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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](#).

March In the Spirit | February 29, 2024

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

Sunday Service, Mar. 3, 10:30am

The Right to Thrive

Dr. Jennifer Charlesworth
Fran Pardee, Worship Associate

Jennifer Charlesworth, BC's Representative for Children and Youth, will share stories and

Spirit, Trans, Non-binary, and other gender diverse children and youth. She will also speak to the intolerances and harmful policies that we are seeing in other provinces right now.

Dr. Jennifer Charlesworth has been BC's Representative for Children and Youth since 2018.



She is committed to championing culturally safer care and support for Indigenous families and to helping child-serving systems foster belonging in young people. Jennifer has worked in the BC social and health care sectors since 1977 in front-line child welfare, social policy, program management, and executive roles. She is grateful to be able to weave her diverse experience in provincial government, non-profit and academic settings into the sacred work that the RCY does to lift up child and youth well-being – individually and systemically.

Services this Month

Sunday, March 10, 10:30 am

How Life Moves Us

Rev. Shana Lynngood, Homilist

Jana Kotaska, Worship Associate

This reflection on transformation is rooted in the ways our sense of our living is changed and transformed by the losses we endure. Rev. Shana's homily will be rooted in the beauty and insight of the book *Lost & Found* by Kathryn Schulz. The fact that our lives are finite gives us lots of opportunity to think about what it means to make the most of our days.

Sunday, March 17, 10:30 am

AI & UU

Rev. Melora Lynngood, Homilist

Ian Warrender, Worship Associate

We look at the complex ethical and spiritual(?) implications of living with artificial intelligence as Unitarian Universalists. *This topic was chosen by the winner of the "sermon on a topic of your choice" at last year's services auction, Peter Scales.*

Sunday, March 24, 10:30 am

heART Space: Compassion Building Around Overdose

Dr. Marion Selfridge, Homilist

Fran Pardee, Worship Associate

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current and formerly street-involved youth, front-line workers, and others affected by the current overdose or toxic drug crisis. It showcased art created by people who have died from overdose, art created to memorialize and honour those who have died, and art produced from those who have been impacted by overdose. By directly involving youth in all aspects of the project, the participatory, collaborative, and community-engaged arts practices used during heART space created alternate avenues for support and dialogue concerning substance use, homelessness, and grief.



Dr. Marion Selfridge is a research manager, focusing on HIV and Hepatitis C treatment at the Cool Aid Community Health Centre and post-doctoral researcher at UVic's Canadian Institute of Substance Use Research. Her PhD dissertation research focused on street-involved youths' use of social media to deal with grief and loss. She teaches dance to stay sane.

Sunday, March 31, 10:30 am

Shifting Stones - Easter Sunday

Rev. Shana Lynngood, Homilist

Ian Warrender, Worship Associate

This Sunday, which reflects on the central Christian story of transformation, Easter, we'll think about the central role of the boulder, the stone that blocks the entrance to the tomb where Jesus is buried. What are the stones of our lives? War? Climate Collapse? Are there spaces and places where we are able to move those stones out of the way to seek new life—our own version of resurrection?

We are delighted to welcome our “sister” congregation in Victoria, Capital UU Congregation, and acclaimed guest musicians, Lea Morris, <https://www.thisislea.com/> and Sylvia Humble, <https://www.sylviahumble.ca/>.

It should be a memorable and moving joint service filled with beautiful music.

Share the Plate For March, Child Haven

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Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered charity founded in 1985. 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.

About 20 years ago our congregation chose to have Child Haven as a special charity. This was partly because of their work in four countries – India, Bangladesh, Tibet, and Nepal – and partly because 10 of our own members have over the years, spent time volunteering as “interns” in one of their many homes for homeless children. Several have returned for a second time because of this rewarding experience. The founders, Bonnie and Fred Cappuccino, were invited in 1985 by locals to start long-term homes and this they did built on Gandhian philosophy. Child Haven provides education and job training at four centres for handicapped and needy women and “orphaned” seniors. Our money is well and carefully spent. A fundraising dinner is planned for April 12th at the church to offer a more personal experience. There will be numerous newsletters full of beautiful pictures of the children and the varied activities that are offered by Child Haven - at the Outreach Shelf.



Artist of the Month



Farrell Boyce

Born in July, 1939 in Vancouver BC, I was christened the day Canada declared war on Germany at the onset of World War 2. My mother came from a family of successful business people. My paternal grandfather was a working man, a hard-rock miner and prospector, married to a frugal but ambitious Presbyterian woman. When I was strong enough,

before the days of light-weight power saws, I helped my Dad cut firewood at one end of sharp cross-cut saw. I still have that saw.

In my early adolescence, my mother enrolled me in a summer sketching class, held in Vancouver’s Stanley Park. There I learned that tree trunks were not uniformly brown. As a consequence of this discovery, I continue to enjoy outdoor sketching.

Penny and two children, I found time to join evening classes at the Dundas School of Art where I built up my skills as a painter and printmaker. I held a couple of successful one-man shows but my pleasure lay not so much in the “glory” but in the pleasure of creating the work.

Honoured Volunteer

Jewel Spooner has been chosen to be the Honoured Volunteer for March, 2024 by the Spiritual Development Council Chair. She will be lighting the Chalice on March 17th,

Namaste My Beloved Community,

Becoming a member in 2016, it was a touching moment to feel a true sense of belonging to this UUFamily.

We ‘Gettin Higher Choir’ folks practiced at this First Unitarian Church for years. I was often curious about who were the people that built this beautiful Sacred space. At Christmas time the Sanctuary was filled with glittering strung stars. Who created this enchantment? Thanks Farrell.



Deciding to check out the Sunday Service Nancy Dobbs met me at the door and warmly invited me to sit with her & Bob. Our legendary Nancy and I had met at the Community Choir Leadership Training course. I snuck a peek at the ‘Singing the Journey’ it reflected a multi faith belief. With every box ticked I began to get involved.

Joining the Chalice Choir, Women’s Choir, Chamber Choir & the Cantabile Handbell Choir each satiated my passion for music. Nancy, Bernhard & I created the ‘Everyone Welcome Song Circle’ which carries an informal campfire vibe. We operated during Covid and the connection to singing and sharing song took on a great & loving connection to this community. I LOVE to sing so sharing music has felt like a privilege.

Kayaking the Salish Sea provides many adventures. I LOVE to paint & be creative. Art & Music have been my passions but my friendships feel like holding a bouquet of blessings and delight.

Love, Light & Gratitude,
Jewel

Growing Rooted in Solidarity: Allyship and Land Back

Sat. Mar. 9, 2-3:30pm

This upcoming RAVEN (Respecting Aboriginal Values and Environmental Needs) fundraising event (by donation) presents an opportunity to put our words on reconciliation with Indigenous People into action. Come spend an afternoon with RAVEN's Campaigns Director, Leslie Anne St. Amour and Communications Director, Andrea Palframan, to learn about how to live in solidarity and allyship with Indigenous Nations.

RAVEN raises funds for Indigenous Peoples in Canada to defend the rights and integrity of lands and cultures. Victoria Unitarian's long-standing partnership with RAVEN is helping expand their fundraising initiatives across Greater Victoria and communicate their impressive record of [legal success](#)

Allyship is the practice of putting reconciliation into action. An ally is not a member of a particular group but one who wants to support and act. Allies build relationships and take direction; they take time to listen and learn to gain understanding of the adversity faced by group members. Allies offer tangible support, uplift, and make room for marginalized people, and - importantly - reflect on their own privilege and power difference to mitigate harm when engaging in struggles in which members of their own group are acting as oppressors.



Land Back is an Indigenous-led movement that centers on Indigenous self-determination and sovereignty over lands and waters. Land Back advocates for Indigenous rights, preservation of languages and traditions, food sovereignty, decent housing, and a clean environment.

We are developing a closer relationship with RAVEN and have offered to host this important program on Allyship and Land Back at the church.

We will cover some basics of the colonial history of Canada and BC, the legal landscape relating to Indigenous people, the work of RAVEN and how this work is part of the larger Indigenous rights movement.

Lessons From Silence

Thurs. Apr 4th

Day sessions 11am to 12:30 in Oasis Room

Evening sessions on the same day 7 to 8:30pm on the Ministers' Zoom account

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we cultivate space for silence? What do we find there?

Max of 10 participants in day and 10 in evening

Register with Rev. Shana 250-891-6331

Sunday Evening Weekly Meditation Group

Mar 3rd at 7 p.m.

Farmhouse Common Room

(no group on Mar 17)

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



Everyone Welcome In the Sanctuary and on Zoom

March 15 and April 5 and 26 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.

Arran Morton's Ordination & Celebration

Tuesday, April 13, 2:00pm

First Unitarian Church of Victoria

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Arran Morton.

Are you able to offer home billeting to visiting guests or carpooling? Please contact

anna@victoriaunitarian.ca



The ceremony will be hybrid. If you are joining us in Victoria, the ceremony will be followed by a dance party with live music from 'Water in the Crawl Space' and a potluck dinner. Families and children are warmly welcomed.

1:45-2:00 pm Gathering

2:00-3:15 pm Ordination Ceremony (childcare provided)

3:15-4:00 pm Light refreshments

4:00-5:00 pm Dance Party

5:00-6:30 pm Potluck Dinner

You are welcome to come for any or all of the above.

Please RSVP:

Online: <https://bit.ly/ordainArran>

In person***: <https://forms.gle/oBjh1jAZ5z5bEoC1A>

More details at facebook.com/events/376728378321925/

Environment & Climate Action Committee (ECAC) Meeting

Sun. Mar 3rd, noon-2PM

Sanctuary Wing -- Oasis Room (former Library)

This is a regular meeting of the ECAC Committee Everyone welcome - bring your ideas!

Jim Jordan 250-654-0672

Informal Memorial Tea in Honour of Don Mills - RSVP Requested

Saturday, July 6, 2024

2:00pm - 4:00pm

Lion Hall

In memory of Don Mills (August 12, 1924 -December 25, 2023), his family has planned a

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They warmly invite those who knew Don well to attend.

There will be no formal program; instead, attendees will be invited to share memories with one another informally.

RSVP Requested

To help with planning, please RSVP by using this link <https://rsvp.church/r/uYZwZfyw> (if no online access, RSVP by calling Shirely Marcuse (250) 658-8925)

Members and Friends of First Unitarian who attend are invited to bring finger food / baked goods to share.

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: eweijs@ryerson.ca for more info

UU Heart Beats Drumming Circle

Sunday, March 3, 2024

12 Noon



3 Good Reasons to Drum

1. **Happiness.** Drumming releases endorphins, enkephalins and Alpha waves in the brain, which are associated with general feelings of well-being and euphoria.
2. **Deep relaxation.** In one study, blood samples from participants who participated in an hour-long drumming session revealed a reversal in stress hormones.
3. **Connectedness.** Drumming circles provide an opportunity for “synchronicity” in that you connect with your own spirit at a deeper level while also connecting with other like-minded people.

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

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

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

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

UU Lunch

Tues, March 26

12:00 noon

Cedar Hill Golf Course Derby Restaurant, 1400 Derby Road

Spring has sprung – time to think of getting out and socializing! UU Lunch is a social occasion on the 4th Tuesday of every month, open to all members and friends of the church.

Email Pat McMahon at uu.lunch.victoria@gmail.com to reserve your spot for lunch. The restaurant will reserve up to 16 seats 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, and some relatively inexpensive menu items.

There is a walking trail around the perimeter of the golf course, offering the possibility of a pleasant walk before or after lunch.

Pat McMahon, lunch coordinator

Pub Night

Monday, March 4th

Join us at 7pm at Lure in the Delta Ocean Pointe at 100 Harbour Rd.

It's close to bus routes and there is plenty of parking on Tye and in the underground parking, for which you will receive an exit code on your bill. It's a relaxed evening of lively conversation and getting to know each other. Some eat dinner, others just enjoy a beverage. We have reserved tables against the interior wall in the bar area. Pub Night is held the First Monday monthly.

If you have questions please contact John Hopewell hopewell@telus.net

Monday UU Walkers

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often enjoy coffee together afterwards too! Anyone who wishes to receive regular emails about upcoming walks.

Email Chris Cook at 49chriscook@gmail.com

Here we are near Cadboro Bay



First Unitarian Church of Victoria Foundation Call for Grant Proposals 2024

The First Unitarian Church of Victoria Foundation (Foundation) was established to promote the principles and values of our Church. Currently the Foundation has contributions invested with the Victoria Foundation totalling approximately \$89,000. Income from approximately \$49,000 of these funds is dedicated to supporting First Nations post-secondary education through the Church. Income from approximately \$39,000 is directed, by request of the Donor, to support the Music and/or Social Responsibility programmes of the Church.

In 2023 the Foundation funded three bursaries totalling \$2,300 for First Nations students attending Camosun College, and granted \$1,800 for the musical enhancement of Sunday Services. This year we anticipate around \$2,300 will be available to fund two ongoing First Nations bursaries at Camosun College from the First Nations Fund.

The Foundation is currently seeking proposals from Church groups who need a grant of up to \$1,800 to fund Church music programmes or from the Social Responsibility Committee. Applications must be for enhanced activities not normally supported by the Church budget, and must cover costs not yet incurred. An application form is available from the Church website under Foundation. The deadline for submission is **April 30, 2024**, and funding will be approved in May by the Board of the First Unitarian Church of Victoria Foundation.

The First Unitarian Church of Victoria Foundation expresses its gratitude for the support by the Jobson Family for the First Nations funding, an anonymous Donor for the Music funding and the contributions of others.

For more information, please contact Frances Hancock: hancockf@telus.net

Your First Unitarian Team would like to thank everyone who donated to our Coldest Night of the Year campaign. As of Monday evening, we raised \$4375.00 dollars in support of Our Place and their work helping to bring warmth, hot meals and sustenance to vulnerable people in our community who are experiencing homelessness. This is 67% of our goal of equaling last year's contributions.



It's not too late to donate [HERE](#) to the First Unitarian Team, our webpage remains open until March 31st .

Thanks so much for your generosity!
Maureen

Theme Questions From Soul Matters

insert theme graphic here

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

This theme, 'transformation,' 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 you 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?

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 told as a child when you resisted change or expressed fear of it?
2. What have you learned about the relationship between transformation [and pain](#)?
3. What have you learned about the relationship between transformation and joy?
4. What have you learned about the relationship between transformation and rest?
5. What is your next challenge in [daring](#) to be human?
6. Is [your armor](#) in the way of your growth?
7. Is believing “I don’t deserve it” standing in your way?
8. Is it time to [thank your armor](#) for the way it protected & saved you back when things were tough?
9. Who or what do you need to learn to love [next](#)?
10. Think of someone who has transformed you – could be a teacher, a friend, a life partner, an animal, the divine. Of all the ways they have transformed you, which is your favorite?
11. If you could go back and change something you said or did this year, what would it be?
12. How do you think your future self might transform its relationship with [doubt and distrust](#)?
13. What if the way forward is to soften?
14. What if your transformation lies in asking for what you need?
15. What is [the new creation](#) that wants to be born in and through you?
16. What do you know of a brokenness out of which [comes the unbroken](#)?
17. **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 for the theme of Transformation. Pick the exercise that speaks to you the most.

Option A

The Gift of Your Many Homes

personhood. A new surrounding shapes one into a new you. So this exercise invites you to explore how exactly your many homes shaped and created the “many yous.” Here are your instructions:

- **Identify an object** that represents each of your homes. It’s fine to focus on the actual physical home/house in which you lived, but -if helpful- expand your reflection to also focus on the town and land surrounding your house.
- **Identify a story** that captures the most meaningful gift each home gave you. Focus yourself on who each home helped you become and how each home shaped a new you.

Consider sharing 1-2 of these objects and gift stories with a friend or fellow congregant.

Option B

What in Their Bucket List is Yours?

Bucket lists transform us. By purposely placing what we dream of *doing* on the horizon, we are better able to hold on to the person we dream of *becoming*. Bucket lists keep our transformation on track.

But typical bucket lists fall short for many of us. They are focused on the adventures outside us, whereas we seek more guidance about what kind of adventures might lie inside us.

This is where Colorado’s Poet Laureate, [Andrea Gibson](#), comes to the rescue. [Their bucket list](#) is all about how they long to heal and transform their *inner* world.

So with this in mind, this exercise invites you to treat Gibson as your guide and **figure out what in their bucket list is yours too**. You can read and listen to it [HERE](#)

Mindfully read through their list multiple times until you identify which one or two of the items on Gibson’s list most resonate with you and capture the inner transformation you long for as well.

Some questions to reflect on, if helpful:

- What one thing is most in the way of you achieving your chosen bucket list item?
- What personal story arises for you as you think about your chosen bucket list item?
- Who do you want to tell about your pick the most and why?
- Did you pick the one you did because it will help you reclaim something you lost in the past or birth something new?

p.s. If you are looking for an extra mile challenge, consider writing your own “inner world bucket list.”

Option C

Aging is arguably the most common and complex transformation we face. Regardless of what age we are. It simply never gets easier to move through the stages of our lives. But... we also know that two things in particular help: Stepping back to notice/name what is happening inside us and drawing wisdom from others who have already navigated the stage we are facing.

Providing these two sources of support is exactly what author Sari Botton offers through her online magazine, [Oldster](#). Using a set of carefully thought out and compelling questions, she interviews 30 100-year-old adults and explores “what it means to travel through time in a human body, at every phase of life.”

So, your assignment this month is to work through that set of questions yourself! Well, actually not just by yourself, but ***with a trusted friend, family member, or fellow congregant.***

Here’s what we suggest: First, go through the questions yourself and write out the answers (or jot notes & talking points). Then meet up with a friend or family member and go through each of your answers to the questions, pausing along the way to share reactions and notice where your answers echo and differ.

Below is the list of questions **and a handful of the Oldster interviews to get you thinking as you get ready to answer for yourself.**

The Oldster Questions

- *Is there another age you associate with yourself in your mind? If so, what is it? And why, do you think?*
- *Do you feel old for your age? Young for your age? Just right? Are you in step with your peers?*
- *What do you like about being your age?*
- *What is difficult about being your age?*
- *What is surprising about being your age, or different from what you expected, based on what you were told?*
- *What has aging given you? Taken away from you?*
- *How has getting older affected your sense of yourself, or your identity?*
- *What are some age-related milestones you are looking forward to? Or ones you “missed,” and might try to reach later, off-schedule, according to our culture and its expectations?*
- *What has been your favorite age so far, and why? Would you go back to this age if you could?*
- *Is there someone who is older than you, who makes growing older inspiring to you? Who is your aging idol and why?*
- *What aging-related adjustments have you recently made, style-wise, beauty-wise, health-wise?*
- *What’s an aging-related adjustment you refuse to make, and why?*
- *What’s your philosophy on celebrating birthdays as an adult? How do you celebrate yours?*

This is 76: Dami Roelse: <https://oldster.substack.com/p/this-is-76-dami-roelse-responds-to>

This is 38: Minda Honey: <https://oldster.substack.com/p/this-is-3875-minda-honey-responds>

This is 67: Lucy Sante: <https://oldster.substack.com/p/this-is-67-lucy-sante-responds-to>

This is 54: Author Elizabeth Gilbert: <https://oldster.substack.com/p/this-is-54-author-elizabeth-gilbert>

This is 72: Breena Clarke: <https://oldster.substack.com/p/this-is-72-author-breena-clarke-responds>

This is 90: Paul Zolbrod: <https://oldster.substack.com/p/this-is-90-paul-zolbrod-responds>

This is 40: Sherisa de Groot: <https://oldster.substack.com/p/this-is-40-sherisa-de-groot-responds>

Option D

Learning Your Way into the Always Becoming You

We are regularly told that transformation is about birthing something new. That can sound hopeful and encouraging, but too much emphasis on becoming new can make us feel that our current self is just old and not-so-hot. Or worse, that we are failing, or need to be thrown out!

Remembering the deep connection between transformation and learning helps with this. Learning can begin with a blank slate and work toward something new, but more often than not it builds on what is. And in doing so, it signals that who we are in the present is not an impediment to our becoming but a beautiful part of it. We are able to celebrate ourselves now, not just when the new us arrives. And there is a huge gift in that!

Amy Lloyd understands how important this gift is. Her poem, [I am Learning](#), is all about embracing and celebrating who she is right now and how that is a gift to who she is becoming. It provides a roadmap for how we can do the same. So here's your assignment:

Make time to meditate on Lloyd's poem (found [HERE](#))

&

then write a version of your own.

You don't have to be a poet. All you have to do is complete the sentence "I am learning ..." 5-10 times. Just like she did!

After you've written your own version, spend some time reading it aloud and notice how you feel. Did identifying what you are in the midst of learning leave you proud? Surprised? Did it help you perceive yourself anew? Did it make you even more committed to continuing the transformation of yourself that is underway?

Soul Matters Theme Playlist

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

<https://open.spotify.com/user/mjf4kicgvwkk17jfbzb0un6qg>

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

<https://open.spotify.com/playlist/5PShWqVAaKEkUxzNR8AZ6v?si=0be97eaa0d5e4cd8>

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

https://www.youtube.com/channel/UC_LfSD0_Ps01IGauCVL_mKQ/playlists



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

https://youtube.com/playlist?list=PLvXOKgOQVYP5cKaiV3fBJ0_XCOXl8gJXW&si=BlgW8MDp6tzIJ1o1

Green Corner

The electrification of bicycle technology has given us a relatively inexpensive alternative to driving a car, whether conventional ICE (Internal Combustion Engine) or EV (Electric Vehicle). E-Bikes add an electric motor and re-chargeable battery to a standard bicycle, allowing personal transportation with a very small emissions profile based on charging the battery from the BC Hydro electrical grid (nominally 97% renewable, based principally on hydroelectric power). Compared to a typical ICE car using 15L per 100 km of gasoline (i.e. a fossil fuel), driven say 10,000 km per year, there would be a savings of 1,500 L of gas or \$3,000 per year in this example. Using an E-Bike 50% of the time “mostly fair weather”, for 6 months of the year, (say from April 15 to Oct 15), one could save 750 L of gas or \$1,500 per year, which compares favourably with the typical cost of a basic E-Bike. That cost compares to buying an electric vehicle (EV) with a purchase price of say \$50,000 or more. This would be an argument to just go out and purchase an E-bike, E-scooter, or other E-wheeled gadget.

There are other “pros” to using an E-Bike in your mix of sustainable transportation alternatives, such as avoiding the high cost of owning, servicing, and parking a conventional vehicle; reducing the anxiety of driving in endless loops in traffic gridlock as you search for a parking spot, and addressing concerns about health impacts from a sedentary, car-centric lifestyle. As well, electric assist pedalling makes going up hills easier, and travelling long distances possible.

need for battery re-charging. Safety risks can be greatly mitigated, such as by using designated bike lanes or routes, wearing protective gear and highly visible clothing, maintaining safe distances from traffic, and so forth. One can always revert to non-assisted pedalling if the battery goes flat.

E-Bikes of all types, whether for cargo or commuting, play a role in the fight against climate change.

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.*

Kent Haden will be having surgery on March 5 to remove a lump from his kidney. We hope this is the last of the medical interventions for now! Let's send him warm wishes for a smooth procedure and a comfortable recovery. You can reach him at kent@hadenservices.com.

Wally du Temple has recently found out that he has a dangerously enlarged heart valve. He is at Royal Jubilee, undergoing tests and awaiting critical open-heart surgery to replace the valve, after which he will likely be in the hospital another week, followed by further recovery at home. He appreciates receiving from our UU community healing thoughts and "the power of directed energies of love and solidarity." While in the hospital, he is able to receive email at wallydutemple@telus.net.

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 February](#)

Next Meeting Wed 13th Mar 5:30pm Zoom

Board Member on duty schedule for March

3 Mariko Matsumoto

10 Al Hoffman

17 Audrey Taylor

Birthdays This Month

1 Jeanne VanBronkhorst	17 Nancy Gray-Hemstock
3 Wally du Temple	20 Phyllis Girard
4 Elijah Motz Fox	20 Margot Lods
4 Jasper Motz Fox	22 Bill Gaylord
5 John Hopewell	24 Gary Theal
5 Julie Deans	26 Shirley Travis
6 Caroline Startin	26 Brian Vanstone
9 Gordon Levin	27 John Hall
11 Thea Revoy	27 Athena Lynngood
12 Gabriel Adam	28 Casey Stainsby
14 Isabel Jones	29 Janine Gliener
15 Sandra Jacobsen	30 James Hemstock

Canadian Unitarian Council: Where Are We Going? Considering the Proposed CUC Goals & Strategic Priorities for 2024 - 2026

Open to all UUs in Canada, of particular interest to anyone who might be a delegate to the AGM in May. This [workshop](#) will run for 2.5 hours starting at 10:00am PST

Do you want to have a voice in the direction of the CUC? Do you want to try out a new mechanism for making decisions together? Join us on March 9 as we use a formal consensus process to assess the proposed goal and strategic priorities for the CUC over the next two years. At this session we will:

1. Consider the [proposed CUC goals and strategic priorities](#) for the next two years.
2. Test a new mechanism for deliberating and/or amending motions prior to the Annual General Meeting.

This session is a test: if the group reaches consensus, changes will be recommended to the Board, but will not be binding upon them.

Free Rocker Recliner

inclusion of this ad does not constitute an endorsement

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chair and we are offering it free, or as a donation to Share the Plate if you are able. Some wear but still comfy and functional.

Contact Judy at jgaylord@shaw.ca.

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Caretaker

available by appointment
(no Monday availability)

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

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Church Administrator

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except stat holiday long weekends

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Anna Isaacs

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promo@victoriaunitarian.ca

DEADLINE: NOON Tuesdays

IN THE SPIRIT monthly email
last Thursday each month
early submissions welcome & appreciated

*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](#)

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Rev. Shana Lynngood

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Text/call 250-891-6331

Monday is day off (available for pastoral emergencies)

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

Minister Emerita

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