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January's Theme: Liberating Love

In The Spirit | January 2024

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Sunday Service, Jan 7th 10:30am

Reflections on Housing

GVAT Core Team

Fran Pardee, Worship Associate

As we enter a new year and its cold wind, rain, and even snow threaten us, we may wonder what gift of liberating love we can offer to those who are unhoused or suffering the threat of becoming so. Fortunately, our church is a member of Greater Victoria Acting Together (GVAT), and this Sunday's service will suggest how our congregation, with compassion and love, can help reduce the plight of those who may lose or have already lost their homes. This service is presented by the church's GVAT Core Team: Lynn Beak, Patty Disbrow, Pamela Hood-Szivek, Marion Pape, Evelyn Peters, Bob Stock, and Philip Symons.

GVAT is also the Share the Plate recipient for the month of January, and Izzy Adachi, GVAT Organizer, will speak about GVAT's objectives and achievements.

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

Services in January

Sunday, January 14, 10:30 am

Love at the Centre

Rev. Melora Lynngood, Homilist

Jana Kotaska, Worship Associate

What would it mean to put love – liberating love – at the centre of our Unitarian Universalist living: in our daily lives and in our work in the world at large? The Unitarian Universalist Association (of which our congregation is a member) is in the process of updating our purposes and principles. The new proposed statement says, in part: “The purpose of the Unitarian Universalist Association is to actively engage its members in the transformation of the world through liberating Love.” The love at the centre informs how we practice our other values: generosity, justice, equity, transformation, interdependence, and pluralism. Those values will be our themes from February through May, each in turn. In January, we begin with

the theme of Liberating love.



More info on UUA process:

<https://www.uuworld.org/articles/uua-article-ii-info-amendments-deadline-what-to-know>

Sunday, January 21, 10:30 am

Prayerful Love

Rev. Shana Lynngood, Homilist

Rosemary Harrison, Worship Associate

This auction sermon, requested by Madelaine Clarke, will focus on looking again at the source and essence of the “Lord’s Prayer”. When we look at the Aramaic, and try again to see the core of this oft used, but perhaps not fully seen/heard prayer, what is its message? How do we claim or reclaim the love at the heart of the prayers of Jesus whether or not we see ourselves as Christian?

Sunday, January 28, 10:30 am

Higher Love

Rev. Shana Lynngood, Homilist

Johnathan Savard, Worship Associate

For a word that means and represents so much to us, we often cheapen or diminish love. I was listening once again to the 1986 Steve Winwood hit song, Higher Love—and the vision it offers is stunning. Love is much, much more than a sentiment or feeling; it is a life force or power for connection and good. What would a Higher love look like? How is it different from other loves? Do we need to capitalize Love?

Share the Plate for January



Come one come all to the service on Sunday Jan 7th, 2024! We'll reflect on the housing crisis, how it affects us and the greater Victoria community, what GVAT is doing about it, and why we support GVAT by contributing to Share the Plate through January. This will be a fun service!

Lynn Beak is our church's authority on housing as Co-lead of GVAT's Housing Action Research Team (ART). At coffee hour she and other members of our GVAT Core Team will be present in green GVAT t-shirts to answer any questions you may have.

You will also have an opportunity to meet and speak with **guest Izzy Adachi**, new GVAT Organizer.

Former Core Team members Jim Willis and Audrey Thomas, and current member Lynn Beak in our GVAT green t-shirts.



Through January, more information on GVAT's activities will be available at the Outreach Shelf in the entrance hall.

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

Artist of the Month for January

"My name is Kailee McMillan (Perret). I am based in the beautiful west coast of British Columbia, surrounded by my favorite things, trees! I draw on my natural surroundings to inspire my rich and colorful paintings of the landscape. My vivid imagination and daydreamer personality can be seen in my works of bright skies, windswept stylized trees, and driftwood, perfectly capturing the beauty of the west coast."



Most Valued Volunteers for January

Hanny Pannekoek & Hugo Sutmoller have been nominated by a member of the congregation as MVV Valued Volunteers. They will light the chalice at our service on **January 14**. Their long-time coordination of Sunday morning coffee, and Hanny's excellent leading of her neighbourhood group were cited. We are pleased to offer this official thank-you from the church for their volunteering.



Volunteers are essential to our church. Is there someone who has made church better by shouldering some task year after year? Is there someone who did one super-special thing that really made a difference to you?

If so, send an email to uuvaluedvolunteer@gmail.com describing what they did, and why you think they deserve our warm thanks. If they have not already been an "Honoured Volunteer" in the last 5 years, we will arrange to honour them. Suggestions from all members and friends, of any age, are welcome.

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

Conversations That Glow

Fri 26th Jan 6:30pm, Sanctuary

Have you ever wished you could take a shortcut directly to the interesting parts of a conversation, but weren't sure what questions to ask to get there? We'll provide a format and questions to spark "Conversations that Glow." Come cozy up to the warm of community. If able, bring a dish to share. Non-alcoholic drinks provided. Cash bar available.

Drop-ins welcome and registrations to anna@victoriaunitarian.ca by Wed 24th helps us plan



Gloria Hopewell Celebration of Life

Friday, Jan 5th, 2024

1pm Pacific Time

All members and friends of the First Unitarian Church of Victoria, and all who knew and cared about Gloria, are warmly invited to attend this memorial service honouring the life of church member, Gloria Hopewell, who passed away on December 11, 2023.

Currently, masks are optional (though recommended) in both sanctuary and at the reception in Lion Hall.

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/95687169476?pwd=VytXUThkbm53MFhtVnh1ek5DWFVmZz09>

Meeting ID: 956 8716 9476

Passcode: 219576

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

Last chance to vote on Mission draft (by Jan 5)

Based on your input during the “shaping our future” conversations and the mission crafting activities in November, we have drafted two mission statements for your consideration.

Which draft do you feel best represents our mission?

[Click this link to vote](#)

Voting should only take a couple of minutes

Survey closes Thu 5th Jan

Your vote and feedback will help determine the mission statement that is presented for final approval during the congregational meeting on January 29, 2024.

How did we get here? Themes we heard from you

[Sunday Service, October 22](#)

November e-weekly article

[“What We Heard From You”](#)

Shaping Our Future Team: Victoria Barr, David Tietz, Rev. Melora

Committee On Ministry

We, the members of the Committee on Ministry, want to hear from you if you have anything you would like us to pass on to the Ministers. One purpose of the Committee on Ministry (CoM) is to develop and maintain a strong, healthy relationship between the Minister(s) and the Congregation.

It is your choice to contact one of us individually or you can contact the entire committee at committeeonministry@victoriaunitarian.ca

Current members of the Committee on Ministry are: Lynn Hunter, Shelley Motz, Paula Steele and David Vest. We hope to add to our committee early in 2024.

Christmas Day Potluck Success



Christmas Day at the church dinner/potluck. 32 people attended.

New Member Bios

Brian Short

Although Brian recently moved to Victoria, he has been a Unitarian for some 35 years. He was introduced to the Vancouver church when the group he cofounded called “Engineers for Nuclear Disarmament” met there. Two of his daughters and a son-in-law have settled in Victoria, so he and his adored wife Glenda moved here from Nanaimo to be closer to them and their twin 6-year-old grandkids. The third child, Finn, resides in Denver with their wife. Retired now, Brian spends his time working on climate issues, singing, and attempting to deepen the relationships and conversations with those around him. And, when that is done, he finds time to swim, bike and sail in the Salish Sea and beyond.



Denise Sorel

I am Denise Sorel and I live in Sidney. I feel blessed to have found a spiritual community at First Unitarian with members who welcome and support people of all faiths and life paths. In the coming months and years, I look forward to meeting others, learning and deepening my spiritual understanding and contributing where I am able within our community and the world at large.

Learn more about [joining our congregation](#) on our website or in person

Exploring Unitarian Universalism (UU) & Our Congregation

Sun Feb 18th at noon (following worship)

[REGISTER NOW](#)

These gatherings share ideas for how to get involved and introduce you to Unitarian Universalism. Connect with others, including Rev. Shana, congregants, and other newcomers.

We will outline how to become a member or friend of the congregation. Bring your wonderings.

Indigenous Matters

The Red Road is a phrase frequently used by Indigenous people, signifying a deep commitment to living life in the best way possible – with an intrinsic respect for others, oneself, and creation and a dedication to worshiping the Creator.

We are all connected. UU Principles and Indigenous Teachings have so many similarities. It may be a useful challenge to compare, expand and approach these guides for living.

The [Eight Unitarian Universalist Principles](#) were drawn from many sources including the spiritual teachings of earth-centered traditions, the worldview that all living entities possess a spirit.

Seven Sacred Teachings form the foundation of the Native American or the Indigenous way of life. Each teaching honours one of the basic virtues intrinsic to a full and healthy life. The animal world taught man how to live close to the earth; the connection that has been established between the animal world and that of man has instilled a respect for all life in those who follow the traditional way.

- To cherish knowledge is to know wisdom
- To know love is to know peace
- To honour all of Creation is to have respect
- Bravery is to face the foe with integrity
- Honesty also means “righteousness”, be honest first with yourself – in word and action
- Humility is to know yourself as a sacred part of the Creation
- Truth is to know all of these things

[Elder Elize Hartley talks about the 7 grandfather teachings of the Metis](#)

Green Corner

If you need a car and want to reduce glasshouse gases (and who doesn't) there are strong arguments to buy a Hybrid Vehicle (new or used).

While a pure Electric Vehicle (EV) will generate no emissions while operating they are expensive, in short supply and arguably not the best use of a scarce resource like EV batteries. New EV's have electric battery packs averaging around 80 kilowatt watt hour (kW-h). A Hybrid Vehicle (HV) has an Internal Combustion Engine (ICE) as well as a small electric battery pack (between 1 and 2.5 (kW-h)) and either one or two small electric motors. While using only 1/40th the battery size (of an EV) an HV can reduce fuel consumption by up to a

third compared with an equivalent non-hybrid ICE vehicle.

Therefore a non-hybrid ICE vehicle that gets 15 liters per 100 km (quite typical) would now improve to about 10 liters per 100 km. If the vehicle was driven 10,000 kms per year, this would translate to a savings of 500 liters or about \$1,000, but more importantly would result in a reduction in your carbon footprint of over a tonne of carbon dioxide a year. Current experience with hybrid batteries and electric motors is that they should last the life of the car. The “electric” components of an HV have few moving parts and require little maintenance. While a hybrid vehicle may cost slightly more than the ICE equivalent vehicle the reduced fuel costs and higher resale value will more than make up for the higher initial cost.

Obviously walking, biking and using public transit would be better, where possible, than driving any vehicle but if you must drive consider a hybrid vehicle as your next new or used vehicle.

UU Heart Beats Drumming Circle

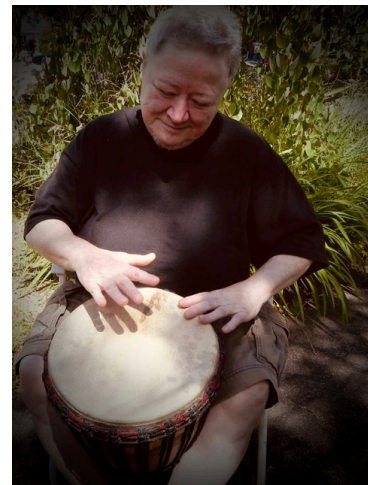
UU Heart Beats Drumming Circle

Sunday, Jan 7th noon

We all have rhythm; we just need to find it. Finding it together is magic!

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

Bring your own djembe or other hand drum if you have one, but if not, no worries; we have plenty 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.

Covid is on it’s seasonal rise so please come prepared to respect all peoples comfort levels, including the possibility of wearing masks. My objective is to facilitate an enjoyable and welcoming space for all.

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

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 Lies at: eweijjs@ryerson.ca for more info

Monday Walkers



Monday walkers at Cedar Hill Golf Course Dec 18, 2023

Everyone is welcome to join our walks every Monday at 1 pm. We often enjoy coffee together afterwards too! Anyone who wishes to receive regular emails about upcoming walks.

Email Chris Cook at 49chriscook@gmail.com

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.*

Louise de Lugt was admitted to the Royal Jubilee Hospital on Christmas Eve with her usual lung issues. She was allowed home on the 28th where she was subsequently followed by the Hospital at Home Program. She was discharged from them on January 1st and is recuperating at home.

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

[Dec minutes](#)

Next Meeting Wed 10th Jan 5:30pm Zoom

January Board Member on duty schedule

7th Al Hoffman

14th Audrey Taylor

21st Barry Wiebe

28th Jim Willis

January Birthdays

1 Jackie Bennett

1 Jany Li

2 Patricia Disbrow

3 Betty Sherwood

5 Cecil Bannister

7 Dennis Jaques

8 Christine Johnston

9 Philip Symons

11 Patricia McMahan

14 Sebastian Sterling

14 Kiana Belisle

16 Gaia Bazar

17 Ellen J. Carey

18 Fran Pardee

20 Lynn Beak

20 Lynn Hunter

21 Nellie Van Leeuwen

21 Bruce Nicol

23 Ruth Miller

23 Mary McCormick

24 Gerry Brimacombe

24 Ruth Chudley

24 Sylvia Krogh

24 Lou Lentz

25 Cavina Thokme

26 Remi Odense

28 Rebecca Denlinger

28 Alexander Adam

29 Mike Graham

Canadian Unitarian Council Leadership Opportunities

The CUC (Canadian Unitarian Council) is our national organization for Unitarian Universalists across Canada. They are inviting applications for positions on both the Board of Trustees and the Nominating Committee.

This is a unique opportunity to make a difference to the Unitarian Universalist movement in Canada, and an opportunity to grow as a leader, to inspire and be inspired, as you

participate in setting a course for the CUC in the future.

The main work of a **Board member** is to provide vision and leadership to our national organization, through participation in regulator Board meetings, committee meetings, regional gatherings at the Annual conference and Meeting.

The **role of the Nominating Committee** is to identify those committed UUs who want to go deeper in their faith community at the national level, and find the right fit for them within the organization.

Testimonials from former Board and Nominating Committee members

- *To become a member of the CUC Board is to be offered a remarkable opportunity, both for service to our movement, and for a deeply enriching and inspiring personal experience.*
- *An opportunity to give back a little for having been given so much from the experience of being a UU.*
- *It's exciting being part of a national body, working to affirm and expand our commitment to our faith.*
- *There's enormous satisfaction and feelings of accomplishment, working in camaraderie with other UUs and a committed, diligent Board of Trustees.*
- *Be prepared to work hard and fall in love with this work."*
- *The work is challenging, but knowing that I am making a difference to the future shape of UUism in Canada makes all the difference!*

The following vacancies on the Board and the Nominating Committee are upcoming in May 2024: **New Trustees from the BC, Central, and Western Regions (one each)**

A new Nominating Committee member from the Central or Eastern Region (for the Central/Eastern position)

More information about serving on the CUC Board can be found [here](#).

More information about serving on the Nominating Committee can be found [here](#).

If you are interested in being considered for one of these roles, or have other questions, please contact the CUC at nominations@cuc.ca

Liberate & Celebrate Your Full Voice: Barbara McAfee Workshop

Saturday, January 27, 10:30am–2:30pm

at First Unitarian Church of Victoria:

Unleash your true voice and embrace self-expression!

What untapped gifts does your voice have in store for you?

What might happen in your life if you fully expressed yourself?

When was the last time you played hard, breathed deep, cut loose, felt free?

In this joyful, illuminating workshop, you will:

- Open up the full range, power, and expression of your voice.
- Learn how to use your voice to project authority, express joy, convey empathy, and inspire possibility.
- Reclaim lost aspects of yourself.
- Risk being seen and heard in new ways.
- Experience literal and metaphorical harmony.
- Join with a lively community of vocal explorers.
- Bask in the harmony of a couple of Barbara's easily-learned songs.

You do NOT need to know how to sing to participate in this workshop. There will be singing involved, but we won't read a lick of music and no one will have to sing a solo. (In fact, no one will have to do anything they don't want to do.)

Bring a bag lunch for the half-hour break.

[More about Barbara](#)

Full details and workshop tickets: [click here to go to Eventbrite](#)

Workshop Registration Prices (including fees):

\$65: Regular price

\$55: Supported by others

\$75: Supporting others

(\$55 for Gettin' Higher Choir and Wavelengths Community Choir members)

Chakradance Intro Class

First Unitarian Church

Wed 5.30-6.30pm.

January 24th to March 20th 2024

Find your freedom

A brand new year

A brand new experience

A brand new you

Are you wondering about trying something new? Are you ready to say goodbye to the last few years of Pandemic fear? Imagine dancing your way to a lighter brighter self, feeling more grounded, sexier, energized, meeting people on a similar journey and marveling at all you have become over 9 weeks. Come and experience Chakradance at our introduction class and see if your heart and soul say a big YES to moving your body, moving your chakras and transforming your energy in the 8 weeks that follow.

[Chakradance](#) is a beautiful healing movement modality that helps release the stored memories and patterns that no longer serve us. It is a fusion of Jungian Psychology, the chakras, guided visualization dancing to chakra resonant music followed by mandala art. No experience is needed, this is an inner journey. What comes up is ready to be healed and released. Dance by dance, week by week you will let go of what's been holding you back and start living, and loving, the life you are here to live.

Your journey starts on Jan 24th with Maureen Nowicki and Gillian Scadeng, two licensed Chakradance facilitators, to assist you.

Anyone over 18 is welcome, a willingness to dive in, move where your body wants to take you and being open to the journey is the only requirement. All art materials provided but please bring your own meditation cushion.

Our early bird price: \$224.00 before January 24th if you sign up now for all 9 weeks. Chakradance curious? Come out and **try the first class in the series the Introductory Workshop on Jan 24th for \$20.00 (pre-registration only)**

[Sign up](#) today

Church Staff Info

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

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.

CONTACTS & LINKS

- [Church website](#)

- [Event calendar](#)

- [Facebook](#)

- [Email the office](#)

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](#)

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

The First Unitarian Church of Victoria
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ARCHIVED MONTHLY NEWSLETTERS

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[In the Spirit Monthly Newsletter](#)

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