

[View this email in your browser](#)



Welcome to The Gift of Heritage

In The Spirit | October, 2023

- [This Sunday's Service, Oct. 1st](#)
- [Sunday Services for October 2023](#)
- [Minutes from the Board](#)
- [Deep Listening: Within and Without](#)
- [Share the Plate for October: Ethiopian-Canadian Families' Association](#)
- [Honoured Volunteer October, 2023](#)
- [Celebration of Life for Mel Johnston](#)
- [Annual Budget Campaign 2024 FUNDING OUR FUTURE](#)
- [Sign up now for a "Shaping Our Future" Small Group Gatherings](#)
- [Comedy Night - Saturday Sept. 30th](#)
- [Native Plant Garden Party Invitation](#)
- [Jen Hayman Workshop](#)
- [Green Corner](#)
- [Indigenous Matters](#)
- [South Island Powwow](#)
- [Drumming Circle](#)
- [Depression & Anxiety Support Circle](#)
- [Monday Unitarian Walkers](#)

- [Getting on Board With Breeze](#)
- [Afghani Refugees](#)
- [Our Caring Corner](#)
- [Please Protect the Church Walls](#)
- [Antiracism Learning Circles - on Zoom From First U Portland](#)
- [Looking for Zoom Hosts/Greeters](#)
- [Covid Guidelines](#)
- [Church Staff Info](#)

This Sunday's Service, Oct. 1st

Sunday, October 1, 10:30 am

Who Do We Want to Be Now

Rev. Melora Lynngood, David Tietz, and Victoria Barr, Homilists

Lynne Bonner, Worship Associate

Think about all that you have been holding in your heart lately. What is affecting you personally? What are the broader or global issues that affect you most deeply? Also think about where you find hope, joy, connection, gratitude, and courage. Given all of that, at this point in time, what do you think our congregation needs to be – for each other? and for the world? This service launches our yearlong “Shaping Our Future” mission/vision process. It’s also the beginning of exploring this month’s Soul Matters theme of “the Path of Generosity,” and is the beginning of our three week “Funding Our Future” ABC Annual Budget Campaign for 2024.

Stay after the service to participate in the planting of our new Native Plant Pollinator Garden, co-sponsored by our Unitarian Universalist Truth, Healing, and Reconciliation team (THRUU) and our Environment and Climate Action Committee (ECAC). Wear an orange shirt in honour of National Truth and Reconciliation Day.

[View worship](#) online live & past worship recordings

Sunday Services for October 2023

Sunday, October 8, 10:30 am

The Generosity of the Wild

Faye Mogensen, Homilist

Mollie Twidale, Worship Associate

Dolphins and orcas are fascinating creatures who can have a profound and enduring impact on the humans who come in close contact with them. Faye will share a varied collection of factual, mythological,

for them.

Faye Mogensen worked for several years as the Director of Spiritual Education and Learning here at FUCV. She has a Master's of Education focused on storytelling as a tool for environmental change. Now living on Pender Island, surrounded by her muses – the forests, the fields, and the sea, she continues to share both traditional and personal stories. Learn more about Faye's storytelling at www.fayetales.com.

Sunday, October 15, 10:30 am

Generosity of Spirit

Rev. Shana Lynngood, Homilist

Fran Pardee, Worship Associate

Jen Hayman, Guest Music Director

We often focus on generosity only as what we can give in terms of tangible resources that we can provide. What about the ways in which we give of ourselves? How are all types of giving connected? How do we give while maintaining boundaries, so that our giving comes from a place of openness? How do we avoid burnout and resentment? As we contemplate all the ways we give to keep this congregation going, we'll reflect this morning on how we give of ourselves.

Sunday, October 22, 10:30 am

What We've Heard So Far

Rev. Melora Lynngood, Homilist

Jana Kotaska, Worship Associate

Amy and Casey Van Wensem, Musical Guests

In this service, as we continue our "Shaping Our Future" mission/vision process, we reflect on what we've heard so far from you in the small group "Shaping Our Future" gatherings about what you think our congregation needs to be – for each other and for the world – at this point in time.

Amy Van Wensem, BMus is a strong believer in social transformation through song. She has been



conducting choirs and leading music for 12 years, in both school, church and community settings. She and her husband, Casey, are passionate about leading high-quality music that is innovative and modern, yet grounded in tradition. She has her Bachelor of Music (in Music Education and Voice performance) from UVic, her teaching certificate (PDP) in secondary choral education and her RCM piano certification. She's had the honour of being music director of Oak Bay United Church, Voices in Motion and Central Okanagan United Church. She is a Millennium Scholarship laureate. She also founded a non-profit getting music into inner city schools called Music for Youth Works, where they paired university "music mentors" with deserving elementary students. She is currently the Artistic Director of the popular, 50-voice women's choir, Island Song, as well as the lead singer and songwriter of the local post-folk band, Wake Sleeper. Amy and her have recently built a home out on the mountain on the peninsula, along with their two young kids and their 30 chickens

Sunday, October 29, 10:30 am

Bring a Friend Sunday – Living, Loving, Losing

Rev. Shana Lynngood, Homilist

Rosemary Harrison, Worship Associate

Susannah Adams, Musical Guest and Homilist

As we approach the Day of All Souls and Saints, what is known in Mexico as Dia de los Muertos, and what in other traditions is seen as a time filled with “thin places” (a time when the living and the ancestors are closest to one another), we’ll be exploring this fundamental element of human existence in music and poetry. How do we make the most of our lives? How do we honour the legacy of those who have gone before us? What type of ancestor are we hoping to be for those who follow after us?



Having established a successful career performing favourites from the Great American Songbook, British-born **Susannah Adams** has come to recognise her need to forge a new breadth of jazz to reflect our changing times.

signature soothing soundscapes.

Nature connection is at the core of Adams’ music, and with that she draws inspiration from the mystic poets in order to create her

Each of Adams’ performances is unlike any other as she responds to the unique energy of the crowd. The thread that runs throughout is her ability to catch songs in the moment and draw the audience into the act of co-creation alongside her. This nature of Adams’ improvised music is a treat to behold.

Minutes from the Board

The minutes from the September Board meeting are [HERE](#).

Deep Listening: Within and Without

Much of what we long for—personally and congregationally—is rooted in healthy connection. Listening is at the core of that. Listening to our inner wisdom and insights. Listening to spirit or the still small voice or whatever name we give to that spiritual place of knowing inside our being. Listening, as well, to others—to experiences unlike our own and to those threads where our life stories connect and overlap.

about what might be next for us—personally and collectively?

Join Rev. Shana either in person during the day or on Zoom in the evening. The sessions are: **Thursday, October 26 and Thursday, November 30th—from 11am to 12:30pm in the Farmhouse Common Room and 6:30 to 8pm on Zoom.** To register, email Rev. Shana, rev.shana@shaw.ca.

Share the Plate for October: Ethiopian-Canadian Families' Association



This month our congregation is pleased to support the Victoria-based Ethiopian Canadian Families' Association (ECFA) which connects and supports families with children of Ethiopian heritage. Since 2010, ECFA has been promoting awareness of Ethiopian culture within the greater Victoria area through programs and events such as weekend camping, soccer jamborees, feasts, public lectures and helping those in need back in Ethiopia. Our community has since expanded across Vancouver Island (and a few members on the BC mainland, prairie provinces and USA pacific coast). <https://ecfavictoria.ca/>

ECFA's mission is to foster and support a balance of culture and values for families identifying as both Ethiopian and Canadian. Our members include adoptive families, mixed-culture families, and families of the Ethiopian diaspora.

Ethiopia is known as the "cradle of civilization" as the origin of the first human ancestors - Australopithecus *Lucy* - and the site of holy stories in Christian, Jewish and Muslim faiths. Indeed, it was the wise man and King Balthazar who offered baby Jesus frankincense. It is said that the Arc of the Covenant which holds 2 of the 10 commandment tablets is guarded in the city of Aksum. Ethiopia brought the world coffee, and is home to the largest river in Africa, the Blue Nile. Today with 123 million people, Ethiopia is the second most populated country in Africa, (after Nigeria) shared by 90 ethnic groups and with 80 languages. Ethiopians are proud to never having been colonized (aside from Italian occupation) and to host the African Union as a pan-continental parliament. Landlocked in the Horn of Africa and subject to drought, Ethiopia struggles with extreme poverty <https://www.civilopedia.net/en-US/standard-rules/civilizations/civilization-ethiopia>

Since 2020, a civil war has been tormenting the northern province of Tigray by the national government. While Ethiopia has historically housed refugees from Sudan, Somalia, and Eritrea, now its own Tigrayan people are fleeing and starving. The United Nations and the USA have declared the conflict a human rights devastation and ethnic cleansing - see <https://www.hrw.org/world-report/2023/country-chapters/ethiopia> and <https://www.cfr.org/global-conflict-tracker/conflict/conflict-ethiopia>.

The ECFA maintains a neutral and inclusive, safe spirit, yet the conflict has fractured the local community:

events while their loved ones are suffering abroad. Led by volunteer parents, the ECFA's fundraising goes towards its local kid's programs, cultural events, small scholarships for local post-secondary students, and supporting humanitarian efforts overseas. As with all not-for-profits, the ECFA struggles month-to-month and with additional funds could help it to offer more support to refugee elders and children from Tigray, and activities for its local youth in Victoria on leadership, anti-racism, and peace building.

Thanks to our very own Natnael Mellett (12), Rebecca and Russell Mellett for making us aware of the ECFA and their involvement since 2012.



Honoured Volunteer October, 2023

The honoured volunteer nominated by the Property Committee chair for October is **Doug McGinnis**. Doug will be lighting the chalice on October 29 th .



I came to the FUCV when I re-located to Victoria from my Calgary home, firstly as a curious seeker of companions and new friends who shared my core values. Having grown up in Greater Vancouver I first became aware as a late teen of Unitarians when meeting with the “Don’t Make a Wave” committee in a downtown church. That committee soon became Greenpeace during the planning stages of it’s now-famous protest of American nuclear testing on Amchitka island. As the years passed, I found myself looking favourably on Unitarian values during discussions on religion, against a backdrop of my “somewhat” atheist views (OMG!). Later in my life, when living in Alberta, I became inspired by two Unitarian friends and co-workers, both of whom worked as scientists at Agriculture and Agri-Food Canada’s (AAFC) Lacombe Research Centre in central Alberta.

My first involvement in the FUCV Environmental Action Team (EAT) came from a long-term interest in environmental issues. I was later invited to serve as a Worship Associate (the title used at that time) and I enjoyed serving in that capacity for a three year term. Shortly after this time I served on the committee responsible for overseeing the final credentialing stages of an intern minister at the FUCV. I am currently

etc.. My current assigned area concerns plumbing, the septic system and drainage. A major recent undertaking in which I was happy to participate was the upgrading of the drainage systems, which had proven to be inadequate during an extreme precipitation event. Recognizing that extreme weather is aggravated by greenhouse gas emissions and other environmental issues, and the fact that this is an existential threat to the planet, my volunteer interest in the church and elsewhere has turned to a focus on politically and scientifically tenable solutions to this climate emergency. When I can recover from several demanding house-restoration issues, this is where I intend to place my volunteer focus.

With a background and career associated with Bio-Resources Engineering (UBC-B.App.Sc.), Agricultural Engineering (Guelph University – M.Sc.) and Agri-Food & Nutrition (U Alberta – PhD), I gained an awareness of the fragility of ecosystems to highly mechanized, toxic approaches to food production. While living in Alberta in the mid 1990's, I was a co-founder of an environmental organization (Lacombe Environmental Trust Society... LETS) that caught the imagination and support of many hundreds of townspeople, the media, and a great many environmentally focussed groups also. It was during that time that I met other Unitarians having a shared interest in co-creating a healthy and vital natural park system in the heart of Lacombe, Alberta.

From its formation several years ago, I have enjoyed the company of 10 other FUCV men who meet about twice per month for fellowship and deep sharing. As well, on Wednesday mornings at 9:00 I enjoy meeting with my dear friend Frank Monaghan and a mixed group of Unitarians for fellowship and coffee at the Marina coffee shop in Oak Bay. All are welcome!

Artist of the Month for October: Harshpreet Kaur

ABOUT HARSHPREET:



I'm a fine artist, artist teacher/mentor, and a designer. I specialize in drawing portraits and botanical oil paintings. I've been commissioned pencil portraits from my collectors for 15+ years in India, England, Thailand, and Canada. My paintings have been displayed in multiple exhibitions throughout BC. I also accept digital art and design projects as a freelancer. I provide group and individual artist mentorship and workshops to artists of all levels on improving art skills, and building an online presence.

MY INSPIRATION:

I love florals, nature, people, and wildlife so I draw and paint them. My art is my way of showing my gratitude to nature for giving me all that I love and enjoy everyday. My traditional paintings, drawings, and digital art all reflect nature in one way or another. My most notable achievement is making art that leaves me feeling very satisfied and gives me the ability to stop time. My previous job experiences have taught me that truly passionate work feels effortless and weightless. Making art feels timeless.

PREVIOUS PRESENCE:

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[R](#)

- **Habit Coffee**, June 16 to July 31, 2023, Victoria
- **Westend Community Centre - "Art In The City 2023"** May 5 to 7, 2023, Vancouver
- **Federation Of Canadian Artists - "2022 Annual International Mail-In Art Exhibition"** -
June 6 to 26, 2022, Vancouver
- **7th Annual Art Battle Championship 2020 (Winner)**, March 15, 2020, Prince George
- **Graphic Design Team Showcase 2019**, April 26 to 28, 2019, Elk Community Hall, Prince George
- **Sketch MonkeysWorkshop 2020, Community Arts Council**, April 12, 2020, Prince George
- **Creativity Camp - DrawingWorkshop 2019**, 23 Aug, 2019, Two Rivers Gallery, Prince George
- **Community Art Display Booth 2019 - Heatwave Festival**, June 21 to 23, Prince George
- **Art Display - Hudson's Bay 2017**, Parkwood Mall, Prince George



Celebration of Life for Mel Johnston



Saturday, November 4, 2023

2:00 pm Pacific Time

All members and friends of the First Unitarian Church of Victoria, and all who knew and cared about Mel, are warmly invited to attend this memorial service honouring the life of church member, Mel Johnston, who passed away on May 23, 2023.

Please RSVP for in person sanctuary seats at <https://rsvp.church/r/uYZwZfyw> (it helps with our planning) Currently (as of mid September), masks are optional in both sanctuary and at the reception in Lion Hall. But masking in the sanctuary may resume as we get deeper into Fall. Members and Friends of First Unitarian are invited to bring finger food / baked goods to share at the reception.

Online attendance

<https://zoom.us/j/91738582977?pwd=U0FMZ0V5VDk1TWplczJNRzFsTE5rUT09>

Meeting ID: 917 3858 2977

Passcode: 776716

[Find your local number if joining by phone](#)

Annual Budget Campaign 2024 FUNDING OUR FUTURE

This year the ABC invites you to envision the future that you will want to fund. Small group meetings of 8-10 people, will be hosted in homes, at the church and on Zoom, the first three weeks of October. **Signup below.**

All members and friends will receive the ABC package either September 24th at church or in the mail. You may also find it on our [website](#) on Sept. 24th. If you do not receive a copy of the ABC package, contact pattydisbrow@gmail.com or 250-686-6797.



If you are a member or friend of First Unitarian Church of Victoria, please bring your pledge form to your cottage meeting. After your meeting you can:

- bring your pledge form to FUCV in person
- send it in the mail
- pledge online

We ask that you **pledge by October 22**. Your pledges are necessary to budget for 2024.

Your ABC Team - Lynne Bonner, Nancy Dobbs, Bruce Nicol, Kathleen Zimmerman, Patty Disbrow

Sign up now for a "Shaping Our Future" Small Group Gatherings

Think about all that you have been holding in your heart lately – the issues that affect you personally, the global issues that affect you most deeply ... Given all that you are grappling with these days, **What do you think our congregation needs to be** –

This church year (Sept 2023 – June 2024), our congregation will be considering that question.

What is our purpose at this point in time?

What do we want to strive to be as a congregation – for each other and for the wider world of which we are a part?

What values ground and motivate our actions,

and how do we want to communicate all of that to others who might want to join us?

Over the course of this church year, we will have conversations and gatherings and workshops through which we will:

- create a new **mission**,
- re-consider the **name** of our congregation,
- and perhaps even develop a new **logo**.

Your participation is crucial. We want to hear your thoughts, feelings, stories, and experiences.

Phase One of this process will be done in conjunction with the ABC pledge drive, through **“Shaping Our Future” small group gatherings**. Gatherings are designed to be enjoyable, engaging experiences in which we will connect with one another and talk about things that matter. Program designed by David Tietz, Victoria Barr, and Rev. Melora.

Members and Friends are invited to sign up for the time and location that best suits you. (We will add a special gathering for Visitors later in the process – we want to hear from you too!)

Members and Friends are invited to sign up for the time and location that best suits you. (We will add a special gathering for Visitors later in the process – we want to hear from you too!)

“Shaping Our Future” Small Group Gatherings

Choose the one that works for you! Then click on the link on that row to sign up. See event links to sign-up.

If none of these groups work for you [click here](#)

If you cannot access it, you can also sign up by contacting

ABC team member, Lynne Bonner lbonner@shaw.ca (250) 208-3663

| Date | Day of the Week | Time | Location/ area | Host | Facilitator |
|-----------|-----------------|-----------------|-------------------------------------|-------------|-------------|
| October 3 | Tuesday | 10:30am-12:00pm | Vic West/ Esquimalt | Marion Pape | Rev. Melora |
| October 3 | Tuesday | 7:00pm-8:30pm | Zoom | | Rev. Melora |

| Subscribe | Past Issues | | | | Translate ▼ | R |
|-----------|-------------|--------------------------------|-----------------|--------------------------------|----------------------------------|---------------------------------------|
| | | 12:00pm | | Inomson | | |
| | October 4 | Wednesday | 1:00pm-2:30pm | James Bay | Liz & Mike Graham | Rev. Melora |
| | October 6 | Friday | 7:00pm-8:30pm | Downtown | | David Tietz |
| | October 10 | Tuesday | 10:30am-12:00pm | Royal Oak West | Astrid Firley-Eaton & Andy Lee | Rev. Melora |
| | October 10 | Tuesday | 1:00pm-2:30pm | Royal Oak East | Chris Cook & Shirley Travis | Rev. Melora |
| | October 10 | Tuesday | 7:00pm-8:30pm | Zoom | | Rev. Melora |
| | October 11 | Wednesday | 10:30am-12:00pm | Royal Oak East | Hanny Pannekoek & Hugo Sutmoller | Rev. Melora |
| | October 11 | Wednesday | 1:00pm-2:30pm | Brentwood Bay | Kathleen Zimmerman | Rev. Melora |
| | October 12 | Thursday | 10:30am-12:00pm | Sooke | Karen Sharlow | Rev. Melora |
| | October 14 | Saturday | 10:30am-12:00pm | Downtown | | Victoria Barr |
| | October 14 | Saturday | 7:00pm-8:30pm | Downtown | | David Tietz |
| | October 15 | Sunday | 12:00pm-1:30pm | Church | | Anna Isaacs, Family Programs Director |
| | | *for those who need Childcare* | | | | |
| | October 19 | Thursday | 1:00pm-2:30pm | Church | | Rev. Shana |

8:30pm

Comedy Night - Saturday Sept. 30th

Comedy Night



Ryan Guenther



Curran Dobbs

**Saturday, September 30
at 7:30 in the Church Sanctuary**

Come and share the laughter with our headliners Curran Dobbs and Ryan Guenther. These home-grown professional comedians have performed on our stage to great applause as well as performing nationally, internationally and, recently,

Only a few tickets left. First Come - First Serve.

Contact Jen at hellojenyoung@gmail.com

to get on the Guest List. Payment at the Door.

Did you purchase a ticket during Auction Fever 2023?

You are ON the list.

Just show up and prepare to have a great time!

LAST CHANCE -- DON'T MISS OUT!

Native Plant Garden Party Invitation



When: October 1st after the service

Who: all ages

Where: on the front lawn

Details: Along with the usual tea, coffee and goodies, there will be hot dogs and s'mores.

Trowels will be available or bring your own. You are also welcome to simply watch and socialize.

The day before, September 30th, is the National Day of Truth and Reconciliation. Participating in this planting is a small act of reconciliation, restoring some of the native plants that have been destroyed on the Island.

RSVP: Anna (anna@victoriaunitarian.ca)

Dropins welcome. RSVPs help us plan food.

Jen Hayman Workshop

Draw It Wider Still



**Expanding the Possible for
Choral Music
with Jen Hayman**

SATURDAY OCTOBER 14 FROM 11am to 4pm

So the song goes: *draw the circle wide, draw it wider still*. As members of communities of faith and volunteer choirs, we believe ourselves to be welcoming of the stranger, no matter our differences or our life journeys. Why, then, do we so quickly forget those experiences when it comes to our repertoire, our musical approach, and our understanding of "excellence"? Join Jen Hayman, former Director of Music and Arts at All Souls Unitarian in Washington, DC, for an exploration of various musical traditions and styles, as we consider together how the music we make together can better reflect the stories of *all of us*.

FIRST UNITARIAN CHURCH OF VICTORIA

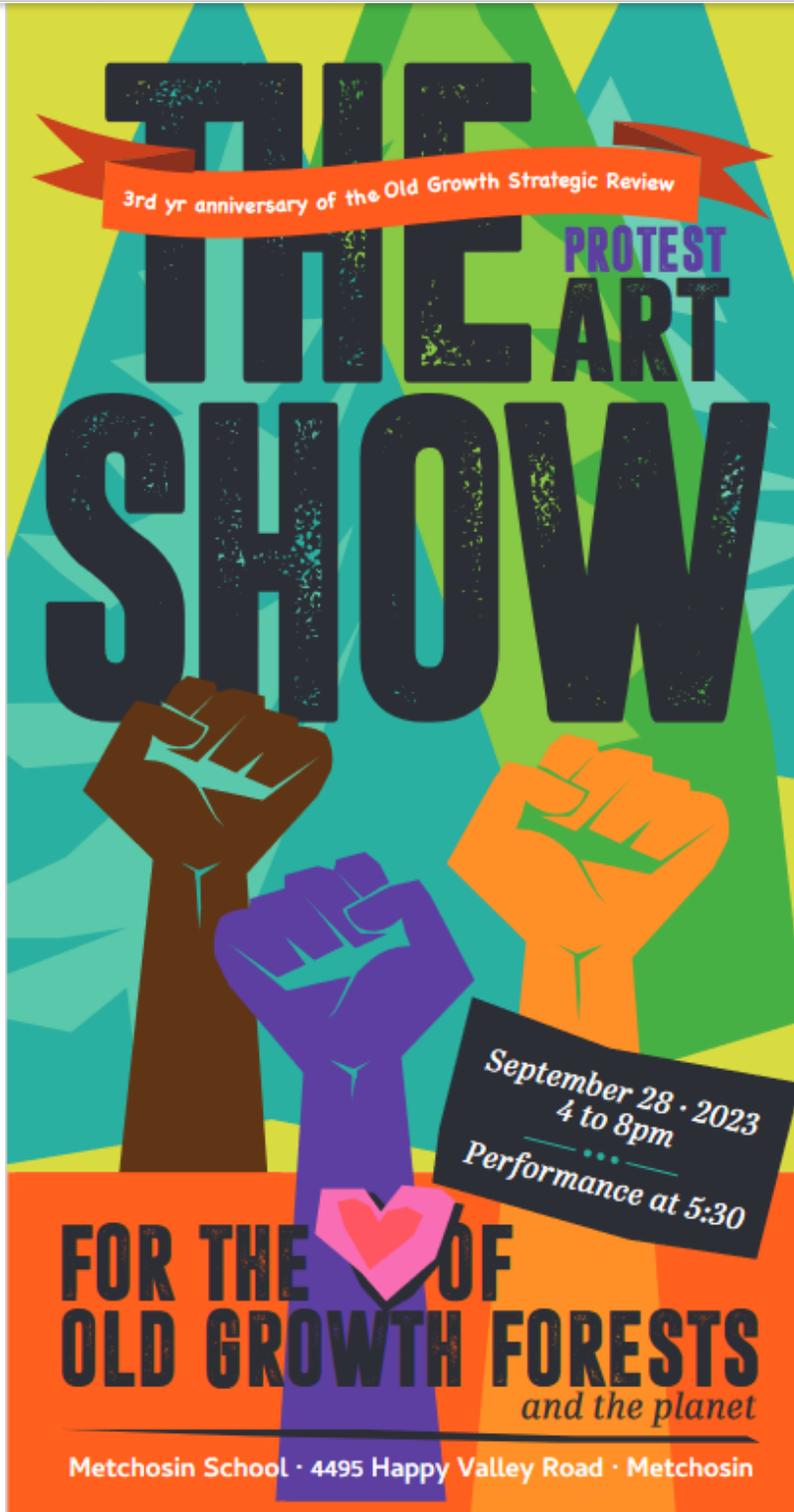
5575 WEST SAANICH ROAD

REGISTRATION: \$25 EACH (\$15 FOR UU MEMBERS)

EMAIL: uujenyoung@gmail.com TO REGISTER

BRING YOUR OWN LUNCH AND WATER BOTTLE

United for Old Growth Forest Day of Action



Green Corner

After a summer of ‘out of control’ wildfires and smoke across Canada, but especially in Alberta and BC (including Vancouver Island), our group is concerned that we are entering a phase of climate change with increasing greenhouse gas emissions due to positive feedbacks. It is estimated that wildfires have released one billion tonnes of CO₂ this year. Though this is disturbing, the good news is that we still have

In this regard, ECAC is issuing a challenge to the congregation to follow a set of guidelines developed by a group at the University of Toronto known as the Climate Pledge Collective. See [their website](#) for more information. One version of the guidelines they have developed is shown below, which is a set of 10 Things that People Can Do About Climate Change. More information on how to use the pledge sheets on the website will be forthcoming shortly.

10 THINGS YOU CAN DO ABOUT THE

CLIMATE CRISIS

1. Drive less.
2. Fly less.
3. Install an electric heat pump.
4. **Talk** to friends, family and coworkers about climate change and possible solutions.
5. **Put up posters** like this one.
6. Eat less beef and dairy.
7. Call your MP, MPP and city councillor and tell them you want action on climate change.
8. **Move your money** to a credit union.
9. Attend protests.
10. **Vote.**



For resources and more details
visit: climatepledgecollective.org

Solar Panel Update

In 2021, the congregation approved the purchase and installation of solar panels on the south facing slope of the sanctuary roof. By September 2021 a total of 60 panels (425 watts each) were installed. The theoretical peak capacity of this solar array is 25,500 watts. As the solar panels generate more power in the summer months than is used by the whole of the sanctuary, Lion Hall and school building we entered into a “Net Metering” power sharing agreement with BC Hydro. In essence, the net energy outflow (back into the BC Hydro grid) is banked in the peak energy generation summer months and drawn down in the fall months.

Reviewing the data from the monitoring equipment set up in the basement of the sanctuary, in the past 12 months the solar panels have generated 27.3 thousand kilowatts of electricity which is about two and

Some interesting facts related to our solar energy generation:

The highest energy generating month so far this year has been July with 4.3 thousand kilowatts followed by May and June of this year at 4 thousand kilowatts. Surprisingly despite the lack of rain in August more cloud cover (and wildfire smoke?) reduced power generation to 3.4 thousand kilowatts. The reduction in electrical power generation is significant when we don't have direct sunlight. It is estimated that we have saved over \$5,000 since the panels were installed 2 years ago.

The solar equipment has warranty coverage ranging between 12 and 25 years but is expected to have a productive life of over 30 years.

Indigenous Matters

The Victoria Native Friendship Centre (VNFC) has a new Community Learning Program about working with Indigenous people. This unique program is a wholistic learning experience that offers an opportunity to learn with Indigenous people in a collaborative and experiential way. Course topics include local Nations, urban Indigenous people, self-introductions, respectful communication, asking/responding to difficult questions, learning from mistakes, participating in protocols, impacts of colonization, cultural connections, Indigenous technologies and innovations, and ongoing self-directed learning.

The program is meant for both Indigenous and non-Indigenous learners and focuses on how to work together in Indigenous community. The program is delivered in two parts:

- Orientation Webinar: This self-paced online course will take 3-5 hours to complete and is a prerequisite for the Foundations Teachings.
- Foundations Teachings: A facilitated 3-day (9 a.m. to 5 p.m.) program delivered in-person at the VNFC, with the capacity of 20 people per cohort.

The VNFC invites you to register if you can make this commitment. It is essential to the learning process that registrants be present for the entirety of the Foundations Teachings. If you would like to take the course or have any questions, please email Sue White, Volunteer Program Manager at volunteer@vnfc.ca. Lynn Hunter recently completed this course and would be happy to give you some more information if you are interested (lynnhunter2828@gmail.com).

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 Lynn Hunter (lynnhunter2828@gmail.com).

South Island Powwow

Gela Stach from THRUU.

Drumming Circle

UU Heart Beats Drumming Circle

Sunday, Oct. 1st!

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



We gather together at 12 NOON in the Sunflower Room in the children's wing (at the far end of the hall - name is above the door).

Covid is still with us, so please come prepared to respect all peoples comfort levels. Bring your own djembe or other hand drum if you have one, but if not, no worries; there's plenty available to share.

Whatever your level of interest or ability you are welcome to join in, even if it's just to check out what the fuss is all about.

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

Pub Night on Monday October 2nd

Join us on Monday, October 2nd at 7pm at Lure in the Delta Ocean Pointe at 100 Harbour Rd. It's close to bus routes and there is plenty of parking on Tyee 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

Depression & Anxiety Support Circle

We are a confidential peer-led support group. Zoom and sometimes In-Person 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.

This summer we are meeting more sporadically.

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 the end of June.

If you are interested in joining these weekly walks, please contact Chris Cook 49chriscook@gmail.com to be put on the email list.

Here we are at Cedar Hill Recreation Chip Trail Sept. 4th.



Embodied Soul Celebration: Full Moon Dance Circle



Learning about full moon transits helps us align with the essence of life itself. Connecting with these lunar rhythms allows us to sync our energies with Nature's cadence, empowering us to manifest our desires, release what no longer serves us, and embrace our inner strength.

Featuring simple steps and music from around the world, sacred circle dances are moving meditations that help integrate mind, body, and spirit.

No previous experience or partners are needed; all dances are taught -- if you can walk you can dance!

MARK YOUR CALENDARS! Join long-time church member Madelaine Clarke and guest presenter Marta Fraser from 1-3pm on the following

2023 Sundays: Oct 1st, Oct 29th, Nov 26th, and Dec 24th

Full Moon Dance Circles commence in the Farmhouse Common Room and may transition to the Labyrinth or Orchard Lawn (weather permitting). There is no fee to participate, however donations are welcome and contribute to Labyrinth privacy enhancement projects that are underway.



Please register in advance -- mpclarke13magda61@gmail.com. Doors open 15 minutes prior to the event to ensure a prompt start; if you are delayed, please plan to join us for the next circle. Remember to bring a water bottle, flexible shoes and weather-wise layers.

DIA DE LOS MUERTOS 2023

Thursday 2 November|6-9pm|Farmhouse Common Room



Join church member Madelaine Clarke and Doña Marta Fraser for a special evening of dance and ritual. Día de los Muertos is a widely-celebrated tradition of honouring the deceased -- a solemn-yet-joyful act of remembrance that was celebrated in Mexico prior to the conquest. Featuring lavish and colourful preparations, it reflects the indigenous belief that death is a continuance of life on another plane.

Traditions include creating an ofrenda (altar) featuring treasured pictures and favourite foods of the departed, calaveras de azúcar (sugar skulls) candles and cempazúchitl (marigold flowers). You are invited to bring a photo or a memento to add to the ofrenda, and dress in a way that honours your departed loved one.

At the end of our celebration, we will share pan de muerto (bread of the dead) -- a Dia de los Muertos specialty.

Pre-registration is required, and a minimum \$5 donation is appreciated to cover costs associated with this event. Doors open at 5:45pm to ensure a prompt start; if you are delayed, please plan to join us next year rather than arriving late.

Board Member on Duty & October Birthdays

Board Member on Duty

October 1 Jeri Dause

October 8 Jim Willis

October 15 Katherine Maas

October 22 Evelyn Peters

October 29 Jeri Dause

November 5 Al Hoffman

November 11 Adriane Matheson-Smith

November 12 Audrey Taylor

October birthdays

1 Karen Sharlow

1 Cedar Thokme

6 Francois Duruisseau

8 Karen Furnes

11 Mariko Matsumoto

12 Margaret McKelvie

13 Scott Branch

15 David Smith
16 John Edwards
16 Patricia Henry
16 Shirley Marcuse
16 Rebecca Mellett
20 Fritz Schulze
20 Lorna Shaw
25 Virginia Daniel
25 Marion Pape
27 Helen Hvozdzanski
28 Susan Lean
30 Diane Berry
30 Kent Haden
30 Ilyambabazi Sebyeza
31 Douglas McGinnis

Getting on Board With Breeze

Why do we keep asking you to get set-up on the FUCV Breeze database?

This is because Breeze contains the only updated online directory for church members and friends as well as the key contacts list that contains the names, contact info and roles for the church leadership. It is also an excellent way to pledge and continue to 'give' throughout the year. Finally, by using Breeze you assist our hard-working Treasurer who would have to enter your giving information.

The ABC Team would like you to set up your Breeze account in preparation for the 2024 Annual Budget Campaign (ABC). If you have not activated it, please contact Anna at communications@victoriaunitarian.ca If you would like someone to come into your home and assist you in getting set up, contact Marion Pape (marionpape@shaw.ca). She is making it her goal to personally help people use Breeze. It may change your life!

Instructions on searching Breeze:

To begin your own learning, follow these simple instructions:

Open your Internet browser to login to Breeze <https://fucv.breezechms.com/login> with your username and password. This 'Sign in' will bring you to the Breeze Dashboard page. Click My Profile for your individual profile page (takes a while for your photo to come up). From this My Profile page you can search most of Breeze e.g.

- Search for other members by clicking the search people box in the upper right corner of your profile page or the Navigation Dashboard at the top of the page, inserting their name, and then clicking on their photo.

photo box and follow the prompts. Each Section Head (i.e. **Main, Family, Communications**) is on a grey rectangular bar. Hover over the bar with your mouse to expose “**Click to edit**”, to the right of the section name and edit the info you wish to change or add. Remember to **SAVE** once you are done.

- **Search for Key Contacts FUCV Leadership:** The key contacts list is updated regularly on Breeze. The document answers most of the questions you might have about FUCV. From your own profile page, scroll down the page to the bottom right to find Our Church Community. Under this heading find pdf documents for Key Contacts, and Neighbourhood Groups Positions.
- **Explore the online calendar:** Once you get into your profile; to get to the online church calendar on Breeze, click on the Events icon at the top of your profile page and it will take you to the calendar.
- **Pledging:** Directly relevant to our 2024 ABC, you can check your record of contributions including your history of pledging. Outside of the Treasurer, only you can see this info. From your profile page, click on the **Giving Button** located on the far-left side of your profile page, in a list under “Details”. This is a great way to look up your record of contributions. Once into your Giving information, click ‘Pledge’ to see your pledge history on the left side of the page in a list under Details and then pledge in the centre of the page.

Thank you for using this amazing Breeze database

Afghani Refugees



You may remember Suhaila Safari, the Afghan refugee who talked to us about helping to fund her brothers to come to Vancouver from Pakistan, where they had fled. Here is a picture of Suhaila, in the centre, with her brothers on either side of her! The others in the picture are the rest of the family. They arrived in Vancouver last week. Our donations helped to bring them to safety. Suhaila sure looks happy!

Kristina Stevens, Chair, Refugee Committee

Our Caring Corner

In our Caring Corner we list those in our community who welcome us to share in their joy, or to offer them our support as they cope with a loss, illness, or other life challenge. We ensure that each individual is comfortable with having their name uplifted before doing so.

Nancy Dodds writes: *"I had my first appointment with my oncologist September 18. Cancer treatments have made amazing advancements since I had breast cancer in 1990. I will be taking pills ... no chemotherapy. These pills will increase my lifespan, get the cancer under control, and hopefully improve my quality of life."*

someone in need in your thoughts and heart!

Care & Concern Neighbourhoods Team: [Maggie Nixon](#) (Nearby, Far Out, Royal Oak West), [Stephanie Ippen](#) (Gordon Head, Cadboro Bay, Royal Oak East), [Mary-Ellen Nicol](#) (Grand Central, Oak Bay, Fairfield), [Barbara Boyle](#) (Western, Esquimalt, James Bay), [Rev. Shana](#), [Rev. Melora](#)

Please Protect the Church Walls

Please do not put up posters on the church walls.

For those of you that are attending the church you will have noticed that much effort has been put in by volunteers to spruce up the appearance of the public spaces to make it visually appealing.

We ask that no notices be stuck on the walls anywhere. If you have a notice please take it to the administration and if it is approved for posting it will go on a designated notice board.

Last week a notice was stuck on the wall of the entrance which was promptly removed.

Thank you for your cooperation.

Arts and Aesthetics

Antiracism Learning Circles - on Zoom From First U Portland

You are invited to join Antiracism Learning Circles this fall. It's on Zoom, so you can join from anywhere!

LEARNING CIRCLES are small discussion cohorts based on a book or podcast that provide:

- Important learning about white supremacy, racism, and our national history;
- The opportunity to build trust and go deep in small group discussions over time;
- A safe place to have difficult discussions and deal with discomfort;
- Creating and strengthening relationships with other UUs; and
- Connection, focus and purpose in a virtual setting.

How Do LEARNING CIRCLES Work?

- Each cohort (typically 4-12) gathers for a series (from 4-10 sessions) of facilitated Zoom discussions.
- Register for a particular Learning Circle. Meeting dates & times vary.
- Each individual is given the opportunity to share reactions, then we discuss as a group.
- We ask that you plan to attend all sessions so we can build bonds of trust and insight.

Full descriptions, schedules & registration information is [HERE](#).

This fall we are offering:

- **Seeing White** - our real history in the US - the one none of us were taught in school (podcast)
- **This Land** - the legal structure defending Native American rights, and the threats to that structure (podcast)
- **The Repair** - how we have gone wrong in our relationship with earth and its uneven impacts (podcast)

(podcast)

• **The 1619 Project: A New Origin Story** - a profoundly revealing vision of American past and present

(book)

• **Barred: Why the Innocent Can't Get Out of Prison** - what is wrong with our criminal justice system

(book)

• **The Land That Has Never Been Yet** - an examination of whether we have ever had a real democracy

(podcast)

Looking for Zoom Hosts/Greeters

Every Sunday we host a hybrid Zoom/In-person service.

A zoom host/greeter is online with those attending service virtually.

We need 1-2 more persons to host approximately one service/month.

Much of the technical details are automated but the hosts attend Sunday Service rehearsals, post text in the chat, set up breakout rooms and offer a friendly presence to help people feel comfortable and included.

Training will be provided.

Join our group of virtual hosts. It's useful and fun.

Contact Marion Pape at 778-265-4567 if you have questions or might be interested in trying this out.

Covid Guidelines

Effective July 1, 2023, masks are no longer required during Services in the Sanctuary.

Meanwhile:

- Stay home if sick.
- Keep vaccinations up-to-date.
- Wear a mask if desired.
- Small groups meeting anywhere decide democratically whether to mask or not.

If you believe you may have contracted Covid in the church, notify us immediately at covidteam@victoriaunitarian.ca specifying when and where you were exposed. Your information will be confidential; we will use it to assess whether we need to adjust our guidelines to ensure community safety.

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[R](#)**Church Office**

open 11-1 Sun-Thu (except long weekends)

Email staff at addresses listed below or call 250-744-2665 and leave a voice message, your call will be returned by the next work day.

Niki Mullin**Church Administrator**

Sun, Mon & Wed 8-3pm

except stat holiday long weekends

IN PERSON - Sun & Wed 11am - 1pm

churchoffice@victoriaunitarian.cafucv.churchoffice@gmail.com**Anna Isaacs****Communications**

Tue-Thu 11-2

IN PERSON Tue & Thu

communications@victoriaunitarian.cafucv.communications@gmail.com

778-557-3492 (work cell)

Co-Ministers**Rev. Melora Lynngood**rev.melora@victoriaunitarian.ca

Text/call 250-891-6330

Rev. Shana Lynngoodrev.shana@victoriaunitarian.ca

Text/call 250-891-6331

Monday is day off (available for pastoral emergencies)

[schedule details & which minister does what](#)

Minister Emerita

Reverend Jane Bramadat

Lay Chaplainslaychaplains@victoriaunitarian.ca

Jenny Heston 250-509-1240

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

The First Unitarian Church of Victoria

5575 West Saanich Road

Victoria, BC V9E 2G1

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[R](#)

Anna Isaacs

Family Programs

anna@victoriaunitarian.ca

778-557-3492 (work cell)

Sun, Tue-Thu afternoons and by appointment

IN THE SPIRIT AND E-WEEKLY SUBMISSIONS

E-weekly submissions to:

eweekly@victoriaunitarian.ca

DEADLINE: 3pm Tuesdays

IN THE SPIRIT submissions to:

newsletter@victoriaunitarian.ca

DEADLINE is the 15th of the month.

*The e-weekly and In the Spirit are produced by a three member
volunteer team: Kathy Vinton, Lesley Duthie, Lies Weijs, with
communications staff support.*

ARCHIVED MONTHLY NEWSLETTERS

Read or download

[In the Spirit Monthly Newsletter](#)

Copyright © 2023 Unitarian Church of Victoria, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

