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## In the Spirit | September 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 - August 31, 10:30 am

Sunday, August 31, 10:30 am

**In-person Service only - there will be no live streaming (no Zoom)**

*CUC National Service: From Possibility to Practice* — video recording to be viewed in person in the Sanctuary

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.

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## Sunday Services in September

Sunday, September 07, 10:30 am

*The Slow Growing Beauty of Community*

Ingathering/Kick Off Sunday

Rev Shana, Homilist

Karen Christie, Worship Associate

As we return for another program year, we'll begin by considering the gifts of how community life moves slowly. Though it may frustrate us at times, it can be hard to make collective decisions, it is an antidote in our "move fast and break things" era. Many spiritual teachings remind us that when things are harried and hard to understand, rather than speeding up to keep up, slowing down actually serves us better.

Chalice Choir

**Sunday, September 14, 10:30 am**

*All about UU: Elevator Speeches and Spiritual Practices*

Rev Melora, Homilist

Jana Kotaska, Worship Associate

If you are new here, what have you picked up so far about what it means to be a Unitarian Universalist? If you've been a UU for years, how do you explain your UU faith to others? (Can you do it in the time it takes an elevator to descend from floor 20 to the ground floor? i.e., What is your 'elevator speech?') Now that we have multiple models of articulating our UU values ([8 principles](#), the [love at the centre model](#), [CUC vision & 5 aspirations](#)), which parts do you find most useful, most meaningful? And what of UU spiritual practices? Which ones help you deepen your faith and live your UU values?

**Sunday, September 21, 10:30 am**

*Calm in the Storm*

Rev Shana, Homilist

Ian Warrender, Worship Associate

Over the summer I had many conversations about the paradox of holding all that is good and lovely in one's own life while also seeing the many points of struggle and pain in our wider world. How do we honour both truths? Life can be simultaneously good and hard. How do we see clearly the fact that very little in our living is fully either/or?

Chalice Choir

**Sunday, September 28, 10:30 am**

*News From the Blues*

David Vest, Homilist

Mollie Twidale, Worship Associate

When life brings us down, music can lift us up. Songs and stories often deliver news that rings true because it's real. (If it's fake news, it's probably fake blues.)

David Vest is a member of this UU Community and a working musician who has won six Maple Blues Awards for piano player of the year. He is also a poet and a former Fulbright Scholar.

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## Share the Plate September - Pacific Animal Therapy Society

The Pacific Animal Therapy Society (PATS) was founded 35 years ago by Sadey Guy, a retired nurse. Sadey was an avid animal lover who saw a real need in her community for more social connection, particularly for older folks living in care homes. She launched an organization that would assess and support volunteers to take their dogs and other animals into schools, hospitals, and care homes to provide much-needed visits. Sadey's commitment to PATS lives on as we continue to provide visits across lower Vancouver Island.



We are a small but mighty organization that is almost entirely managed by volunteers, supported by a part-time employee. We have ongoing partnerships with BC EComm (911), Island Health, Camosun College, Victoria Hospice, the University of Victoria, several libraries, and many schools and long-term care homes. We have approximately 90 volunteer teams, made up of owners and their pets, visiting about 70 locations.

We collaborate closely with each facility to create a program tailored to the needs of its community members. Our process is straightforward and accessible, and in many facilities, we offer weekly visits. These programs not only give participants a regular event to look forward to but also provide the chance to form community with familiar dog and handler teams, creating a strong sense of belonging for both our volunteers and participants.

Students often tell us that a PATS visit is their favourite part of their week. Healthcare staff have shared heartwarming stories of typically withdrawn residents lighting up when the dogs enter the room. And our wonderful volunteers, many of whom are retired, find benefit in being active members of the community and forming lasting connections through their work with PATS. The impact of our visits on these groups is profound and often deeply moving. Our visits alleviate stress and create intergenerational connections,



improving well being and providing joy and comfort.

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## Share the Plate June: Thank You!

Thanks to your generous donations during the month of June, a total of \$1,712.25 was collected for the Inter-Cultural Association of Greater Victoria (ICA). This initiative focused on their youth program for individuals aged 7 to 25 promoting fairness, respect for diversity and environmental responsibility. The purpose of the Inter-Cultural Association of Greater Victoria is to support the full integration of newcomer immigrants and refugees into the social, economic and civic life of the Capital Region of British Columbia.



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## Share the Plate - 2026

Your Share the Plate team is now scheduling registered charities for 2026. If you have a favourite organization and would like our UUCV community to help raise funds please contact a team member.

Susan Layng: email: [salwplg@telus.net](mailto:salwplg@telus.net)

Lynn McKay: email: [mckaylynn@icloud.com](mailto:mckaylynn@icloud.com)

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## Artist of the Month September: Judy Rissling

Judy Rissling writes:

Welcome. I invite you to step into my world where there is magic in nature.

I grew up on a farm outside of a small town in Saskatchewan, Canada. My love of nature started as a child looking for the first crocuses of spring, experiencing the magnificence of a prairie thunderstorm and amazing sunsets. Fast forward to today. I am now based on beautiful Vancouver Island where I am immersed in the wonders of nature every day.

For me, nature brings forth an energy. Sometimes it is calm and serene. At other times it is wild and untamed. It is full of wonder and awe. But we rarely take the time to really experience the beauty that is around us. The goal of my photography is to draw you into every photo I take. I want you to feel the connection I felt in that moment. Come and



experience nature with  
me through my lens.

<https://judyrisslingphotography.com>



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## Shifting Worship Themes to a New Source

For the last many years, we have used worship packets and small groups material from the Soul Matters Sharing Circle. This is a network of Unitarian Universalist congregations that have chosen to use the same themes and content for worship, small groups, and some family programs that was begun by some ministerial colleagues in the US. We've decided to shift from that model to a program started last year by Canadian colleagues of ours which includes more Canadian specific content and focus. This new program is called Meaning Making. We will have packets from them for small groups which will begin in October (see full article from Rev. Melora elsewhere in this newsletter for details). We are excited to try out this new program and to experience all that it offers.

Here are the worship themes which run from October through June and are all under the over-arching theme of: Meet this Moment with Love and Justice:

### **October: Embracing change**

When so much is in flux, how do we stay true to our values of love and justice? How can the challenges of this moment become an opportunity for growth and transformation?

### **November: Learning from ancestors**

Many of our ancestors lived through times of great upheaval. What can they offer us right now?

### **December: Communities of care**

How do we ensure that care is integrated into our ways of being together?

### **January: Awakening wonder**

How can mystery and wonder renew our spirits?

### **February: Discerning Truth**

How do we recognize truth in the midst of disinformation and manipulation?

**March: Seeking Wisdom**

What can we learn from the multiple truths that come from varied identities, life experiences, religions and cultures?

**April: Nourishing Nature**

The practices of nourishing nature while being nourished by the natural world: How do we live in alignment with the rhythms of the earth?

**May: Liberating Love**

How do we bring love into the world? How can love liberate us?

*We look forward to exploring all of these with you.*

*Rev. Shana*

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## Join a 'Meaning Making' Group

As noted above in this newsletter, this year, we are using a new Canadian UU source for our monthly themes called “Meaning Making.”

We will be offering small groups to engage with the material –

- Receive the packet – with questions for reflection and suggested spiritual exercises
- Attend your small group once/month to do a deep check in and share your experiences and reflections on the material.

It’s a good way to deepen connection with others in the congregation and to give yourself time to intentionally reflect on things that matter. (See other article in this newsletter for list of themes, all practices to deepen our ability to “Meet this moment with Love and Justice.” E.g., “embracing change,” “Learning from Ancestors,” “Seeking Wisdom”)

So far, we have 2 groups planned, both of which will be facilitated by Rev. Melora – one in person and one online.

**In Person, Wednesdays, UUCV Oasis Room, 10am-12noon**

- Oct 29
- Nov 26
- Dec 10
- Jan 21
- Feb 25
- March 18
- April 29
- May 27



OR

Zoom, 3rd Tuesdays, 7pm-8:30pm

- Oct 21
- Nov 18
- Dec 9\* (2nd not 3rd)
- Jan 20
- Feb 17
- March 17
- April 21
- May 19

*Space is limited, so sign up now to secure your spot. Email [rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca) with "Meaning Making" in the subject heading, and specify which group you'd like to join.*

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## Calming Our Spirits Returns!

Wednesday evenings:

September 17, October 22, and November 19th

From 7 to 8pm

UUCV Sanctuary

Back by popular demand, these evening worship services are designed to soothe our anxious nervous systems. Come, join Rev. Shana and Christine Taber in an hour-long worship experience focused on silence, singing (simple a capella chants), and poetry readings. Each service also includes a time to share the prayers, worries, and loves that are on our hearts.

No need to sign up - just drop in.

For more information questions, text Rev. Shana at [250-891-6331](tel:250-891-6331)

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## Annual Budget Campaign 2026

Give ♥ Love ♥ Celebrate!

MARK YOUR CALENDAR for OCTOBER 5!!

Celebrate all the wonderful gifts of this community and our chance to give back! Gather in community after the service, for a delicious pancake brunch sponsored by ABC and prepared by Susan Lean and friends. Computers will be available to pledge online at the brunch.



By September 30, all members and supporters should have received the ABC 2026 package



either by email or in the mail. You may also find it on our website a <https://victoriaunitarian.ca/pledge/>. If you did not receive a copy of the ABC package, contact Kathleen Zimmerman at [agresults@shaw.ca](mailto:agresults@shaw.ca) or 778-833-0158.

If you are a member or supporter of UUCV, we ask you to pledge by October 12. Your pledges help keep the gifts, love and celebration going in 2026!

*Your ABC Team - John Hopewell, Kathleen Zimmerman, Linda Grimaldi, Barry Wiebe, David Hoadley, and Jessica Houk*

The poster features a green border. In the top left is a circular logo with stylized figures in various colors (red, orange, yellow, green, blue, purple) holding hands, with the letters 'ABC' at the bottom. To the right of the logo, the text 'ABC 2026 Pledge Sunday' is in a green, sans-serif font, and 'OCTOBER 5' is in a larger, bold, green, sans-serif font. Below this, a light brown rectangular box contains the text 'JOIN US FOR A FREE COMMUNITY BRUNCH' in bold, black, sans-serif font, with 'FREE' in red. Underneath, it says 'AFTER THE SERVICE ON OCTOBER 5.' in bold, black, sans-serif font. Below the box, the text 'Pancakes, Sausages and scrambled eggs with all the trimmings, compote, syrup, butter, fruit and coffee, tea and juice.' is written in a smaller, black, sans-serif font. The bottom half of the poster shows a photograph of a breakfast meal on a wooden table. In the foreground is a stack of three pancakes on a white plate, topped with a slice of orange and a small red berry. Behind it is a plate with scrambled eggs and a sausage. To the right is a glass of orange juice. To the left is a white mug. The background is a blurred green outdoor setting.

**ABC 2026 Pledge Sunday**  
**OCTOBER 5**

**JOIN US FOR A FREE COMMUNITY BRUNCH**  
**AFTER THE SERVICE ON OCTOBER 5.**

Pancakes, Sausages and scrambled eggs with all the trimmings,  
compote, syrup, butter, fruit and coffee, tea and juice.

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## ZGOF News - Application Deadline Sept 30 ... and Projects Approved June 2025

The Zoie Gardner Overseas Fund (ZGOF) of UUCV provides funding for projects to educate girls and young women in low-income countries. The ZGOF Committee is now open to a fall round of applications, with **application deadline Sept 30, 2025**. Once again, the UUCV Community is invited to inform charitable organizations directly, and send them the ZGOF web link on the UUCV website (below), where they will find the updated Application form and upload portal. The following application round will be early 2026.

The ZGOF Committee is pleased to announce results of our spring 2025 application round. We are grateful to the UUCV Community for having directed several new charities to our application process in March 2025.

For a full list of funded projects, see the ZGOF webpage (link below).

Organizations newly funded by ZGOF in June 2025:

**Crossroads International** - Uganda - Training on sexual violence, child labour, rights (in 24 primary schools)

**Education Without Borders** - South Africa - Gender-based violence workshops (grades 7/8 in 7 schools)

**Kids International Development Society** - Cambodia - grade 7 to post-secondary (18 girls)

**Multination Missions** (Guatemala) - Middle-school (7 indigenous girls)

**Stephen Lewis Foundation** (Zambia) - Classroom block construction, education support (50 girls)

**Transform International Canada** (Rwanda) - Grades 10-12 (16 girls), post-secondary (up to 3 girls)

**Transform International Canada** (India) - Sewing school for vocational training for older girls and young women

More information, updated application form, and upload portal at:

<https://victoriaunitarian.ca/zgof>



*Submitted by Laura Porcher, member of the Zoie Gardner Overseas Fund Committee of UUCV.*

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# September 'Hello' From the Youth Program

Jen Rashleigh, Co-Director of Family Programs writes:

I suppose I can thank grade school for my 'body-response' to September, which seems to happen without fail: the days start to shorten, the morning air begins to chill, and I get the sudden urge to sharpen pencils, write notes in journals, and learn something new. I like it.



For families returning to fall routines (especially those of us who like to go a little feral over summer) it can also be a time when new schedules and commitments can be a bit daunting.



In our Family Programs at UUCV, we hope to foster programs and experiences that nurture your family and bring deeper meaning and connection to your days. In turn, we hope that you can make space in your hearts and in your day planners for our shared UUCV life. It is absolutely true that the more you put in, the more you get back!

Here's a bit of what we are planning:

## Welcome Back

In September, it's a time to welcome one another. Time to reflect on summer, play games, reconnect, invite new friends. If there is a family you think would enjoy being part of our community ...September is a great time to extend an invitation!

## Photo Days: Sept 28 and October 5

In late September, Family Programs will be leading the effort to update everyone's photograph in our church Breeze directory. Calling Youth! We'd love your skills as photographers, props, designers, photo assistants and tech wizards to capture beautiful portraits of everyone in our community. Photo dates are planned for two Sundays right after church, Sept 28 and Oct 5.



## Messy Church Friday Sept 12

Messy Church will resume in fall, with the next gathering planned for September 12- we hope the weather is still warm enough for dinner and games outdoors. Do you know someone who needs a bit of Messy Church in their life? Perhaps someone from within UUCV, or from your wider friend circle? Please consider extending a welcome to them.

## Apple Picking October 12





In October the apples on our two trees ripen, and this year we hope to bring an apple press on site to do our own tree-shaking and apple pressing. It's a hugely fun day that requires many hands on deck (and up in the tree too!), We hope you can join us on Sunday, October 12.

### **Encountering our Ancestors Oct 26**

What do Charles Dickens, Kurt Vonnegut, Beatrix Potter, Pete Seeger, Louisa May Alcott, Robert Munsch, and Paul Newman all have in common? This year we will be creating our Shrine of Ancestors and Beloveds, (which happens Nov 2) and building on the ancestral theme by creating a service where we encounter some of our UU Ancestors. We'll be meeting famous Unitarian Universalists from the history books, as well as being introduced to some UU movers-and

-shakers from previous eras that you haven't heard of. We'll need actors and costumers from the Community to help bring these characters to life ...

### **Coming of Age program for 2026**

We are happy to say that we have a sizeable group of youth who are at the age for a coming-of-age program. We intend to begin the program early in the new year. Parents, if you would like to be involved in Coming of Age program development and/or co-facilitation, please reach out to Jen Rashleigh. And youth! — plan to make space in your lives for this program in the new year. We promise a rich journey of self-discovery, adventure, deepening friendships, and community recognition.

*Ideas, questions, thoughts, feedback? Please reach out to Jen Rashleigh, Co-Director of Family Programs (focus on 10 years+). Email is [jen.rashleigh@victoriaunitarian.ca](mailto:jen.rashleigh@victoriaunitarian.ca).*



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## **Soup Cafe Sun. Sept. 14 at 12:15 HERE at UUCV**

**Following the service on September 14 at 12:15** join the Royal Oak East and Royal Oak West Neighborhood Groups for a variety of homemade soups, healthy breads, and delectable desserts. Vegetarian and gluten-free options will be included.

Tickets \$20, children under 12 are free!

This was an auction item and we will have additional tickets for sale after the service in the Lion Hall on **September 7th**.

## Invitation to Plant a Second Native Plant Garden Sun. Sept. 28

Sun. Sept. 28th

Outside north door (the plot is currently covered with black landscaping material)



As part of our contribution towards reconciliation, THRUU invites you to participate in planting a second native plant garden on our sanctuary grounds, on **Sunday, September 28th. This garden will be located just outside the north door on the plot currently covered with landscaping fabric.** This type of planting supports native pollinators which make an essential contribution to the health of our food systems, and they represent a small step towards restoring what settlers destroyed. Virgil Sampson will there to sing an honour song. There will be **hot dogs** for everyone who wants

them and probably s'mores for the children. If it's raining, wear appropriate clothing. Tools will be provided. A few volunteers to help with putting up a temporary deer fence afterwards would be appreciated.

Get in touch with Evelyn Peters at:

[evelyn.peters@outreach.com](mailto:evelyn.peters@outreach.com)

*Evelyn Peters, Gardens and Grounds Chair*



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## Indigenous Matters - Paddles

In many Indigenous cultures, particularly those of the northwest coast, paddles hold deep cultural and symbolic significance. They are not just tools for transportation, but also represent connection to the water, family, and community, are used in ceremonies and as weapons. Paddles are often intricately carved and painted with traditional designs and stories, reflecting the identity and history of the specific nation or family.

Paddles are essential for navigating canoes, which have historically been a primary mode of transportation for coastal and riverine communities. They are used in ceremonies, dances, and other cultural events, often accompanying songs and storytelling. They can symbolize travel, the journey of life, and the connection between people and the natural world.

Paddles are closely tied to the relationship between Indigenous peoples and the water, which is a source of life, sustenance, and cultural identity and can represent family lineage, clan affiliations, and the importance of working together.

The designs and carvings on paddles often tell stories of the people who make and use them, preserving cultural knowledge and history. In some contexts, the way a paddle is displayed can indicate a message of peace or a call to action. For example, a paddle blade facing up can be a sign of peace, while a blade facing down might indicate a willingness to engage in conflict. Paddles, like canoes, can symbolize resilience and the ability to overcome challenges.

Carved and painted paddles are now also recognized as important forms of artistic expression, showcasing the skill and creativity of Indigenous artists. Indigenous artists and communities are finding new ways to incorporate the paddle into contemporary art and design, while still honoring its traditional significance.

<https://www.tiktok.com/@tanabangzz/video/7532390923364273439>

<https://www.youtube.com/watch?v=Szz5AuXVi5A>

<https://www.youtube.com/watch?v=0XOG75u46to>

*Submitted by Kathryn Harwood, member of THRUU (Truth Healing and Reconciliation) - Unitarian Universalist Community of Victoria*

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## Green Corner: A Renewable East-West Electricity Grid for Canada

This article calls for a renewable energy, east-west electricity grid across Canada by 2035 as advocated by several research groups to help reduce atmospheric emissions. The concept of using renewable energy has been pioneered by Mark Jacobson of Stanford University using WWS (Wind, Water and Solar) energy generation sources. He has published two books indicating that this is possible using existing technology: *No Miracles Needed: How Today's Technology Can Save Our Climate and Clean Our Air* as well as *100% Clean, Renewable Energy and Storage for Everything*. He indicates that this will be less costly than current equipment and has completed studies showing that geographically dispersed energy generation with WWS storage can continue to generate power with intermittent solar and wind power generation sources.

Most recently, there have been calls to build a cross-Canada renewable electric grid as part of an energy corridor as envisioned by the federal government to increase productivity and economic activity in Canada as a nation building project. The David Suzuki Foundation (DSF) has completed research into the possibility of building such a grid across Canada, including the sharing of electrical power between provinces generated by renewable sources primarily using water, wind and solar sources. This would reduce our dependency on fossil fuels and would help to reduce atmospheric emissions of CO<sub>2</sub> as well as the clean electrification of our



economy. It would help to meet increased demand for increasing electrification of industry, transportation and heating, projected to double or even triple by 2050. It would help to eliminate trade barriers between provinces and reduce our dependency on the US. It is projected that 300,000 jobs would be created from now until 2050. It would help to stabilize our local grids, help with energy demand peaking when people return home from work as well as dealing with outages from storms and weather extremes. DSF claims that a majority of Canadians support such a grid project.

The David Suzuki Foundation has put up a [petition](#) in favor of such a grid that citizens can sign.

*Submitted by Jim Jordan, member of the Environmental and Climate Action Committee.*

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## Campfire Connections: Sept. 19-21

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](mailto:matthewbritton@gmail.com)) if you have any questions about the campout or would like to RSVP!

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## UU Walkers' Fall to Spring Session Starts Sept. 8

**Mondays 1:00 pm**

**Starting Sept. 8** join us every Monday at 1 pm. Members of the group volunteer to lead the walks that last up to 1 1/2 hours. We explore Victoria to Sidney and all the way out to Metchosin. Walkers of all levels are welcome. Enjoy the exercise, and get to know the participants at the tea/coffee location afterwards.



*If you want to know where the next walk is and how to join us, you can receive a weekly email by*

contacting Chris Cook  
[49chriscook@gmail.com](mailto:49chriscook@gmail.com)

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## Pub Night - Mon. Sept. 1 at 7 pm

Mon. Sept. 1, 7pm  
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](mailto:hopewell@telus.net)*

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## UU Lunch Sept. 23

Tuesday, Sept. 23rd, 12:00 noon  
Derby Restaurant at the Cedar Hill Golf Course  
1400 Derby Rd, Saanich



All UUs and friends in Victoria are invited to a lunch for conversation and fellowship. We meet at Cedar Hill Golf Course Derby Restaurant, 1400 Derby Rd, Saanich. The restaurant is accessible, the food is good and reasonably priced.

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

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

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## UU Men's Lunch Thurs. Sept. 18

The UU men's lunch is held on the **3rd Thursday** of each month at noon in the **4 Mile Pub restaurant**.

Anyone wishing to join us for food and lively conversation contact John Stewart at [stewartvaasjo@outlook.com](mailto:stewartvaasjo@outlook.com) or 250-884-3148.

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## Anxiety & Depression Support Circle

We are a confidential peer-led support group. These Zoom and 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](mailto:kinradep@gmail.com) or Audrey at [audrey\\_t@telus.net](mailto:audrey_t@telus.net) or 250-744-7338 for more information.

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## UU Men's Retreat October 3-5

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](mailto:BKShort@shaw.ca)). It is a fine opportunity to spend a weekend in the company of interesting men.

*Submitted by Brian Short.*

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## 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 DeLugt** has been in the hospital for the last week with asthma and upper respiratory infection. She has just returned home on the Hospital at home program. Cards and e-mails always appreciated. 778-679-0456. [ldelugt@shaw.ca](mailto:ldelugt@shaw.ca)

*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](#)*

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## September Birthdays

Name	Date	Name	Date
Stephen Lentz	Sept. 02	Darcy Alder	Sept. 17
Zahira North	Sept. 03	Susanne Garmsen	Sept. 17
Pam Hood Szivek	Sept. 03	Peter Hancock	Sept. 18
Loraine Lundquist	Sept. 04	Adriane Matheson-Smith	Sept. 19
Andrea Pite	Sept. 08	Jenny Heston	Sept. 22
John Waters	Sept. 08	Emily Tietz	Sept. 22
Christine Petronis	Sept. 10	Bert MacBain	Sept. 24
Anne Vaasjo	Sept. 13	Renate Herberger	Sept. 26
John Hvozdzanski	Sept. 15	Pablo Lacerda Silva	Sept. 27
Evangeline Belisle	Sept. 16	Ulrika Britton	Sept. 30
Joe Catalano	Sept. 16		

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**Missing? Wrong?** Please send any additions or corrections for birthday info to [communications@victoriaunitarian.ca](mailto: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.

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## Board Minutes & Board Members On Duty

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

Board Member on duty schedule for September :

Sept. 7 Ross Beauchamp  
Sept 14 Lynne Bonner  
Sept 21 Margaret McKelvie  
Sept. 28 Katherine Maas

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## Connect with UUs Across Canada!

Our UU Community of Victoria is a member of the larger CUC (Canadian Unitarian Council).

The CUC has so many engaging events going on this fall!!

Including several anti-oppression, reconciliation, and dismantling barriers events & sessions.

Check it out--

<https://cuc.ca/enews-august-2025/>

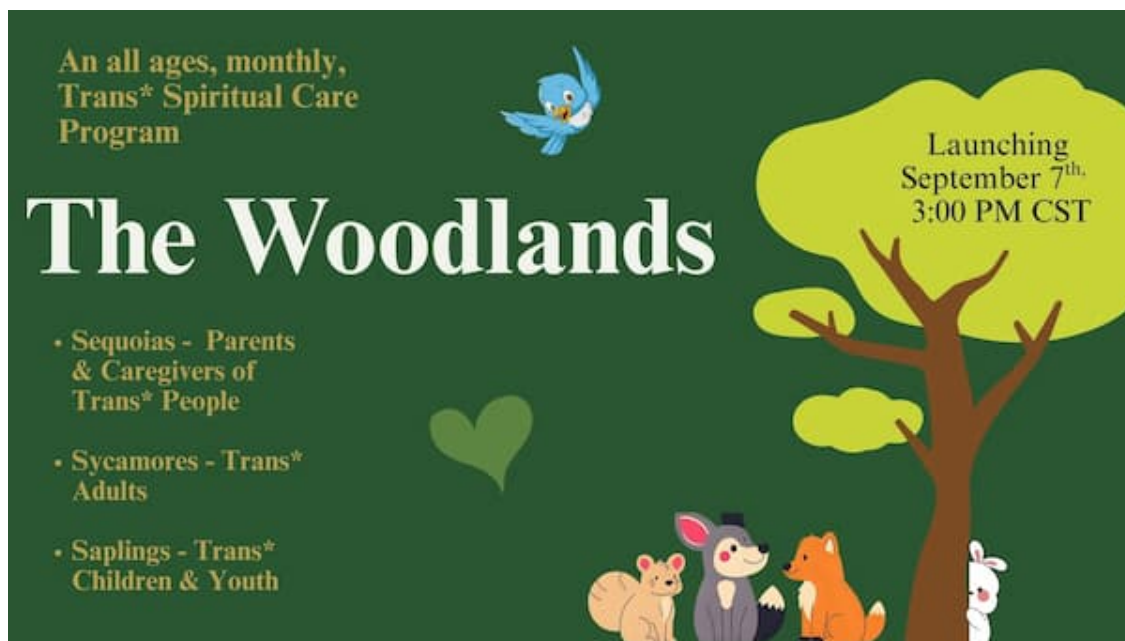
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## Introducing "The Woodlands": A Monthly Trans/Nonbinary Pastoral Care Space

**From the UUA (Unitarian Universalist Association)**

**Note:** Our UU Community of Victoria is a member of both the UUA (which is primarily based in the States) and the CUC (the Canadian organization of UUs)

The UUA is thrilled to announce the launch of The Woodlands, a new all-ages virtual pastoral care program for trans people and their families, beginning this fall.



The Woodlands is a monthly online gathering designed for trans children, youth, and adults—as well as the parents and caregivers of trans people. Each session will begin with a shared message and grounding ritual, followed by breakout rooms tailored to different communities within our circle, and we come back together for a release. Sessions will be about an hour and a half.

Each breakout room—co-facilitated by two chaplains—will offer space for meaningful check-ins where we can honour our grief, celebrate our joy, and support one another. The spirit of each room will reflect the people within it.

For example:

- The Sequoias Room: for parents and caregivers of trans people
- The Saplings Room: for trans children and youth
- The Sycamores Room: for trans adults

Our first gathering will be on Sunday, September 7, 2025, at:

- 4:00 PM Eastern
- 3:00 PM Central
- 2:00 PM Mountain
- 1:00 PM Pacific

The sessions will be on the first Sunday of the month thereafter.

Register: <https://uua.wufoo.com/forms/qg4n6y51ssh46e/>

This pilot season will run from September 2025 through May 2026—a time for grace, growth, and connection. All of us on the UUA staff who helped bring The Woodlands to life hope you'll find meaningful community and support in this shared space.

In faith,  
Jami

The Rev. Jami A. Yandle (they/them/theirs) is the UUA's Transgender Support Specialist, in the office of the Vice President for Programs and Ministries. In this role, Rev. Yandle provides spiritual support and direct care for the trans and non-binary community within and beyond the UUA.

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## Community Events

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### Invitation From the Environmental and Climate Action Committee Sept. 20

The Environmental and Climate Action Committee of our congregation invites you to join us at Victoria's Draw the Line event on **Saturday September 20th**. This will be an international day of action spearheaded by [350.org](https://350.org) in partnership with Seniors for Climate, Indigenous Climate Action, Greenpeace, World Beyond War and many other environmental and social justice groups. Each group will have their own messaging and ways of showing up, but will ultimately converge at a central location.

Come and stand up for our 6th and 7th principles. **We need: organizers, sign and banner makers and participants.**

Please contact Amalia at [amaliaschelhorn@gmail.com](mailto:amaliaschelhorn@gmail.com) on behalf of the Environmental and Climate Action Committee.

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### 4th Annual South Island Powwow Sept. 30

Where Tradition and Culture Come Alive

Tue. Sept. 30th, 2025

Royal Athletic Park, 1014 Caledonia Ave.



Gates open at 10:00 am.  
Grand Entry at 12:00 pm  
Free Admission.  
Everyone Welcome

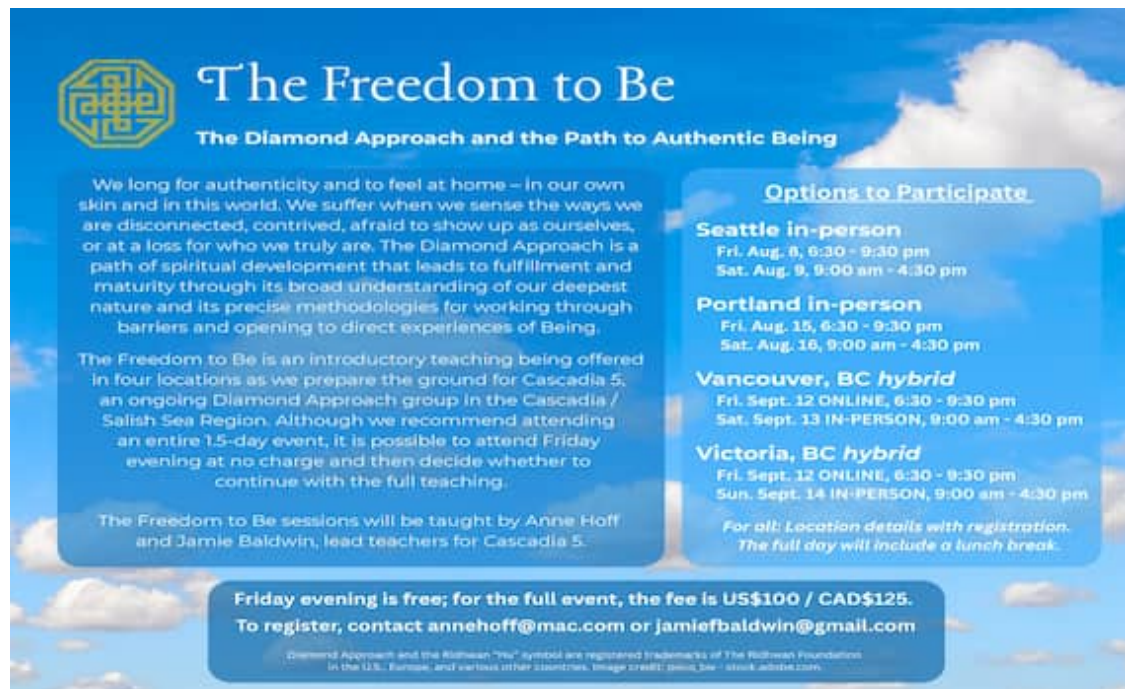
**September 30th** marks National Day for Truth and Reconciliation. The annual South Island Powwow is an opportunity to recognize Survivors and their families in the spirit of reconciliation. Through song and dance, we will celebrate traditional Indigenous cultures and resiliency.


*If you are interested in attending the Powwow with other UU members, please contact THRUU member, Gela Stach (email [gelagaia@hotmail.com](mailto:gelagaia@hotmail.com), or text 250-857-0727).*

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## "The Freedom to Be" A Workshop From UUCV Renters

*Inclusion of these ads does not constitute an endorsement*



 **The Freedom to Be**  
The Diamond Approach and the Path to Authentic Being

We long for authenticity and to feel at home – in our own skin and in this world. We suffer when we sense the ways we are disconnected, contrived, afraid to show up as ourselves, or at a loss for who we truly are. The Diamond Approach is a path of spiritual development that leads to fulfillment and maturity through its broad understanding of our deepest nature and its precise methodologies for working through barriers and opening to direct experiences of Being.

The Freedom to Be is an introductory teaching being offered in four locations as we prepare the ground for Cascadia 5, an ongoing Diamond Approach group in the Cascadia / Salish Sea Region. Although we recommend attending an entire 1.5-day event, it is possible to attend Friday evening at no charge and then decide whether to continue with the full teaching.

The Freedom to Be sessions will be taught by Anne Hoff and Jamie Baldwin, lead teachers for Cascadia 5.

**Options to Participate**

**Seattle in-person**  
Fri. Aug. 8, 8:30 - 9:30 pm  
Sat. Aug. 9, 9:00 am - 4:30 pm

**Portland in-person**  
Fri. Aug. 15, 6:30 - 9:30 pm  
Sat. Aug. 16, 9:00 am - 4:30 pm

**Vancouver, BC hybrid**  
Fri. Sept. 12 ONLINE, 6:30 - 9:30 pm  
Sat. Sept. 13 IN-PERSON, 9:00 am - 4:30 pm

**Victoria, BC hybrid**  
Fri. Sept. 12 ONLINE, 6:30 - 9:30 pm  
Sun. Sept. 14 IN-PERSON, 9:00 am - 4:30 pm

*For all: Location details with registration.  
The full day will include a lunch break.*

**Friday evening is free; for the full event, the fee is US\$100 / CAD\$125.  
To register, contact [annehoff@mac.com](mailto:annehoff@mac.com) or [jamielbaldwin@gmail.com](mailto:jamielbaldwin@gmail.com)**

Diamond Approach and the Buddhist "hu" symbol are registered trademarks of The Hoffman Foundation in the U.S., Europe, and various other countries. Image credit: pixxel, Inc. - stock.adobe.com

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## Ads

*Inclusion of ads does not constitute an endorsement*



Astrid Firley-Eaton  
Design

interior design  
colour consultation

250-384-3405  
[afe.design@firley.ca](mailto:afe.design@firley.ca)

**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

Half-day spots still available for 2024/2025

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



## UUCV Contact Info

**Bradley Clarke**

**Caretaker**

available by appointment

(no Monday availability)

[bradley@victoriaunitarian.ca](mailto: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

## 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.

day.

**Niki Mullin**

**Church Administrator**

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

IN PERSON Sun & Wed 11am - 1pm

[churchoffice@victoriaunitarian.ca](mailto: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](mailto:communications@victoriaunitarian.ca)

778-557-3492 (cell)

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**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](mailto:leanne.hopkins@victoriaunitarian.ca))

**Co-Director** with focus on Youth programs,  
for children ages 10 and up, contact **Jen**

**Rashleigh** ([Jen.rashleigh@victoriaunitarian.ca](mailto:Jen.rashleigh@victoriaunitarian.ca))

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**Co-Ministers**

**Rev. Melora Lynngood**

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

Text/call 250-891-6330

**Rev. Shana Lynngood**

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

Text/call 250-891-6331

Monday is their day off (available for  
pastoral emergencies)

[schedule details & which minister does](#)

All promo submissions to:

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

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

*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.*

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## CONTACTS & LINKS

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

**Unitarian Universalist Community of  
Victoria**

5575 West Saanich Road  
Victoria, BC V9E 2G1

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## 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.](#)

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## ARCHIVED MONTHLY NEWSLETTERS

Read or download

[In the Spirit Monthly Newsletter](#)

what

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**Minister Emerita**  
**Rev. Jane Bramadat**

**Lay Chaplains**

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

Jenny Heston: 250-509-1240

Barbara Boyle: 250-381-0264

Oceanna Hall: 250-886-1077

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