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In the Spirit | October 2025

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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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This Sunday's Service - September 28, 10:30 am

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.

Services in October

Sunday, October 5, 10:30 am

The Company We Keep

Rev Shana, Homilist

Jesse Invik, Worship Associate

On this Sunday, when we make our financial commitment to the congregation for 2026, we'll consider how we keep one another company through the tumult in our world and ups and downs in our personal lives. How do this place and these people serve as a touchstone? How do we navigate and embrace change together?

Music: Chalice Choir/Children's Choir

Sunday, October 5, 7:15 pm

Spirited Jazz in the Sanctuary

Dockside Drive ([see article below](#))

Sunday, October 12, 10:30 am

Embracing change! ...or not?

Lynne Bonner, Homilist

Karen Christie, Worship Associate

Change can be hard, yet that may be what's needed for personal growth. And yet acknowledging the traits that are part of our nature – i.e., learning to accept who we are -- is also a part of personal growth. It can be difficult to see which direction we need to pursue, and it may take time to discern (sometimes years!)

As Unitarian Universalists, we strive to improve ourselves, to nurture spiritual growth. As UUs, we also strive for acceptance, for understanding our own nature. So how do we navigate the seeming diametric choice between change and acceptance to find a better path forward?

Lynne Bonner is a member of this UU community, an occasional worship associate and a member of the UUCV Board liaising with the Spiritual Development Council. With a background in biology and natural systems, she is curious about human nature, about the interaction between our biological and our spiritual selves and is always up for delving into the big questions of "life, the universe and everything."

Music: UUCV House Band (Bradley and Madelaine Clarke and Ian Warrender)

Sunday, October 19, 10:30 am

Soothing & Centering for Anxious Times

Rev Melora, Homilist

John Hopewell, Worship Associate

Of course we're on edge. Of course we're worried and unsettled. Of course we veer into cranky more often than we'd like. Many of us are grappling with our own personal struggles. And the world is going to h*ll in a handbasket – human-inflicted suffering, human-inflicted climate collapse, painful polarization, and so much uncertainty. Our nervous systems are under assault. How do we cope? This service offers some spiritual practices to calm the nervous system and ground us in our own strength, so that we can be better able to walk through our days rooted in compassion - for ourselves and others.

Music: Chalice Choir

Sunday, October 26, 10:30 am

Ancestors in Faith

Rev Shana, Homilist

Jana Kotaska, Worship Associate

As we prepare for All Souls Day and honour this time of year when the distance between living and dearly departed often feels "thin", we'll be introduced to some Unitarian Universalist ancestors. How can we chart a path forward without regularly remembering who we come from? What do the stories of ancestors reveal to us about human resilience and struggle and beauty and triumph which might speak to us now?

Sunday, October 26, 7:15 pm

Spirited Jazz in the Sanctuary

Richard Moody Trio ([see article below](#))

Doreen Burgess Celebration of Life: Sat. Oct. 4 at 2 pm

We will gather to honour and celebrate the 101 years of life of Doreen Burgess on Saturday, October 4th at 2 pm. Many will remember Doreen's steady presence and grit and determination. Her granddaughter and family members will be with us to share stories and speak of her legacy. Rev. Shana will officiate.

As always, donations of finger foods for the reception are gratefully received.

The service will also be available on Zoom:

[https://zoom.us/j/94947281158?
pwd=O3Bys5ohFxx2Oa8paFU6L4wLkwghF1.1](https://zoom.us/j/94947281158?pwd=O3Bys5ohFxx2Oa8paFU6L4wLkwghF1.1)

Meeting ID: 949 4728 1158

Passcode: 178718

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Join instructions:

[https://zoom.us/meetings/94947281158/invitations?
signature=1YYGzq19_McBEoW37mA_R78_Q7DQzqTuKtgPPBChSnM](https://zoom.us/meetings/94947281158/invitations?signature=1YYGzq19_McBEoW37mA_R78_Q7DQzqTuKtgPPBChSnM)



Spirited Jazz: Twice in October!

Spirited Jazz starts our 2nd decade with the celebratory swinging sounds of **Dockside Drive** on **Sunday night, October 5**, in the Sanctuary. Along with our co-minister and Reverend of Jazz Shana Lynngood, join us for the celebration. Then, the **Richard Moody Trio** will fill the Sanctuary with fine jazz on **Sunday night, October 26**. All are welcome, and admission is by donation. With the addition of our state-of-the-art AV system, every seat is a good seat with a variety of viewpoints.

Dockside Drive - Sun. Oct. 5 at 7:15 pm



Celebrate!
**Start Our 2nd Decade
with the Swinging Sounds
of Dockside Drive**



Our Sanctuary will host the exciting, upbeat startup of our second decade with Dockside Drive on Sunday, October 5th. Enjoy swingin' jazz at its best with this eight-piece group and their happy-go-lucky musical compositions, complete with four-part vocal harmony.

Along with our Co-Minister and "Reverend of Jazz", Shana Lynngood, join us for the celebration. With the addition of our state-of-the-art AV system, every seat is a good seat with a variety of viewpoints for all.

Check out their Websites for more info:

Band Website: <http://www.docksidedrive.ca>

Band Press Kit: <http://www.docksidedrive.ca/epk/>

Richard Moody Trio - Sun. Oct. 26 at 7:15 pm



SPIRITED JAZZ

In collaboration with
PIANIST ATTILA FIAS
BASSIST LOUIS RUDNER

For the finest in jazz join us
October 26th 7:15 pm
Unitarian Universalist Community of Victoria

FEATURING
THE RICHARD MOODY TRIO

EXPLORATIONS
ON JAZZ
VIOLIN
Richard Moody

A 30-year veteran of the Canadian music scene, Richard Moody has toured the world and delved into almost every style a string player can. After an education in classical viola at the University of Manitoba and the Conservatoire Nationale de Musique in Caen, France, he co-founded the folk-rock group Acoustically Inclined, garnering national acclaim.

Richard's affinity for Jazz, and his love for the art led to the recent recording of "Explorations on Jazz Violin", released on vinyl, CD, and streaming. This nod to greats like Stephane Grappelli and Joe Venuti, with a straight-ahead '50s vibe, is a tribute to the art of jazz violin.

Sample Richard Moody Jazz at <https://richardmoody.ca/>

Calming Our Spirits: Wed. Oct. 22 at 7 pm

Wednesday evenings:

October 22 (Farmhouse Common Room) and November 19 (UUCV Sanctuary)

From 7 to 8pm

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

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



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. 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 be there to sing an honour song. Various snacks (in addition to the usual

ones) will be available to tide you over. 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



Evelyn Peters, Gardens and Grounds Chair



UUCV Portraits for our Breeze Directory: this Sun. Sept. 28 - right after service!

Have you heard people mention Breeze and wondered just what that is? Our UUCV directory (called Breeze) is THE online gathering place for all our names, photo portraits, addresses and kinship connections. We can't help but notice that this directory is missing a lot of people's photo portraits. We want to change that...

This Sunday, Sept 28th, bring your smiles and have your portrait taken! Family Programs is leading this effort, so expect to see youth photographers and the children's Program providing set decorations. Portraits will happen RIGHT AFTER service: You'll be handed a number as you leave the Sanctuary, and then invited (by number) to have your picture taken (we'll come find you in the Lion Hall during coffee time). If you need to leave promptly, or if you have mobility issues, just ask for a "Priority Number" (just like priority boarding at the airport).

We'll upload your portrait to the directory while you watch, so you can also check that all your contact details are up to date. FYI, we expect each portrait to take 5-10 minutes, and we'll have four photo stations on the go.

Huge thanks to the children, youth and adults who are helping to make this process happen!

And if you missed this Sunday – fear not. We'll do it again on Oct 5th. And, you can absolutely upload a photo by yourself onto Breeze.

Beware of Email Scams!

At least twice recently, members of our congregation have received scam or phishing emails that appear to come from a UUCV member or staff person – for example, asking you to purchase gift cards for them in a tough situation or requesting a list of members. These can be phishing emails, where a scammer is "fishing" for valid contacts which can be sold to shady marketing databases. Or attempts to receive gift cards without the promised reimbursement. Sometimes the email address doesn't match.

If you ever receive an email from someone in the UUCV community and the language feels "off" or you don't recognize the email address, please feel free to **forward it** to communications@victoriaunitarian.ca, and Erin can help determine if it is a scam.

Remember to change your email password periodically, especially whenever you suspect foul play. Thanks for your diligence in guarding against these abuses.

"Share the Plate" in October with The Nanaimo Unitarian Shelter

Since 2008, the [Nanaimo Unitarian Shelter](#) has served as a temporary home for hundreds of adults struggling with poverty, including seniors, people with disabilities, low-wage workers, students, those suffering from mental illness and people struggling with addictions. They provide a warm refuge, non-judgmental welcome and hot meals for people experiencing homelessness.



Our Unitarian Sister Fellowship in Nanaimo initiated a program to help the homeless and are still contributing and volunteering to help the unsheltered on our island. The program, still known as the Unitarian Shelter, has expanded and is now operated by Nanaimo Family Life Association. Highlights of the services include an extensive 2024 renovation, a shower program and extended care, by referral to other agencies.

Brian Short, a former UU Nanaimo member, will speak to this successful UU endeavour on Oct 12.

Share the Plate 2026: Thank You for Your Nominations!

Thank you to everyone who responded to our request for charity sponsors. The 2026 calendar is now full. Please contact a team member if you'd like to join the 2027 wait list.

Susan Layng: salwplg@telus.net

Lynn McKay: mckaylynn@icloud.com

Artist of the Month for October: Betty Sherwood

Betty Sherwood writes, "I have been drawing and painting all my life." I do it for my own pleasure. I love the grace of shapes and the subtlety of watercolours. Thinking about it, I will usually do a painting inspired by a friendship. When a friend has a birthday, I celebrate them by choosing a flower, bird, or butterfly from my garden and fondly painting a card for them.



When a friend shows me an image of their cherished place, I often do a watercolour as a gift for them.

When our Church Administrator, Karen Uldall-Ekman, retired, as a gift from the church, I painted the view from the church office across West Saanich Rd that she loved looking at each day. I no longer have these gifts, but Mary Theal and Chris Cook (our Arts and Aesthetics team) have graciously allowed me to hang reproductions of them.



As well as my love for my friends, I fell in love with hiking in the mountains around Lake O'Hara in Yoho National Park. Some of the paintings from there were sold, but I am happy to hang these originals for you to enjoy. I will also leave copies of my cards at the back of the Sanctuary for you to purchase.

Arrange with me (bsherwood@shaw.ca) to purchase anything you would like, as the Office doesn't handle this part.



Cheers, Betty

Honouring Our Long-Time Members

Each year, UUCV recognizes members who have been part of our community for many years, offering their presence, talents, and support.

This October, we celebrate them with a special **display in the Lion Hall each Sunday after service (10:00–12:30)**, beginning October 5th. Please stop by to view their photos and stories.

A **recognition ceremony** will also take place during a Sunday service later in October (date to be confirmed).

This year we honour:

- LYNN HUNTER - 22 years
- LOUISE DE LUGT - 22 years
- ISABEL JONES - 22 years
- HUGO SUTTMOLLER - 22 years
- LIZ GRAHAM - 23 years
- MIKE GRAHAM - 23 years
- AMALIA SCHELHORN - 24 years
- PHYLLIS GIRARD - 24 years
- PETER HANCOCK - 40 years
- FRAN HANCOCK - 40 years



Read their full stories and see their photos on our website:

<https://victoriaunitarian.ca/honouring-uucvs-long-time-members/>

*We have reached out to a few other long-time members and are still waiting to hear back from some. If this is you, and you would still like to be included for recognition, it's not too late! Please send your write-up and photo to Rosemary Harrison (rosehar3260@gmail.com) by **September 28th**.*

UUCV Name Tag Update

My name is Madelaine Clarke (she/her) and I am UUCV's Name Tag Coordinator. Thank you all – members, supporters and visitors -- for your patience with this complex, exacting and time-consuming process!

Your new, UUCV Name Tag will be ready for perusal from the wooden display case located in the Sanctuary Foyer **on Sunday, October 5th**. Before, during and after the ABC Luncheon, you'll find me standing beside it ready to respond to any questions or concerns you may have.

Please return any previous name tags you may have been issued **so I can repurpose the**

magnetic backing and/or the acrylic (pin-style) badge. Thank you for this consideration, which helps UUCV mitigate the perennial expense associated with ensuring that we, as a community, are aware of how to respectfully address one another *and* honour our individual preferences.

Questions? Contact Madelaine at nametag@victoriaunitarian.ca.

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 for online pledging 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 at <https://victoriaunitarian.ca/pledge/>. If you did not receive a copy of the ABC package, contact Kathleen Zimmerman at agresults@shaw.ca or 778-833-0158.

If you are a member or supporter of UUCV, please return your pledge form by October 12 via one of the following options:

- ♥ bring your pledge form to UUCV in person and drop it in the box in the Sanctuary or the office; OR
- ♥ send it in the mail; OR
- ♥ pledge online at <https://victoriaunitarian.ca/pledge>

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



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.*



ZGOF Application Deadline: Sept. 30

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 an **application deadline of September 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. 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.



October Update from Family Programs

Ah, October... time for scarves and slippers, enjoying favourite teas, soups, misty mornings.... Here are the major highlights in UUCV Family Programs that we hope will bring deeper meaning and connection within yourself, within your family, and within our larger community.

Messy Church: Friday, October 10

Mark your calendars for this Friday! We'll decide on the menu and activity closer to the date. Contact Jen Rashleigh if you would like to be on the regular email list for this monthly event.

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. 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: Sunday, October 19

In October, the apples on our two trees ripen, and this year we will 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 families (children, youth, parents) can join us on Sunday, October 19, during service to build a deeper connection to these two trees that bear such sweet fruit.

Encountering our Ancestors: Sunday, October 26

What do Charles Dickens, Kurt Vonnegut, Beatrix Potter, Pete Seeger, Louisa May Alcott, Robert Munsch, and Paul Newman all have in common? This November, we're creating a service where we encounter some of our Unitarian Universalist' Ancestors' – thinkers, doers, and movers-and-shakers from our shared history. We'll need actors and costumers from the congregation to help bring these characters to life, so stay tuned as we get ready for this

special service through October.

As always, we welcome your feedback, thoughts and ideas. Come find [Leanne Hopkins](#) or [Jen Rashleigh](#) after the service on Sunday, book a time to chat with us on a Thursday, or send us an email.

Submitted by Jen Rashleigh



Indigenous Matters - Decolonization: Embracing Change

It's complicated. Watch this first: [Graham Greene on Air Farce 111894](#)

In Canada, decolonization is a continuous process of dismantling colonial power structures, ideologies, and policies that continue to oppress Indigenous Peoples. It involves Indigenous Peoples reclaiming their cultures, languages, and sovereignty, while non-Indigenous people are called to recognize Canada's settler colonial history, challenge ongoing injustices, and create space for Indigenous self-determination through policy changes and the incorporation of Indigenous knowledge systems.



Our UU October 2025 theme of "Embracing Change" is a constant and ongoing challenge when considered with decolonization.

What is "colonial"? This question encourages non-Indigenous people to critically examine their own beliefs and the settler-colonial biases embedded in institutions and systems.

Ideally, change would lead to more inclusive and equitable institutions, policies, and practices that honour the humanity and contributions of Indigenous peoples.

Decolonization creates opportunities for genuine reconciliation by acknowledging past wrongs and working towards more just relationships based on respect and goodwill.

For society as a whole, decolonization promotes the integration of diverse perspectives and knowledge systems, enriching overall human understanding and problem-solving.

It moves society toward greater justice by dismantling systems that perpetuate inequality and exclusion based on colonial legacies.

It fosters stronger, more cohesive communities by valuing the histories, contributions, and sovereignty of Indigenous peoples.

[How Civilization Has Tricked Us All](#)

[How does colonialism shape the world we live in?](#)

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

Green Corner: Why Petitions Matter, You Still Have a Voice

Ever question whether your environmental and social action efforts have an impact? The following write-up confirms that petitions and lobbying efforts work.

Just over two weeks ago, the Department of Fisheries and Oceans Canada (DFO) shut down essential salmon monitoring programs across a wide swath of the province. This was a devastating thing to happen in the middle of spawning season, when every day that goes by without counting the numbers of returning fish leaves a bigger and bigger hole in the information needed to manage our salmon runs and fisheries.

These shutdowns happened because DFO failed to secure contracts for their Charter Patrol Guardians, also known as "creekwalkers." These are the dedicated individuals who walk and paddle our rivers and streams—up and down the coast and into the interior, to count returning salmon. This small handful of extremely hard-working and knowledgeable people provides an essential service at extremely good value for taxpayers.

Without the information these individuals provide, we're flying blind. If we don't know how many fish we have in our rivers, we can't conserve salmon runs, rebuild threatened populations, or provide opportunities for sustainable fisheries. They are the last people who should be cut.

Various environmental groups immediately wrote and called officials at DFO, all the way up to the minister. DFO officials couldn't provide adequate responses to their queries, so they raised the alarm, got the story out in the media and launched a call to action.

The environmental groups got an immediate meeting with the head of the DFO for the Pacific



Region, who informed them that the DFO was now renewing contracts for "creekwalkers" for 2025.

Nothing beyond this commitment, though. If you are concerned about our management of salmon for 2026 and beyond, please go to the [Watershed Watch Salmon Society](#) website to learn more.

This article was written by Bruce Nicol as a member of the Environmental and Climate Action Committee and may not reflect the opinion or belief of our community and its members.



"Draw the Line" Global Day of Climate Action

On Saturday, September 20th, UUs showed up at several events to "Draw the Line" on the Global Day of Climate Action.

The Global Day of Climate Action was important to our UU Community because of ECAC (our Environment and Climate Action Committee) and our membership in GVAT. Climate is a priority for both our committee and GVAT.

- UUs, organized by Jim Jordan, attended the Global Day of Climate Action at the Legislature.
- Other UUs joined the Seniors Rock event in front of the Royal Bank of Canada at Fort and Douglas in the morning. They sat in rocking chairs, gathering signatures on a petition.



- Still others joined the Climate Impacts Bike Tour led by Andrew Gage of West Coast Environmental Law.

- At 12 noon, ECAC and GVAT Core Team Members, plus many other UUs, including Rev. Melora Lynngood, carried our UU banner on the public march from the Legislature to Songhees Park in Vic West.
- The "Red Rebels", led by UU Amalia Schelhorn, along with "Elders for Ancient Trees", walked in protest of the threatened old-growth forest in the Walbran Valley from the Sequoia tree in Centennial Square to the Legislature. (Photo by Terry Dance Bennink.)



These multiple events drew the participation of many citizens in "Drawing the Line for the Climate."

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

Nominate Someone for the Heart & Hand Award

Do you know someone in our congregation whose quiet acts of service, generous spirit, or heartfelt contributions have made a difference in our community?

The Heart & Hand Award is presented **3 times a year** to recognize individuals who exemplify love in action – those who have offered their time, gifts, or presence in meaningful ways. **The dates for Heart & Hand Award presentations are December, January and June.**



This award is unique in that **recipients are nominated by fellow congregants**. If you know someone whose contributions you feel deserve to be recognized, we invite you to send a brief note explaining your reasons for the nomination to the **Recognition & Awards Committee**. You can submit your nomination at any time via email to rosehar3260@gmail.com or by dropping it off at the office.

Please note: if someone you nominate is ineligible due to having recently received another award, the committee will be happy to keep the nomination on file for future consideration.

Let's continue to celebrate the many ways love and service show up in our midst!

MEANING MAKING: OCTOBER



Worship Theme for October: The Practice of Embracing Change

NOTE: Our [Meaning Making small groups](#) have been extremely popular, and all groups are now **FULL**! Your facilitators are looking forward to exploring our Meaning Making themes with you, starting with "The Practice of Embracing Change".

Thanks for your enthusiasm, UUCV!

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?

*Not everything that is faced can be changed,
but nothing can be changed until it is faced.
- James Baldwin*

Reflection Questions

- What helps you to stay grounded in the midst of change?
 - When so much is in flux, how do you stay true to your values? How do you find the strength to act?
 - How are you in relationship with the changes that you are experiencing right now – both the changes you have chosen and the changes that have been imposed or chosen you?
 - What have you learned about the role of change in growth and transformation?
-

Spiritual Practices

In *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, Resmaa Menakem shares body-based practices to help people of colour and white people stay grounded, healing the wounds that get in the way of justice work. Anchoring is one of the useful practices for challenging moments. What follows is a brief highlight of a few of the practices of anchoring. Many more examples are shared in the book--we highly recommend it.



- **Anchor 1: Soothe yourself: quiet your mind, calm your heart, settle your body.**
 - Stop talking. For a few seconds, don't say anything. Just breathe.
 - Do something to slow things down. Take a long, slow drink from your mug; open or close a window; pet the cat; excuse yourself to go to the bathroom.
- **Anchor 2: Notice the sensations in your body.**
 - Notice sensations: your back against the chair, your tongue against the roof of your mouth. Name what you notice: heat, cold, constriction, pressure, etc..
 - Thoughts, emotions, and reactions will arise. Don't run off with them. Come back to your body and its sensations.
- **Anchor 3: Accept the discomfort—and notice when it changes.**
 - When your mind spits out actions, sit with them. Notice when the speed or focus of your thoughts changes.
 - Remind yourself that discomfort is protective, not defective.
- **Anchor 4: Stay present and in your body as you move through the experience.**
 - When your mind moves to what's wrong with you or with the other person, use the first three anchors to bring yourself back to the present moment.
- **Anchor 5: Safely discharge any energy that remains. Use this anchor after you have worked through the conflict, or disengaged from it for a time.**
 - Move your body consecutively for at least 20 minutes: exercise, walk, play sports (except those with long pauses), dance, do physical labor.
 - Follow your body's guidance. If you experience an urge to push your hands in the air or shake, do it. Unless your body wants to do something harmful, such as putting a fist into the wall. In that case, discharge the energy in a less harmful way—by punching a cushion, for example.

From the Canadian podcast A Little Bit Easier, a 2023 episode on Embracing, Encouraging and Celebrating Change. Two white middle-class women, Sarah Lang and Pam Lund, discuss the difficulty of personal change, even though we know "growth is on the other side of change."

**Accepting that the chaos is
normal and natural will help
us claim our creative
potential in it. Accepting the
chaos allows us to stop
demanding impossible
things from each other ...
adrienne maree brown**



So how do we encourage change in our congregations? First of all, we have to let go of our belief in quick solutions. Patience for the process is everything. What took a long time to create takes an even longer time to change ... Allowing for playfulness and for chance and serendipity can bring us unexpected and welcome surprises. Chance can actually move us toward major shifts in how we perceive ourselves. Beyond that, we need to reframe the questions we ask. Have we gotten stuck trying to solve the same problems, or have we failed to see tension as a rich resource to be mined? Finally, we

need to stay calm and present to each other. Change is more likely to come if we are able to step back and see ourselves clearly.

- Rev. Diane Rollert, "Embracing Change," Nov. 2010, UCMontreal

In Focus: Changing Your View



Want to change the world? According to Ojibway author and journalist Richard Wagamese, it's easier than you think—all you have to do is talk to your neighbour.

"It's an elemental thing," he explains. "The boundaries and perceived limits of your world change when you stop and talk to another human being. When you exchange stories

—where you came from, how you got there, how your life is going—the addition of that one story to your reality changes your world."

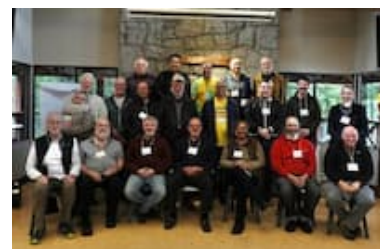
Seem too simple? For Wagamese, that's the beauty of it. "It's not a huge undertaking, it's not an enormous task or a quest," he says. "It's just talking. If you multiply that exponentially over seven billion people, where everyone is sharing one story with each other, the number of strangers in the world shrinks by the same process—you actually affect change by sharing stories."

From an Interview by John Threlfall | Mar 15, 2011

CONGREGATIONAL EVENTS

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). It is a fine opportunity to spend a weekend in the company of interesting men.

Submitted by Brian Short.

Song Circles: Fridays, Oct. 3, 17 & 31



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

2025 DATES: Fridays Oct. 3rd, Oct. 17th, Oct. 31, Nov. 14th, Nov. 28th. & 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

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 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

Pub Night: Mon. Oct. 6 at 7 pm

Monday, Oct. 6, 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

UU Men's Lunch: Thurs. Oct. 16

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.

UU Lunch: Tues. Oct. 28

Tuesday, Oct. 28, 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 on the 4th Tuesday of each month at the location shown above. 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.

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

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 Audrey at audrey_t@telus.net or 250-744-7338 for more information. Note: Audrey will be away October 18th - 25th.

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.

Member **Kathie Doerksen's** beloved husband, **Herman**, passed away on Wednesday, Sept 24, with the assistance of MAID (Medical Assistance in Dying). Kathie provided him with loving and steadfast care through to the end; he was able to visit with friends and family in the weeks leading to his death, and was able to have family with him when he passed. We hold Kathie in our hearts, wishing her comfort, ease, and replenishing rest. May she know that she is held in the love of her UU Community as she walks the next steps of this grief journey. May she be held as well by the big love that is intertwined with that grief. ladykathie@shaw.ca, (778) 533-3991

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](#)*

October Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Karen Sharlow	Oct. 1	Bruce Edwards	Oct. 16
Cedar Thokme	Oct. 1	Trish Henry	Oct. 16
Francois Duruisseau	Oct. 6	Shirley Marcuse	Oct. 16

Karen Furnes	Oct. 8	Rebecca Mellett	Oct. 16
Mariko Matsumoto	Oct. 11	Diane Pope	Oct. 18
Bowen Sterling	Oct. 12	Fritz Schulze	Oct. 20
Margaret McKelvie	Oct. 12	Marion Pape	Oct. 25
Scott Branch	Oct. 13	Helen Hvozdzanski	Oct. 27
Barry Wiebe	Oct. 13	Susan Lean	Oct. 28
Stu Whitney	Oct. 14	Diane Berry	Oct. 30
Norman Bell	Oct. 15	Kent Haden	Oct. 30
David Smith	Oct. 15	Doug McGinnis	Oct. 31
Kai Allen	Oct. 16		

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

Board Member on duty schedule for October :

Oct. 5 - Lynne Bonner
 Oct. 12 - Shirley Travis
 Oct. 19 - Peter Hancock
 Oct. 26 - Liz Graham

Connect with UUs Across Canada!

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

The CUC has many engaging events coming up — including several anti-oppression, reconciliation, and dismantling barriers events & sessions.

Check out: <https://cuc.ca/enews-september-2025/>

Looking for a Piano Partner

Johanna Spalteholz is looking for a piano partner to play duets with — she plays recorder and

would love to collaborate with a pianist. Ideally, someone who is available during the day and lives in the Royal Oak area.

If you are interested, please reach out to Johanna at ajspalteholz@gmail.com

COMMUNITY EVENTS

Justice: Exploring Humanity's Quest for Fairness, Equity, and Wisdom: Sun. Sept. 28 at 2pm

DATE: Sunday, Sept. 28

TIME: 2:00 pm

LOCATION: UVic Multifaith Center (West Campus Gate, next to Finnerty gardens, Parking Lot 6)

Free parking on Sundays.

Explore the evolution of Justice across cultures and ages. From ancient concepts of cosmic order to modern declarations of human rights, this presentation delves into humanity's ongoing quest for fairness, equality, and a harmonious world. Discover shared principles, signs of progress, and diverse perspectives on Justice.

Presented by Harold Rosen, an interfaith educator specializing in world religions, ethics, and comparative spirituality. Rosen designs and teaches courses on interfaith cooperation, civilization, and the intersection of science and religion. Author of *Founders of Faith* (2010): *The Parallel Lives of God's Messengers* and *Eye to the Ages* (2024) on the rise, fall and renewal of civilization. He holds master's degrees in education, religion, and philosophy. Rosen has worked and travelled extensively in Israel, Greece, England, India, China, Japan, Korea and Turkey.

JUSTICE

Exploring Humanity's Quest
for
Fairness, Equity, and Wisdom



Explore the evolution of Justice across cultures and ages. From ancient concepts of cosmic order to modern declarations of human rights, this presentation delves into humanity's ongoing quest for fairness, equality, and a harmonious world. Discover shared principles, signs of progress, and diverse perspectives on Justice.

Sunday, September 28, 2025 at 2:00 PM

Location: University of Victoria Multifaith Center
West Campus Gate, next to Finnerty Gardens, Parking Lot 6

**Free Parking on Sundays*



Harold Rosen is an interfaith educator specializing in world religions, ethics, and comparative spirituality. Rosen designs and teaches courses on interfaith cooperation, civilization, and the intersection of science and religion. Author of *Founders of Faith* (2010): *The Parallel Lives of God's Messengers* and *Eye to the Ages* (2024) on the rise, fall and renewal of civilization. He holds master's degrees in education, religion, and philosophy. Rosen has worked and travelled extensively in Israel, Greece, England, India, China, Japan, Korea and Turkey.

4th Annual South Island Powwow: Tues. 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 gelaagaia@hotmail.com, or text 250-857-0727).

Victoria Multifaith Society / Interfaith Liaisons Network

The next Victoria Multifaith Society / Interfaith Liaisons Network meeting is on Wednesday, October 15. The theme for our 3-minute (each) multifaith tour of the room is: **Concerns and Joys in our own community**.

For details or more information, contact Mariko Matsumoto (marikom2@hotmail.com), our liaison to the Interfaith Liaisons Network.

UUCV is a member of the [Victoria Multifaith Society](#).

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)

Church Office

Open:

9:30am-2pm Tuesday

11am-1pm Wednesday

11am-1pm Sunday (except long weekends)

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

Niki Mullin

Church Administrator

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

IN PERSON Sun & Wed 11am - 1pm

churchoffice@victoriaunitarian.ca

Erin Carson DeWolfe

Communications Coordinator

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

PROMO SUBMISSIONS

for the weekly and monthly newsletters.

We send a newsletter each Friday at around noon.

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

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

All promo submissions to:

promo@victoriaunitarian.ca

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

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.

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

Family Programs

Questions? Contact the Family Programs Director, Leanne Hopkins, who collaborates with the Co-Director and Childminders on family programs, (leanne.hopkins@victoriaunitarian.ca)

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

Co-Ministers

Rev. Melora Lynngood
rev.melora@victoriaunitarian.ca
Text/call 250-891-6330

Rev. Shana Lynngood
rev.shana@victoriaunitarian.ca
Text/call 250-891-6331

Monday is their day off (available for pastoral emergencies)
[schedule details & which minister does what](#)

Minister Emerita
Rev. Jane Bramadat

Lay Chaplains
laychaplains@victoriaunitarian.ca
Jenny Heston: 250-509-1240
Barbara Boyle: 250-381-0264
Oceanna Hall: 250-886-1077

CONTACTS & LINKS

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

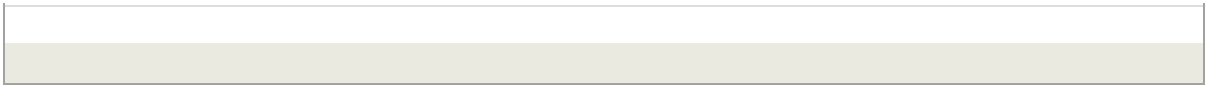
Unitarian Universalist Community of Victoria
5575 West Saanich Road
Victoria, BC V9E 2G1

ONLINE REQUISITION & REIMBURSEMENT FORM

For UU Community leaders needing to submit receipts for reimbursement for UU Community expenses, [here is the link to the online form.](#)

ARCHIVED MONTHLY NEWSLETTERS

Read or download
[In the Spirit Monthly Newsletter](#)



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