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November: Learning from Ancestors

In the Spirit | November 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.

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

This Sunday's Service: Nov. 2, 10:30 am

Sunday, November 2, 10:30 am

Honouring Our Ancestors

Rev Shana Lynngood, Homilist

Jesse Invik, Worship Associate

As we begin our month-long exploration of learning from ancestors, we start by honouring those who have gone before us. Many traditions and cultures the world over honour this time of year as a "thin place", a moment when the distance between the living and those departed is closest. How do we think about our ancestors? How do we repair the connections to those who have died that we feel some mixed or even negative feelings about? We'll explore and then be invited to experience a

shrine created by our Family Programs.

Music: Chalice Choir

On Sunday, November 2nd, the Family Programs will transform the Farmhouse Common Room into a Shrine for Ancestors and Beloveds, to be experienced directly after our Sunday service. See the article below for details.



Shrine for Ancestors and Beloveds: Sunday, Nov. 2nd (after Sunday Service)



November 2nd we will gather for the *Shrine for Ancestors and Beloveds*. Family Programs will create a processional space to honour and remember those who came before us. Together we will share stories, ring bells, light candles and reflect on the ways our ancestors' lives continue to shape and inspire our own.

Life is all around us. And so, too, are our ancestors. They are in our thoughts, in the teachings that we carry, in the shared objects and spaces that connect us through time.

It is said that Hallowe'en/Samheinn is the time when the veil between this world (the physical) and the next (spiritual) is the thinnest. It's a wonderful time to bring our loved ones right into the front of our hearts and minds.

On Sunday, November 2nd, the Family Programs will transform the **Farmhouse Common Room** into a **Shrine for Ancestors and Beloveds**, to be experienced directly after our Sunday service. This will be a sacred space for the entire congregation to experience and enjoy. Please feel free to bring meaningful objects or photographs to add to the shrine during the day (Jen and Leanne will be sure to keep them safe for you to collect the following Sunday). Like last year, we'll have opportunities for you to write notes to your beloveds and add them to the 'willow forest'.

This year, we thank Anne Hill, conductor of our Cantabile Handbell Choir, and Christine Taber, UUCV Music Program Director, for working with the children and youth to create a chime-and-percussion procession. For the youth and children, this project sparks thinking about how to create sacred spaces and meaningful ritual.

We hope to create an experience that will help us to collectively honour our beloved ones, to expand our senses, slow down time, and bring us into ourselves.

Services in November

Sunday, November 9, 10:30 am

A Gift Economy?

Rev Melora Lynngood, Homilist

Mollie Twidale, Worship Associate

In her book, The Serviceberry, Abundance and Reciprocity in the Natural World, Robin Wall Kimmerer teaches us about the gift economy, which is intrinsic to many Indigenous cultures. What can we learn from this model – how might it help us better care for one another and this earth we share? Is it possible to do in today's North American capitalist society?

As a mini-exercise, an embodied way of practicing the principle, you are invited to bring ONE item you already have to give away in a gift exchange. Kids too! Please bring ONE thing (toy, game, book) from your home which you have appreciated and are now happy to pass on to someone else.

- **Bring ONE item (only!) you already have to give away in a gift exchange.**
- This is not a way to get rid of unwanted stuff; it's not a garage sale. Look for something you really like, something still in good condition. Something you think someone else might be excited to receive.
- Kids bring items up front at the beginning of Time for All Ages.
- Adults bring items up front during candle lighting.
- We will collect your gifts during the service, and you can choose a gift to take home with you after the service.
- Rev. Melora will give anything not chosen by a UUCV member to WIN (Women in Need).

Sunday, November 16, 10:30 am

Spiritual Care In the Polycrisis

Gagan Leekha, Homilist

Lynne Bonner, Worship Associate

These times are unsettling. When we feel separate, when despair grows strong, how do we turn to our spiritual practice to remember to bring the heart online as we turn towards the suffering of the world? How do we fall back in love with this world, let our hearts break a little bit, and feel our way back into wise response? This will be an interactive session with elements of Joanna Macy's *Work that Reconnects* framework.

Gagan Leekha (she/they) is a first-generation Indo-Canadian, born on the northwest coast of BC and has been living on Lekwungen Territories since 1998. Rooted in Sikh, Buddhist, and social justice traditions, Gagan weaves spirituality with community care. A long-time yoga and meditation practitioner, Gagan is co-founder of Sweet Refuge Sangha, a peer-led BIPOC mindfulness group,

and has shared accessible, trauma-informed yoga in community settings since 2017. With over twenty-five years of experience in community development and a Master's in Leadership, Gagan is a lifelong learner and is currently studying Buddhist Eco-Chaplaincy through the Sati Centre for Buddhist Studies. She is committed to working at the intersection of inner change and collective change.

Music: Chalice Choir



Sunday, November 23, 10:30 am

On Rites of Passage and the Cultivation of Eldership

David Hatfield, Homilist

Rev. Shana, Respondent

Ian Warrender, Worship Associate

A kid throws ever heavier stones into the water, trying to make the biggest splash. An elder, observing and throwing in stones of their own, recalls their own childhood, enjoys the energies involved, and also notices the ripples that are moving in all directions at once.

When did you become an adult? How? Was it in one indelible moment, or a sequence of seemingly unrelated events over time? Do you even feel like an adult? Does it matter? What price are we paying for not initiating our youth?

In a world that sneers at limits, has more older people yet fewer elders than ever, is moving into deeper overt polarity, reemerging fascism and military conflict, "climate catastrophe", etc... rites of passage are more needed than ever, for all of us, *at all life stages!*



David Hatfield has worked with over 20,000 boys and men nationally and internationally since 1998. He was the first Canadian Coordinator for International Men's Day and is the founder of Manology: Exploring 21st Century Masculinity, a space for men which has run since 2009. He has designed and led contemporary, wilderness-based rites of passage for youth and parents in Australia, Canada, New Zealand, Spain and the USA. He was a lead facilitator for Power of Hope, a coordinator of Pearson College Seminar on Youth Leadership, and the Boys Program Director for SafeTeen. www.davidhatfield.ca

Rev. Shana will offer a brief response to David's homily.

Music: Men's Choir

See articles later in this newsletter about two workshops that David Hatfield will lead at UUCV:

Sunday, November 30, 10:30 am

Journeying Into Poetry

Sarah Weaver, Homilist

Karen Christie, Worship Associate



In our search for truth and meaning as Unitarian Universalists, we sometimes look to poetry, and its ability to suggest ideas and concepts “beyond words”. This quality means poetry can inspire us with its language and imagery, and also intimidate with its nuanced elusiveness. Sarah reflects on her own journey into poetry, what she is learning from writing poetry, and how poetry helps her cope with some of life’s challenges.

Sarah Weaver is a member of the Capital Unitarian Universalist Congregation, and served on the Board for several years. With a background in environmental work, her writing is grounded in the natural world. Both her poetry and creative non-fiction have been published in literary journals such as *Island Writer*. Sarah

also enjoys photography, and blogs about what inspires her

at <https://linesfromthecoast.blogspot.com/>. Her author website is <https://sarahweaver.ca/>

Sarah is speaking today as a part of a "pulpit exchange" with our sibling congregation in Victoria. While Sarah is with us, Rev. Melora will be speaking in the Sunday morning service at Capital UU.

Music: Cantabile Handbell Choir

Daylight Savings Time “Fall Back” Nov. 2nd

Remember to **set your clocks back** one hour
for Daylight Savings Time on November 2nd at 2 AM.



Environment and Climate Action Committee (ECAC) Meeting - Sunday, Nov. 2, 11:45 am

Location: Oasis Room

ECAC is meeting to decide on a course of action on a number of agenda items related to the Environment. Anyone interested in learning more about ECAC is welcome to drop in.

Submitted by ECAC Committee Chair Jim Jordan.

Special Share the Plate Sunday, Nov. 2: SeedChange

On November 2nd, we have a Special Sunday for SeedChange. This was formerly a CUC charity and is a Share the Plate collection for one Sunday only.

SeedChange, formerly USC Canada, is a charitable, non-governmental organization founded by Dr. Lotta Hitschmanova in 1945. What began as a humanitarian response to the devastation of World War II has grown, over 80 years, into a global network of people and communities working together to build resilient, equitable food systems rooted in biodiversity and agroecology.

Today, we uphold those founding principles by actively participating in a global movement to address the social and environmental challenges faced by farmers worldwide. We believe that food system changes are essential for creating a more just and sustainable world. Our programs are community-led and informed by local knowledge. Through partnership, we work to foster more equitable and resilient communities by strengthening the rights of smallholder farmers to improve economic, social, and health outcomes.



Since our early days in 1945, our founder, Dr. Lotta Hitschmanova, sought to make the world “a better, kinder place”, especially following the horrors of World War II. Since then, we have grown and adapted over time, but our core values — a collaborative approach and an unwavering focus on justice and equity — have always been the core of our work.

While our name and the focus of our work have changed over time, the dedication and support we have received from Unitarian congregations across the country have not. SeedChange is delighted to maintain ties with the members of the Victoria Unitarian Universalist congregation, and we thank you for your longstanding support for our work. Together, over decades, we have changed the world for the better. We look forward to continuing to do so into the future!

If you have any questions about SeedChange’s work, please reach out any time. We would love to hear from you.

Email: info@weseedchange.org

Website: weseedchange.org

Phone: 1-800-565-6872

Share the Plate for the rest of November: Greater Victoria Social Gathering Place



The Greater Victoria Social Gathering Place Society is dedicated to advancing recovery and wellness for individuals facing mental health challenges. This is achieved by organizing low-barrier, community-based events that include social gatherings, arts activities, workshops, music sessions, and movie nights. The Society's mission centers on creating a welcoming and inclusive space where people can connect with others, develop supportive peer relationships, and participate in meaningful activities that nurture healing and personal growth.

At the heart of the Society's philosophy is the belief that recovery is possible for everyone. They emphasize that accessible, community-driven social connection and support are crucial components in the recovery journey. By hosting diverse programs and events, the organization seeks to reduce the stigma often associated with mental illness, increase awareness of available resources and support networks, and offer a safe environment for individuals to explore their interests, express themselves, and build connections with others who share similar experiences.

The organization upholds a strong commitment to diversity, equity, and inclusion. They make efforts to ensure that all programs and events are accessible to every individual, regardless of background, identity, or ability. To fulfill their mission, the Society offers weekly afternoon drop-in sessions at Rebel Garage, as well as monthly movie and karaoke nights held at the Eric Martin Pavilion. All events are provided free of charge, with no referral or intake process required, ensuring that everyone can participate without barriers.

The Society believes that everyone deserves the chance to lead a fulfilling and meaningful life and is dedicated to providing support throughout each person's journey toward mental wellness and recovery.

RSVP - Celebration of Life for Keith Jobson

**Saturday, November 8, 2025
2:00 pm Pacific Time**

All members and supporters of the Unitarian Universalist Community of Victoria, and all who knew and cared about him, are warmly invited to attend this memorial service honouring the life of UUCV member, Keith Jobson, who passed away on September 23, 2025.

In-person attendance

Please **RSVP** for in-person sanctuary seats at <https://rsvp.church/r/uYZwZfyw> (it helps with our planning).

Members and Supporters of our UU Community are invited to bring finger food / baked goods to share at the reception.

Online attendance

Zoom link: <https://zoom.us/j/95392543074?pwd=ceNLP3oziQlsnsXNMJbFaakuNUgne3.1>

Meeting ID: 953 9254 3074

Passcode: 748415



Or join by phone (audio)

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 780 666 0144 Canada

+1 204 272 7920 Canada

Meeting ID: 953 9254 3074

Passcode: 748415

Not in Canada and want to join by phone? Find your local number: <https://zoom.us/u/azTltWFyT>

Artist of the Month for November: Cathy Key



Cathy Key, Ph.D. (b. 1968) grew up in England and has been living and working in Canada for the past 20 years. Inspired by the great naturalists of the 19th century, she creates large, multi-layered portraits using collage, acrylic, inks and glazes. She is a 2024 Gold List Award recipient from Art Market magazine and winner of the 2023 People's Choice Award from the Sooke Fine Art Show.

With a Ph.D. in Anthropology and over 30 years experience in yoga and ecstatic dance, Cathy uses her self-enquiry as the emotional impetus for her work. Her paintings express the joy, vulnerability and wonder of being a conscious participant in our natural world.



<https://cathykey.com>

Honoured Volunteer for November: Barry Wiebe

We first met Barry singing in the Chalice Choir, I'm guessing 14 years ago. He also sings bass in our Men's Choir. He has uploaded choir practice files (tenor, bass, soprano, and alto online parts) for every piece of music we sing, forever.

As a 10-year Music Committee member, then chair for the last 5-6 years, he has led the year-end choir get-together, helped organize our music concerts, asked for chalice lighters each week on Thursday night, and led monthly committee meetings.

Karen and Barry are active in the Cadboro Bay neighbourhood group.

Also, Barry is currently in his second term as Board of Trustees Admin Council Chair, has served on the Annual Budget Campaign Team for 4 years, and is the Finance Committee liaison to the board, helping prepare your 2026 Budget.



You will have seen this quiet, but thoughtful guy working on property projects like painting the deck, sweeping the sanctuary floor, chopping wood, and today sitting in on budget meetings, attending board trustee meetings, thinking about volunteers for our Christmas Concert, then loading choir practice files and so on.

Thank you, Barry, for all you have done and continue to do.

Write-up by Shirley Travis, UUCV President

Annual Budget Campaign 2026

Give ♥ Grow ♥ Celebrate!

We did it! With your help, we raised \$336,339 towards our goal of \$380,000 – and still counting. There are so many reasons to give and so much love to share!

2025 continues to be a significant and inspiring year in the life of our beloved UU community. Your generous support for our Annual Budget Campaign makes clear that this congregation is growing, and we are celebrating a beloved, spiritually fulfilling community for many years ahead.



There is excitement and anticipation each Sunday for the music that is shared. Our dynamic choir is growing. Our outreach programs have supported over a dozen local charities. New visitors join us every week.

As of October 28, the total pledged was \$336,339 or 89% of our goal. Of the 161 pledges, 100 pledge units increased their pledge over their last year's pledge. Those who couldn't manage the increase stayed the course, and this really helped too. Members and supporters continue to give generously.

A big **THANK YOU** to all who pledged this year! Big or small, all contributions add up.

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

Have You Had Your Say Yet? Take our Survey on Possible Logo Images

We are seeking input as we make decisions about which images to use in digital communications (website and social media).

As you may recall from previous e-weekly articles, now that we have a new name, we are in the process of designing new images and taglines we can use in digital communications (website and social media).



We engaged a professional designer and provided them with a 'design brief' that includes the mission statement and name you co-created through the 2-year process of in-depth and far-reaching conversations and discernment, as well as background about our UU values, and images used by other UU congregations.

We would like your feedback on the images we are now considering. Keeping in mind that we want to invite into our community a diverse array of progressive people of all ages, please tell us what you think of the 5 possibilities we are considering.

The link below will take you to a survey where you can rank which images you think would be most compelling and inviting to a newcomer. The survey should only take a few minutes to complete.

Click here to start the survey: <https://forms.gle/Mgmne7B8bvUv47bK6>

FYI- We would like to have the ability to pair the new logo with an assortment of taglines depending on context (website, Instagram video reels, etc). That's why the designs say "tagline will go here in this font". Taglines might be, for example:

- "Rooted in Love, Reaching for Justice"
- "A Sanctuary for Spiritual Seekers and Justice Makers"
- "Diverse Beliefs, Progressive Values"

Submitted by Rev. Melora + Communications Coordinator Erin Carson DeWolfe

News from Our Refugee Committee

We are sad to report that the Rahmani family from Afghanistan, whose Refugee application we submitted to Immigration Canada one year ago, have felt forced to return to Afghanistan. They were living in hiding in Pakistan, awaiting assessment by the Canadian Consulate; however, despite undergoing security testing, they heard nothing further despite enquiries being made on their

behalf by the Hon. Elizabeth May, MP.

While suffering harassment and extortion by Pakistani police, as well as denial of visa renewal and threats of being returned to the Taliban, the family learned that Canada was extending the processing time for Refugees from 7 months to 22 months. As a result, they reluctantly returned to Afghanistan and again went into hiding. Kristina and Carol have talked with them since their return and believe they are safe for now. But, unfortunately, the Canadian government can no longer recognize them as Refugees.

Right to Learn Afghanistan has introduced us to another Afghan Refugee family to sponsor — the Kakar family — and is currently preparing a Canadian Refugee application for them. The wife is a lawyer, the husband worked in Agriculture with the US coalition forces, and their daughter is 17 months old. We will advise when Immigration Canada accepts their application for assessment.

Submitted by Carol Smith, a member of the UUCV Refugee Committee

New UUCV Name Tags Available Sunday, Nov. 9th

Originally, you were promised your shiny new **UUCV Name Tag** on October 12th(!) which was delayed to November 2nd, but due to the demands of three other time-consuming volunteer commitments, as your Name Tag Coordinator I must delay your pick-up date once again. Thank you – Members, Supporters and Visitors – for your patience with the process. The results will be well worth the wait!

On Sunday November 9th you'll find me standing beside the wooden name tag display case in the Sanctuary Foyer, ready to respond to any questions or concerns you may have. **A reminder to please return any previously-issued name tags!**

Re-furbishing magnets and re-purposing acrylic badges helps mitigate the perennial expense of name tag issuance to ensure that we -- as a growing community welcoming newcomers to our congregation -- can address one another respectfully and honour our individual name preferences.

Questions? Contact Madelaine at nametag@victoriaunitarian.ca.

Indigenous Matters: Pretendians



<https://www.tvo.org/article/what-are-pretendians-and-how-do-they-harm-indigenous-communities>

“Pretendian” is a pejorative colloquialism for a person who engages in Indigenous identity fraud. A pretendian is a non-Indigenous person who falsely and publicly claims an Indigenous identity. The word “pretendian” is a portmanteau of the words “pretend” and “Indian”.

We, as settlers, know this. We may have gone to a summer “wilderness” camp as a child, or dressed up for a costume party. We have surely seen it in the movies or comedy skits on TV.

We took their land, language, and cultural practices, and then we tried to take their identity.

<https://www.cbc.ca/news/indigenous/2nd-generation-cut-off-senate-committee-1.7653585>

A petition was recently started by Jo-Anne Gould Green, a Nipissing Algonquin Anishinaabe-Ikwe who is a member of Ontario’s Pikwàkanagàn First Nation, calling on Canadians to voice their opposition to what she views as a growing and concerning problem.

“With the number of pretendians ever-increasing across Canada and interfering with the sovereignty of true Indigenous people, one woman has decided to fight identity fraud all the way to the Canadian House of Commons,” Gould Green’s petition reads.

from Indigenous Watchdog: <https://www.indigenouswatchdog.org/update/pretendians-under-fire-as-petition-gains-traction-across-canada/>

<https://www.cbc.ca/documentaries/the-passionate-eye/identity-wars-what-makes-an-indigenous-person-indigenous-and-how-do-pretendians-complicate-things-1.6595901>

Summer Camps:

<https://www.theguardian.com/music/2022/apr/05/american-summer-camps-rethinking-indigenous-names-rituals>

A long read, but check pages 25 to 35

<https://www.collectionscanada.ca/obj/s4/f2/dsk2/ftp01/MQ30211.pdf>

Movies:

<https://www.youtube.com/watch?v=RZBX5vtFZMk>

Submitted by Kathryn Harwood, member of THRUU (Truth Healing and Reconciliation Committee)

Green Corner: Forest Fires in Canada

The 2025 season was the second-worst wildfire season on record in Canada, behind only the 2023 wildfire season in terms of hectares of land burned. The largest fire was 1,397,877 acres (565,701 hectares) near Candle Lake in central Saskatchewan.



The 2025 Canadian wildfire season began with over 160 wildfires across the country in mid-May 2025, primarily in Manitoba, Ontario and Saskatchewan. Manitoba and Saskatchewan declared respective month-long states of emergency on May 28 and May 29, while fires formed or spread through the summer in British Columbia, Alberta, Quebec, Newfoundland and Labrador, the Yukon, and the Northwest Territories. Manitoba declared a second state of emergency on July 10 as a second wave of fires hit the region. Atlantic Canada faced heat waves and extreme fire conditions in early August, and fires began breaking out in Nova Scotia, New Brunswick, and the island of Newfoundland. In late August and early September, fires forced evacuations in the Northwest Territories and the interior of British Columbia.

Over half of the area burned in 2025 has been in Manitoba and Saskatchewan, while Alberta, British Columbia, and Ontario have all seen fires above annual averages. Almost every province in Canada was subject to wildfires. Wildfires were also extensive across Europe and the US, including the destructive Palisades fire in the Los Angeles area in January.

While wildfires are a natural part of the Canadian boreal forest life cycle, climate change has led to higher temperatures and drier conditions, leading in turn to more frequent and severe fires and a longer fire season. This led to 71% of the country facing abnormally dry conditions by the end of July, rivalling 2023 as one of the most widespread dry years on record and contributing to what would become a destructive fire season. The 2023 Canadian wildfires were the most destructive in recorded Canadian history, and the 2024 wildfire season, while less severe, was one of the worst. The fires of 2023, 2024, and 2025 were all among the worst 10 years on federal records, which go back to 1972.

It is widely understood that the planet will warm considerably in the years to come due to global warming, unless our CO2 emissions are decreased. This would also imply more wildfires in future years. You can join with ECAC in helping to contact politicians to change this situation.

Submitted by Jim Jordan, a member of UUCV's Environmental and Climate Action Committee.



GVAT's Big Bold New Plan!

At the end of our Listening Campaign in March, our congregation chose the climate crisis, housing affordability, healthcare costs and accessibility, and economic insecurity as our four major concerns.

Other GVAT members chose similar concerns. However, to keep organizing manageable, GVAT set only two priorities and decided to focus on the climate crisis and housing — the same priorities as last year.

Problems and solutions associated with climate and housing extend beyond Greater Victoria. They are nationwide! If GVAT is to be effective, it must act at least province-wide.

GVAT can't cover the whole province alone! Over the summer, therefore, GVAT's administration began planning how to link up with other like-minded organizations and combine our special strengths. GVAT's strength is that it represents thousands of voters through its member organizations.

This is a big, bold plan! Coordinating the work of GVAT's member organizations has been difficult enough. Coordinating GVAT's work with that of other organizations around the province is a major undertaking, requiring staff and money.

Time will be needed to put this plan into action. Your Core Team will keep you informed.

The picture on the right was taken a while ago. Our UU Community has always been prominent at events, and three of our members are in the photo: Marion Pape, in a green t-shirt, is in the front row; less visible are Jim Jordan and Judy Gaylord.



Since this picture was taken, the number of younger people working for GVAT has increased. The youthful vigour is welcome, and we hope it will attract more younger members!

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

MEANING MAKING: NOVEMBER



Worship Theme for November: Learning from Ancestors

"Meaning Making" is a collective of UU ministers in Canada who create a packet of materials around a different theme every month for UUs across Canada, including our congregation. For the

full packet (packed with quotations, spiritual practices, and many other resources to explore the theme), email rev.melora@victoriaunitarian.ca.

The UU Meaning Making Theme for November is **Learning from Ancestors**: The practice of learning from our ancestors' experiences. Many of our ancestors lived through times of great upheaval. What can they offer us right now?

Reflection Questions

- How does your understanding of ancestry influence your life's journey?
 - How do you name your lineage?
 - Who are your cultural and spiritual ancestors? How are they distinct from each other?
 - Who are the ancestors that provide guidance for you (or might do so)?
 - What do your ancestors offer at this moment, to you and the wider community?
 - How does the Earth speak to you as an ancestor?
 - Does your ancestry raise tensions or challenges and how do you respond to them?
-

Spiritual Practice: Ancestor Meditation

This is a simplified and adapted version of the first three of [Thich Nhat Hanh's five earth touchings from the Plum Village community](#), which connects you with your blood, spiritual and land ancestors. You are welcome to write your own words. Plum Village writes "we encourage you to write your own, so that you can go even deeper into your practice." Feel free to name particular ancestors.

Sit comfortably on the floor or in a chair. If you have created an altar to your ancestors, face the altar, or a lighted chalice. If you have a bell, place it near by.

Place your phone/laptop somewhere where you can see the words easily without holding your device.

Place your hands in prayer position.

Speak out loud.

In gratitude, I bow to all generations of ancestors in my blood and chosen family.

(and bow as is comfortable for you or nod your head and ring the bell)

I see my parents, whose life and vitality are circulating in my own veins and nourishing every cell in me.

Through them I see my grandparents and all the parents before. [I see all those who I call family, whose love and care hold me.]

I carry in me the life, experience, wisdom, happiness, and sorrow of all generations. The suffering and all the elements that need to be transformed, I am practicing to transform.

I open my heart, flesh, and bones to receive the energy of insight, love, and experience transmitted to me by my ancestors. Please support, protect, and transmit to me your energy.

As a continuation of my ancestors, I allow their energy to flow through me, and ask for their support, protection, and strength.

In gratitude, I bow to all generations of ancestors in my blood and chosen family.

(and bow as is comfortable for you or nod your head and ring the bell) (take three deep breaths)

In gratitude, I bow to all generations of ancestors in my spiritual family. *(and bow as is comfortable for you or nod your head and ring the bell)*

I see in myself my teachers, the ones who show me the way of love and understanding, the way to breathe, smile, forgive, and live deeply in the present moment.

I see the Buddha, Christ, [Confucius, Lao Tzu, Mohammad], as my teachers and spiritual ancestors. [I see all the wise yet flawed people whose teachings have shaped me and held me in the mystery.]

I see that their energy and that of many generations of teachers has entered me and is creating peace, joy, understanding, and loving kindness in me. I know that the energy of these teachers has deeply transformed the world.

I open my heart and my body to receive the energy of understanding, loving kindness, and protection from all those I claim as ancestors.

I am their continuation. I ask these spiritual ancestors to transmit to me their infinite source of energy, peace, stability, understanding, and love.

In gratitude, I bow to all generations of ancestors in my spiritual family. *(and bow as is comfortable for you or nod your head and ring the bell) (take three deep breaths)*

In gratitude, I bow to this land and all of the ancestors who lived here.

I see that I am whole, protected, and nourished by this land and all the living beings that have been here and made life worthwhile and possible for me through all of their efforts.

I see all those known and unknown [who have cared for this land, in particular the Indigenous people who lost so much so that I may be here].

I see all those who have made this country a refuge for people of so many origins and colors, by their talent, perseverance, and love — those who have worked hard [to teach and create and care, to build safety nets for all, to fight for and protect human rights].

I feel the energy of this land penetrating my body and soul, supporting and accepting me. I will use this energy to continue to repair and restore the earth and my relationships with Indigenous people.

I vow to cultivate and maintain this energy and transmit it to future generations. With humility, I ask this land for its protection and support.

In gratitude, I bow to this land and all of the ancestors who lived here. (*and bow as is comfortable for you or nod your head and ring the bell*) (*take three deep breaths*)

CONGREGATIONAL EVENTS

UU Walking Group: Mondays at 1 pm



Join us any Monday at 1 pm, rain or shine. Members of the group volunteer to lead these walks, which last up to one and a half 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

Pub Night: Monday, Nov. 3 at 7 pm

Monday, Nov. 3, 7 pm
LURE Restaurant and Bar
100 Harbour Rd.
Delta Ocean Pointe Hotel



Close to bus routes, with 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

Handbell Exploration: Wednesday Afternoons (Starting Nov. 5), 1:30 pm

Looking for a new way to connect with fellow community members and express your musical side?

Join us for a one month exploration of handbell ringing. Come and give it a try!

Wednesday afternoons in November 2025 (starting November 5) at 1:30 to 3:00 PM in the Common Room (Farmhouse).

No handbell experience needed. No performance expectation. Music reading is helpful but not required.

For more information please contact Anne Hill: bells@victoriaunitarian.ca or 250-896-2314.



New Slow Walk: Wednesdays at 1:30 pm

A new Unitarian slow walk, held every Wednesday at 1:30, has begun. We walk for half an hour. Fifteen minutes out and fifteen minutes back. All walks are created to allow as many people as possible with mobility and/or stamina issues to participate. The only notice for the walks will be in the monthly newsletter. There is always coffee afterwards.

Here is the schedule for November:

November 5

Meet at the watering can at Beacon Hill Park at 1:30. Coffee at Beacon Hill Diner.

November 12

Meet at Cafe Fantastico in Dockside Green. Park under the Save-on-Foods from Tyee Rd., one block from the Cafe. Coffee at Fantastico.

November 19

Meet at 636 Montreal St. Walk to Peter Pollen Park—coffee at Laurel Point.

November 26

Meet at the Willows Beach bathroom. Walk on the beach sidewalk. Coffee at Estevan Village.

Please don't hesitate to call if you have questions.

Anne Vaasjo - 250-884-5472



Fraud Prevention Presentation: Nov. 9, after Sunday Service



Mark your calendars. A detective constable with the Saanich Police Department will be giving a presentation on Fraud Prevention on **November 9** at UUCV after the Sunday service. Entitled “**Beat the Fraudster**”, the presentation will provide practical techniques to increase your financial and technological safety.

Allow 2 hours for this important educational session.

The presentation will also be available on Zoom.

Join Zoom Meeting

<https://zoom.us/j/97363150661?pwd=BtNKNFBxaizcXAibhKautbTfnP6dsZ.1>

Meeting ID: 973 6315 0661

Passcode: 170448

One tap mobile

+12042727920,,97363150661#,,,*170448# Canada

+14388097799,,97363150661#,,,*170448# Canada

Join instructions:

[https://zoom.us/meetings/97363150661/invitations?](https://zoom.us/meetings/97363150661/invitations?signature=ocovlo1_OdR4egufkhhxyZ_CJpyOQNDJKXvXZF1cBe8)

[signature=ocovlo1_OdR4egufkhhxyZ_CJpyOQNDJKXvXZF1cBe8](https://zoom.us/meetings/97363150661/invitations?signature=ocovlo1_OdR4egufkhhxyZ_CJpyOQNDJKXvXZF1cBe8)

Submitted by UUCV Admin Council Member, Bruce Nicol

Gardens and Grounds Meeting - Sunday, Nov. 9, 12:15 pm

There are two things I particularly enjoy about being the Gardens and Grounds chair. One is working with other people on various tasks. The other is getting to know our beautiful property – ask me where the Rattlesnake Plantain and the Rein Orchids grow!



There will be a Gardens and Grounds Committee meeting after church (12:15 pm) in the Oasis Room on November 9th. This is an invitation for you to help plan and set priorities for work on our 5 ½ acres!

Submitted by UUCV Gardens & Grounds Chair, Evelyn Peters

Messy Church: Friday, Nov. 14



What is Messy Church? This is a relaxed, come-as-you-are, jovial get-together for youth, their families, and middle-years adults in the UUCV community. A chance to eat together, play together, and deepen friendships. We decide on a different menu and activity each month. 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.

Contact [Jen Rashleigh](#) if you would like to be on the regular email list for this monthly event.

Song Circles: Fridays, Nov. 14 and 28



Join us in the SANCTUARY or on ZOOM. With Nancy Dobbs, Jewel Spooner and Bernhard Spalteholz

2025 DATES: Fridays Nov. 14th, Nov. 28th, and Dec. 12th.

TIMES for all sessions: 2:00-3:30 pm (feel free to come late or leave early if that is what works best for you.)

LOCATION: In the Sanctuary and on Zoom

Our Song Circles are informal, relaxed with a campfire vibe... songs of peace and joy; familiar, new, folk, world songs, lighthearted, chants... all with lyrics provided.

For more info or to join by Zoom, please email Bernhard at singforjoy135@gmail.com

Calming Our Spirits: Wednesday, Nov. 19 at 7 pm

The *Calming Our Spirits* evening worship services are designed to soothe our anxious nervous systems. Come, join Rev. Shana and Christine Taber in the Sanctuary 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 or questions, text Rev. Shana at [250-891-6331](tel:250-891-6331)

UU Men's Lunch: Thursday Nov. 20 at noon

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 or 250-884-3148.

A Gathering of Men: Saturday, Nov. 22, 10 am - 2 pm



*This workshop, led by David Hatfield, will be held at UUCV on **Saturday, November 22nd, from 10 am to 2 pm** — the day before he speaks at the UUCV Sunday service.*

In the complexities of daily living, relationships and work, we men can lose our sense of direction or purpose. Life transitions, parenting, challenging emotions or dull routines can leave us feeling dissatisfied, a bit lonely or facing difficult questions. And as always, things are changing. Codes of masculinity are shifting, and men are learning how to go past traditional ideas of manhood.

Whether life is going well or you have some things to sort out, you'll find inspiration, resources, and support for your learning and growth at this event. We'll spend time getting to know ourselves and each other in a mix of conversations and experiential activities. Together, we'll create a space to have fun, try out some new things, and share stories, humour, and knowledge. All those identifying as men are welcome. Diversity is strength: men of diverse ages, races, sexual orientations, and viewpoints are welcome.

By gathering together to explore who we are, and getting more real with ourselves and each other, we discover what's authentically important to us. It's a powerful and enriching gift we give to each other through our presence in a circle of men. Come and help make it happen.

Early registration helps us plan-- thank you!

Cost includes workshop & lunch: \$30 for UUCV members / \$40 non-members.

Register at <https://fucv.breezechms.com/form/davidhatfield>

[A brief summary of David Hatfield's experience is included with the description of his Sunday service on November 22nd, at the beginning of this newsletter. www.davidhatfield.ca]



At the Unitarian Universalist Community of Victoria, 5575 West Saanich Road.
Lunch provided with vegetarian, gluten & dairy free options.

Considering Coming of Age & Rites of Passage: Sunday, Nov. 23, 12:30 - 3:30 pm

*This experiential workshop, facilitated by David Hatfield, will be held after his homily at the UUCV Sunday service. An afternoon for discussion, ceremony and skill building **Sunday, November 23rd, 12:30 to 3:30 pm** at UUCV. Please note that there is a modest charge for this afternoon's event to help offset the cost of inviting David to share his expertise.*

Adult workshop; childcare available on request.



CONSIDERING COMING OF AGE & RITES OF PASSAGE. . .

An afternoon for
discussion, ceremony
and skill building

Sunday, November 23rd, 12:30 to 3:30 pm
at the Unitarian Universalist Community of Victoria.
5575 West Saanich Road.
Adult workshop; childcare available on request

Coming of Age in this modern world. What does it look like? What could it be? Let's take some time to reflect, learn and imagine together.

In this gathering, we'll look at the hallmarks of rites of passage developed over the centuries. We'll also look at modern examples. We'll take time to explore our own coming-of-age stories (or lack of) to help illuminate the human need for these foundational experiences.

And we'll learn practical skills: how to identify rites-of-passage needs in current youth culture and how to avoid emotional triggering from youth's negative behaviour. We'll learn concrete ways to implement rite-of-passage knowledge into our families and wider communities.

Questions we'll explore together include:

- What price are we paying for this omitted practice of human development?
- How are youth initiating themselves in the absence of intentional rites of passage?
- Who serves as elders and guides in youth culture? What is the role of peer groups?
- What formational stories are being told in our culture? Who is telling them? What can be done to help fill this void?

This workshop is a lead-up to our experiential Coming of Age program for youth being offered at the Unitarian Universalist Community of Victoria in early 2026.

Early registration helps us plan better-- thank you!

\$20 for UUCV member OR \$30 for both parents;
\$30 for non-member OR \$40 for both parents

Register at <https://fucv.breezechms.com/form/rites>

[A brief summary of David Hatfield's experience is included with the description of his Sunday service on November 22nd at the beginning of this newsletter. www.davidhatfield.ca]

Submitted by Co-Director of Family Programs, Jen Rashleigh

UU Lunch: Tuesday, Nov. 25 and Dec. 16

**Tuesday, November 25, 12:00 noon
Derby Restaurant at the Cedar Hill Golf Course
1400 Derby Rd, Saanich**

Curious about UU lunch? We meet monthly on the 4th Tuesday of the month. All UUs and friends in Victoria are invited, for conversation and fellowship. The restaurant is accessible, the food is good and reasonably priced.



Plan ahead for December — we will meet Tuesday December 16.

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.

Spirited Jazz in the Sanctuary: Sunday, Nov. 30 at 7:15 pm



Featuring the Karel Roessingh Trio
echoing the now traditional
musical favourites from
A Charlie Brown Christmas

A special treat,
with the Peanut's Gang
vocals by the UUCV
Kids Khor



From the creator of Peanuts, Charles Shultz, and his musical score from the pen of Vince Guaraldi, the Karel Roessingh Trio and the UUCV Kids Khor invite you to join us for an uplifting evening. A Charlie Brown Christmas will bring in the season with this endearing and delightful tradition.

The jazz trio will inspire with the instrumentals. The UUCV Kids Khor under the leadership of Christine Taber (UUCV Music Director & Taber Music School) will bring the Peanuts vocals to life as they join the trio and perform your favourite vocals from the musical. Pianist Karel Roessingh is a recording artist, musician, and composer for film and television, with 15 albums of his own, and a long list of film and television credits that include In the Company of Men, Police Academy - the series, Undersea Explorer, the Geometry of Beware, and Body Moves (all co-written with Ken Williams). Completing the trio, Karel brings two stellar and well-known musicians: bassist Joey Smith and drummer Kelby McNair.

Learn more: <https://www.roessong.com>

Hosted by our Reverend of Jazz, Shana Lynngood. Everyone is welcome. All donations go directly to the musicians and are very much appreciated.

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 or Lies at eweijjs@ryerson.ca for more information.

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.

We have no submissions for Caring Corner this week. If you would like to add your Care and Concern item to next week's newsletter, please reach out to the contact person for your neighbourhood group.

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](#)*

November Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Lynne Bonner	Nov. 1	Brock Brown	Nov. 12
Gloria Turner	Nov. 1	Pauline Kenneally	Nov. 12
David Vest	Nov. 2	Barbara Rintoul	Nov. 14
Lance Young	Nov. 3	Sam Wilmot	Nov. 15
Harry Moore	Nov. 4	Hanne Fair	Nov. 16
Marion Sollazzo	Nov. 4	Kit Filan	Nov. 17
Audrey Taylor	Nov. 4	Jamie Twidale	Nov. 18
Laura Porcher	Nov. 6	Jolene Kendzel	Nov. 21
Ian Warrender	Nov. 7	Simon Williams	Nov. 22
Lorna Anthony	Nov. 9	Linda Schlechte Petch	Nov. 28
Andy Lee	Nov. 9	Astro (Rowan) de Boer	Nov. 29
Bobbie Engel	Nov. 10		

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 Members On Duty

Nov. 2 - Ross Beauchamp

Nov. 9 - Lynne Bonner

Nov. 16 - Margaret McKelvie

Nov. 23 - Katherine Maas

Nov. 30 - Barry Wiebe

Canadian UUs Read: Saturday, Nov. 1 at 1-2:45 pm



Date/Time: Saturday, Nov. 1, 1:00 - 2:45 pm (Pacific Time) - online, Zoom

Free tickets: <https://buytickets.at/uuministersofcanada/1834200>

What ideas and perspectives will help us meet the challenges of this moment in time?

Join us as a panel of Canadian UU ministers propose a book for this time. Each minister chose the book that they think will make a meaningful read for winter 2026:

- Rev. Anne Barker - [Imaginable: How to Create a Hopeful Future—in Your Own Life, Your Community, the World](#) by Jane McGonigal (2023). "... we are called to create a hopeful, helpful future. *Imaginable* brings the tools." - Rev. Anne.
- Rev. Debra Faulk - [Embers: One Ojibway's Meditations](#) by the late Richard Wagamese (2016). Rev. Debra says that *Embers* provides "inspiration, comfort and direction. It is filled with practical advice for responding to hard times."
- Rev. Lynn Harrison - [The Eloquence of Silence: Surprising Wisdom in Tales of Emptiness](#), by Thomas Moore (2023). *Eloquence* offers "a fresh and healing approach to wisdom." It "speaks to the change in consciousness we may need in order to undo current systems of injustice." - Rev. Lynn.
- Rev. Pat Trudeau finds "hope and direction" in the revised edition of [Active Hope: How to Face the Mess We're in with Unexpected Resilience and Creative Power](#) by Joanna Macy and Chris Johnstone (2022).

- Rev. Rosemary Morrison - [Beyond Welcome: Building Communities of Love](#) by Linnea Nelson (2022). *Beyond Welcome* "brings to life the lived experiences of those living on the margins." - Rev. Rosemary.
- Rev. Samaya Oakley: [North of Nowhere: Song of a Truth and Reconciliation Commissioner](#) by Marie Wilson (2024). Samaya chose this book because it shows the importance of seeing the world with new eyes.

Audience members (that's you!) will submit questions. At the end of the event, everyone will vote on the book that will **set the theme for 2026's Sharing Our Faith packet**.

This experiment is one contribution to "Activating the Canadian Ecosystem," a year of connection, experimentation and learning.

Get your free ticket here: <https://buytickets.at/uuministersofcanada/1834200>

Submitted by Rev. Melora

Looking for Apartment

Looking for 1-BR apartment on ground floor (no basement, please) or in building with elevator in central location (e.g. Fairfield, Fernwood, Oak Bay, James Bay, Hillside, Cook St. Village or surroundings).

*Thank you for your help. Please call **Susanne** @ 250-592-5195.*

COMMUNITY EVENTS

BRAVE: A 5Rhythms® Dance Waves + Heartbeat Immersion with Anne Marie Hogya and Bettina Rothe



Sometimes it is challenging to find a forward momentum in life. We might feel stuck, have doubts about where we are going, or feel confused by all the available choices.

How do we find clarity and bravery for our next steps?

Bravery and courage are intertwined, maybe two sides of the same coin — and often on the other side, lies fear. So, this means to know bravery, we need to meet our fears and shine light on what lies beneath. Anxiety and distress are common when ‘braving’.

In this 5Rhythms® Waves and Heartbeat movement workshop we will explore the physical and emotional terrain of our brave.

Embodiment practices, a wooden sword ritual, as well as opportunities for speaking up will be part of this empowering weekend.

Together we will explore how to increase our tolerance and receptivity for bravery.

When we open ourselves to new possibilities of being and relating in the world we can take one brave step at a time and see where they take us.

Workshop Hours:

Friday, November 21: 7:00PM - 9:30PM

Saturday, November 22: 11:00AM - 6:00PM

Sunday, November 23: 10:00AM - 4:00PM

Venue:

The Sanctuary at First Unitarian Church of Victoria
5575 West Saanich Road, Victoria, BC

Cost (Prices are in Canadian dollars):

Regular: \$365

Reduced (Students, Seniors or Underemployed): \$325

Registration:

annemariehogya.com | annemarie@annemariehogya.com

All are welcome. No previous experience is required.

About The Facilitators

Bettina Rothe and Anne Marie Hogya met in 2000 in Marin, California during a month-long immersion with 5Rhythms founder, Gabrielle Roth. It was the start of a deep friendship that has lasted decades. Both Bettina and Anne Marie studied and trained with Gabrielle and 5Rhythms faculty and are accredited to teach the physical (Waves) map of the 5Rhythms. Anne Marie is also accredited to teach the emotional (Heartbeat) 5Rhythms map. Leadership development and sharing tools for impact and empowerment are key components in both Bettina's and Anne Marie's approach to healing and transformation. Both teachers have been offering their work worldwide for many years and have a wealth of knowledge to share.

bettinarothe.com | annemariehogya.com

Submitted by UUCV Rental Coordinator, Astrid Firley-Eaton

Ads

Inclusion of ads does not constitute an endorsement





UUCV Contact Info

Bradley Clarke

Caretaker

available by appointment

(no Monday availability)

bradley@victoriaunitarian.ca

778-967-5341 (cell)

UUCV 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

Office Administrator

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

IN PERSON Sun & Wed 11am - 1pm

churchoffice@victoriaunitarian.ca

Erin Carson DeWolfe

Communications Coordinator

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

PROMO SUBMISSIONS

we send an email each Friday at noon(ish)

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

E-WEEKLY email goes out in the remaining Fridays of the month. Deadline for the e-weekly is NOON on the preceding Tuesday.

Send all promo submissions to promo@victoriaunitarian.ca.

See the [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 Carson DeWolfe (with volunteer relief coverage). Many thanks to Karen Furnes & Deb Lilly for being our proofreaders.

(available for calls during above hours)
IN PERSON Tue 9:30am - 2pm
communications@victoriaunitarian.ca
778-557-3492 (cell)

Family Programs

Co-Director, Leanne Hopkins, with focus on children under 10, in collaboration with our Childminders.
(leanne.hopkins@victoriaunitarian.ca)

Co-Director, Jen Rashleigh, with focus on Youth programs, for children ages 10 and up.
(Jen.rashleigh@victoriaunitarian.ca)

Music Program

Christine Tabor
Director of Music
christine.taber@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

CONTACTS & LINKS

- [Website](#)
- [Event calendar](#)
- [Facebook](#)
- [Instagram](#)

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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