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July/August: Have a Wonderful SUMMER

In the Spirit | July/August 2025

view monthly [newsletters](#)

see [our activities](#) on our website
for info about future activities this week and beyond

Our Mission

Choosing our own paths, we come together to grow in spirit;
to honour and celebrate our connection to each other and the natural world;
to listen with humility to the wisdom of each person's experience;
to work together for justice, and co-create a diverse and thriving community,
where all feel respected, cared for, and held in love.

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View services [online](#) - live & past recordings

This Sunday's Service - June 29th, 10:30 am

(Unfortunately, hearing loop/headsets will not be available for this service.)

Sunday, June 29th, 10:30 am

Pride Sunday

Congregants, Members and Friends UUCV
Ian Warrender, Worship Associate



On this annual Pride Sunday, we'll hear from several people in our community about the meaning of Pride for those who identify as queer. In this lively and engaging service, we'll explore Pride in the context of these questions:

1. What does Pride mean to you now - in light of the current context of attacks from many in power and fear within the queer community?

2. What would a meaningful support and ally-ship look/feel like in the face of these attacks?

Music: Chalice Choir and special guests Braden & Hillary Young



June 29th Service

Braden and Hillary Young
Home for a short visit.
Braden and Hillary will be performing at the Pride Service on June 29th.
They are looking forward to catching up with their UUCV community.

Audio in the Sanctuary This Sunday (June 29): Hearing Loop/Headsets Will Not be Available

The hearing loop (including headsets) will not be working for the service June 29th, and there is no mitigation at this time.

AV will provide an audio monitor (a floor speaker) for the on-stage Chalice Choir for June 29th service.

Submitted by Jamie Twidale (jamiet@neofusion.net) for the UUCV AV team

Services in August

Sunday, August 3

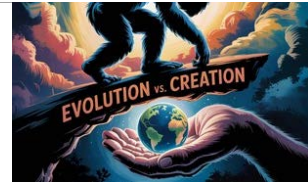
NO SERVICE - floor refinishing

Sunday, August 10, 10:30 am

Creation or Evolution: Who Cares?



Brian Short, Homilist
Mollie Twidale, Worship Associate



Often, the angry discourse of evangelicals and evolutionists overwhelms the wonder and awe of our existence. If we put aside the differences and revel in the joy of consciousness, and our very existence, the world just might be a better place. Brian will explore the wonders of evolution and posit a theory on creation that might just make more sense. Hopefully, you will leave the service feeling a little bit more joyful at being alive.

Brian Short is an Electrical Engineer and has spent a career in industrial computing. As dry as that sounds, most interactions have been with people, and he has always been curious about the differences between consciousness (people) and artificial intelligence (computers). The more he learns, the more he understands the awesomeness of our being.

Sunday, August 17, 10:30 am

4th Annual Intergenerational Dance Party

Rev Shana, Homilist
John Hopewell, Worship Associate

Put on your dancing shoes and come join the dance floor. This service offers a chance to dance as an intergenerational community and to reflect on the gifts (and any challenges that have emerged) of summer. What has summer brought your way? How is it that dance and movement help us feel and express things that words alone can not?

Sunday, August 24, 10:30 am

Questions and Answers

Rev Shana and Rev Melora, Homilists
Jesse Invik, Worship Associate

Have you been wanting to ask the ministers something? Here's your chance! Whether a theological question about beliefs, or a wondering about recent favourite books, movies or foods... send a question by Friday, August 15, and we'll include as many as we can fit. Send to Rev. Melora with "Q&A Service" in the subject line - rev.melora@gmail.com.

Sunday, August 31, 10:30 am

In-person service only - no live streaming (no Zoom)

CUC National Service: From Possibility to Practice – video recording to be viewed in person
Lynne Bonner, Worship Associate

What if sustainability isn't just about how long we last, but about how deeply we belong to each other and to the future? This service revisits Rev. Ray Drennan's 2004 Confluence Lecture "An Idea of a Possibility" with insights from the UU Expressions research and other current UU practices.

UUCV Summer Worship

As we approach the summer months, the Worship Committee wanted to update you on the summer worship calendar, and invite you to find ways to get together on the weeks when “regular” worship isn’t planned.

You may recall that for the first time last year, we gave all of the volunteers who help make our worship experience happen week after week a sustained break. We are doing that again this summer. It takes many, many volunteers to make each Sunday the meaningful experience we all appreciate. They need a summer break. Our gratitude to the volunteers who make coffee and goodies, who greet and usher, who run the AV booth, and offer personal reflections as worship associates. Many of our staff also take time off in the summer, so this is a good time to take a break. We are aware that many of you also take holidays, or host out-of-town visitors, or simply move at a slower pace and step back from some of your regular commitments in July and August.



There will be **NO worship services for 5 weeks**. All of July is a summer respite, and the first Sunday in August - August 3rd - the sanctuary floor is being refinished, so we will extend our break one additional week. **NO Worship on July 6, 13, 20, and 27 or on August 3rd. Worship will resume on Sunday, August 10th**, with a service led by member Brian Short. Our annual Intergenerational Dance Party will be August 17th with Rev. Shana, and the Revs. Lynngoods will lead a question-and-answer service on August 24th.

We hope all of you will enjoy summer, and if you feel so inspired, consider organizing and hosting a gathering/picnic on the front lawn, or other get-togethers.

Submit Questions for Q&A with Your Ministers



On Sunday, August 24, Revs. Melora and Shana are going to lead a Q&A service. They need your questions!

What do you wish you could ask the ministers?

“How do you explain Unitarian Universalism in less than 2 minutes?”

“Describe the kind of god you don’t believe in; describe a god concept you do or could believe in.”

“If you had one year to live, what would you do?”

Your ministers welcome all sorts of questions – theological, ethical, personal, etc. You can direct your question to a particular minister or welcome a response from either.

- via email to rev.melora@victoriaunitarian.ca (subject heading: Q&A), anytime;
- or via text or phone (250) 891-6330 (Rev. Melora's cell), before June 26 or between Aug 12 and Aug 15.

The deadline for submitting questions is Friday, Aug 15. Rev. Melora and Rev. Shana will do their best to answer as many as will fit in the service.

No E-Weeklies in July; Next 'In the Spirit' Aug 29

E-weekly will be on hiatus July 4, 11, 18, 25, and Aug 1.

E-weekly resumes Aug 8 (deadline Aug 5)

The next In the Spirit will be published on Aug 29. The deadline for September 'In the Spirit' is Aug 15.

If there is an urgent announcement, like a pastoral emergency, the office can send out an email to Members and Supporters.

Our [UUCV Facebook group](#) remains active; members can post info about events there anytime.

Share the Plate May: Thank You

Thanks to your very generous donations during the month of May, a total of \$1,615.50 was collected from the Share the Plate receipts for the Victoria Native Friendship Centre.



The Victoria Native Friendship Centre (VNFC) has been in operation for 54 years. It provides services to an estimated 20,000 Indigenous people living off-reserve in Greater Victoria, as well as approximately 5,000 people from local First Nations communities. With 55 programs and services and 125 staff, it provides wrap-around services in Careers and Employment, Health and Social programs, vibrant Youth initiatives, and dynamic Arts and Cultural practices. The Centre also features an Indigenous library (the only one in a Friendship Centre in

Canada and catalogued by UVic), a daycare centre, a community kitchen and food hamper program, and a homeless shelter from November to April annually.

Share the Plate March: Thank You & Update

There are only about 4 weeks to go until our Cycle of Life Tour for Hospice 2025. This is a much-belated thank you for the \$1100+ collected during the month of March from you all, going to Victoria Hospice.

On June 20, my team, Breaking Wind, launched an online auction of amazing items, with all proceeds going directly to Victoria Hospice. The auction runs until Sunday, July 6, at 9:00 pm (2100): <https://www.32auctions.com/COLT2025>. Thanks for your support; I can't wait to see what you get!

And there's more! I also learned we have a special tasting party at Macaloney's Distillery on July 9, from 6–9 pm \$59.99 for seven whiskies and a welcome beer. Probably also a draw on the evening itself. It would be my responsibility to see that you had a ride home! I don't know if there are physical tickets, but let me know if you're interested. There is a limit of 25 tickets.

Robin van Gessel, cell: 250-896-6927

Coming Soon... "Splinters from the Board"

or, connecting with your UUCV Board of Trustees!



Committee on Ministry: 2025 Survey Report

A big Thank You to all who participated in the Committee on Ministry survey. Your responses generated a lot of discussion as the ministers and the Committee look to strengthen our community. Seventy-six people answered the survey, which was enough to give us a good view of people's hopes and concerns.

Summary

1. There is much support and appreciation for our two ministers, Rev. Shana and Rev. Melora. The ministers received much praise for their dedication to the well-being of our congregation. They lead with their hearts and their minds, working to strengthen the community. Many respondents also expressed concern for their workload and expressed the hope that they are taking good care of themselves.

2. We noted a consistent and strong desire for more opportunities for members to get to know each other in more depth, beyond the casual conversations of coffee hour. Small groups that offer in-depth discussions appeared in the answers to nearly every question in

the survey. It is clear that more opportunities are wanted. Some people recalled groups that were offered in the past, such as Soul Matters. Others mentioned small groups that came together from friendships. Respondents also lifted up the monthly walking group, adult education offerings, spirituality group, anxiety/depression support group, and the after-service discussion group that has recently begun, as places where they found deeper conversations. A couple of neighbourhood groups were called out as being particularly good at offering deeper conversations, but not all.

3. Sunday services continue to be a place of meaning and connection for many people, with the ministers, their sermons, the music and worship leaders all named for helping to create a welcoming and meaningful experience each Sunday morning. Sunday services also showed up in answers to the question about what to do differently, with suggestions ranging from sermon topics, to changes to the order of service, music selections, and ways in which people can share with one another during the service. The Solstice service was noted by several people as deeply meaningful.

The music program also sparked much discussion and praise for the direction of the music, the new music director, and the dedication and skill of our musicians. Jazz Sundays continue to be a bright spot for many as well.

4. Social activities for church members and friends play an important role in this community. From music concerts, song circles and drumming to dinners, lunches, coffee hour and pub nights, people love the opportunities they have to gather informally. Some have asked for more youth programs and activities for young families, as well as more active neighbourhood groups.

5. Respondents also spoke highly of the ways congregational members work with and support the wider community. Social Justice, housing, learning and action towards truth, healing and reconciliation, environmental protection, GVAT, and gardens all were championed by at least one person as a way for community members to work towards the wider community's good, and many UUCV members find meaning and satisfaction in working on projects dedicated for the wider community. A number of people mentioned looking for ways to encourage new volunteers in these projects, and to increase the number of new members for the congregation as a whole.

6. Which brings us to the final, and perhaps most important point. There is a general recognition that our congregation is smaller and older than it used to be. There is concern we could burn out our volunteers and staff, as well as some frustration at not being able to draw together dedicated teams for all the projects we know we could do.

The ministers are aware of this tension between what we want to do and our energy, and they have been working on a model that allows people to follow their hearts without overextending themselves. There is an ebb and flow to congregational life, as people follow their energy and desires into new projects, while letting go of the projects that no longer have enough community energy to sustain them.

Moving Forward

Some respondents gave their names and contact information along with their ideas. Bobby contacted each one individually and then connected them to existing community/church groups that shared their interests. It doesn't take too many people to get together and build energy around an idea.

We are hopeful the results of this survey will give the ministers, board, and various committees new impetus and direction in the coming years. We have already begun thinking of new and old ways to offer deeper conversations throughout the year; programming for kids, youth and pre-teens; and connecting people who share similar environmental and social passions.

Respectfully submitted,
Committee on Ministry

Lynn Hunter, Bobby Kovar, Paula Steele, David Teitz, and Jeanne Van Bronkhorst, Chair

Pride Parade - Sun. July 6

Celebrate Diversity and Community
Sun. July 6

Our UU community includes some who identify as 2-Spirit / LGBTQ+ and many supporters. Allies are so important in these challenging times, with attacks from many in power and increasing hostility and violence against Queer – especially trans – people.



The coming weeks offer special opportunities to hear from the Queer community, celebrate diversity, and demonstrate our support. This Sunday is UUCV Pride Sunday, during which several members will share their thoughts and experiences, including what meaningful support and ally-ship would look/feel like.

During the “Uniquely U” camp, from June 30 - July 4 here at UUCV, youth will prepare for a lively and musical presence in the Victoria Pride Parade.

For more information or to register, please email Jen Rashleigh at jen.rashleigh@victoriaunitarian.ca

Sunday, July 6, is the Victoria Pride Parade – a march for equality and respect, full of creative expression and JOY. Many from our UU Community will march in the parade holding our very long rainbow flag.

If you want to join in, please email Deb Lilly at dlil0913@gmail.com. Plan to meet at 10:30 AM downtown; details about the specific location will be emailed to you.

Introducing Some of Our Newest UUCV Members

Norman Bell

Norman moved to Victoria last year with Zoe, their 15-year-old daughter Sophia, and their two cats Pippin and Panther. Originally from Seattle, Washington, Norman is a dual citizen who gained Canadian citizenship in 2019. He and his family moved to the Comox Valley in 2022, then relocated to Victoria last year. Norman works as a marketing copywriter and is the author of the business book "The Story Powered Speaker." In his spare time, he focuses on creative writing, learning French, paddleboarding, and connecting with his spiritual community.

Norman's short story, Two Weeks in March – a humorous account based on his experience during the pandemic – was recently published in Island Writer Magazine, the premier literary journal of Vancouver Island. You can read more of Norman's work [on Medium](#).

Robert Langford

Robert is a Professor Emeritus, Faculty of Medicine, University of Toronto. He ran a medical practice for 66 years, 1958-2024. Robert was also a Senior Canadian Naval Reserve Medical Officer from 1988-1992, and received the Canadian Peacekeeping Service Medal in 1983.

He has been a long-time Unitarian, as a Member of First Unitarian Congregation of Toronto 1963-2024; Board Chair 1967-68, 1974-75. During his time there, he was active in social action (race relations, prayer in schools, censorship, choice in reproductive rights, choice in dying).

Robert has been a resident of Victoria since January 2024 and has just turned 91!

Deb Lilly

When I was in high school, I discovered the Unitarian Universalist church while rebelling against my Christian Science upbringing. Eventually, my sister and dad also became UUs through their own separate paths. The UU Liberal Religious Youth (LRY) group was an important part of my personal development, and I became



active in conferences and regional youth group leadership. In later life, I enjoyed volunteering with the high school youth at my local UU church, where I was very active for over 20 years. Now I feel blessed to be part of this UU community, and I'm excited that I'll be volunteering with the youth program here – including the Uniquely U camp, leading up to the Victoria Pride Parade on Sunday, July 6. One of my goals when I moved here was to find a program working with youth, especially one that allows them to access nature for positive mental health. So I love the synchronicity that Jen Rashleigh, one of the UUCV youth program co-directors, has a background in horticultural therapy. Thanks to all of you who have welcomed me during my transition to Victoria.



Zoe Wright-Bell

Zoe moved to Victoria last year with Norman, their 15-year-old daughter Sophia, and their two cats, Pippin and Panther. Originally from Springfield, Illinois, she moved to Seattle for college in 1991—just as Nirvana was taking off—and lived there for 30 years before embarking on a grand adventure to Canada in 2022. Zoe is a certified teacher and life coach who loves using her intuition to help people identify and release pressure points. She likes to think of herself as an "emotional acupuncturist." Her hobbies include swimming, singing, improvisation, writing, and—admittedly—lying on the couch watching Star Wars spin-offs or being a goofball. She feels deeply grateful to have landed in such an amazing Unitarian Universalist community.

Help a UU US Refugee Family With a Short-Term Place To Stay?

The Swim family, members of the UU Church of Oakland, CA, are fleeing the US for safety and would appreciate your help in easing their transition to Vancouver Island. They're landing in the Victoria area on or around August 8th. Do you have room for two adults and a 4-year-old for a week or two while they hunt for a rental house? They have been in touch with Revs. Shana and Melora, and are excited to meet the congregation soon!

If you think you might be able to help, contact them directly by emailing Connor Swim oaksong.magic@gmail.com

Powwow Volunteer Opportunity

The Truth, Healing, and Reconciliation UU (THRUU) Committee invites members of the congregation to join them at the Honouring Wətanmy Powwow, July 25-27. The Sampson family's intertribal powwow, a wonderful cultural event held on



the Saanich Peninsula each year, is celebrating its 30th year, and the family is looking for volunteers to support the event.



Volunteers are needed to help with setup, directing parking, microphone & speakers, the concession stand (taking/filling orders, cooking), safety, picking up trash, and more. The powwow will take place at LAU, WELNEW_ (the WSÁNEĆ Tribal School) in central Saanich. It is a great intercultural event that brings together different traditions to WSÁNEĆ territory, and settlers are very welcome and encouraged to participate. For information on the powwow and the events of the weekend, please see the [Honouring Wətanmy Powwow](#) website.

To sign up as a volunteer, please complete the online [Volunteer Registration Form](#); if you have issues with the form, please contact Kikila Perrin (kikila.perrin@gmail.com), who is coordinating volunteers. And if you have questions about the powwow experience, feel free to contact THRUU Chair Matt Britton (matthewbritton@gmail.com).

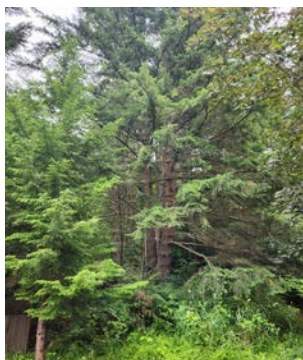
There will be a volunteer orientation meeting with members of the Sampson Family before the event and a barbecue celebration for volunteers (including smoked salmon from the family!) the week after the powwow. If you cannot volunteer or are unsure about doing so, please consider attending and checking the event out anyway!

Submitted by Matt Britton, member of THRUU, Truth Healing and Reconciliation - Unitarian Universalist Community of Victoria

More Tree News

Last week, the Property Council met with a representative from Bartlett Tree Service to discuss the tree risk assessment we received from them. Two trees, in addition to the willow we previously informed you about, are in poor condition and need to be replaced.

The Big Leaf Maple is of particular concern at this point because of considerable bark sloughing and dead branches



falling. Its location next to the parking lot, sidewalks and buildings makes it particularly problematic.

The Douglas fir just up the Path of Remembrance has fungal fruiting bodies in the root zone on both sides, indicating that the root system is compromised. The co-dominant stems, dead branches and overextended branches are also problematic. The Bartlett





arborist suggested that replacing this tree wasn't as urgent as the other two, so at present, we will do some pruning and keep an eye on it.

We will have a short service for the trees after the morning Service on Sunday, August 24.

If you have any questions, please get in touch with Peter Hancock (hancockp463@gmail.com).

Raspberry Picking Over the Summer

Many raspberries in the garden plot will ripen during the summer months. Anyone who wants to is welcome to harvest for their own needs. You could make a small donation to the children's programming for this if you would like to.

Evelyn Peters, Gardens and Grounds Chair

Calling All Cider Bottles! Come Home!!

Family Programs is thrilled to report that we are completely SOLD OUT of our home-grown, home-picked apple cider!

The reviews are in, and folks have really loved our gluten-free and dry cider. Our wonderful trees make a pretty good brew! Thanks to Flying Fish Winery for pressing and fermenting, to Bradley and Madelaine for your steadfast support and help, and to all those who supported this fundraising effort for Family Programs. We are looking forward to our fall harvest!



And now... it's time to return your bottles. Please rinse them and bring them in when services resume in August (and September). There will be a cardboard box in the Lion Hall to receive your pop-top bottles.

Any Questions? Ask Jen Rashleigh with Family Programs: jen.rashleigh@victoriaunitarian.ca

Campfire Connections: September

Join fellow UUCV members and friends at the inaugural Campfire Connections campout at the Stoltz Pool group campsite at Cowichan River Provincial Park on the weekend of September 19-21! We currently have about **25 people from the congregation confirmed to**



attend, but there is plenty of room for more.



The Stolz Pool groupsite is an inland location adjacent to the Cowichan River, accessible for both RV/trailer and tent camping. It is a little over an hour from Victoria; the site has an open-air shelter that can fit four picnic tables, with a fire pit located beside it.

Cost: Approximately \$12/person per night.

Contact Matt Britton (matthewbritton@gmail.com) if you have any questions about the campout or would like to RSVP!

Pub Nights - Mon. July 7th, Aug. 4th at 7 pm

**LURE Restaurant and Bar,
100 Harbour Rd.,
Delta Ocean Pointe Hotel**



Close to bus routes and plenty of parking on Tyee and in the underground parking, for which you will receive an exit code on your bill. Pub night is 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 on the First Monday of every month. If you have questions, please contact John Hopewell: hopewell@telus.net

UU Lunch

There will be no UU lunch in July or August, the next one will be September 23rd.

Reservations are requested so that the restaurant can plan for us. Please reserve a seat by email to uu.lunch.victoria@gmail.com.

Any questions? Email Pat McMahon at the same email address.

UU Walkers Summer '25

Mondays 1:00 pm



There will be various summer walks every Monday at 1:00 pm. A schedule will be posted later or you can phone Anne at 250-884-5472.



Here we are at Macaulay Point Park.

Anxiety & Depression Support Circle

We are a confidential peer-led support group. These 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 they can be found, during our 90 minutes together.

Contact Pat at kinradep@gmail.com or Lies at eweijis@ryerson.ca for more information.

Summer Camps at UUCV Start June 30: Time to Register!

June 30-July 4th, 2025 (no camp on July 1st stat)

Camp for 5-10 years - Wonder Camp

Register here: <https://fucv.breezechms.com/form/summerdaycamp2025>



UNITARIAN UNIVERSALIST COMMUNITY OF VICTORIA

WONDER CAMP!

a camp for 5-10 year olds

5575 West Saanich Road



CAMP FEE:
SLIDING
SCALE
up to \$200



Join us for a week of wonder, nestled in the magical grounds of the Unitarian Campus where nature, creativity, and community come alive. Here, young artists and dreamers (ages 5-10) will explore art, nature, and storytelling in an inclusive space that celebrates everyone. Through hands-on art, cooking, stories, and puppet making, children will dream big, create boldly, and play freely under the summer sun.

Each day will bring new adventures that spark imagination and connection. Come make new friends, express your unique self, and be part of something joyful and unforgettable. LGBTQIA2S+ friendly. www.victoriaunitarians.ca

June 30- July 4 @ UUCoV

Camp for Youth 10-16 years - Uniquely U: a radically

inclusive camp for youth

Register here: <https://fucv.breezechms.com/form/summerdaycamp2025>



UNITARIAN UNIVERSALIST COMMUNITY OF VICTORIA

Uniquely U:

a radically inclusive camp for youth

5575 West Saanich Road



CAMP FEE:
SLIDING
SCALE
up to \$200



This camp is about celebrating the gifts and passions we have-- or have yet to discover!

The week will offer up opportunities to challenge ourselves and to shine.

We'll cook epic outdoor feasts, play games, go on nature hikes, make a giant puppet, explore movement, music, costume-making, parade paraphernalia... it all leads up to our "show" in the Victoria Pride Parade (Sunday July 6, optional but encouraged!)

Each day will bring new adventures that spark imagination and connection. Come make new friends, express your unique self, and be part of something joyful and unforgettable. LGBTQIA2S+ friendly. 11 years and up. www.victoriaunitarians.ca

June 30- July 4 @ UUCoV

General Camp Info:

Camps run from 9 am to 4 pm each day and are held at the beautiful Unitarian Universalist building and grounds on traditional WSAANEC territory.

Our camp divides into two groups: WONDER CAMP for younger children (5 to approx. 10 years) and UNIQUELY U camp for youth 10 to 16 years. Camp directors will decide the final grouping depending on the # and age composition of those who enroll (and also by interest; we welcome your requests). We ask that all campers be of school age.

Cooking and eating lunch together will be a wonderful and special part of the camp experience. We also ask that you send a hearty snack with your child each day. We will do our best to create lunches that everyone enjoys, and will also ask that campers be willing to try new foods. If your child/youth is particular about what they like to eat, please be prepared to send lunches from home as needed.

Each year, our UU community participates in the Victoria Pride Parade, which takes place this year on Sunday, July 6. We warmly invite your family to join the fun! Please know that while UU parade leaders will be there to support, we cannot be officially responsible for your child at the parade – they must attend with a guardian who is ultimately responsible for their comfort and safety.

Camp fees are on a sliding scale basis of \$100 – \$200 for the week.

Register here: <https://fucv.breezechms.com/form/summerdaycamp2025>

GVAT's May Discernment Assembly



Greater Victoria Acting Together (GVAT) held an important Discernment Assembly on May 22 and decided on two areas for future research and action: Co-op Housing and Local Climate Resilience.

The Assembly was held at United Commons (formerly First Metropolitan United Church), with approximately 50 people present. Among them were Marion Pape, Lynn Beak, Jim Jordan, Ross Beauchamp and Judy Gaylord from our congregation.

This June and over the summer, teams from GVAT's 18 member organizations will meet to build a "power analysis" for deciding how to work on these two areas of research and action over the next few years.

Two specific questions have been posed:

1. Can GVAT influence the federal government to reinvest in Co-op Housing, and influence lower levels of government to set a meaningful definition of affordable housing?
2. Is there a role for GVAT in addressing the climate emergency, particularly with respect to community resilience and wildfires/heat domes?

GVAT will hold another assembly on Wednesday, September 17, at St. George's Anglican Church, Cadboro Bay, to present the power analysis and how GVAT will address these important topics and questions, which may well change and develop further as work proceeds.

This is an exciting time as GVAT sets out more specific and concrete goals. Core Teams from the member organizations will become deeply involved! We currently have six members on our Core Team, listed below, who would welcome a couple more members to share the enthusiasm and work engendered by GVAT's reborn energy and direction.

Core Team Members: Lynn Beak, Jim Jordan, Jean Gerster, Marion Pape, Zhu-Liang Sim, Philip Symons, and ex officio Rev. Melora Lynngood. New members welcome!



UU Men's Retreat October 3-5th

Join an amazing group of men for a weekend gathering this fall! Surrounded by the forest bordering beautiful Lake Sasamat (about 30 minutes from Vancouver, BC), this event is a rare opportunity to reflect on your quality of life, work with and learn from other men, discover more of yourself, and build relationships both new and old. More importantly, this is a chance to relax and have FUN in the company of strong, gentle, witty and wise men – all in a serene, inspiring, natural environment.



For some 35 years, Unitarian men have gathered annually for this 2.5-day retreat near Port Moody. I have been 4 or 5 times, and it is an annual highlight. There were significant insights, camaraderie, and many, many laughs. Each day, several workshops are self-organized to give everyone a chance to discuss whatever issues are on their minds. A complete description is available [here](#).

I hope that you consider attending this year, or at least add your name to the mailing list. There is a reduced price for first-time applicants. If you have any questions, send them my way (BKShort@shaw.ca). It is a fine opportunity to spend a weekend in the company of interesting men.

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.

Janine Gliener had knee replacement surgery in the second week of June. She is doing well and recovering at Chartwell Vista for 2-3 weeks. Visitors are welcome. We can send well wishes to Janine from her Unitarian Universalist Community by mail, via e-mail or by text. 416-818-6569, jgliener@yahoo.com

Gloria Turner has been suffering from a respiratory illness for some time and was admitted late last week to the Royal Jubilee Hospital's intensive care unit. As of today, Tuesday, June 24, 2025, her condition has improved, and she has been moved to a hospital ward. Son Barry has been at her side. We are all concerned for Gloria and wish her a speedy recovery. She has requested no visitors or phone calls at this time. E-mails and cards welcomed. gloriainvictoria@gmail.com

Each of our 12 Neighbourhood Groups has its own Care & Concern Contact position.

The **Core Care & Concern Team** is made up of 4 liaisons who connect with the C&C contacts and meet once/ month: [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), [OPEN](#) (Western, Esquimalt, James Bay), [Rev. Melora](#)

July Birthdays

Name	Date	Name	Date
Lisa Greenly	July 01	Annick Chen	July 15
Hanny Pannekoek	July 01	Al Hoffman	July 17
Zack Steele	July 03	Katherine Maas	July 17
Patricia Hofstrand	July 06	Thomas Ovanin	July 17
Nola Sterling	July 07	Marg Rose	July 18
Mollie Twidale	July 09	Penny Pattison	July 19
John Worton	July 10	Sheri Tromp	July 22
Mary Cramer	July 10	Natty Mellett	July 23
Bob Stock	July 10	Susan See	July 23
Mark van Hoek	July 10	Henry Amick	July 26
Austin Goudie	July 11	Don Vipond	July 26
Judy Gaylord	July 13	Kisha Bramadat	July 30
Jennifer Hawthorn	July 13	Janice Hlady	July 30
Donna Warrender	July 14	Katherine DeMille	July 31
Farrell Boyce	July 15	Gela Stach	July 31

August Birthdays

Name	Date	Name	Date
Frank Monaghan	August 01	Elio Sollazzo	August 17
Oceanna Hall	August 02	Katherine Jones	August 18
David Hoadley	August 03	Linda Stanton	August 20
Bill Glassman	August 05	Lies Weijs	August 21
Gayle Elson	August 05	Bob Salmond	August 21
Mary Burcher	August 05	Karla Thomson	August 22
Kym Hines	August 06	Evan Guengerich	August 25
Demetrius Lynngood	August 07	Matt Britton	August 25
Fran Dearman	August 08	Adeleine Morris	August 26
Glenys Thompson	August 09	Glenyss Turner	August 26
Sophia Petronis	August 09	Erin Carson DeWolfe	August 27

John Mills	August 09	Patrick Conroy	August 27
Madelaine Clarke	August 10	Astrid Firley-Eaton	August 28
Susan Breiddal	August 11	Anna Sollazzo	August 29
Diane McLaren	August 13		

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.

Board Minutes & Board Members On Duty

Board minutes can be found here: <https://victoriaunitarian.ca/information-for-members/>

Board Member on duty schedule for August :

August 10, 2025 Katherine Maas
August 17, 2025 Shirley Travis
August 24, 2025 Peter Hancock
August 31, 2025 Liz Graham

Ads

Inclusion of ads does not constitute an endorsement



Island Montessori House School
A local non-profit for all children (since 1973)

- Amazing supportive staff
- 30 months – school age
- Before and afterschool care
- Nature playground
- Montessori & ECE materials
- 4 programs to choose from

5575 West Saanich Road
Victoria BC, V9E2G1
(250) 592-4411
admin@islandmontessori.com

Half-day spots still available for 2024/2025



Community Events

Tuli Porcher's PEI Fiddle Band, Inn Echo Tours BC in July!

Tuli Porcher's PEI fiddle band, **Inn Echo**, is on a west coast tour in July!

Wed, July 23, 5:00-6:00 pm – Cameron Bandshell, Beacon Hill Park

Thurs, July 24, 6:45 pm - Salt Spring Outdoor Concert Series, Centennial Park Gazebo

Fri, July 25, 8:00-9:30 pm – Butchart Gardens

Sat-Sun, July 26-27 – Mission Folk Festival

Learn more here: <https://innechomusic.com/shows>

Office Staff Summer Hours

Normally, the office staff's hours are as follows:

Administrator, Niki Mullin

Sun, Mon, & Wed 8-3 pm (plus 6 hrs/wk worked on a flexible schedule)

IN PERSON – Sun 10 am-2 pm & Wed 11-1 pm

Communications Coordinator, Erin Carson DeWolfe

Tue, Thu & Fri: 9:30 am – 2 pm

IN PERSON – Tue 9:30 am – 2 pm

For summer,

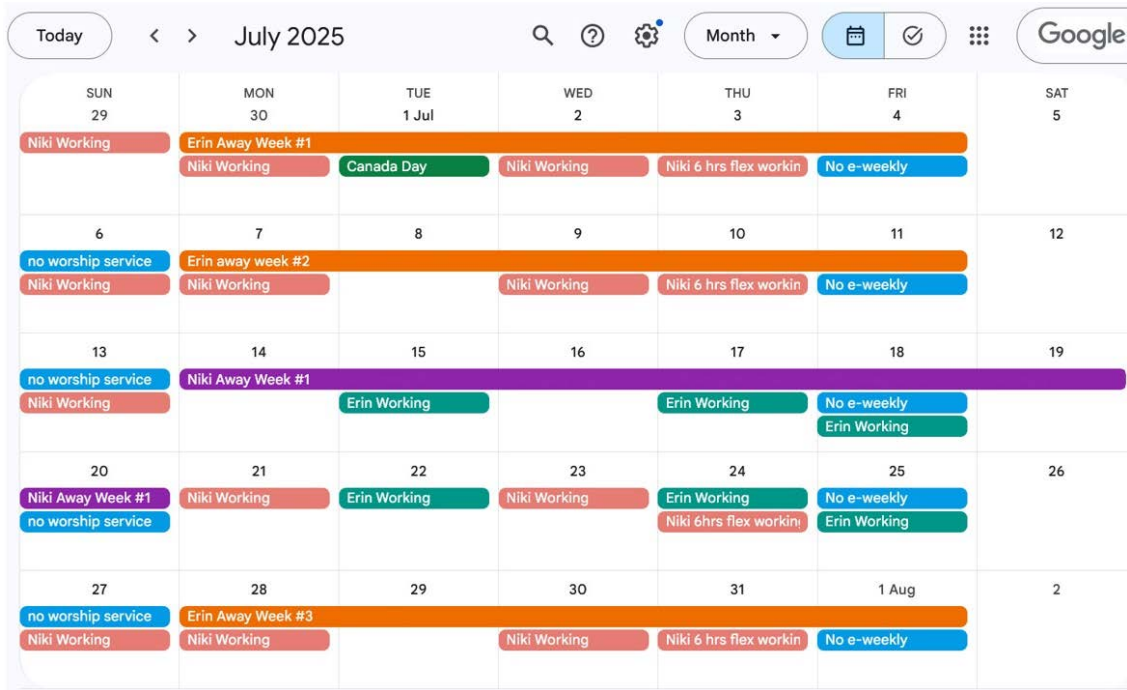
Our Communications Coordinator, Erin, will be away:

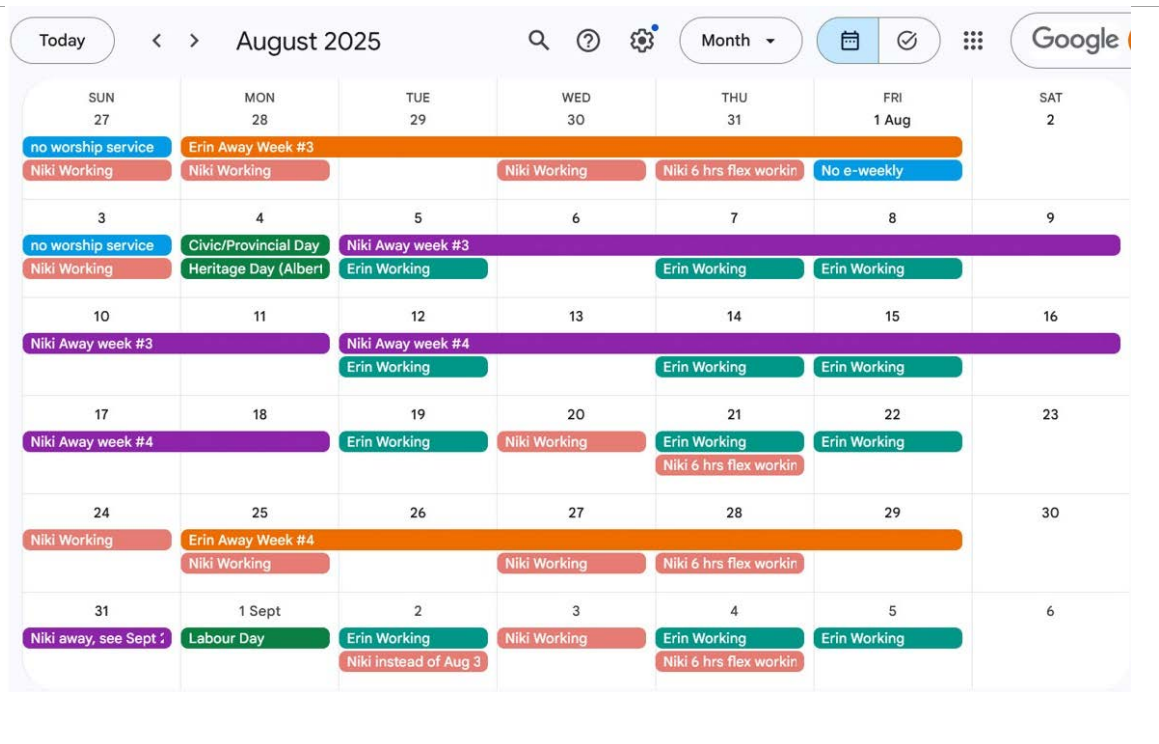
- June 30 – July 11
- July 28 – Aug 1
- Aug 25 – 29

Our Office Administrator, Niki, will be away:

- July 14- 20
- Aug 4- 18
- Aug 31 (will be worked instead on Sept 2)

Note: Niki’s “6 hrs flex time” are not necessarily worked on a Thursday.





Church Contact Info

Bradley Clarke

Caretaker

available by appointment
(no Monday availability)

bradley@victoriaunitarian.ca

778-967-5341 (cell)

Church Office

Open:

9:30am-2pm Tuesday

11am-1pm Wednesday

11am-1pm Sunday (except long weekends)

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

Niki Mullin

Church Administrator

Sun, Mon & Wed 8am-3pm except stat
holiday long weekends

IN PERSON Sun & Wed 11am - 1pm

PROMO SUBMISSIONS

for the weekly and monthly newsletters.

We send a newsletter each Friday at around noon.

For the regular E-WEEKLY, the submission deadline is NOON on the Tuesday of that week.

The IN THE SPIRIT monthly email goes out on the last Friday of each month (no separate E-Weekly those weeks). For IN THE SPIRIT, submit by the 15th of the month whenever possible to ease the workload for our volunteers.

All promo submissions to:

promo@victoriaunitarian.ca

See our [promo guidelines](#) for submission guidelines, repetition limits and more details.

churchoffice@victoriaunitarian.ca

Erin Carson DeWolfe

Communications Coordinator

Tue, Wed & Fri: 9:30am - 2pm

(available for calls during above hours)

IN PERSON Tues 9:30am - 2pm

communications@victoriaunitarian.ca

778-557-3492 (cell)

Family Programs

Questions? Contact the Family Programs

Director, Leanne Hopkins, who

collaborates with the Co-Director and

Childminders on family programs,

(leanne.hopkins@victoriaunitarian.ca)

Co-Director with focus on Youth programs,

for children ages 10 and up, contact **Jen**

Rashleigh (Jen.rashleigh@victoriaunitarian.ca)

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 their day off (available for

pastoral emergencies)

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

Minister Emerita

Rev. Jane Bramadat

In the Spirit is produced by volunteer: Lies Weijs. E-Weekly produced by communications coordinator Erin DeWolfe, with volunteer relief coverage. Thanks also to our proofreader, Karen Furnes.

CONTACTS & LINKS

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

Unitarian Universalist Community of Victoria

5575 West Saanich Road

Victoria, BC V9E 2G1

ONLINE REQUISITION & REIMBURSEMENT FORM

For UU Community leaders needing to submit receipts for reimbursement for UU

Community expenses, [here is the link to the online form](#).

ARCHIVED MONTHLY NEWSLETTERS

Read or download

[In the Spirit Monthly Newsletter](#)

Lay Chaplains

laychaplains@victoriaunitarian.ca

Jenny Heston: 250-509-1240

Barbara Boyle: 250-381-0264

Oceanna Hall: 250-886-1077

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