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# Welcome to The Gift of Heritage

## In the Spirit | November, 2023

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## Sunday Service 29th Oct

10:30am

*Bring a Friend Sunday – Living, Loving, Losing*

Rev. Shana Lynngood, Homilist

Rosemary Harrison, Worship Associate

**Musical Guest** [Susannah Adams](#)

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?

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

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

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.



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



[Subscribe](#)[Past Issues](#)[Translate ▼](#)**7:15pm****Streetbeat**

Our kickoff to another season of Spirited Jazz with **Streetbeat**. Enjoy an evening of New Orleans style jazz as we honour the bittersweet time of year that includes All Souls/All Saints Day. Come join the Saints in marching in that number—reflecting on life and love and legacy.




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## Sunday Services November

**Sunday, November 5, 10:30 am***Craving Peace*

Rev. Shana Lynngood

Fran Pardee, Worship Associate

**Guest Music Director** [Sean Lampard-Quicke](#)

On this annual Sunday when we lift up the importance of the work our Unitarian Universalist United Nations Office does in elevating our values at the UN, we are aware once again of the glaring need for peace in our world. Whether the conflict is in Ukraine or Israel, or it is civil unrest in Ethiopia, the need to find pathways to peace is both painfully evident, and feels ever further out of reach. What might we do to support those who try to lay the groundwork for peace in the midst of complex conflicts?

**Saturday, November 11, 10:30 am***Remembrance Day Service*

Rev. Fran Dearman, Homilist

Johnathan Savard, Worship Associate

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



Rev. Fran Dearman is a retired UU Minister and long-time member of this congregation, where she likes to think of herself as a founding toddler. Fran served twenty-three years with the Naval Reserve, alongside ten years as a ship's officer on Great Lakes freighters, before entering the ministry. Fran served as parish minister in Anchorage, Alaska, and at

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Royal Canadian Legion.

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**Sunday, November 12, 10:30 am**

*Justice, Kindness, and Mercy*

Rev. Lois van Leer, Homilist

Lynne Bonner, Worship Associate

Rev. Lois van Leer, Minister Emeritus at the Unitarian Universalist Church in Eugene, Oregon, will be joining us by Zoom to give the homily on Justice, Kindness and Mercy. She will talk about each one of these concepts and land on the idea of mercy as a new paradigm for the world...and for Unitarian Universalists. As UUs, our energy is often given to the work of doing justice. But in today's world, is that enough? What else might be needed?

The **Rev. Lois van Leer** retired after 40 years of ministry in both the UUA and the UCC in June of 2021. She has served as a campus minister, youth minister, associate minister, and senior minister. She worked with congregations in Oregon, Montana, and Washington. She has served as staff at the UU Russell Lockwood Leadership School, as well as on the staff of Creative Arts Eliot at Seabeck. She has spent her time since retirement traveling and adventuring. She is an avid kayaker and rock hound. She currently lives in Eugene, Oregon with her 6 year old AussieDoodle, Oso.



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**Sunday, November 19, 10:30 am**

*All Genders Welcome*

Rev. Melora Lynngood, Homilist

Rosemary Harrison, Worship Associate

**Guest Music Director** [Sean Lampard-Quicke](#)

In Unitarian Universalist community, we celebrate the gifts of all people: transgender, cisgender, gender non-binary, gender non-conforming, gender fluid – all people, all genders. And we stand up for anyone whose right to be who they are is threatened. In this service, we explore what it means to become a congregation that is truly supportive of gender diversity, within our walls and beyond. This service will include a special candle lighting for the Transgender Day of Remembrance, which is November 20th .

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**Sunday, November 26, 10:30 am**

*The Long View*

Rev. Shana Lynngood with long-time members, homilists

As we contemplate many potential changes in our community – those brought about by the pandemic and shifting demographics of church attendance, and those we wish to intentionally make – it seems a good time to take stock and try to put things in perspective. In this service, we'll hear from some of our long time members in their 90s. What have they seen in their years of connection to the church? What gifts of aging, and the learnings that have come along with it, might offer insight to us now?

## Spirited Jazz November

**Sunday, November 26, 7:15pm**

**The Ashley Wey Trio**

Ashley Wey, a multi award-winning Canadian singer-songwriter and pianist, who has worked with Canadian Idol winner Eva Avila, Juno Award-winners Brandi Dastrehaft, Mae Moore, The Parachute Club and has toured on cruise ships around the world with four-time Grammy Award winner, Manny Kellough. With three critically acclaimed self-produced albums to her credit, Wey released her first album of primarily original music, Hummingbird – a genre-bending project melding alternative folk, pop, and jazz on July 9, 2021.



Ashley lights up the stage with her bright smile, charming charisma, and magnificent sounds that open minds and reach hearts. Pianist, composer and singer Ashley Wey is a multi-faceted artist, who is highly regarded for both her playing and her writing as well as how she seamlessly crosses over from modern jazz to D&B and hip-hop..

Anchored by audience interaction, diverse musicality, and candid authenticity, the Ashley Wey Trio has become beloved to fans around the world whenever they can be seen in performance. Wey is an expressive player with a sound firmly rooted in the jazz tradition. The charming piano extraordinaire is an unforgettable performer. She turns every performance into an informal master class regaling audiences with her accounts of jazz history and some of the most heartfelt piano playing you will ever hear. Is there a more ebullient or convincing advocate for jazz today? Her music is marked by unmistakable purpose and harmonic authority and she employs a powerful technique and deep insight into a wide range of repertoire from the Great American Songbook to her own soulful originals.

The Ashley Wey trio features Louis Rudner on bass and Hans Verhoueven on Drums.

You can find out more about Ashley Wey at [www.ashleyweymusic.com](http://www.ashleyweymusic.com)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Sunday, October 29th, after service**

Farmhouse Common room

Please join guests of Natnael and the Mellett family for a traditional coffee ceremony, some storytelling and a discussion of the civil war in Ethiopia and the impacts on the people of the northern region of Tigray. This is hosted by the Ethiopian Canadian Families' Association in appreciation of FUCV's share-the-plate donations in October.

Please feel free to wear any of your own traditional clothing.



To help organizers to prepare, please RSVP ([click here](#)) if you plan to attend so that they know how many people to expect. If more than 20 will attend, we hope that spry people can sit on yoga pillows inside the circle of chairs.

Please feel free to contact Rebecca Mellett at [rlmellett@gmail.com](mailto:rlmellett@gmail.com) or call 604-353-1967 if you have any questions.

## Mission Crafting Fun - Nov 19 and 26

Our congregation is co-creating a new mission statement.

In Phase 1, through 18 different Shaping Our Future small groups in October, we've heard from over 130 of you about what you think our congregation needs to be at this moment in time – for each other and for the world.

[The Oct 22 service](#) reported on preliminary themes that emerged.

Stay tuned to hear about the final set of themes we found after analysis is complete.

**Phase 2** is fun, interactive, open to all –

After Sunday service

**12:00pm – 12:30pm**

Sanctuary

**Nov 19- Playing with tag lines for the road sign.**



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**Nov 26- Which congregation would you choose & why? –**

based on draft mission statements we will have ready for your consideration

from your mission team, Victoria Barr, David Tietz, and Rev. Melora

**Last Shaping Our Future Gathering**

By popular demand we've added

[Tue 31st Oct 12:30-2pm Church](#)

Click on the link to sign up. Only a few slots left, so sign up now!

**Gardens & Grounds's Sunday Morning Market**

re-opens Sunday 19 November 2023!

Gardens & Grounds Committee members Bradley and Madelaine Clarke will soon be harvesting the apples that grow north of the Farmhouse; the grapes are already in the freezer. After juicing and blending these two 'homegrown' fruits, the result is G&G's Farmhouse Harvest exclusive "Grapple" juice – a sell-out flavour favourite! This year, we're pleased to announce a few new additions, too: "Razzple" juice (can you guess?), warmly spiced applesauce, and dehydrated apple 'chips'.



Further, the Sunday Morning Market will feature two guest vendors:

- Mia Ocolisanu: Ayurvedic Consultant and [Lumia Botanicals](#) Founder
- Elder Jean Smith: Preventative and [healing properties of Devil's Club](#) plant-based medicine for use in tea, salves and jewellery

**Gardens & Grounds needs your help!**

**G&G's Farmhouse Harvest production team is preparing to juice this year's harvest.** If you purchased Grape or Grapple juice from the Sunday Morning Market over the summer, and if the 750ml and 1L canning jars are surplus to your needs, G&G would be grateful if you'd return them. This helps control production costs, which helps control Sunday Morning Market suggested fundraising retail cost!

**Please note that the jars we are seeking are only Bernardin brand: 750ml wide mouth and**

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above the church office. Thank you for this consideration.

For more info contact Madelaine Clarke G&G Co-Chair and Fundraising Coordinator [mpclarke13magda61@gmail.com](mailto:mpclarke13magda61@gmail.com) 778.967.5341 (text)

## Dia de los Muertos

Registration deadline is Mon 30th Oct!

Join church member Madelaine Clarke and Doña Marta Fraser for a special evening of sacred circle dance, ritual and feasting! This life-affirming Aztec and Toltec indigenous celebration of death as a natural life arc features lavish and colourful preparations, including an ofrenda (altar) featuring pictures and favourite foods of the departed, calaveras de azucar (sugar skulls), candles, cempazúchitl (marigold flowers) and pan de muerto (bread of the dead).



The Farmhouse Common Room capacity for this event is 18 adults and requires a non-refundable \$20 registration by e-transfer to [mpclarke13magda61@gmail.com](mailto:mpclarke13magda61@gmail.com). All dances are simple and taught, and participants are encouraged to bring a small photo or memento for the ofrenda and dress in a way that honours their departed one(s). For more details, please contact Madelaine (778.967.5344 or 250.479.4701).

## Celebration of Life for Mel Johnston

Saturday, November 4, 2023

2:00pm 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.

In person attendance

Please [RSVP](#) for in person sanctuary seats at (it helps with our planning)

Members and Friends of First Unitarian are invited to bring finger food / baked goods to share at the reception.



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

Meeting ID: 917 3858 2977

Passcode: 776716

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

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## Celebration of Life for John Tibbles

**Saturday, December 16, 2023**

2:00pm Pacific Time

All members and friends of the First Unitarian Church of Victoria, and all who knew and cared about John, are warmly invited to attend this memorial service honouring the life of church member, John Tibbles, who passed away on September 6, 2023.

### In person attendance

Please [RSVP](#) for in person sanctuary seats at (it helps with our planning)

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/91730130537?pwd=c2oyMFZkem05aUJLTmRRdmRQSVFiZz09>

Meeting ID: 917 3013 0537

Passcode: 078342

Join by phone? [Find your local number](#)

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## Embodied Soul Celebrations

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.

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if you can walk you can dance!

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.



### MARK YOUR CALENDARS!

#### Full Moon Dance Circles – Sundays 1-3pm

- 26 November 2023
- 28 January 2024
- 25 February 2024
- 24 March 2024
- 21 April 2024
- 26 May 2024
- 23 June 2024
- 21 July 2024
- 18 August 2024
- 15 September 2024
- 20 October 2024
- 17 November 2024
- 15 December 2024



#### Solstice/Equinox Rituals – specific dates 6:30-8pm

- Winter Solstice 2023 - Thursday 21 December
- Vernal (Spring Equinox) 2024 – Tuesday 19 March
- Summer Solstice 2024 - Thursday 20 June



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- [Winter Solstice 2024 - Saturday 21 December](#)

## Share the Plate November

Since 2008, men and women have found overnight respite from the streets, a hot meal, clean clothes, and a non-judgemental welcome at the [Nanaimo Unitarian Shelter](#).

The First Unitarian Fellowship of Nanaimo are the folks who originally recognized the need, initiated the good works and continue 15 years later with new projects, helping partnerships and improved services, including:



The Nanaimo Free Shower program 7:00 a.m. to noon, Monday to Friday on the south side of the Caledonia Park. On behalf of the City of Nanaimo, they run a free shower program to anyone experiencing homelessness or unstable housing. Toiletries (soap, shampoo, clean towel, and facecloth etc.) are provided for free. You can also enjoy a hot or cold beverage.

Plus, An Outreach Team also continues to serve people who need help with getting ID, applying for social assistance, looking for housing, getting medical attention, or other needs. Starting in January 2020, with a seed grant from the Nanaimo Foundation, they began a program to provide an outreach worker and case manager for shelter guests. The Unitarian Shelter case manager can assist with a range of needs including:

- Vulnerability Assessments
- Income Assistance
- Housing applications
- Help in accessing medically needy persons
- Addictions and mental health services referrals and applications

Our Unitarian Shelter is funded through the BC Housing, and by generous cash and in-kind donations from members of the First Unitarian Fellowship of Nanaimo and individuals, businesses, and organizations in the community – and beyond.

Our Sister Congregation's Shelter Program is our Share the Plate recipient for November. We can lend a hand by donating, and hopefully encourage their dedication in this successful endeavour.

*On behalf of First Unitarian Church of Victoria, Shirley Travis*

**Thank You!!**

Thanks to your generous donations during the month of August, our congregation will be sending **\$797.08 to RAVEN**, the Share the Plate recipient.

RAVEN raises legal defence funds for Indigenous Peoples in Canada to defend their rights and the integrity of lands and cultures.

RAVEN'S vision is a country that honours the ancestral laws, rights, and stewardship values

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## Honoured Volunteer November

Our church community is built by the volunteer efforts of many people. Once a year, each member of our board consults the committees for which they are responsible, and together they select a volunteer worthy to be recognized as an “honoured volunteer” at a service. These people have repeatedly shared their time and energy with our community, and we are happy to say “thank you.”

This month, our president has nominated **Kathleen Zimmerman** to be honoured for her many contributions to the church. She will be recognized at the service on November 5.

*Suzanne Beauchamp & Pat McMahon, Recognition and Awards Committee Co-Chairs*




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## Artist of the Month November



**Andrea England** is a watercolour artist who creates tide-swept paintings for people with the sea in their souls. Andrea lives aboard a sailboat studio and draws inspiration from the swirling colours and moods of the ocean and the rugged, sea-sculpted coasts of the Pacific Northwest.

Andrea is drawn to watercolour because of its translucency and slightly capricious nature. It also gives her an excuse to spend even more time playing around with water. Her art is filled with a sense of motion that recreates the vitality and serenity of the ocean and carries the viewer to the coast.

**Andrea England** is an active member of the Federation of Canadian Artists and teaches art workshops and courses online. Her art is included in collections around the world. She invites you to pause by a painting and let yourself be transported to the sea.



This month we explore the gift of **Heritage**.

Here are some questions to spark your thinking inspired by the UU Soul Matters Network. Discuss the questions with a fellow congregants, 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?

1. What metaphor best describes your relationship to your family heritage? A giant hug? A dinner table with everyone talking at once? An anchor? A guidepost?
2. What story told by (or about) your ancestors has shaped you the most?
3. How has staying close to your ancestors been healing for you?
4. If you could talk to one of your ancestors, who would you choose? And what would you ask them?
5. What is your favorite family memento? And why does it have such a hold on you?
6. If you could change one thing about your family heritage, what would it be?
7. Often parents consciously or unconsciously transfer their unfilled dreams onto their children. What have you learned about dancing with your parents' unfulfilled dreams?
8. How have your ancestors helped you understand and hold on to beauty?
9. What story do you want to be remembered by?
10. What article of clothing ties you to your ancestors?
11. We usually think of heritage as tied to people, but places shape us as much as our family trees. What “inheritance” was passed on to you by your childhood hometown or childhood house?
12. What's the legacy of your first embarrassment?
13. What's the legacy of your first award/triumph?
14. It's been said that we are remembered for the rules we break. What broken rule might you be remembered by? What rule did your parents break?

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

## This Month's Spiritual Exercises

It's one thing to analyze a theme; it's quite another to experience it. By pulling us out of the space of *thinking* and into the space of *doing*, these exercises invite us to figure out not just what we have to say about life, but also what life has to say *to us*.

*These suggested spiritual exercises are some of those suggested by the Unitarian Universalist Soul Matters Network this month. Pick the exercise that speaks to you the most.*

## *The Memento That Matters*

We all have one: a favorite [family memento](#) that holds something important about our family heritage and history. Most of the time, these mementos also keep us grounded in a value or offer us comfort or inspiration when we need it most.

So this month reflect on one of your favorite family mementos and figure out why it has such a hold on you?

If possible, share that memento with a fellow congregant.

### **Option B**

#### ***Record an Elder... or Yourself***

Heritage is passed down in the stories we tell. It's even [more meaningful](#) when we can hear those stories in the voice of our elders and ancestors.

So this month, record an elder. Ask them to share stories from your family heritage so they aren't lost. Or interview them to capture their story. You can find some [good questions](#) to ask from NPR's StoryCorps project. There also are some great questions to use in Option D below. Here's some general guidance about how to go about this project:

<https://lifehacker.com/now-s-the-time-to-record-grandmas-family-stories-1843251629>

Or... if you are an elder, consider recording yourself and sharing it with family.

### **Option C**

#### ***Cook & Share a Piece of Your Heritage***

Heritage isn't just held in our minds and memory. Just as often, it's held in the food we eat, and the recipes passed down to us.

So this month, reconnect with your family heritage with one or more of these food activities:

- Dig out an old family recipe and have your family cook it with you. As you do, share the stories connected with it.
- Invite over a small circle of friends and/or church members and have each of them bring a dish from a family recipe or their particular culture. During dinner take turns sharing your stories connected to the dish everyone brought.



in your family

## Soul Matters Playlists

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

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

Direct link to **The Gift of Heritage** playlist on spotify:

<https://open.spotify.com/playlist/6phqHXc2zZFESXyEtKyU7w?si=bcc402fa55044126>

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

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

Direct link to **The Gift of Heritage** playlist on youtube:

<https://youtube.com/playlist?list=PLvXOKgQQVYP68YL90fh8XpIPLMY3uw0vV&si=6areN1cbFcXL-wUm>

(Note that our congregation is delving into the theme of heritage in November, even though the soul matters network proposed it for October.)

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## Indigenous Matters

### Introducing Jody Wilson-Raybould's book *True Reconciliation*

In 2022 former cabinet member Jody Wilson-Raybould wrote the book *True Reconciliation: How to be a Force for Change*. In it, Wilson-Raybould tackles what she says is one question Canadians have asked her more than any other: What can I do to help advance reconciliation? This book is her attempt to provide an answer. For Wilson-Raybould, what individuals and organizations need to do to advance true reconciliation is self-evident, accessible, and achievable.

*True Reconciliation* is broken down into three core practices—Learn, Understand, and Act—that can be applied by individuals, communities, organizations, and governments. On page 269, Wilson-Raybould writes: “To be a force for change – to contribute to addressing the challenges that are a result of Canada’s legacy of colonialism – we must know about our history and current reality (*Learn*) and be able to envision what true reconciliation looks like (*Understand*). And we need to *Act*.”

and call out limited practices not just once, but over a lifetime, and choosing acts of reconciliation that *challenge* ourselves and others, *elevate* Indigenous Peoples, their worldviews, cultures, governments and laws, and *advance* a proper relationship between Indigenous and non-Indigenous people. The last part of the third section describes actions that Wilson-Raybould considers to meet these criteria.

*True Reconciliation* is available at major bookstores in Victoria and at the Greater Victoria Public Library. There is also a copy in the FUCV library (shelves along the main corridor of the Farmhouse), if that is more convenient for you.

*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](mailto:karen.christie8@gmail.com) or Lynn Hunter [lynnhunter2828@gmail.com](mailto:lynnhunter2828@gmail.com).

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## Green Corner

### Stop the Spray in BC Forests

Thousands of hectares of coniferous forests in British Columbia are sprayed with glyphosate each year to kill grasses, shrubs, and deciduous trees. Glyphosate is a constituent of the herbicide, RoundupR, which was originally invented and sold by Monsanto, but is now owned by Bayer. In 2015, the International Agency for Research on Cancer (IARC) concluded that glyphosate is “probably carcinogenic to humans”. Since then, glyphosate has been banned for cosmetic use in many places. A Google search shows there are thousands of lawsuits ongoing against Monsanto and Bayer with many people claiming that exposure to Roundup gave them non-Hodgkin’s lymphoma (US \$11 Billion in settlements have been paid out to date).

In BC, forest companies are required to replant logged areas with seedlings that must grow into a free growing stand (“a stand of healthy trees of a commercially valuable species, the growth of which is not impeded by competition from plants, shrubs or other trees”) by the Forest and Range Practices Act. It’s the law. This means that maples, alders, aspens, birch trees and ferns, fireweed, grasses, and other native species are considered weeds. This has been a serious issue with forest fire management since wildfires have been increasing every year in the last few years. See report\*\* by the BC Forest Practices Board (BCFPB), for instance. Glyphosate is used widely in forest practices in Canada except in Quebec, where it was banned in 2001. Most jurisdictions require a “notice of intent to treat” (NIT) to be filed with Environment and Climate Change Canada to inform people about the spraying of forests, except in BC where there is no obligation to provide members of the public with this information, even if they ask.

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and biodiversity not using glyphosate.

R Registered trademark of Monsanto (now Bayer).

\*\*Forest and Fire Management in BC: Toward Landscape Resilience, Report by BC Forest Practices Board, June 2023.

See <https://watershedsentinel.ca/articles/stop-the-spray/>

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## Birthdays November

1 Gloria Turner	10 Faye Mogensen
1 Lynne Bonner	10 Roberta Engel
2 David Vest	12 Brock Brown
2 Thomas Andersen	12 Pauline Kenneally
3 Lance Young	14 Barbara Rintoul
3 Nicole Callow	15 Samuel Wilmott
4 Audrey Taylor	16 Hanne Fair
4 Harry Moore	17 Kathleen Filan
4 Marion Sollazzo	18 James Twidale
6 Laura Porcher	22 Simon Williams
7 Ian Warrender	26 Anna Tilson
7 Louise Parsons	28 Linda Schlechte Petch
8 Helen (Penny) Furnes	28 Robert Gifford
9 Andrew Lee	29 Rowan de Boer
9 Hayden Allder	
9 Lorna Anthony	

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## Board Minutes & Board Members on Duty

### [Oct board minutes](#)

Nov 8th next meeting

Oct 29 Jeri Dause  
 Nov 5 Al Hoffman  
 Nov 11 Adriane Matheson-Smith  
 Nov 12 Audrey Taylor  
 Nov 19 Barry Wiebe  
 Nov 26 Jim Willis  
 Dec 3 Katherine Maas  
 Dec 10 Evelyn Peters

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- Masks are not required during services in the Sanctuary but are recommended. If you are in a high-risk group, N-95 masks protect you best, and can be purchased at pharmacies.
- If sick, stay home and join the Zoom service instead.
- Keep vaccinations up-to-date. See the [BC government website](#) for details on when and how to get your vaccine.
- Keep observing basic hygiene practices: cover coughs and sneezes, wash hands frequently.

If you believe you may have contracted Covid in the church, notify us immediately at [covidteam@victoriaunitarian.ca](mailto:covidteam@victoriaunitarian.ca) specifying when and where you were exposed. Your information will be kept confidential; we will only 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)*

## Nov 7th Theatre in the Sanctuary

“The Unicorn, the Gorgon, and the Manticore” by Gian Carlo Menotti, is being presented on Nov. 7th at 7 pm in our Sanctuary. The Vancouver Island Performers Guild is bringing this highly interactive and family friendly opera. More info and tickets \$25 at [www.vipguild.ca](http://www.vipguild.ca). (Limited tickets may be available at the door)

Vipg | VANCOUVER ISLAND PERFORMERS GUILD

**THE UNICORN  
THE GORGON AND  
THE MANTICORE**  
BY GIAN CARLO MENOTTI

You've never seen an opera like this!

A madrigal fable full of surprises with an interactive, modern twist.

Nov. 2 7:00pm  
Nov. 5 3:30pm  
Baumann Centre  
925 Balmoral Rd  
VICTORIA

Nov. 7 7:00pm  
First Unitarian Church  
5575 W Saanich Rd  
SAANICH

Tickets \$25  
vipguild.ca

An Opera in a Box

## 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.



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*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!*

**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](#)

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## Church Staff Info

### Church Office

open 11-1 Sun, Tue-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.ca](mailto:churchoffice@victoriaunitarian.ca)  
[fucv.churchoffice@gmail.com](mailto:fucv.churchoffice@gmail.com)

### Anna Isaacs

#### Communications

Tue-Thu 11-2  
 IN PERSON Tue & Thu  
[communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca)  
[fucv.communications@gmail.com](mailto:fucv.communications@gmail.com)  
 778-557-3492 (work cell)

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### Co-Ministers

#### Rev. Melora Lynngood

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

## 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 ▼](#)**Rev. Shana Lynngood**[rev.shana@victoriaunitarian.ca](mailto:rev.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 Chaplains**[laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)

Jenny Heston 250-509-1240

Barbara Boyle 250-381-0264

Oceanna Hall 250-886-1077

**Anna Isaacs****Family Programs**[anna@victoriaunitarian.ca](mailto:anna@victoriaunitarian.ca)

778-557-3492 (work cell)

Sun, Tue-Thu afternoons and by appointment

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## IN THE SPIRIT AND E-WEEKLY SUBMISSIONS

E-weekly submissions to:

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

DEADLINE: 3pm Tuesdays

IN THE SPIRIT submissions to:

[newsletter@victoriaunitarian.ca](mailto: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.*

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