



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

SERVICES IN JANUARY 2023

SUNDAY SERVICES BEGIN AT 10:30 am



Sunday, January 1, 10:30 am

CUC Truth and Reconciliation Service (\*\*Zoom only)

The Canadian Unitarian Council hosted a national service back in September, which we missed. Now is our chance to catch this powerful and unique service – “Unsettled and Unafraid,” created to honour the National Day for Truth and Reconciliation. Elder-in-Residence Sharon Jinkerson Brass, Rev. Danielle Webber, and folks across the country reflect on what the process of un-colonizing looks and feels like to them. Prepare to be unsettled. Uncomfortable. Challenged.

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

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**Sunday, January 8, 10:30 am**

Take a Breath

Rev Shana Lynngood, Homilist

Rosemary Harrison, Worship Associate

As we begin to settle into a new year, we'll begin with the breath. This month's focus on finding our centre seems a good time to start with the centre of our bodies. A powerful book about the amazing power of our breathing was recommended to me by one of our members. I share the insights and wisdom from James Nestor's book, *Breath*. How much is our wellness in our breath? Why do most of us breathe so poorly? At this service, we will also honour and recognize our 25 year members.

**Sunday, January 15, 10:30 am**

*The Message at the Centre of Heartbreak*

Reilly Yeo, Homilist

Fran Pardee, Worship Associate

When we look into our centre these days, what we find there is heartbreak – heartbreak at the losses in the natural world, and all the other crises unfolding around us that seem to be getting worse with each passing day. How do we take right action in response to this heartbreak? Join Reilly and the members of First Unitarian's Greater Victoria Acting Together Core Team to explore how finding the brokenness – and the love – at the centre of our hearts can guide each of us to act effectively for change in the world.

**Sunday, January 22, 10:30 am**

*The Societal Expectations of Caregivers*

Rev Melora Lynngood, Homilist

David Vest, Worship Associate

Today, we consider the monthly theme, 'finding our centre,' in the context of caregiving. Walking that line between care for self and care for others is tricky in the best of times. It becomes especially challenging when one is in the role of caregiver. And it can be made even more complex by the societal expectations put upon caregivers, starting with assumptions made about who is supposed to be a caregiver in the first place. For example, what happens when someone doesn't get along with their parent, or is estranged from them? (This topic was chosen by the winner of last spring's service auction.)

**Sunday, January 29, 10:30 am**

*Focused on Life*

Rev Shana Lynngood, Homilist

Jana Kotaska, Worship Associate

Many have bemoaned the ways our modern technology and ways of being have made it hard for us to focus. We feel pulled in so many different directions at once and multi-tasking seems to be expected of us all the time. How can we think deeply or reflect on our journey through life if we are always being asked to constantly divide our attention? What would it look like if we actually made a practice of spending some time each day looking within, or just doing one thing in each moment?

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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 being the month of 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 (email: [committeeonministry@victoriaunitarian.ca](mailto:committeeonministry@victoriaunitarian.ca)) 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 February newsletter will contain a detailed list of contacts available during the Sabbatical.



# Theme Questions

This month we explore the path of **Finding our Centre**.

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

Who first helped you find your [true self](#)?

Who first helped you find “the fire in your belly”?

What do you do to stay in touch with the fire in your belly?

What if you find your center when remembering the nicest thing someone ever said to you?

What lies at the deepest center of who you are? When was the last time you talked with someone about that?

What discovery of your deepest self might lie in paying attention to the person that [annoys you the most](#)?

If you have been told at some point, “You're too much!” or “You're not good enough!”, who were you before you received those messages?

Does the idea of “[following your bliss](#)” play a role in your life right now?

What three things most moved you toward your center this past year?

Have you ever felt like you “[are finally catching up to who you are](#)”?

It's said that [we are every age that we have been](#). What younger self do you most want to tap into right now?

What would enable you to tell your white friends about how their behaviors keep you from or knock you off your center?

What happens inside you in the silent moments? What do you hear? What do you feel?

What have you learned about navigating those times in life when we lose track of our center?

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

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## This Month's Spiritual Exercises

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

### Option A The Core Values that Lie at Your Center

Finding our center and clarity about our values go hand in hand. But do we really take the time to regularly name and bring our core values into awareness? And do our self-proclaimed values match how others see us? And how we are actually living. This exercise invites you to wrestle with both of these questions. And do it with a trusted companion.

To keep it simple, we've created a [list of values](#). Here's how to engage with it:

Pick your five core values [from the list](#).

1. Give a blank copy of the list to someone close to you and ask them to pick the five they think are your core values, without letting them know which you picked earlier.
2. Compare lists and discuss the differences, as well as why each of you picked what you did.
3. Either alone, or with the person close to you, engage the questions below. If you do it with the other person, invite them to also identify their top five values and engage the questions as well.

Come to your group ready to share insights.

**Taking it Deeper:** Here are some additional questions - and an online tool - to help you explore more:

What were your parent(s) five core values? In what way are your core values and theirs the most similar and the most different? Why do you think that is?

Of the 5 values you selected, which one would *most* like to live into more fully?

What is one *current* behavior of yours most supports this value? What is one *new* behavior that would support this value even more?

What are one or two behaviors that routinely fall outside of this core value? How does it feel to admit this? When you act outside this core value of yours, is it easy or hard to be compassionate with yourself?

What's the newest value to make it on to your list of top five? Which value did it "replace"? Did that happen consciously? Or did the shift sneak up on you?

Take this online values test and see if it reveals anything new: <https://www.valuescentre.com/tools-assessments/pva/>

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## **Option B**

### **Purposeful Pauses**

In our culture of faster, better and never enough, it is easy to live our lives on autopilot. Taking one or two [intentional pauses](#) throughout our day allows us to challenge and correct that. It enables us to stay close to our center and be more fully present. It is a practice of mindfulness, that [all spiritual traditions](#) embrace in one form or another.

With this in mind, you are invited to take a week and weave in at least one purposeful pause into your day. Don't overcomplicate it. This can be as simple as taking a walk or pausing for a few minutes of deep breathing. One useful technique is to stop what you are doing, look around and ask yourself, "What do I notice around me?" or "What is going on in my body right now?" (You can also write down what you notice and then look back over it at the end of the week for connections) For those who want to explore a slightly more involved practice, try making time for one of these online guided mindful meditations each day: <https://reset.thriveglobal.com/>.

During and after the week, note how these purposeful pauses altered or enhanced your emotional state and/or the patterns of your day. Then share the most impactful insight you gained with someone else in our congregation.

## **Option C**

### **Keeping the Work of De-Centering at the Center**

Reading is never enough, but it is part of helping white people get clearer about the work that must be done. Make some time this month to continue the on-going work of keeping de-centering work at the center by engaging this essay by [Bayo Akomolafe](#). Come to your group ready to share not only your biggest insight from the article but also what new commitment or behavior change it inspired you to make.

### **Dear White People**

<http://www.whatisemerging.com/opinions/dear-white-people?fbclid=IwAR21oFQO2cqaWFfVlxGr5wNoJopBCWI-qUZx1F1z5R4Slo3hfoloLMuKRj0&utm>

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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 Finding our Centre** playlist on spotify:

<https://open.spotify.com/playlist/32luGSYb8WRNgscYcHQRjO>



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

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

Direct link to **The Path of Finding our Centre** playlist on youtube:

[https://www.youtube.com/watch?v=ZLGXzGar7wY&list=PLvXOKgOQVYP6R\\_i8LXYyke2RORxFvndtJ](https://www.youtube.com/watch?v=ZLGXzGar7wY&list=PLvXOKgOQVYP6R_i8LXYyke2RORxFvndtJ)

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### Our Communications are Changing

Starting at the end of February, our weekly and monthly communications will change. The Eweekly – including a monthly printable version – will become your primary source of congregational news and events.

The monthly Newsletter will be discontinued and once a month the current Eweekly will be expanded to include information that today appears only in the Newsletter. This edition is the one that will be printable and available to those who currently receive the printed Newsletter. This is a pilot project which will be evaluated over the summer. More information will be included in the February Newsletter.

The Communications Strategy Team is working on an overall communications strategy and will report on progress from time to time. Members of the team are Kent Haden (Chair), John Hopewell, Anna Isaacs, Rev. Melora Lynngood, Shelley Motz, Shannon Oatway, Marion Pape, Gary Theal and Reilly Yeo.

## HONOURING 25 YEAR MEMBERS

At the service Sunday, January 8, we will celebrate people who have contributed their presence, talents and support as members of our church for 25 years: Christine Johnston, Mel Johnston, Al Hoffman, Daphne Horne, Martha McDougall, Doug Seeley and John Waters. For those attending in person, there will be cake!

In this busy season, the members were invited to contribute a paragraph reflecting on their 25 years. Several took up the challenge, and their thoughts follow.

Christine Johnston writes:

Christine joined First Victoria in 1997, transferring from First Toronto which she had attended since 1963. She is celebrating 60 years as a Unitarian this year! She joined originally as it has the best singles club in the city of Toronto, and there she met and married Mel. But she realized quickly that the church itself had much to offer. She soon became a staff member — as Director of Religious Education — and later took on several diverse roles. On arriving in Victoria she discovered new and exciting opportunities — in the SRC, on committees and church board, and finally on the CUC Board. As a UU she also became involved in multi-faith and refugee work. There are many interesting opportunities she found in 60 years.

Doug Seeley writes:

During my 25 year tenure, I led a successful ADD study group at NW Unitarian summer camp at Seabeck from 2000-2002. Also in 2000, I organized a weekly Learning Circle at our Church for 15 years in which we discussed the overlap between Science and Spirituality. An interest of mine since a teen-ager. These were complemented by a Bohm Dialog group conducted at homes, which was open to members and outsiders. Over these same years I gave about 16 sermons about this topic, which were introduced as coming from a *“recovering intellectual.”* I still pursue the interactions between spirituality and science to this day.

### 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)**





## **Celebration of Life for Suellen Guenther**

**Saturday, January 28, 2023**

**2:30pm Pacific Time**

All members and friends of the First Unitarian Church of Victoria, and all who knew and loved Suellen, are warmly invited to attend this memorial service honouring and celebrating the life of our beloved member Suellen Guenther, who passed away on November 13, 2022.

### **In person attendance**

Please RSVP for in person sanctuary seats at <https://rsvp.church/r/uYZwZfyw> (it helps with our planning) or contact Nancy Dobbs at 250 652 5438.

While masks are required in the sanctuary, masks are optional at the reception in Lion Hall.

Members and Friends of First Unitarian are invited to bring finger food (sweet/savory) to share at the reception.

### **Online attendance**

See e-weekly for link



**Update on the Environmental & Climate Action Committee (ECAC), formerly EAT:**

Twelve people interested in environmental and climate issues met as a part of the EAT Committee in November to consider what activities we might undertake going forward.

I acted as Co-chair of the meeting/group (for the time being until Glenyss Turner is able to return to the Chair). We considered several items that people were interested in.

The first was 'One Planet Saanich,' which Glenyss has championed for several years. As you may know Saanich is one of 4 regions selected worldwide (the County of Oxfordshire in the UK, eThekweni in South Africa, Elsinore in Denmark, and Saanich in Canada) and funded by the UK Bio-Regional Group. FUCV was the first Church to join. Glenyss is asking for someone to assist her with continuing representation with the group.

Next, Intern Reilly Yeo outlined her plans for a Climate Change Workshop in the new year. She proposes holding a 4-session workshop following Joanna Macy's nature-based philosophy.

She indicated that Rev. Melora is planning an Earth Day Service. EAT offered to assist with this and suggested that a suitable Share-the-Plate recipient might be the Endangered Ecosystems Alliance started by Ken Wu (a previous Earth Day speaker), who has obtained charitable status for this organization recently.

I am following through on a pledge to coordinate/write Green Corner Articles for the newsletter.

Evelyn Peters outlined her plan for a Native Plant Garden near the Church sign at the front yard entrance. She also noted a 'United We Stand' rally for Old Growth Forests on Feb. 25<sup>th</sup>, organized by Elders for Old Growth.

Other items discussed included a tool lending library, signage for cyclists/e-Bike storage, more food gardens and water storage/irrigation. Doug McGinnis presented his plans for a Canadian chapter of the Foundation for Climate Restoration.

The discussion of political action was deferred. The group decided to rename EAT (Environmental Action Team) to ECAC (Environmental and Climate Action Committee) to avoid any misunderstanding with the acronym and to emphasize our concern about climate change.

**Donna Jean**

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[dcjstudio@gmail.com](mailto:dcjstudio@gmail.com)

Instagram: donnajeant\_art



After waiting until retirement to begin developing my creative side, I decided to start with acrylics and never looked back. I paint quickly and acrylics was the best way to do that which allowed me to layer and then paint over my initial layers until the right feel emerged. I let the artwork itself lead me to the next stages.

I began painting by copying from photos which seemed a lot of work and not much creativity, and after 5 years I really wanted to explore abstracts. That has been my focus over the past 12 years. When a painting starts to work... I tingle! It is so exciting!

I teach and also have private students periodically as well as do commissions. I wish I hadn't waited until retirement. Too much time wasted!

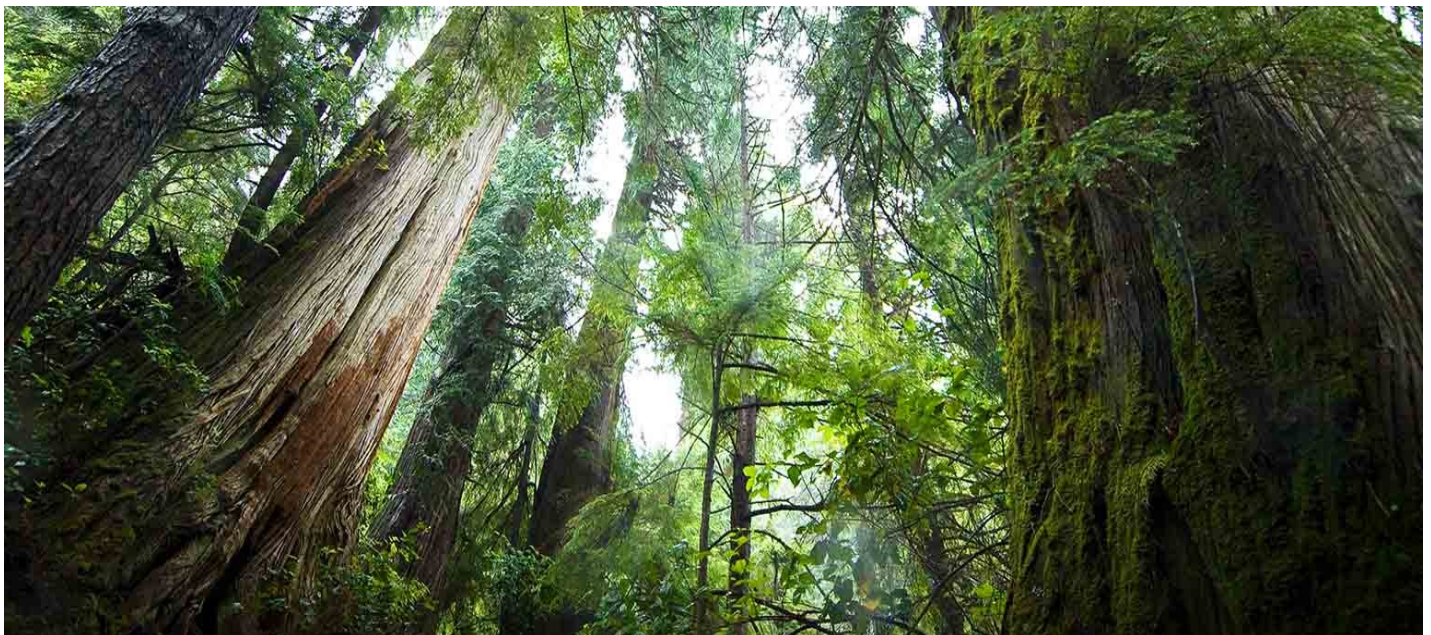


**Endorsing the Declaration *United We Stand for Old Growth Forests!***

Some time ago our congregation was invited to endorse a Declaration *United We stand for Old Growth Forest*. On addressing this issue, our Board felt that our decision should include consultation with our membership, so this will be an item for discussion at our upcoming congregational meeting after the service on January 29<sup>th</sup>.

The organizers of the Declaration are the individuals responsible for events by *Elders for Ancient Trees* and *Old Folks for Old Growth*. The Declaration will be part of a super-rally planned at the Legislature for February 25, 2023. You can see [an edited version of the Declaration here](#). There are currently 146 signatories including the Union of BC Indian Chiefs; provincial, national and international environmental organizations; the David Suzuki Foundation; GVAT; and many church organizations. Basically, the Declaration urges the provincial government to implement the recommendations of its Old Growth Strategy Review (OGSR). It emphasizes consultation with First Nations, measures to support affected communities, and the importance of including forestry practices in a climate change strategy. Some of you may be concerned about the political implications of endorsing such a document. Legislation passed by the Liberal government in 2018 meant that, as long as the public policy work an organization does is in furtherance of its charitable purpose as accepted by the Canada Revenue Agency (CRA), there are no longer government-imposed limits on how much of this work it does. [There is more information about these changes here](#). The “charitable purposes” in the CRA documentation would loop back to the promotion of Unitarian principles, including the 7th principle: “Respect for the interdependent web of all existence of which we are a part.”

If you would like to see the full version of the Declaration, or if you have any questions, please contact Evelyn Peters at: [evelyn.joy.peters@outlook.com](mailto:evelyn.joy.peters@outlook.com).





## Indigenous-Focused Film Series

While aspects of colonialism associated with residential schools are becoming more familiar to us, many of us are less familiar with the ways colonial histories affected and continue to affect all aspects of Indigenous peoples' lives. This four session film series offers an opportunity to expand our knowledge.

In the video called **The Ransom Economy**, hosted by the Yellowhead Institute, The Leap, and Tiny House Warriors, Naomi Klein speaks with Indigenous land defenders on the economic strategies behind the blockades. The webinar goes beyond media highlights to talk about international Indigenous human rights, injunctions, the criminalization of land defenders, and the uncertainties of Canadian claims to land and sovereignty.

Alanis Obomsawin's remarkable 53rd film **Jordan River Anderson, The Messenger**, documents the story of a young boy forced to spend five years of his short life in hospital while the federal and provincial governments argued over responsibility for his care. The colonial implications of federal jurisdiction over services on reserves will be part of the discussion.

Spoken entirely in Haida, **SGaawaay K'uuna (Edge of The Knife)** is the world's first Haida-language feature film. It was co-directed by Gwaai Edenshaw and Helen Haig-Brown, and produced in collaboration by the Council of the Haida Nation, Skidegate and Old Masset Band Councils. Discussion will focus on the viewing experience and issues surrounding language revitalization.

The last session focusses on issues of gender and identity stemming from the Indian Act. There are two short films. The first, **Mary Two-Axe Earley: I Am Indian Again**, produced by Mohawk filmmaker Courtney Montour, shares the powerful story of Mary Two-Axe Earley, who fought for more than two decades to challenge sex discrimination against First Nations women embedded in Canada's Indian Act. The second, **The Indian Act Explained**, is an interview with Bob Joseph about his book "21 Things You May Not Know About the Indian Act."

**When:** First and third Tuesdays in March and April, 7:00 p.m. – 8:30 p.m. (March 7, 21, April 4, 18).

**Facilitators:** Reilly Yeo, Karen, Christie and Evelyn Peters, back-up Lynn Beak.

**Where:** In your own home. Watch the videos whenever it suits you, and then join us on Zoom for a discussion following a study guide to be provided.

### Program format:

1. Register for the study group (contact Evelyn Peters @ [Evelyn.Joy.Peters@outlook.com](mailto:Evelyn.Joy.Peters@outlook.com)). We wish to limit the group to 12 people.
2. Watch the video at your own convenience.
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 Tuesdays listed above on a link to be provided.



## **One Can Always do Something to make Things Less Bad**

Last month we described some of the calamities we will be facing now that we're past the climate tipping point. But no matter how ugly the climate crisis becomes, we can always do something to make a bad situation less bad.

Over the past three years, GVAT's Climate Action Research Team (ART) has made presentations to several municipal councils in support of increased housing densification to reduce the need for cars. Climate ARTists have encouraged the further construction and use of ride and roll (bike) lanes. These small steps help reduce carbon emissions in our city, but their impact on the climate crisis is small.

Climate ART members have also been investigating ways of increasing food production by creating more allotment, boulevard, and roof-top gardens, and more "urban forests" and orchards. These are adaptations to interrupted supplies of food to Victoria caused, e.g., by ferry cancellations. Their impact, too, is small. Increasing food production on the Saanich peninsula, as suggested by Rick Kool in his homily at this church in the summer of 2021 (<https://www.facebook.com/watch/?v=213341290699565> starting at about the 16:14 minute point) could be much more effective. Climate ART members are starting to explore the possibilities of pursuing these suggestions.

What can each of us do as individuals? Younger folk, busy with family and jobs, can always donate to one or more organizations working to mitigate or adapt to the climate crisis.

GVAT has an Action Research Team on the climate crisis, and January is the month when half of our church's plate offerings go to GVAT. Our church is recognized within GVAT as one of the most active member organizations. Please donate generously to January's Share the Plate, and if you would like to take more active participation, contact one of our Core Team Members listed below.

Other organizations expressly working to ameliorate the climate crisis or adapt to it are Sierra Club (also an active member of GVAT), BCSEA, Eco-Justice, Western Wilderness Committee and more. Check their websites for their objectives and accomplishments. Many of these organizations circulate petitions that you can sign while learning why your signature and donations are important.

Organizations that play an important but more indirect role in ameliorating and adapting to the Climate Crisis will be examined in next month's newsletter.

*For 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!*





***During the month of January, the Share the Plate recipient will be Greater Victoria Acting Together (GVAT). Greater Victoria Acting Together is an alliance of over 25 diverse local organizations with a total membership of about 80,000. 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***

***Your help is needed to ensure that we can continue our unique broad-based organizing work.***

***You are needed to help those who do not have a place to sleep inside. You are needed to create more affordable housing for those barely able to pay their rent and keep the lights on. You are needed to save lives from the opioid pandemic and support people on their path to recovery. You are needed to build the housing and mental health care systems our community desperately needs!***

***You are needed to ease the fear felt by young people who face a changing climate and an uncertain future!***

***More than ever GVAT needs your financial support. Our yearly membership dues will help fund the activities we value, and our Share the Plate initiative will allow us to do that. 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!***



# 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.

Esquimalt Lagoon December 12, 2022



Everyone Welcome In the Sanctuary and on Zoom

Fridays January 13 and 27, February and March 10 and 24, from 1:30- 2:30

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

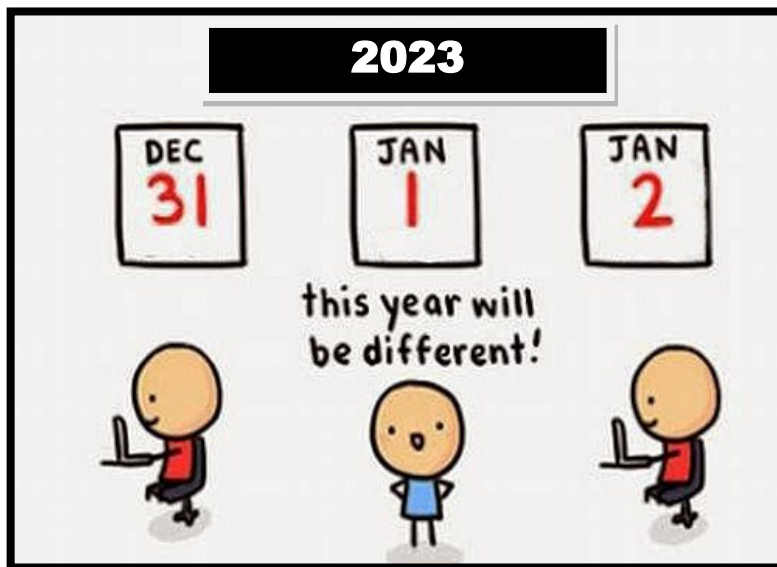
We now have the ability to host a Hybrid gathering on Zoom and in the Sanctuary.

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.

HAPPY  
*new year*  
2023





## CALENDAR:

[CLICK HERE](#)

### Board Members on Duty

Jan. 1, 2023 Kent Haden  
 Jan. 8, 2023 Kathleen Zimmerman  
 Jan. 15, 2023 Evelyn Peters  
 Jan. 22, 2023 Jeri Dause  
 Jan. 29, 2023 Jim Willis

### 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!



### DECEASED

Johanna Billung-Meyer: Dec. 7th, 2022  
 Margaretha 'Marya' Nijland: Dec. 14, 2022  
 Steve Sharlow: Dec. 21, 2022

### NEW MEMBERS

John Lancaster  
 Kayla Melchior  
 Ilyambabazi Sebyeza

# JANUARY BIRTHDAYS

First Name	Last Name	Birthdate Month/Day
Jackie	Bennett	January 01
Jany	Li	January 01
Patricia	Disbrow	January 02
Sonya	Ignatieff	January 02
Betty	Sherwood	January 03
Cecil	Bannister	January 05
Dennis	Jaques	January 07
Christine	Johnston	January 08
Philip	Symons	January 09
Patricia	McMahon	January 11
Margot	Garmsen	January 12
Sebastian	Sterling	January 13
Kiana	Belisle	January 14
Gaia	Bazar	January 16
Jane	Wilson	January 16
Ellen J.	Carey	January 17
Fran	Pardee	January 18
Tim	Hall	January 19
Lynn	Beak	January 20
Lynn	Hunter	January 20
Bruce	Nicol	January 21
Nellie	Van Leeuwen	January 21
Mary	McCormick	January 23
Ruth	Miller	January 23
Gerry	Brimacombe	January 24
Sylvia	Krogh	January 24
Lillie	Lentz	January 24
Elliot	Ziegler	January 24
Cavina	Thokme	January 25
Remi	Odense	January 26
Stephen	Sharlow	January 27
Alexander	Adam	January 28
Rebecca	Denlinger	January 28
Mike	Graham	January 29

# FIRST UNITARIAN CHURCH OF VICTORIA

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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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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?  
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**Acting Director : Anna Isaacs**

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*Continued next page*

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EVERY MONTH!**

**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)

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