether people you come in contact with are fully vaccinated or not, and whether you are fully vaccinated.

**7. Children's and Youth's Programs.** Children's and youth's programs have resumed. Contact [Anna Isaacs](#) for details.

From your FUCV COVID-19 Team (Nancy Dobbs, Rev. Melora Lynngood, Kristina Stevens, Katherine Maas, and Jim Willis)

# Autumn Groaners

## for Suellen

Why did the tree worry that he would never get his leaves back after autumn? He didn't be-leaf in himself!

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

What type of vehicle should you use for a fall hayride? An autumn-mobile!

Why did the scarecrow win the Nobel Prize? Because he was outstanding in his field.

8. Why did the lions move at the end of summer? Because the pride goeth before the fall!

How do you fix a broken pumpkin? With a pumpkin patch.

How does an elephant get out of a tree? It sits on a leaf and waits till autumn.

Why do birds fly south in the fall? Because it's too far to walk.

What do you call a dude who really likes autumn? A fall guy!

"Love the trees until their leaves fall off, then encourage them to try again next year." — Chad Sugg

What's a fire's least favourite month? No-ember

Why do you never see deer hiding in trees? Because they're really good at it.

Why did no one laugh at the oak tree? He kept telling a-corny jokes.

What kind of key won't open doors? A tur-key.

What do you call the ghost of a chicken? A poultry-geist

What happens when winter arrives? Autumn leaves.

What is red, orange, and yellow, and doesn't get hurt when it falls? Autumn leaves.

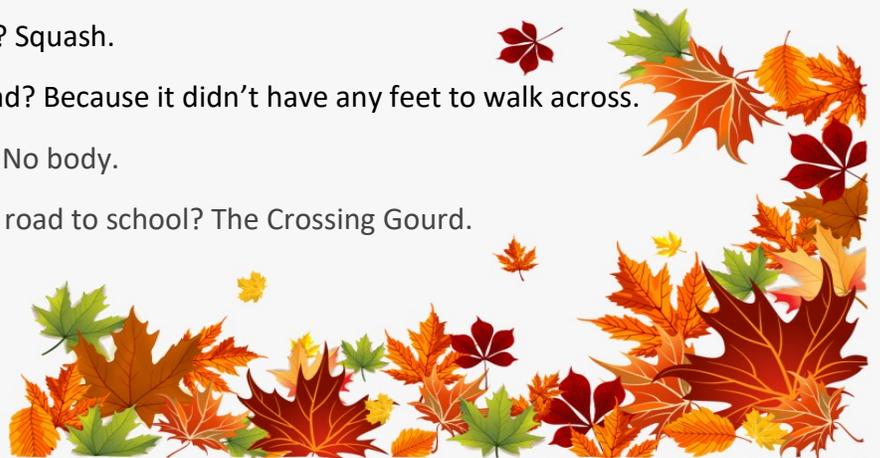
How do trees get on the Internet? They log in.

What do you get if you drop a pumpkin? Squash.

Why did the pumpkin roll across the road? Because it didn't have any feet to walk across.

Who won the skeleton beauty contest? No body.

Who helps the little pumpkins cross the road to school? The Crossing Gourd.



## CALENDAR:

[CLICK HERE](#)

### Board Members on Duty

**Nov. 6 - Jim Willis (?)**

**Nov. 13 - Peter Hancock**

**Nov. 20 - Kent Haden**

**Nov. 27 - Kathleen Zimmerman**

### FROM THE EDITOR: GUIDELINES FOR YOUR SUBMISSIONS

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

- Where possible we use Calibri font.
- One space between sentences and between lines.
- No pdf files, please, use Word.
- Send pictures in jpegs... Don't send text as jpegs.
- TAKE THE DEADLINE SERIOUSLY!



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

### NEW MEMBERS

**Pat McMahon- Friend- Oct.5**

**Jeanine Hartman- Member- Oct. 6**

# NOVEMBER BIRTHDAYS

First Name	Last Name	Birthday
Lynne	Bonner	November 01
Gloria	Turner	November 01
Thomas	Andersen	November 02
David	Vest	November 02
Lance	Young	November 03
Harry	Moore	November 04
Marion	Sollazzo	November 04
Audrey	Taylor	November 04
Laura	Porcher	November 06
Louise	Parsons	November 07
Helen (Penny)	Furnes	November 08
Hayden	Allder	November 09
Lorna	Anthony	November 09
Andrew	Lee	November 09
Roberta	Engel	November 10
Faye	Mogensen	November 10
Brock	Brown	November 12
Pauline	Kenneally	November 12
Barbara	Rintoul	November 14
Samuel	Wilmott	November 15
Hanne	Fair	November 16
Kathleen	Filan	November 17
James	Twidale	November 18
Simon	Williams	November 22
Terri	Ziegler	November 23
Anna	Tilson	November 26
Robert	Gifford	November 28
Linda	Schlechte Petch	November 28
Rowan	de Boer	November 29

### DECEASED

None to report

# FIRST UNITARIAN CHURCH OF VICTORIA

5575 West Saanich Road • Victoria BC • V9E 2G1

[www.victoriaunitarian.ca](http://www.victoriaunitarian.ca)

[churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca)

250-744-2665

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

## MINISTERS

Reverend Melora Lynngood

Cell: 250-891-6330

[rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca)

Reverend Shana Lynngood

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[rev.shana@victoriaunitarian.ca](mailto:rev.shana@victoriaunitarian.ca)

*Minister Emerita*

Reverend Jane Bramadat

(778) 430-3471

## LAY CHAPLAINS

[laychaplains@victoriaunitarian.ca](mailto: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

**Acting Director : Anna Isaacs**

[anna@victoriaunitarian.ca](mailto:anna@victoriaunitarian.ca)

*Continued next page*

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## DIRECTOR OF MUSIC

Nick Fairbank  
[music@victoriaunitarian.ca](mailto:music@victoriaunitarian.ca)

## CHURCH ADMINISTRATOR

Niki Mullin  
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## BOARD EXECUTIVE

### President

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### Vice President

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### Secretary

Kathleen Zimmerman  
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### Treasurer

Kristina Stevens  
[kristinalstevens@gmail.com](mailto:kristinalstevens@gmail.com)

### Past President

Vacant

## COUNCIL CHAIRS

### Communications

Kent Haden  
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### Congregational Life

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### Property

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[hancockp@telus.net](mailto:hancockp@telus.net)

### Spiritual Development

Jeri Dause  
[jkkdause@gmail.com](mailto:jkkdause@gmail.com)

Human Resources,  
Abuse Prevention Plan  
Insurance

Audrey Taylor  
[audreyzwaaltaylor@live.ca](mailto:audreyzwaaltaylor@live.ca)

## 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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for Mike and Nille Fibiger-Crossman  
3 hours every 3 weeks \$25/hr  
References preferred  
[mfrogbog@icloud.com](mailto:mfrogbog@icloud.com)  
250-658-2239

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