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In the Spirit | March 2nd, 2023

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Our Monthly Communications are Changing



This is the initial monthly edition of "In the Spirit" – the enhanced month-end edition of the Eweekly, which replaces the former Newsletter. The paper copy will be available a few days later. Future editions of "In the Spirit" will be emailed on the last Thursday each month with paper copies available a day or two later.

Submitting Material

For now, there is no change in how you submit material that would previously have gone into the Newsletter.

- The 15th of the month is still the submissions deadline for former Newsletter material
- Please submit jpegs not pdf

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The deadline for regular Eweekly material continues to be 3 PM each Tuesday with material emailed to eweekly@victoriaunitarian.ca

This Sunday's Service, March 5th



Sunday, March 5th, 10:30 am

Understanding Dementia and Living With It

Karla Thomson, Homilist

Lynne Bonner, Worship Associate



Karla Thomson, a long-time member of this congregation, will share ways to understand and cope with some of the challenges dementia presents. "Don't be afraid of the word dementia," Karla tells us, "I will try to help you understand it in a different way." Karla and Jim joined the First Unitarian Church of Victoria in 2004, when they moved here from Quadra Island.

Zoom Link: <https://zoom.us/j/159673316?pwd=eIRBY1d5ZFJlcFVmSXE5aXp4SnhUdz09>

Sunday Services for the rest of March 2023

Sunday, March 12, 10:30 am

Everything is Holy Now

Reilly Yeo, Homilist

David Vest, Worship Associate

As Unitarian Universalists, what makes us particularly vulnerable, and how is that vulnerability a source of strength? By letting go of traditional religious ideas of the holy as something limited to specific sanctified church experiences, we opened ourselves up to a world where – to quote Peter Mayer – everything is holy now. This means that we suffer alongside the natural world, but also that we can draw tremendous solace and inspiration from it. Come join Reilly as she continues to explore reverential naturalism, and the ways that her experiences working at Victoria General Hospital shaped her perspective of our UU faith.

Zoom Link: <https://zoom.us/j/159673316?pwd=eIRBY1d5ZFJlcFVmSXE5aXp4SnhUdz09>



Sunday, March 19, 10:30 am

The Happiness of a Broken Heart

Reilly Yeo, Homilist

Fran Pardee, Worship Associate

"To find true happiness, you must first have a broken heart." These are words from the anthem for this service, "To a Dancing Star," by Robert Espindola. Being vulnerable is challenging, but it's also how we connect as human beings.

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elder, not just older, by allowing ourselves to be open and vulnerable with each other.

Zoom Link: <https://zoom.us/j/159673316?pwd=eIRBY1d5ZFJlcFVmSXE5aXp4SnhUdz09>



Sunday, March 26, 10:30 am

Who Gathers the Comforter's Tears

Kim and Jan Dawson, Homilists

Rosemary Harrison, Worship Associate

As a clinical psychologist, Kim has helped many folks struggling through trauma. And as an animal advocate, Jan has helped many traumatized dogs. We've surely butted our heads and hearts against the hard edge of compassion fatigue, the feeling that we simply cannot take any more of the pain and suffering of the world. With all of the situations in the world today, it is understandable that many of us are familiar with compassion fatigue. What do we do with that feeling? How do we cope when we feel hopeless? For us, it started with making a choice to do something...but with so much need out there, how to choose? We will share how we found a way to bring together our areas of interest by helping both the human and animal survivors of domestic violence.

Zoom Link: <https://zoom.us/j/159673316?pwd=eIRBY1d5ZFJlcFVmSXE5aXp4SnhUdz09>



Covid Guidelines for March



Why are we still asking you to wear a mask in the Sanctuary?

BC has now entered cold and flu season and **health experts are urging people to wear masks at indoor gatherings** to stop the airborne transmission of respiratory viruses, including COVID. The Omicron variants have been dominant in Canada for some months and they spread faster and evade immunity better than earlier strains. Now another new strain is starting to emerge that is sounding alarms about contagiousness, severity, and health-system impact. For more details, see this article from the Jan. 6 Tye: [The 'Kraken' Virus Is Here. What's the Threat Level?](#)

We want to keep our congregation safe and do our best to prevent any additional pressure on BC's strained health

general alignment with the BC COVID-19 guidelines while taking a more gradual approach and in consideration of the large number of vulnerable elders in our community.

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

- [Number of Canadians in hospital with COVID has more than tripled since last year](#)
- [Possible 69% higher risk of Alzheimer's for older COVID survivors](#)
- [COVID-19 May Increase Risk of Diabetes in Children, CDC Study Finds](#)

For the most up-to-date information on our guidelines, always 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. Some are concerned about the fact that some folks aren't able to keep masks 100% tight fitting over nose and mouth 100% of the time. Others find that wearing a mask at all makes it too hard to breathe or hear/read lips. Sadly, we can't meet everyone's needs in a single space when some of those needs are in direct opposition to one another. The best we can do is offer different options for worship participation that accommodate the different needs (including Zoom viewing at home and unmasked in-person viewing in the Lion Hall).

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 fans run continuously when the room is in use, completely replacing the air in the room 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, or who 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. If you have COVID symptoms, consult [the BC Centre for Disease Control for 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 yourself.

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)

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Share the Plate



SHARE THE PLATE – March 5th, 12th, 19th & April 2nd

Anawim Companions Society



For more than 30 years, Anawim Companions Society has operated Anawim House. It is a day house for men living in poverty who are trying to find a better life for themselves. Anawim offers meals, hot showers, laundry and friendship.

Anawim's mission statement has always been to help those who want to be helped. They are a substance free facility that provides for those basic needs and security to which every individual is entitled. Above all, it is a home people can come to and feel safe and cared for, while being a part of something bigger. The Society does their best to provide that feeling of being part of a family, because they firmly believe connection is the opposite of addiction or personal chaos. By building a trusting relationship with the person, and setting them up with personalized supports, they believe they are setting the person up for success.



[Subscribe](#)[Past Issues](#)[The purpose of Anawim Companion Society is:](#)[Translate ▼](#)[RSS](#)

- To provide for the charitable needs of people living in physical, emotional, spiritual, and social poverty.
- To provide help, care, and counsel to such persons in a way that invites self determination, mutual participation and the enrichment of love, dignity, and purpose in their lives.
- To provide for the advancement of education, understanding and companionship to such persons, to promote and achieve in whole or in part the purposes of the Society.

News Flash!!

Anawim Companions Society has officially broken ground on its new Women's House in Victoria, BC following the success of the Men's House,

The project, a dream of Anawim's for many years, was kick started by an incredibly generous person who donated her property outright for this very purpose. Not only will Anawim's Women's House provide safe transitional housing support for women looking to make a meaningful change in their lives, but it will also strive to provide residents a sense of community and belonging. Incorporating Anawim House's established 'Family Model' approach, the Women's House will be able to provide a secure residence to women at risk of homelessness due to poverty, fleeing violence or various health issues. It is anticipated that the women's residence will be ready for occupancy by late summer.

Your generous donations will help to provide the financial assistance to keep food on the plates, hot water for showers and a warm welcome for Victoria's neediest people.

Missing a Sunday Service?



Have you missed a Sunday worship service? You can view past Sunday services [here](#). Just click to view the service you want. No sign-in required.



The minutes from February's Board meeting are now online. Click [HERE](#)

While Our Ministers are Away



MINISTERS' SABBATICAL: 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) 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). Included below is a detailed list of contacts available during the Sabbatical.



Contacts While Our Ministers are Away

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To access the interactive PDF with a list of all contact information, please click on the link below:

[https://drive.google.com/file/d/1PFn_sr9lmZlvoOaL0TH3fgay8vjVY0Fj/view?usp=share link](https://drive.google.com/file/d/1PFn_sr9lmZlvoOaL0TH3fgay8vjVY0Fj/view?usp=share_link)

ABOUT SABBATICALS A sabbatical is a period of rest and renewal that allows our ministers an opportunity to do some deep study and reflection, learn new skills, and renew their energies. As a condition of their employment our ministers earn one month sabbatical leave for each year of service to the church. While our ministers are away the congregation can experience again the fact that the church isn't just the ministers, nor is it the building; it is the people – the community we form and the work we do together to make our mission a reality.

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Contact List while our ministers are away

February 1st through March 31st, 2023, and June 2023**Please print and save this list**

Reverends Shana and Melora Lynngood will be on a well-earned “mini-sabbatical” during the months of February, March, and June. During the months of April and May the ministers will be serving the congregation as usual.

While they are away the ministers will not be available, however our church has a wealth of resources to support our ongoing shared ministry. ***Here’s who to call:***

- 1. Supportive Listeners** offer a trained, sympathetic, and confidential ear to help with crises and emotional issues. (They do not, however, provide counselling.)

Liz Graham	hello.liz.graham@gmail.com	(250) 384-4351
Hanny Pannekoek	hannyhugo@shaw.ca	(250) 385-2299
Darcy Allder – phone preferred	darcy@growcounselling.com	(250) 731-8611

- 2. Care & Concern Committee** provides practical support with a caring spirit by making casseroles, phone calls and (virtual) visits. The committee is organized by Neighbourhood Groups.

Cadboro Bay	Fran Hancock	hancockf@telus.net	(250) 477-1310
Esquimalt	Barbara Boyle	barbara.boyle@shaw.ca	(250) 381-0264
Fairfield	Lynn Beak	lynnbeak@gmail.com	(250) 886-4205
Farout	Margaret McKelvie	mmckelvie@richmond-systems.co	(778) 351-3458
Gordon Head	Mary Cramer	marycramer4455@gmail.com	(250) 477-1615
Grand Central	Jane Wilson	janewilson3575@gmail.com	(250) 886-2448
James Bay	Carol Smith	nuagesail@gmail.com	(604) 961-5381
Nearby	Nancy Dobbs	nandobbs@telus.net	(250) 652-5438
Oak Bay	Lies Weijs	eweijs@ryerson.ca	(250) 595-6990
Royal Oak East	Mariko Matsumoto Mary-Ellen Nicol	marikom2@hotmail.com nicolme@yahoo.com	(250) 592-8016 (250) 590-4107
Royal Oak West	Pam Hood Szivek	pam@canadianchildrenstherapy.ca	(250) 818-2034
Western	Christine Petronis	nebulanana@gmail.com	(250) 642-6624

- 3. Ministerial Intern** – our student intern minister will be doing several Sunday services and is also available for pastoral care and rites of passage.

Reilly Yeo	reilly.yeo@gmail.com	(604) 779-2239
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4. **Lay Chapiains** are trained and qualified to perform rites of passage such as weddings, child dedications and memorial services. To find out more, please contact:

Jenny Heston	jfhaston@gmail.com	(250) 509-1240
Barbara Boyle	barbara.boyle@shaw.ca	(250) 381-0264

5. **Dispute Management** volunteers can help anyone experiencing difficulty in their relationships with other church members or groups while working on church-related matters. A solution-focussed process will invite participants to co-create ideas that lead to a successful outcome.

Reilly Yeo	reilly.yeo@gmail.com	(604) 779-2239
Paula Steele	pksteele21@gmail.com	(250) 888-5146

6. **The Committee on Ministry** helps foster congregational health by facilitating communication between the congregation and our ministers. During the sabbatical, the committee acts as a clearinghouse for questions and feedback. If you don't know who to call call us and we will help you find the resources to address your concerns.

Paula Steele	pksteele21@gmail.com	(250) 888-5146
Lynn Hunter	lynnhunter2828@gmail.com	(250) 220-2240
David Vest	david@davidvest.ca	(250) 891-5886
Shelley Motz	shelley.motz@shaw.ca	(778) 584-7954
Jane Wilson	janewilson3575@gmail.com	(250) 886-2448

7. **The Board of Trustees** can answer your questions about the ongoing governance of the church.

President	Jim Willis**	
Vice President	Karen Sharlow	karen.sharlow@yahoo.com
Treasurer	Kristina Stevens	kristinalstevens@gmail.com
Secretary	Kathleen Zimmerman	agresults@shaw.ca
Property Management	Peter Hancock	hancockp@telus.net
Congregational Life	Katherine Maas	katherine@kjmaas.com
Administration – HR	Audrey Taylor	2audrey_t@telus.net
Administration – Communications	Kent Haden	kent@hadenservices.com
Spiritual Development	Jeri Dause	jdkdause@gmail.com
Outreach Council Chair	Evelyn Peters	evelyn.joy.peters@outlook.com

** currently on medical leave, resuming term this summer

Raffle Basket for Auction 2023



Will You Help Fill a Raffle Basket?

We are preparing a raffle basket for the Online Auction **May 8-11** and we need your help. Could you contribute small decorative items, gourmet items, wine or spirits, jams & preserves, chocolate, treats? What would **you** like to find in a raffle basket?

Please bring your items to the church office and put them in the container marked, Raffle Basket.
Help us fill an amazing basket with small treasures!

Auction Fever - Creative Thinking



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Creative Thinking...



Auction Fever 2023 needs your help!

Ideas for donations. Ideas for events. Ideas that build community. Ideas for all ages.

Suellen was our creative mastermind and we are missing her gifts.

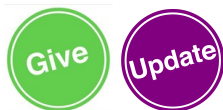
DO YOU HAVE SOME IDEAS?

Talk to Astrid at afedesign@firley.ca (250-384-3405)

or Lorna at lornaanthony09@gmail.com (250-592-4831)



Coldest Night of the Year Walk - Update



Together we raised \$7,000 for Our Place Society so far. Special thanks to everyone who joined the team.

There's still time to donate to the team, it's not too late, just click [HERE](#) to donate on our webpage, the website is online until March 31. Or contact Maureen to pay by cash maurlock50@gmail.com

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Many thanks to all our donors for your generous support of

our First Unitarian Team.



United for Old-Growth March & Rally - Update



Extreme cold and snow was forecast but Unitarians showed up on Saturday for the United For Old Growth March and Rally.

Our striking UU Social Responsibility banner brought up the rear of the entire March as we sang favourite songs such as 'Lead With Love'. People around us joined in to amplify the message.

Thanks to the many Unitarians who carried the church banner, placards and GVAT banners. It turned out to be a very fine day in many ways.

Itty-Bitty Book Sale



Check out the selection of books on offer in the former library. All sorts of good reading. All available for a donation. Take a book, leave a \$!

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UU Heart Beats Drumming Circle



We all have rhythm, we just need to find it; finding it together is magic!

We gather together between 12:15 and 12:30 in the Sunflower Room in the children's wing (at the far end of the hall - name is above the door), or somewhere in between there and the Alcove. I could use help from those who are able, in moving the drums and chairs.

Bring your own djembe or other hand drum if you have one, but if not no worries, there's plenty to share (see above note about the transportation of said shared drum).

Please respect all peoples' comfort levels regarding Covid, including wearing masks and hand sanitizing for the cross sharing of drums.

Whatever your level of interest you are welcome to join in, even if it's just to check us out!

For more information, contact Dar @ darlevy@gmail.com Looking forward to drumming with you!

Monthly Monday Pub Night



Pub Night

Join us on Monday, March 6th at 7 pm at Lure in the Delta Ocean Pointe at 100 Harbour Rd. It's close to bus routes and there is plenty of parking on Tye and in the underground parking, for which you will receive an exit code on your bill.

It's a relaxed evening of lively conversation and getting to know each other. Some eat dinner, others just enjoy a beverage. We have reserved tables against the interior wall in the bar area. Pub Night is held the First Monday monthly. If you have questions please contact John Hopewell hopewell@telus.net

Community Dinner - Thursday March 9



Everyone Welcome

Community Dinner - March 9

Join church youth at 6:30 pm on Thursday, March 9 in Lion Hall for an all-ages community dinner! The meal will be vegetarian. Vegan/gluten-free options are available on request.

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Contributions on a sliding scale from \$0-20 are greatly appreciated to cover the cost of ingredients and help

support the youth program at FUCV.

Please sign up by Monday, March 6 so we have time to purchase an appropriate amount of food and avoid shortages or waste. You can do so [HERE](#)

See you there!

Song Circle



Everyone Welcome in the Sanctuary and on Zoom

Fridays March 10 and 24, from 1:30- 2:30

Sing along with Jewel Spooner and Nancy Dobbs, and 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 for a Zoom link.

Memorial and Celebration of Life for Helle Kallas (Helen Dunbar)



Memorial and Celebration of Life for Helle Kallas (Helen Dunbar)

Saturday, March 18, 2023, 2:00pm Pacific Time

Many of you may remember the woman with a big smile who loved to chat, and who attended Sunday services regularly before COVID struck. She was in a wheelchair, taking the Handi-dart from Fernwood and waiting patiently for it to arrive and take her home. Helle passed peacefully on February 2, 2023. Helle loved being part of our community, and it meant a lot to her. She expressed a strong wish for a celebratory party at the church. All members and friends are warmly invited to attend her memorial and celebration service, and to consider bringing finger food (sweet or savoury) to share.

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Joe Coughlin, Sunday, March 19th, 2023 @ 7:30

Joe Coughlin, with 4 decades of succession jazz, easily ranks as a Canadian Jazz Legend and National Treasure, reflecting the heyday of the great jazz vocalists like Mel Torme, Frank Sinatra, and Tony Bennett. A master of the Great American Songbook, Joe oozes cool with his warm, sweet, and supple baritone. Through three decades, his eighth just released album, one Jazz Report Award, and two National Jazz Awards, Joe plumbs the emotional and musical depths of the greatest timeless tunes. Joe Coughlin epitomizes the real deal.



Accompanists:

Tony Genge - Organ

Andrew Janussen- Guitar

More info visit Joe's Website

at: <https://www.joecoughlin.ca>

Sample Joe's newest recording at

<https://cellarlive.com/products/joe-coughlin-dedicated-to-you>

Open to Women of All Ages - Spring Equinox Celebration



**Sacred Spring Equinox Celebration for Women all Ages in the Victoria Area
Sunday MARCH 19, 2023 - 2:00 P.M.**

First Unitarian Church of Victoria

5575 West Saanich Road,

(across the street from Red Barn on West Saanich Road)

Space is limited please register

For more information or to register please contact: ceremoniessacred@gmail.com

Artist of the Month Carol Bednarski



Carol Bednarski - Artist of the Month for March

I am a self taught artist and would classify my style as abstract/impressionism. My work is characterized by bold

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landscapes, florals and seascapes. Not seeking to perfectly render a scene or capture exact detail, but rather to capture the feeling and emotion. At the same time I'm chasing beauty. I like to start a painting with no intention or plan, laying down colours, shapes and lines, responding in the moment. I will add layers, scraping into the paint, until I start to see something take shape. Often a landscape, sometimes a flower emerges. This is when I get excited and start to pull the image up from the canvas, still trying not to think too much and allow it to flow without force.

Art and the journey of creating reflects the journey of life. For me it's about trust. Learning to trust and accept what is and being fully in the moment, authentic and honest. It's not even about the final result, (although it's lovely when I create something I love), for me it's really about the bravery it takes to face a blank canvas, overcome my fear, and just paint.

Monday Unitarian Walkers



Monday Unitarian Walkers welcomes ALL interested Unitarian members and friends to join us for weekly walks on **Monday afternoons at 1pm.**

We take turns leading walks for an hour to an hour and a half at different locations throughout Greater Victoria from September to June.

Interested walkers may contact Nancy Dobbs at nandobbs@telus.net and Sylvia Krogh at skrogh@shaw.ca

Monday Walkers, February 27 E&N Trail, View Royal.

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 contact Pat: kinradep@gmail.com or Lies: eweij@ryerson.ca

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Pollinator Garden and Youth Fundraiser on April 2nd

Nancy Dobbs, Anna Isaacs, Marion Pape, Evelyn Peters, John Worton

Later this spring work will begin on constructing a pollinator garden on the front lawn of the First Unitarian Church of Victoria (FUCV). The initiative is supported by the Board, THRUU and the Gardens and Grounds Committee. Indigenous people have suggested that establishing this type of garden is an act of reconciliation, putting back what settlers removed and supporting native pollinators. The garden addresses the 7th principle of Unitarian congregation: "Respect for the interdependent web of all existence of which we are a part." It also meets a goal of the FUCV's One Planet Saanich Action. The location at the front of the FUCV property communicates these values in practice to passers by.

We have been able to keep the costs low through several initiatives. One of our new members, Delisa Lewis, has volunteered skill and machinery to strip the layer of sod from the site and build a berm. Several members have volunteered to assist. There are numerous native plants sowed in flats in Bob Stock and Evelyn Peter's back yard and these will be repotted with the assistance of THRUU members for planting in fall. Evelyn Peters and Fran Pardee dug up shoots of Oregon Grape from one of the FUCV beds several months ago and 12 of the 14 shoots appear to be growing. We have secured a grant for additional plants from Pollinator Partnership Canada and we will apply for another grant, as well. However, we still need to purchase weed-free soil and mulch and some other materials.



At a ProD day last fall the youth planted Sea Blush, Native Yarrow, and Nodding Onions seeds. These are now growing and will be available for sale after the service on April 2nd. The proceeds from this sale will be split between the Pollinator Garden and the Youth Group. Did you know that the coloured Yarrow many of us have in our gardens hybridizes with native Yarrow and contributes to its loss? Get some native replacements at this sale!

You can contribute directly to the Pollinator Garden in a variety of ways: 1) buy a plant on April 2nd; 2) donate a native plant growing in your own garden; 3) volunteer; 4) donate by making a check out to the First Unitarian Church, with the phrase "Native Plant Garden" in the memo line.

If you have any questions, you can contact Evelyn Peters at evelyn.joy.peters@outlook.com, or call 778.265.5279.

GVAT Takes Stock



Greater Victoria Acting Together (GVAT) is still functioning—last October's successful General Assembly on the Housing Crisis proves that. However, the COVID pandemic threw a spanner in GVAT's works, as it did for many

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talk of another Assembly, perhaps to do with the Climate Crisis, but that hasn't happened. Time to take stock to see if we can't get the ball rolling again!

GVAT's Board hired a consultant, Sonia Theroux. She submitted a report in December/January *A Handbook to Guide Planning Decisions and Activities for 2023 and Beyond* based on interviews with many of GVAT's leaders and workers. She found there are different written versions of GVAT's vision and mandate. She found that decisions are made without everybody knowing about them, and that decision-making roles of some committees are unclear and overlap. She suggested decision methods for leadership teams to consider and an order in which to consider them. She suggested we continue to develop new leadership that would include greater diversity and be more representative of the community.

So what *are* GVAT's vision and mandate? GVAT's bylaws list three purposes: 1) to educate society's citizens in methods, knowledge and tactics for advancing the common good; 2) to develop leaders who will turn this education into action; and 3) to strengthen the ability of like-minded organizations to cooperate in advancing the common good. Tackling the diversity issue requires learning about the needs and priorities of groups we'd like to see better represented in GVAT, such as younger people and Indigenous communities.

"Decisions are made without everybody knowing about them"? wrote Sonia. In an organization of organizations like GVAT, communication is paramount. Our church is lucky in having a Core Team that does its best to inform our congregation, but many, perhaps even most member organizations don't have a Core Team.

Sonia's 30-page report, with another 30 pages of appendices, will give GVAT's Board plenty to think about and then act on. What is clear is that taking stock is a vital step now to moving GVAT forward.

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, Pam Hood Szlvek, Donnie Jennings, and Philip Symons (secretary). New members always welcome!

Indigenous Matters: Doctrine of Discovery

Indigenous Matters: Doctrine of Discovery

One of the elements of the May 19, 2023, CUC AGM is a motion for the CUC to repudiate the Doctrine of Discovery. The UUA repudiated the Doctrine of Discovery at its general assembly in 2012.

The Doctrine of Discovery is the legal principle that European countries acquired the underlying title to Indigenous Peoples' lands upon 'discovering' them. Assumed Indigenous inferiority was translated to mean that while Indigenous Peoples had the right to use and occupy land (usufructuary rights) they did not own the lands they occupied.

The Doctrine of Discovery is inspired by racist 15th century papal bulls dividing up "uncivilized" Indigenous lands for European powers. It made its way into Canadian law in the 1880s through the *St. Catherine's Milling* decision.

While it has been repudiated around the world, the Supreme Court of Canada has grounded its interpretation of section 35 of the constitution on the same dubious and racist legal principles that underlay the Doctrine of Discovery. The often-used phrase '[assertion of Crown sovereignty](#)' is a Canadian euphemism for the Doctrine of Discovery.

In 2022, THRUU facilitated two study sessions where participants watched and then discussed a film produced by the Anglican Church to describe and critique the implementation of the Doctrine of Discovery in the Canadian context. This [link](#) breaks the film into sections and includes a study guide for each so you can explore the Doctrine yourself, if you didn't get a chance to participate in the study sessions.

Indigenous Matters is produced by the Truth, Healing and Reconciliation team of Unitarian Universalists (THRUU) in Victoria. Its mandate is to identify and facilitate opportunities for education and engagement, in the interests of contributing to the spirit of reconciliation between Indigenous and non-Indigenous people in Greater Victoria. If you are interested in joining this group, please contact co-chairs Karen Christie (karen.christie8@gmail.com) or Evelyn Peters (Evelyn.Joy.Peters@outlook.com).

Memorial Team



When a member, friend or sometimes a family of a member, of our congregation dies, loved ones of the deceased usually desire a memorial gathering, and usually in our church building. Members of the neighborhood group (NG) that the deceased was part of, are the first ones to be asked to help facilitate the memorial and the reception following.

Our church also has a memorial team. It is made up of volunteers that are willing to step in on an ad hoc basis to help with the tasks necessary to host a memorial if a NG is unable to fulfill that role. The tasks include set up, clean up, ushers and greeters. Sometimes as a church community, we support a grieving family, and the deceased is known to very few or unknown in our congregation. This can happen when:

- an elderly member has been unable to attend or be active at church because of declining health and abilities
- the deceased recently moved to the Victoria area
- the grieving family is part of our community, but the deceased is not

If you would like to consider joining our Memorial Team, please contact Nancy Dobbs at 250 652 5438 or nandobbs@telus.net

Our Caring Corner



Our Care and Concern (C&C) Team at First Unitarian Church of Victoria and our co-ministers are continuing with this new way to share information with our church community as we come out of this time of COVID-19 induced isolation. In our Caring Corner, we will list the names of those members of our community who welcome our support as they cope with a loss, illness, or other life concern. We ensure that each individual is comfortable with having their name uplifted in writing in the EWeekly, shared aloud in the prayer and meditation time in the Sunday service, or both before doing

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Our Caring Corner

Glenyss Turner is having spine surgery at Victoria General Hospital on March 3rd. She is having a minimally invasive discectomy which will remove fragments and debris from a severely herniated lumbar disc which is compressing nerve roots. This should be a day procedure, but she is to avoid bending, twisting and lifting more than 5-10 pounds for three months after surgery, after which she can start physiotherapy. Her husband, **Jim Willis**, is recuperating very well after quadruple bypass surgery in October. He is now in a closely supervised cardiac rehab exercise program and enjoys walking. He will need to help Glenyss as she recovers. Jim hopes to be back in his church Board duties by the summer. Thanks to all our loving congregation for their care and support!

Stu Whitney's sister, Mrs. Jean Alberta Cathro (nee Whitney) died the morning of Saturday, February 18, 2023. She was 104 years of age, a resident of Mount St. Mary, 861 Fairfield Road, Victoria. Jean was the eldest of five siblings of which Stu, the youngest, is the sole survivor. Jean's demise was at the hands of old age. She will be remembered for her optimistic outlook on life. Most of you know that Stu is profoundly hard of hearing and has to guess at what people say. Email and/or written notes are his preferred means of communication (stuwhitney@shaw.ca).

Please consider this an opportunity to reach out to others. There are an infinite number of ways to express caring: a short hand-written note, an email or text message, a chat on the telephone. Perhaps a moment of holding someone in need in your thoughts and heart!

Whatever you are moved to do is perfect!

FUCV C&C Team

Maggie Nixon (Nearby, Far Out, Royal Oak West NG's) e) maggien5390@gmail.com

Stephanie Ippen (Gordon Head, Cadboro Bay, Royal Oak East NG's) e) stephanieIppen@gmail.com

Mary-Ellen Nicol (Grand Central, Oak Bay, Fairfield NG's) e) nicoleme@yahoo.com

Barbara Boyle (Western, Esquimalt, James Bay NG's) e) barbara.boyle@shaw.ca

Revs Shana and Melora

Neighbourhood Group Care & Concern Contacts



The times are uncertain, but neighbourhood groups continue to be a resource!

All members, friends and newcomers to the church are invited to be part of the Neighbourhood Group where they live.

Plus, The Care & Concern contact for each N.G. keeps tabs on members who may need extra assistance.

If you don't know which group you are in,

please phone Kathy Vinton at (250) 882-8650 or via e-mail at kathyvinton2@gmail.com

MD Availability

Here's some information for those looking for a GP (*please note the eligibility criteria below*). I saw it advertised where my father lives (Amica Somerset House) and it looks good. I have checked the recommended website. They are

Who is Eligible to join HomeTeam Medical Services™?

People aged 70 or older, living in our catchment area, with any of the following:

- Complex medical conditions
- Disabling physical or mental symptoms
- Geriatric syndromes like chronic pain, mobility and balance problems, cognitive impairment, mental health problems
- Difficulties with daily function like household management and personal care
- Difficulty getting to a doctor's office because of mobility and health problems

Louise De Lugt

CUC Annual General Meeting 2023

Friday, May 19: In Person and Online via Zoom, 10:00 am PT

The CUC's Annual General Meeting (AGM) takes place on Friday, May 19th. It's a time to attend to the business of the Council and a chance for congregations and their delegates and members to be involved in making decisions that affect our national faith community.

The AGM is open to all and free of charge, and observers may attend in-person or online. The AGM will be held on the campus of Algonquin College in Ottawa; Zoom will be used for virtual participants.

All delegates must be [registered](#) by **May 1, 2023** in order for your congregation to vote.

AGM Motions

A motion to revoke the Doctrine of Discovery. A motion to update the CUC's bylaws. A motion to reimagine goals and strategic priorities for our national faith community.

Upcoming Canadian Unitarian Council Events

Please visit the link below for more information:

<https://victoriaunitarian.ca/program/classes-and-groups/>

Board Executive and Council Chairs

Click [HERE](#) for a PDF with interactive Links.

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	<i>President</i>	Evelyn Peters		
	Jim Willis	evelyn.joy.peters@outlook.com		
	jimwillis568@gmail.com	<i>Property</i>		
	<i>Vice President</i>	Peter Hancock		
	Karen Sharlow	hancockp@telus.net		
	karen.sharlow@yahoo.com	<i>Spiritual Development</i>		
	<i>Secretary</i>	Jeri Dause		
	Kathleen Zimmerman	jkkdause@gmail.com		
	agresults@shaw.ca	<i>Human Resources,</i>		
	<i>Treasurer</i>	<i>Abuse Prevention Plan</i>		
	Kristina Stevens	<i>Insurance</i>		
	kristinalstevens@gmail.com	Audrey Taylor		
	<i>Past President</i>	audreyzwaaltaylor@live.ca		
	Vacant			
	COUNCIL CHAIRS	CARE AND CONCERN		
	<i>Communications</i>	COMMITTEE		
	Kent Haden	We Care!		
	kent@hadenservices.com	<i>for hospital and home</i>		
	<i>Congregational Life</i>	<i>visits, or just to talk...</i>		
	Katherine Maas	Barbara Boyle		
	katherine@kjmaas.com	250-381-0264		
		or your NG Care and Concern Person		

BMOD, March Birthdays, Calendar

Board Members on Duty:

March 5, Audrey Taylor.

March 19, Jeri Dause.

March 12, Katherine Maas.

March 26, Peter Hancock.

March Birthdays

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Julie	Deans	March 05
Curran	Dobbs	March 29
Wally	du Temple	March 03
Bill	Gaylord	March 22
Phyllis	Girard	March 20
Nancy	Gray-Hemstock	March 17
John	Hall	March 27
James	Hemstock	March 30
John	Hopewell	March 05
Sandra	Jacobsen	March 15
Isabel	Jones	March 14
David	Jordan	March 05
Margot	Lods	March 20
Athena	Lynngood	March 27
Arran	Morton	March 23
Elijah	Motz Fox	March 04
Jasper	Motz Fox	March 04
Fiona	O'Dell	March 09
Shannon	Oatway	March 20
Thea	Revoy	March 11
Kressa	Sisu	March 22
Casey	Stainsby	March 28
Caroline	Startin	March 06
Gary	Theal	March 24
Broderic	Thorne	March 09
Shirley	Travis	March 26
Brian	Vanstone	March 26
Ash	Webber	March 19

[Click for the Calendar](#)

Email Scammers

Just a reminder that spammers are ever active and if you receive a suspicious email asking for money or gift cards, please do not respond and immediately delete the email. If you recognize the name of the person that sent the email, please call them to confirm that the email is legitimate.

Thank you

Staff Info

[Subscribe](#)[Past Issues](#)[Translate ▾](#)[RSS](#)**Church Staff Info****Niki Mullin****Church Administrator****Sunday, Monday and Wednesday 8-3pm****With the exception of long weekends (Statutory Holidays)****IN PERSON - Sunday and Wednesday after 11am - 1pm**

Please email Niki for more information:

churchoffice@victoriaunitarian.cafucv.churchoffice@gmail.com

Shannon Oatway**Communications Coordinator****Shannon's Hours: 10-4pm, Tuesdays, Wednesdays, and Thursdays****In Person Tuesdays 10am - 1:30pm**communications@victoriaunitarian.cafucv.communications@gmail.com**The church office is closed on all long weekends.**

If you wish to get in touch by phone, please call 250 744-2665 and leave a voice message. Your call will be returned by the next work day. Please see above for staff hours/days.

Visit our website for the latest church news and events. www.victoriaunitarian.ca

Our Ministers are currently on Sabbatical. Please see the info above "While the Ministers are Away"

Minister Emerita

Reverend

Jane Bramadat

(778) 430-3471

LAY CHAPLAINSlaychaplains@victoriaunitarian.ca

Jenny Heston 250-509-1240

Barbara Boyle 250-381-0264

Oceanna Hall 250-886-1077

DIRECTOR OF SPIRITUAL EXPLORATION AND LEARNING FOR CHILDREN AND YOUTH

Acting Director :

Anna Isaacs

anna@victoriaunitarian.ca**Director of Music**

Nick Fairbank

music@victoriaunitarian.ca

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IN THE SPIRIT AND E-WEEKLY SUBMISSIONS

Please send e-weekly submissions to:

eweekly@victoriaunitarian.ca

DEADLINE: 3pm Tuesdays

Submissions to IN THE SPIRIT are sent here:

newsletter@victoriaunitarian.ca

DEADLINE is the 15th of the month.

The e-weekly and In the Spirit are produced by a four member team: Kathy Vinton, Lesley Duthie, Lies Weijs and Shannon Oatway.

CONTACTS & LINKS

- [Church website](#)
- [Event calendar](#)
- [Facebook](#)
- [Email the office](#)

The First Unitarian Church of Victoria
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