
In the Spirit May 2024

1 message

First Unitarian Church of Victoria <communications@victoriaunitarian.ca>
Reply-To: First Unitarian Church of Victoria <communications@victoriaunitarian.ca>
To: anna@victoriaunitarian.ca

Fri, Apr 26, 2024 at 11:45 AM

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Our theme this month is part of a larger exploration of the **new proposed UUA model of UU values**. [More info](#) on this process & proposed [image & language](#).

May In the Spirit | April 26, 2024

- [Sunday Service, Apr 28th, 10:30am](#)
- [Mission Feedback Session this Sun 28 or Tue 30th](#)
- [April Spirited Jazz this Sunday 7:15pm](#)
- [Services this Month](#)

- May Spirited Jazz - Sun 26th
- Share the Plate
- Share the Plate Thank you!
- Honoured Volunteer
- Artist of the Month
- Unpacking Religious Trauma - Thu 9th
- Annual General Meeting - Sun 26th
- Garage Sale - Sun 26th
- Sunday Evening Weekly Meditation Group
- UU Song Circle - Fri 5th & 26th
- UU Lunch
- Anxiety & Depression Support Circle
- Summer Changes: Sundays, share the plate, communications
- Auction Thanks!
- Sanctuary Seating Suggestion
- Green Corner
- Indigenous Matters
- GVAT Civic Academy on Vacancy Control
- GVAT Climate News
- Theme Questions From Soul Matters
- This Month's Spiritual Exercises
- Soul Matters Theme Playlist
- Robin van Gessel Fundraisers
- Our Caring Corner
- Board Minutes & Board Members On Duty
- Birthdays This Month
- Canadian Unitarian Council
- Eine Kleine Summer Music - Renter
- Ads
- Changing Weekly Emails to Fridays
- Church Contact Info

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

Sunday Service, Apr 28th, 10:30am

Sunday, April 28th, 10:30 am

"Really? You go to a church?"

Rev. Melora & the Mission Team: Aeryn Bannister, Gita John-Iyam, Dar Levy, David Tietz
Ilan Warrender, Worship Associate

How do you explain to your friends what this church is all about? In this service, we present the final draft of our new mission statement (upon which the congregation will vote at our May 26th Annual General Meeting). We will look at our mission in the context of our other UU guideposts,

like our UU principles (also under revision!). (Stay tuned for when we reconsider the *name* of our congregation – including the word ‘church’ – likely next fall.)

Mission Feedback Session this Sun 28 or Tue 30th

Sun 28th noon-1pm Farmhouse Common Room

Tue, Apr 30 7-8:00pm on Zoom <https://zoom.us/j/99311573589?pwd=d0FveStTS0djcUNDZnYvck9laXNidz09>

Come to a feedback session to share with us your thoughts and feelings in response to our proposed mission statement.

Can't make those times? Feel free to contact any of us on the Mission Team, rev.melora@victoriaunitarian.ca, 250-891-6330

April Spirited Jazz this Sunday 7:15pm



Presents an incomparable pairing
with the Attila Fias Trio
and Miguelito Valdez



Spirited Jazz presents the Attila Fias Trio featuring guest trumpet master Miguelito Valdez. The dynamic collaboration of these two internationally recognized ambassadors of jazz comes together to immerse you in the essence of jazz itself as the quartet becomes synergy incarnate.

Hosted by our Reverend of Jazz, Shana Lynngood, all are welcome and your donations to the musicians appreciated.

Check out <https://www.attilafias.com/> and <https://www.facebook.com/miguelitovaldestrumpet/> for more info and recordings.

Services this Month

Sunday, May 5, 10:30 am

What is Race?

Dr. Elizabeth Vibert

Rosemary Harrison, Worship Associate



UVic history professor Elizabeth Vibert will examine how racial difference was constructed in historical contexts, drawing examples from trans-Atlantic slavery and the encounter between Europe and the “Middle East.” Historical constructs like race continue to shape society in profound ways, both beneficial (as positive group identities) and negative. Understanding the historical trajectory of the concept helps us unsettle and combat racist assumptions.

As it is **Red Dress Day** we invite you to **wear something red** to the service to honour and remember murdered and missing Indigenous women, girls, and two-spirit people.

Dr. Elizabeth Vibert is a colonial historian whose research and teaching focus on empires and their aftermaths. Her current research and film project explores historical food crises and contemporary initiatives toward food justice in Indigenous communities in Canada, Colombia, Jordan, and South Africa.

Sunday, May 12, 10:30 am

The Perks and Perils of Pluralism

Rev. Melora Lynngood, Homilist

Johnathan Savard, Worship Associate

One of the values central to Unitarian Universalism is pluralism. The proposed ‘love at the centre’ model of UU values states it this way: “Pluralism. We celebrate that we are all sacred beings, diverse in culture, experience, and theology. We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.” Some might say, “Easier said than done.” When is this easy? When is it hard?

Proposed [Love At the Centre](#) model of UU values & deep dive into [background on proposed model](#)

Sunday, May 19, 10:30 am

A New Perspective: The Economics of Kindness

Guy Dauncy, Homilist
Ian Warrender, Worship Associate

Our world needs more kindness. People need more kindness. Nature needs more kindness. But we need it deep within our economies, where so many of our troubles begin. Prepare to be surprised at Guy Dauncey's new reading of history!



Guy Dauncey works to develop a positive vision of a beautiful sustainable future, and to translate that vision into action. He lives on Vancouver Island and is the co-founder of the West Coast Climate Action Network, the BC Sustainable Energy Association, the Victoria Car Share Cooperative; and the charity Prevent Cancer Now. He is the author or co-author of eleven books, including *Cancer: 101 Solutions to a Preventable Epidemic*; *The Climate Challenge: 101 Solutions to Global Warming*; and *Journey to the Future – A Better World is Possible*. He is currently completing his next book, titled *The Economics of Kindness: Moving from a Selfish Economy to a Cooperative Economy*, which will be published this summer.

Sunday, May 26, 10:30 am

Community Blossoms

Rev. Shana Lynngood & Anna Isaacs
Rosemary Harrison, Worship Associate

This Sunday we'll celebrate a flower communion. This often observed Unitarian Universalist practice invites each of us to bring a flower from our garden or neighbourhood to add to a collective bouquet and then leave with one we have chosen. The images and metaphors in this tradition are many—our lives unfold like flowers, we create something together that is more than any of us could as individuals. Bring a flower and stay for the church Annual General Meeting after the service.

May Spirited Jazz - Sun 26th

7:15pm



PRESENTS SHADES OF BLUE



Bill Johnson

Casey Rider

Tony Genge

Damian Graham

This Spirited Jazz emerges from the soul of the Blues with a formidable quartet featuring: Bill Johnson's vocals and guitar, Casey Ryder on bass, Damian Graham's dynamic drums styling and the B3 organ sounds of Dr. Tony Genge. The performance from this group of talented musicians is both inspiring and exciting.

Free your spirit and share in the essence of this unique musical experience as your host Reverend of Jazz, Shana Lynngood, explores the historic roots of jazz and so much more.

All are welcome with admission by donation. All contributions go to the musicians and are very much appreciated.

Share the Plate



The Victoria Sexual Assault Centre (VSAC) is a feminist organization committed to ending sexualized violence through healing, education, and prevention. We are dedicated to supporting women and all trans and non-binary survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, and empowerment. VSAC has been operating for over 40 years and serves survivors in the South-Island and surrounding communities.

Our *Direct Client Services* include:

- **Sexual Assault Response Team** who supports survivors of all genders 13+ within 7 days following a sexual assault. Survivors may access our on-site clinic where they are offered a choice of supports including forensic exams, medical exams, and emotional support following recent sexual assaults.

- **Service Access Line:** Any (16 years+) woman, trans, non-binary, Two-Spirit survivor of recent (less than 30 days) or historical sexual assault and childhood sexual abuse may contact us for:
 - **Counselling** both individual 1:1 and groups. We also offer some counselling sessions for supporters (parents, partners, friends).
 - **Victim Services** team who help survivors report sexual assaults to the police (their choice) and provide ongoing support through the criminal legal system.

Our **Prevention department** includes:

A focus on youth, and kʷənə́ n̄ətəl iʔ iʔsaət—the Indigenous Response network.

VSAC's Project Respect is a gender-based violence prevention program supporting youth to develop knowledge and skills to practice respectful relationships, enthusiastic consent and engage in social action to end sexualized violence.

kʷənə́ n̄ətəl iʔ iʔsaət brings together local Nations, Elders, Indigenous partners, organizations, community, and urban voices to develop and support community-led initiatives for survivors of gender-based violence. We gather to share knowledge, learn from invited guests and have space for culturally relevant forms of support and healing.

Share the Plate Thank you!

Thanks to your generous donations during the month of February, a total of **\$1489.15** was collected for Lifeline. This initiative is unique in the greater Victoria area, and its purpose is to assist individuals and families who have reached a short term 'bump' in the road including unanticipated illness or injury, job layoff, result in issues with rent, medication and treatment costs, and an empty food cupboard. These funds will enable Lifeline to continue its valuable work!

As well, donations received via Share the Plate during the month of March for Child Haven International totaled **\$666.87**. At the recent Child Haven dinner on April 12th an additional **\$17,000.00** was raised and was matched by the generous donation from Mr. & Mrs. Kumars for a total of approximately **\$34,000.00!!** Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven assists children and women in developing countries, who are in need of food, education, health care, shelter and clothing, emotional and moral support.

Honoured Volunteer

Lynn McKay is the honoured volunteer for May

I joined FUCV in 1993 and was a member for many years. My children enjoyed their Sundays in the Education Program until they became involved in basketball and our weekends were spent in gyms or on the road. Mike and I moved to the mainland in 2005 and I became a member of the South Fraser community. I spent seven years as Chair of the Worship Committee working with the minister and a group of dedicated volunteers. I was part of the media and communications

team and served one year on the Board.

We retired to Victoria in 2019 and I returned to FUCV just a few months before the COVID lockdown, so it took a while to re-engage with the community. Currently, I volunteer with the Welcome Team and, with Susan Layng, organizing our monthly Share the Plate initiative. I'm also an assessor with the Lifeline Project. Those basketball players I mentioned are now thriving in careers they love, and are raising beautiful families. We're enjoying our lives in Victoria and I feel blessed to be part, once again, of a vibrant Unitarian community.



Artist of the Month

“Mandalas, Moms & Mystique”

It was my Great Karma to be born into a loving family. My childhood highlight was finding 'little sticks' that coloured all over the walls of our house. This made me SO happy but my magic crayons vanished. My Father supported me to become a Nurse, but wisely opposed Art School. I became a Sunday painter.

It took many years to DREAM myself into the Victoria College of Art. I was finally home. My imagination is my sanctuary & I am it's Wizard. Creating Art weaves the “Light & Dark” threads that “Song Dance” in colour across the paper. Stories flow up above my head & fly down onto my paper. All I do is hold a paint brush. I view my Art as a feast of LOVE offerings.




May is my 70th Birthday a special time to Celebrate by sharing Art with my beloved community.

Gratitude to Chris Cook & Mary Theal for their dedicated service to our First Unitarian Art & Aesthetics team. Happy Mothers day.

Love & Light & Blessings,
Jewel

Unpacking Religious Trauma - Thu 9th

Facilitated by Rev. Shana. This is a public event.



**UNPACKING
RELIGIOUS
TRAUMA**

Rev. Shana Lynngood,
Facilitator, Unitarian Church

Queer-affirming
gathering for people
harmed by churches.

April 25 & May 9, 2024
Food 5:30 PM
Program 6:30 PM

More Info:
250-477-6222

Church of the Cross
3787 Cedar Hill Road
Victoria, BC

Parking in adjacent lots

lutheranvictoria.ca - victoriaunitarian.ca

Annual General Meeting - Sun 26th

following Sunday service

Members are invited to elect our new Board, get an update on our church finances, and hear about strategic initiatives for our future. Meeting package will follow closer to the meeting date.

Garage Sale - Sun 26th

Donate any items before Fri 24th to the Sanctuary basement.



Sunday Evening Weekly Meditation Group

Sundays at 7 p.m.

Farmhouse Common Room

This **weekly** group will begin with a brief reading from a variety of Buddhist and other meditation writings, followed by a meditation (length decided by participants) and check-in/discussion time with tea at the end. It will be informal, bring a cushion if you have one, sit on a chair, sprawl on the floor, the choice is yours. No experience necessary, if you have never meditated before, this is a great place to start.

Contact Jesse Invik for more info jinvik@gmail.com

UU Song Circle - Fri 5th & 26th



Everyone Welcome In the Sanctuary and on Zoom

May 17 and 24 from 2-3:00pm

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

UU Lunch

Come join us for UU lunch — a social occasion on the **Fourth Tuesday** of every month, open to all members and friends of the church.

Email uu.lunch.victoria@gmail.com to reserve your seat **Tuesday May 28, 12:00 noon** at Cedar Hill Golf Course Derby Restaurant, [1400 Derby Road, Saanich](#).



The restaurant reserves two big tables for us. It has lots of parking, and is not far from a bus route. It is centrally located in Greater Victoria, and has good food, including some relatively inexpensive menu items.

Pat McMahon, lunch coordinator

Anxiety & Depression 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.

Please contact Pat kinradep@gmail.com or Lies eweij@ryerson.ca for more info

Summer Changes: Sundays, share the plate, communications

Sundays

We asked you in February for input on how we should gather in the summer months. The Worship Team has tried to balance the need for volunteer respite, community continuity, and worship, and in doing so has come to what we hope is a happy medium. We will be taking the month of July as a month of break for Sunday morning volunteers. There will be no in person worship for the month of July. Instead, we hope some of you will step forward to offer social opportunities and gatherings. One member of our Worship Team is planning to coordinate a picnic on the front lawn during July, and perhaps others of you would be willing to help host a community get together in the summer (games, BBQ, music making, etc.). We will once again look into online worship options with other UU communities in Western Canada as an option for those who wish to join a worship service the 4 Sundays in July. The months of June and August will be “normal” with in person services (and our usual Zoom as well) offered each week.

If you have questions, please be in touch with us. Worship@victoriaunitarian.ca

Share The Plate

The Share the Plate team, in consultation with Reverend Shana, will schedule charities each month, from September – June.

Please continue to give generously to the two charities scheduled for May and June. We look forward to offering a diverse range of local and international groups when we return in September. We, and the organizations we work with, thank you for your unfailing support.

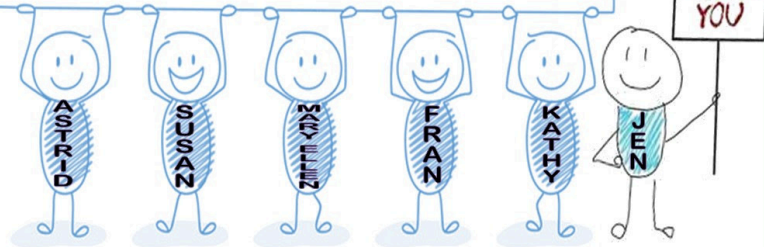
Communication Schedule

A July/Aug In the Spirit Newsletter will come out Friday 28th June. Please aim to **submit all July & August contributions as early as possible in June & before 15th June** to allow us time to prepare this larger summer issue. Smaller weekly emails will be pres-scheduled to go out weekly in July using content submitted by 15th June.

Auction Thanks!

AUCTION 2024

THANK YOU



Thank you to all the donors and bidders who made our online Auction 2024 such a huge success.

We have raised \$21,082!

Special thanks to our tireless team, including our new members, for stepping up to make this event a success!



Sanctuary Seating Suggestion

You're running late! Your alarm didn't go off, or your usual route to church was blocked, or maybe the phone rang just as you were leaving.....and now you are late for church. You slip in the back door midway through the announcements and not surprisingly ... there are no seats left in the back rows. You maneuver yourself around people already seated and, at last, find a place to settle. Whew! Wouldn't it be easier if we tried to leave the back couple of rows relatively empty for latecomers?

There's another reason to encourage you to find seating closer to the front. The camera angle of the sanctuary on Zoom shows the first several rows of seating well, but the back of the sanctuary hardly at all. Often the front few rows are sparsely populated, even when the service is well

attended. This gives folks in the Zoom sanctuary the impression that few people are at worship. Those leading the service appreciate connecting with the congregation and that is easier to do when the community is closer.

So, if you arrive in good time and are not camera shy, you are invited to choose a seat closer to the front and enjoy an "up close and personal" worship experience! Many thanks for considering these suggestions.

Green Corner

Human Rights Violated by Government's Inaction on Climate Change in Switzerland

In a landmark decision by the European Court of Human Rights in Strasbourg, France, the KlimaSeniorinnen, a group of 2400 older Swiss women, won a court case claiming that their fundamental human rights had been violated by Switzerland, which "had failed to comply with its duties" to combat climate change and meet emissions targets. The group whose average age is 74, had argued that they were particularly affected because older women are most vulnerable to the extreme heat that is becoming more frequent. "The European Court of Human Rights stopped short of ordering the Swiss government to take any specific action, underscoring that relief from the Swiss government 'necessarily depends on democratic decision-making' to enact the laws necessary to impose such a remedy," said Richard Lazarus, a professor at Harvard Law School. Switzerland said it would study the decision to see what steps would be needed. "We have to, in good faith, implement and execute the judgment," Alain Chablais, who represented the country at last year's hearings, told The Associated Press.

The heat waves affecting this Swiss group compares to recent heat waves in Canada, such as the country's highest ever temperature of 49.6C (121.3F) recorded in Lytton, BC during the heat dome on Tuesday, June 29, 2021. In late June 2021, BC experienced an unprecedented heat dome which resulted in record temperatures across many parts of the province over several days, with temperatures reaching over 40°C. During the week of June 25–July 1, 2021, the BC Coroners Service (BCCS) responded to a sudden and significant increase in deaths during this Extreme Heat Event (EHE). More than 800 deaths were investigated by BCCS during that week, with 619 of these deaths later identified as being heat related.

The BCCEC (BC Climate Emergency Campaign) has identified 10 Actions that could be undertaken to confront the climate emergency in BC – see [10 Actions — BC Climate Emergency Campaign](#). Both ECAC and the First Unitarian Church of Victoria are signatories of this urgent call to the Government of British Columbia to implement these actions. The Campaign issued a report in Nov. 2023 on the progress made so far – see [Progress Report — BC Climate Emergency Campaign](#).

Indigenous Matters

In 2010, Métis artist [Jaime Black](#) started the [REDress](#) project to represent murdered and missing Indigenous women and girls. The [REDress Project](#) is an installation consisting of red dresses hanging from windows, trees, and other public places. Black told [CTV News](#) that a friend of hers who is also Indigenous explained that red was the only colour spirits could see, so red called back the spirits of these women to allow their voices to be heard.

The origins of this day began with the [Walking With Our Sisters – K'omoks](#) where a public memorial art installation had taken place in honour of Missing and Murdered Indigenous Women and Girls. May 5 was the birthday of [Lisa Marie Young](#), a 21-year-old [Tla-o-qui-aht](#) woman who disappeared under suspicious circumstances from [Nanaimo, BC](#) on [Canada Day](#) 2002. Despite hundreds of [tips](#) from the public, [RCMP investigators](#) have made no progress in the case. Since 2010 the practice of hanging red dresses where people can see them has spread across Canada and the US.

For decades, Indigenous groups, activists and nongovernmental organizations have drawn attention to the disproportionate rates of homicides and disappearances among Indigenous women and girls. In September 2016 the Government of Canada established the National Inquiry into Missing and Murdered Indigenous Women and Girls. According to the Final Report issued in 2019, between the years 1980 and 2012, Indigenous women represented 16% of all female homicides in Canada, while constituting only 4% of the female population in Canada. Many feel that official statistics underestimate the extent of the issue.

The First Unitarian Church of Victoria will mark REDress Day by hanging red dresses from its balcony. We invite you to **wear something red** to honour and remember murdered and missing Indigenous women, girls, and two-spirit people.

Prepared by Evelyn Peters, member of the THRUU team (Truth, Healing and Reconciliation UUs in Victoria)



GVAT Civic Academy on Vacancy Control

Unitarians are invited to the GVAT Civic Academy on Vacancy Control

Civic Academy

Date: May 5th, 2024

Time: 1:00pm - 4:30pm

Location: Fernwood Community Centre

1240 Gladstone Avenue Victoria, BC V8T 1G6

[Register Here](#)

Affordable Housing affects us all. Workers and those on fixed incomes cannot afford to rent housing in our communities.



Save the Date

**Civic Academy on
Vacancy Control**

Sunday,
May 5 1:00PM

Fernwood Community Centre
1240 Gladstone Avenue
Victoria, BC V8T 1G6

G V A T
Greater Victoria Acting Together

What is Vacancy Control?

Vacancy control is a social policy that ties rental increase limits to the unit, not the lease. This would mean landlords would no longer be able to drastically increase rent prices when leases turn over.

The need for vacancy control is a critical issue facing our community. Young folks are being priced out of the rental housing market due to skyrocketing rates, and many are struggling to make ends meet due to the high cost of housing. Many people cope with unsafe housing conditions due to the fear of being evicted and forced

into an unaffordable market.

This event aims to provide valuable insights into vacancy control policies, their impact on housing affordability, and strategies for organizing around this issue. We will also hear stories of those personally impacted by the rental housing crisis.

Attendees will have the opportunity to:

- Engage in informative presentations by local community leaders
- Participate in story sharing with fellow members on how the rental housing crisis has impacted them
- Collaborate with fellow community members to develop actionable strategies.

We look forward to your participation and to building meaningful connections at our Civic Academy on Vacancy Control. Together, we can work towards building a more equitable and inclusive community.

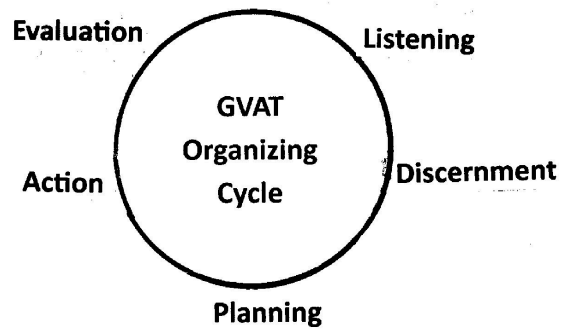
If you have questions please contact Izzy izzy@gvat.ca.

RSVP Here: <https://form.123formbuilder.com/6649586/gvat-vacancy-control-civic-academy-rsvp>

The Climate ART Re-Sets!



This past April the Climate “Action Research” (ART) Team evaluated what it had accomplished over the past few years and made a major decision on how it would re-organize as it proceeds. The Industrial Areas Foundation (IAF), which sets the steps under which GVAT (Greater Victoria Acting Together) operates, visualizes progress as a series of steps in a circle, starting with a Listening Campaign followed by a Discernment and discussion meeting (decisions made on results from the Listening Campaign), which progresses to a Planning (research and learning) phase, and so on until the cycle can be repeated.



The Climate ART began the Planning, research and learning step in 2019—and got stuck there! We couldn’t move to action phases for two reasons: 1) climate justice is a multi-faceted problem with hundreds of issues all needing addressing; 2) this complexity resulted in formation of three sub-committees on different issues with no means of deciding on which issue we should act. At the recent evaluation re-set meeting, nine individuals (three from our church) expressed their preferences for various organizational structures, and moved to disband the subcommittees and work as one. However, short-term working groups on specific tasks are permitted. This change, we hope, will enable the Climate ART to move to the action and finally evaluation phases in the future.

The re-set meeting was organized by Jane Welton, valuable explanations of IAF process were provided by Izzie Adachi, and Stephen Tyler shared knowledge on how the Housing ART reached its successful action of a general assembly on housing in 2022.

Core Team Members: Bob Stock (chair), Evelyn Peters (Board liaison), Gita John, Marion Pape, Pamela Hood-Szivek, Patty Disbrow, Philip Symons, and ex officio Rev. Melora Lynngood. New members welcome!

Theme Questions From Soul Matters



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

This theme, 'pluralism,' is part of a larger exploration of the **new proposed UUA model of UU values** that puts love at the centre. For the image and language of the proposed model: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission/final-proposed-revision-article-ii>

Below are some questions to spark your thinking on this month's theme inspired by the UU Soul Matters Network. Discuss the questions with fellow congregants, with friends or family, and/or journal about them on your own.

This list of questions is an aid for deep reflection. They are not meant to be answered as much as to take you on a journey.

Read through the questions 2-3 times until one question sticks out for you and captures your attention, or as some faith traditions say, until one of the questions "shimmers."

Then reflect on that question using one or all of these questions:

- What is going on in my life right now that makes this question so pronounced for me?
- How might my inner voice be trying to speak to me through it?
- How might Life or my inner voice be trying to offer me a word of comfort or challenge through this question?

Writing out your thoughts often enables you to go deeper. It also sometimes helps to read the list of questions to a friend or loved one and ask them which question they think is the question you need to wrestle with.

A note about self-care: Often these questions take us to a vulnerable space. It is OKAY to ignore the questions that may be triggering – or lean in if that feels safe.

1. What were you taught in your family of origin about pluralism and welcoming difference?
How does that still impact you today?
2. Has an experience of being included left a mark on you?
3. Whose refusal to conform made it possible for you to add your uniqueness to the diversity of the world?

4. If you could go back and change a moment of being excluded or excluding someone else, what would it be?
5. Have you ever been treated like [a category](#) rather than a person?
6. If you weren't afraid of being judged or rejected, what part of your diverse self would you let out into the world?
7. What part of your pluralistic self do you have the hardest time acknowledging or embracing with compassion? Your judgmental self? Your lazy self? Your vulnerable self? Your bitter self? Your easily frightened self? Your quick-to-anger self? Your jealous self? Your petty self? Your selfish self?
8. What aspect of your life partner, child or close friend do you need to do a better job of embracing and welcoming in?
9. When it comes to age, our society is not as pluralistic as it thinks. Have you been ignored or cast out because of your age? Was it more emotionally challenging to accept than you expected?
10. Is it possible that the aspect that so annoys you about that other person [echoes a similar part of yourself](#) you deny?
11. It's said that [we exile the parts of ourselves](#) that were once humiliated in our past. Which tender part of your younger self is whispering, "[Please let me back in.](#)"
12. Mónica Guzman said, "Ask yourself, 'What kinds of people do I talk about but never talk with?' [Whoever is underrepresented in your life, will be overrepresented in your imagination.](#)" So who is underrepresented in your life? Are they over represented in your imagination?
13. Most on-going disagreements are sources of pain, division and discomfort. But ironically some disagreements feel "[fruitful](#)"; They somehow enrich us and our relationships. How has a precious "fruitful disagreement" changed you? Is there wisdom from this fruitful disagreement that could be applied to other areas of your life?
14. Our friends and family each carry/believe/tell a different story about who we are. Whose version of you most closely matches your authentic self? Whose version do you disagree with most strongly? Whose version challenges you to be your best self? Whose do you hope to someday become?
15. **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 inspired by some of those suggested by the Unitarian Universalist Soul Matters Network this month for the theme of Pluralism. Pick the exercise that speaks to you the most.

Option A

Your Personal Pluralism - Mapping Your Many Identities

Pluralism is most often applied to conversations about communities. But it's just as relevant to individuals. We don't have an identity; we have *identities*. As Walt Whitman famously said, "I am large, I contain multitudes!"

But we rarely - if ever - step back to reflect on how those multitudes influence us and interact with each other. And without that reflective distance, our many identities end up sneaking into the driver's wheel. So this month spend some time getting to know your many selves, your pluralism within.

1. Start by mapping/listing as many of your identity markers as you can. We've put together a chart with various identity categories to help: https://docs.google.com/document/d/17LZghnZV3QnNB_zLx7ug7yDdkO9t_8RFMDvN87fBb8A/edit?usp=sharing
2. Reflect on your list of identities using this set of questions: <https://docs.google.com/document/d/1BCaesIU2lnY-nQRJ29iYjk7rFqEV87ooqCNW7mxE19E/edit?usp=sharing>
3. Discuss your answers with a friend or family member. While doing this activity and reflection on your own is fine, you will get more out of it by pairing up with someone close to you. Your insights will go deeper by having to explain your answers to someone else and the discussion will help deepen the relationship between the two of you. Be sure to have your discussion partner complete the [Identity Mapping Chart](#) and [questions](#) before your discussion.
4. Extra Mile: Bring some creativity to this exercise by taking your list of identities and reflections on them and turning them into a piece of writing. For instance, a narrative version like [this one](#) by adrienne maree brown or a poem like [this one](#) or [this one](#).

Option B

Take Action

1. Read through the quotations below. Choose one.
2. What action might that quotation inspire you to take that could deepen your living affirmation of our UU value of pluralism? Brainstorm a couple of options.
3. Choose one action to take.
4. If you feel comfortable doing so, tell someone about the experience.

Inclusivity is not 'how do we make you a part of what we are?' but 'how do we become more of what you are?'

[angel Kyodo williams Sensei](#)

Diversity is being invited to the party; inclusion is being asked to dance.

Verna Myers

Diversity is not just about the differences you like.

Eboo Patel

Pluralism isn't easy. It's a constant willingness to self-challenge and to look at where we might be wrong, or limited; even with regard to pluralism itself. It requires a capacity to detach ourselves from our agendas, our beliefs, our commitments, and to recognize that there may be other ways. And it also requires us to recognize that we can never wholly achieve that.

[Mick Cooper](#)

He drew a circle that shut me out-
Heretic, rebel, a thing to flout.

But love and I had the wit to win:

We drew a circle and took him In!

Edwin Markham

You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.

Friedrich Nietzsche

If I had access to people who looked like me growing up, my life would have been so much easier. The suicide rates for trans and non-binary youth, especially trans and non-binary youth of color, are astronomical. And the reason they're so high is because when you tell us we don't exist, at some point we begin to believe you. And media representation is actually a visual argument to the world, [saying], "We're here. We're queer. We're trans. We're people of color. We're gender non-conforming. Our lives matter. We're going and navigating through things that are simultaneously extremely similar to you and extremely different for you, and you cannot erase us!"

[Alok Vaid-Menon](#)

The first thing I am is a person... But people either relate to you as an Indian or as a woman. They relate to you as a category.

[Winona LaDuke](#)

People are just as wonderful as sunsets if I can let them be. In fact, perhaps the reason we can truly appreciate a sunset is that we cannot control it. When I look at a sunset as I did the other evening, I don't find myself saying, 'Soften the orange a little on the right hand corner, and put a bit more purple along the base, and use a little more pink in the cloud color.' I don't do that. I don't try to control a sunset. I watch it with awe as it unfolds. I like myself best when I can appreciate my staff member, my son, my daughter, my grandchildren, in this same way.

Carl Rogers

When you're standing, beholding the presence of God, at that point you're not going to be turning around and asking to yourself, 'How did you get here? Which path did you follow to get to this point?' No, you're just going to be absorbed in the presence of God. And so is the person to your left. And so is the person to your right.

[Dr. Omid Safi](#)

Soul Matters Theme Playlist

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

<https://open.shttps://mcusercontent.com/bbf3699056d9b6c3d3e5b9013/images/94d98c14-06f0-4478-5552-46b8a1d3c755.jpgpotify.com/user/mjf4kicgvwkk17jfbzb0un6qg>

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

<https://open.spotify.com/playlist/58nYp47pkNYO41mRab1R5v?si=5e0cceae6f134783>

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

https://www.youtube.com/channel/UCL_fSD0_Ps01IGauCVL_mKQ/playlists

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

<https://youtube.com/playlist?list=PLvXOKgQQVYP7cu9PIA38nUCI493myRFta&si=3EpmmpWxKJhPtjrl>



Robin van Gessel Fundraisers

As I have the last 3 years, I am going to be riding in two different cycling fundraisers this year. I have been commuting about 80km/week since our move, and on weekends I'm up to 60km in one ride, which on dry days, is truly my happy place! I am deeply grateful for the many generous donations from Victoria Unitarians past and future!

On June 9, it's 100km for the Canadian Mental Health Association's Ride Don't Hide. I've ridden since 2015 to support a team called Family Voices. My page for this ride is: <https://cmha.donordrive.com/participant/Robin-vanGessel>

The other one is the Cycle of Life Tour for Vancouver Island Hospices on July 20-21. I will ride 200km over two days with a team called Breaking Wind, and we support Victoria Hospice. This will be my third year doing this ride and the page for this one is: <http://vh.convio.net/goto/RobinvanG>



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. *Please consider this an opportunity to reach out to others.*

You may recall that member **Nancy Gray-Hemstock** has been in New York City caring for her brother, Ken, who was in hospital. Ken passed away on April 18. Sending caring thoughts to Nancy and her husband Jim, and to all of Ken's family, as they grieve his loss in this tender time.

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](#)

Board Minutes & Board Members On Duty

[Minutes for Apr](#)

Next Meeting Wed May 8th 5:30pm Zoom

Board Member on duty schedule for May

May 5, 2024 Mariko Matsumoto

May 12, 2024 Audrey Taylor

May 19, 2024 Al Hoffman

May 26, 2024 Barry Wiebe

Birthdays This Month

1 Susan Layng

2 Abigail McCallum

4 Susie Williams

4 Elaine Klimke

5 Sherrill Ewings

5 Robert Rintoul

5 Claire Ebendinger

7 Sheenagh McMahan

18 Samantha Magnus

21 Pat Kinrade

23 Stephanie Ippen

23 Kathy Vinton

23 Alex Andersen

24 Desiree Heston

24 Jeanine (Johanna D.A) Hartman

7 Lynn Guengerich
8 Shelley Motz
11 Roberta Clair
12 Jewel Spooner
13 Karen Potts
13 Olivier Belisle
16 Louise de Lugt
17 Amalia Schelhorn
17 Marguerite Hobbs

25 David Andersen
25 Terry Czyz
25 Jennifer Young
28 Johnathan Savard
29 Candace Moore
30 James Thomson
30 Heather Hopkins
31 Elaine Dakin
31 Catherine Ramsay

Missing? Wrong? Please send any additions or corrections for birthday info to communications@victoriaunitarian.ca or [correct the info in your Breeze directory database record](#). Know that we only celebrate these birthdays with permission of those that belong to the congregation. If we got it wrong, we are sorry! Please let us know so that we can fix it going forward.

Canadian Unitarian Council



May National Service: CUC National Service: May 19, 2024

My Muzungu Eyes Are Improving – featuring Liz James

Join the national UU community in a livestream of this service on Sunday, May 19th at 10:00 am PT on **Zoom**. A coffee hour conversation will follow the service. Join at this [link](#).

The **CUC AGM** takes place online on **Saturday, May 25th**, beginning at 9:30 am PT .

[Register here](#) to attend.

Eine Kleine Summer Music - Renter

Eine Kleine

SUMMER MUSIC

CHAMBER MUSIC IN THE COUNTRY
SINCE 1987



JUNE 2 ~ JUNE 24 2024

ARTISTIC DIRECTORS:
LAURA BACKSTROM & LORRAINE MIN



JUNE 2 2:30 PM & JUNE 3 7:00 PM

Lorraine Min/Terence Tam/Rachel Desoer

JUNE 9 2:30 PM & JUNE 10 7:00 PM

Isabella d'Eloize Perron

With Monica P'Éau, PIANO; David Boutin-Bourque, CLARINET;
Tori Gould, VIOLIN; Kenji Fuse, VIOLA; Laura Backstrom, CELLO



JUNE 16 2:30 PM & JUNE 17 7:00 PM

Conrad Tao
IN PIANO RECITAL



JUNE 23 2:30 PM & 24 7:00 PM

Timothy Chooi

With Arthur Rowe, PIANO; Philip Manning, VIOLIN;
Kenji Fuse, VIOLA; Laura Backstrom, CELLO

TICKETS (250) 382 7717

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WWW.EKSM.CA

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Victoria BC, V9E2G1
(250) 592-4411
admin@islandmontessori.com

Changing Weekly Emails to Fridays

Emails now go out Fridays at 12noon. Submission deadline remains Tuesdays 12noon.

We are pushing back our layout and revision process. Those who submit will receive a draft before Thursday morning and any revisions to the draft need to be received before Friday morning.

Church Contact Info

PROMO SUBMISSIONS

Bradley Clarke

Caretaker

available by appointment
(no Monday availability)

bradley@victoriaunitarian.ca

778-967-5341 (cell)

Church Office

**open 11-1 Sun (except long weekends)
& Tue-Thu**

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

fucv.churchoffice@gmail.com

Anna Isaacs

Communications

Tue-Thu 11-2

IN PERSON Tue & Thu

communications@victoriaunitarian.ca

fucv.communications@gmail.com

778-557-3492 (work cell)

Co-Ministers

Rev. Melora Lynngood

rev.melora@victoriaunitarian.ca

Text/call 250-891-6330

Rev. Shana Lynngood

rev.shana@victoriaunitarian.ca

Text/call 250-891-6331

Monday is day off (available for pastoral emergencies)

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

IN THE SPIRIT monthly email goes out on the last Friday each month (no separate e-weekly those weeks) submit by 15th whenever possible to ease workload for our volunteers

all promo submissions to promo@victoriaunitarian.ca
DEADLINE: NOON Tuesdays

[promo guidelines](#)

In the Spirit is produced by volunteer team: Lies Weijs & Lesley Duthie. Eweekly produced by communications staff with volunteer relief coverage.

CONTACTS & LINKS

- [Church website](#)
- [Event calendar](#)
- [Facebook](#)

The First Unitarian Church of Victoria
5575 West Saanich Road
Victoria, BC V9E 2G1

ARCHIVED MONTHLY NEWSLETTERS

Read or download [In the Spirit Monthly Newsletter](#)

Minister Emerita
Reverend Jane Bramadat

Lay Chaplains

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

778-557-3492 (work cell)

Sun, Tue-Thu afternoons and by appointment

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You are on this list because you indicated you would like to receive the E-Weekly electronically.

Our mailing address is:
First Unitarian Church of Victoria
5575 West Saanich Road
Victoria, BC V9E 2G1
Canada

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