



In the Spirit | December 2025

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

Our Mission

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

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

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

Services in December

Sunday, December 7, 10:30 am

Care for Self, Care for World

Rev. Shana Lynngood, Homilist

John Hopewell, Worship Associate

We begin our exploration of this month's theme, communities of care, by looking at the concentric circles of caring. In these times, I have been puzzling over the tension between caring for oneself and caring for the larger world. We are told they are opposites. Caring for self is selfish and limited in all of the worst kinds of ways. Caring for the larger world, especially in this moment of crisis, is essential. What if we can do both? What if they are integrally related? How does caring for ourselves help us to care for others and the planet? Can we do all 3 at once?

Jennifer Mitchell, pianist

Sunday, December 14, 10:30 am

Modern Monastics

Rev Shana Lynngood, Homilist

Jesse Invik, Worship Associate

I have long been fascinated by the glimpses I have had of monastic life. It seems so deep, profound, but ultimately far too removed from life in the world. Perhaps my



understanding is short-sighted. What is it about cultivating the inner life that can help shape our interactions with the outer world? Can we bring the silence and beauty of retreat out into how we address collective problems? How does stepping back help us to then lean in? How do we use the darkness of winter to hibernate and create what's next?



Music: Chalice Choir

Saturday, December 20

Winter Quiet Solstice Ritual

Two In-Person Services: 4:00 pm & 7:00 pm (details below)

Jen Rashleigh and Leanne Hopkins (Family Programs), with Rev. Melora Lynngood

Ian Warrender, Worship Associate

Music: Mini-Chalice Choir with Christine Taber, Music Director

In Person Only

Whether you choose the family service or the later service, join us for a simple candlelit spiral ritual, with music in the sanctuary, to honour the solstice and join in a peaceful pause. ***This event will be in person only, due to the challenges of video in low lighting. See below for Zoom option.***

Family service (bring the kids!)

4:00 pm Gathering with snacks and Solstice activity, Lion Hall

4:30 pm Processional begins!

We line up with the youngest first, so they get a front-row seat to the magical glow of candlelight.

In Between Solstice Social

Around 6 pm, maybe as early as 5:30

Mac & cheese (with gluten-free and vegan options) & warm toasty drinks for all (those who just attended the family service, as well as those preparing to attend the 7 pm service). Lion Hall

Evening Service

7:00 pm Processional begins.

A gift! After the 7 pm service, anyone & everyone is welcome to take home cedar & sequoia boughs for home decor.



Saturday, December 20, 8:30 pm

Solstice Zoom Gathering

Jen Rashleigh, Family Programs, with Rev. Melora Lynngood

Online only

Join in some simple grounding contemplative time together on this longest night, as we reflect on the past year and prepare for the new year. A meditation with some sharing and candle lighting.

<https://zoom.us/j/92379906276?pwd=xy3TO91nCdwbdjeKzHRHX07F3U7Nv0.1>

Meeting ID: 923 7990 6276

Passcode: 072543

By phone audio only +1 778 907 2071 Canada

or find your local number <https://zoom.us/u/adkbVEOC0>

Sunday, December 21, 10:30 am

Classical Music Sunday

Riccio Strings, Guest Musicians

Lynne Bonner, Worship Associate

Join us for a classical music Sunday. Rest in the midst of the busy holiday season with music that soothes and stirs the soul.

Riccio Strings—<https://ricciostringquartet.ca/members/>



Wednesday, December 24, 4:30 pm

Visions of Peace

Rev Shana Lynngood, Homilist

Jana Kotaska, Worship Associate

The story of Jesus' birth is surrounded by visions and visitations. Angels appear to speak of the arrival of a spiritual role model and exemplar to usher in a new age of possibility and peace. The amount of faith and hope shown by all those who hear the tale of what Jesus' birth signifies is nothing short of stunning. What new visions might we welcome into our midst? How might we be harbingers of peace and goodwill?

Special Christmas music

Sunday, December 28, 10:30 am

Music of Presence

Edie DaPonte, Homilist

Lynne Bonner, Worship Associate

For a third consecutive year, the Edie DaPonte Trio comes to offer us jazz for reflection on the Sunday between Christmas and New Year's. How do the lyrics of some songs encourage you to reflect on what has been and what may yet be? What is in the process of becoming for you? Come enjoy the music of Attila Fias (piano), Joey Smith (bass), and Edie Da Ponte (vocals).

Music: Edie DaPonte Trio

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 Khoir



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 Khoir 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 Khoir 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.

Share the Plate for December

SOLID OUTREACH

SOLID began our services humbly in 2007 with one employee and twelve or so volunteers in a small office, providing drop-in HIV and HepC support groups and daily syringe recovery around the community. In 2017, we grew quickly to address the overdose epidemic, using our long-standing team of part-time volunteers to develop a team of highly committed and experienced overdose response workers. Currently, the SOLID team has expanded to over 100 employees, and our greater membership is made up of over 3,000 community members.

All of our staff provide experiential street support services to reduce the harms associated with poverty, drug use, and homelessness in Victoria.

SOLID provides overdose prevention services at seven sites in Victoria, outreach to homeless encampments, housing case management and housing support, health access, detox/treatment, Indigenous-led cultural programs, overnight sheltering and, most recently, supportive recovery services for people who have been chronically unhoused. All of these services are provided by and for people with lived experience of street life and the circumstances surrounding it, and are also a form of vocational therapy and psycho-social healing for all of our staff and our members who have the opportunity to become staff or volunteers.

All donations go towards additional material supports to individuals we see daily through our outreach teams, including Christmas Day outreach every year.

SOLID provides our services on the traditional, unceded territories of the Lkwungen (Songhees and Esquimalt) peoples. We acknowledge that we are guests on these lands. We are committed to building relationships with local nations to ensure our community work meets the needs of Indigenous peoples and settlers who are suffering from lack of access to basic needs such as housing, health, and community supports on these lands.

Learn more: www.solid-outreach.org

Heart & Hand Award - December

Our Heart & Hand Award recipient for December is **Hanny Pannekoek** (nominated by Shirley Marcuse):

I nominate Hanny for this award. As leader of the Royal Oak East neighbourhood group, Hanny is an outstanding leader. She cares deeply for all of us, encouraging our involvement in UU activities, visiting with love and generosity when we need her, and actively seeking to keep us involved in the priority of UU.



Hanny will light the chalice on December 7.

Rosemary Harrison, Recognition & Awards team.



Annual Budget Campaign final update



Our goal for the 2026 budget year was a real stretch. We needed to receive pledges totalling \$380,000. **As of November 24, we have received 193 pledges totalling \$381,700!**

Thank you so much to everyone who returned their pledge form. Thanks especially to everyone who was able to increase their pledge, and to new members who pledged for the first time. Your pledges enable us to plan for the coming year and continue to build a thriving community.

Thank you!

ABC Team – John Hopewell (Chair), Linda Grimaldi, David Hoadley, Jessica Houk, Barry Wiebe, Kathleen Zimmerman

New UUCV Name Tags Available Sunday, Nov. 30

On Sunday, November 30th, your new UUCV Name Tag will be ready for retrieval from the wooden display case in the Sanctuary Foyer, organized by last name as per usual.

Please return any previously-issued name tags and place them in the collection box you'll find to the right of the display case; refurbishing magnets and repurposing acrylic badges helps mitigate the perennial expense of name tag issuance.

We are a growing community, and as a welcoming congregation, name tags help newcomers feel welcome and ensure we can address one another respectfully by honouring our individual name and pronoun preferences.

P.S. For anyone interested in the volunteer Name Tag portfolio, please contact me at your earliest convenience. Thank you.

Madelaine Clarke
Farmhouse Resident/Name Tag Coordinator

Questions? Contact Madelaine at nametag@victoriaunitarian.ca.

Winter Holiday Season: Bringing Light to Others

As the days become shorter and the winter months approach, it is vital to reflect on the question: "What light can I bring to others?" In Greater Victoria, the realities of homelessness and the rising cost of food are pressing issues that affect many in our community.

Living without a home is especially difficult during wet and cold conditions. Those experiencing homelessness face daily challenges, and when it is both chilly and rainy, and hunger sets in, feelings of despair and hopelessness can deepen. Even small acts of kindness can make a significant difference in their lives.



This year, our UU community is inviting everyone to participate in a special gifting initiative that runs from the ***last Sunday in November to December 28th*** (five Sundays in total). We ask that you consider donating nonperishable food or warm clothing to help bring comfort to those who have so little.

- **Clothing Items:** Socks, gloves, toques, scarves, and blankets are especially valuable for those without shelter.
- **Nonperishable Food:** Shelf-stable food items are always needed.
- **Personal Hygiene Products:** Toothbrushes, toothpaste, shampoo, bar soap, and deodorant are in high demand.
- **Nutritional Supplements:** Products like Boost or Ensure can be helpful for individuals living in tents without cooking facilities who face nutritional challenges.

Your generous gifts of love and compassion can help alleviate, even if only a little, the burdens of poverty, food insecurity, and homelessness. Every donation is appreciated and will be distributed to SOLID outreach and the Food Bank at St. John's.

Please drop off your donations in the baskets located by the Outreach Table in the main foyer.

For further information or if you have any questions, you may contact Susan Layng at 250-370-2247 or email salwplg@telus.net.

Farmhouse Harvest Grapple Juice - ALMOST SOLD OUT!



The first two weeks of the Winter Market in the Lion Hall have enjoyed robust sales of Farmhouse Harvest's signature "Grapple" Juice -- a blend of the sun-ripened juice from grapes and apples that grow on the Farmhouse (literally) and near it (close to the Memorial Wall).



Served neat, with sparkling lemon water or your favourite joy juice -- it's a festive treat made with love on behalf of the Gardens & Grounds Committee by the resident caretakers of UUCV.

Please return your empty/clean Grapple Juice jars for re-use.

P.S. CASH SALES ONLY -- no IOU's, cheques, e-transfers or tip-tap.

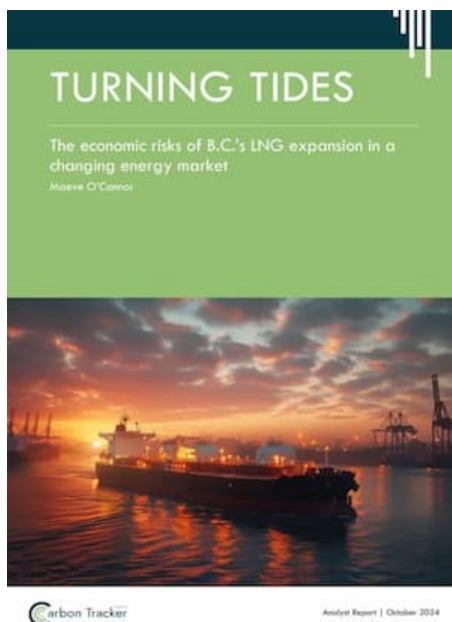
Madelaine Clarke - Market Coordinator & Grapple Juice Sales

Louise De Lugt: Notice of Change of Email Address

Louise would like to advise the UUCV congregation that **her email address is permanently changed** from her Shaw address to: delugtlooise@gmail.com, effective immediately.

Green Corner

If ever there was a misnomer, "Natural Gas" would certainly be high on the list. The word 'Natural' implies that its use is not harmful, and may even be beneficial to the environment. Nothing could be further from the truth.



In a report written by Carbon Tracker (Turning Tides) — an international financial think tank that specializes in the impact of the energy transition on capital markets — they compare the economics of all worldwide currently proposed liquefied natural gas projects that have yet to reach a final investment decision.

The report concludes that the four LNG terminals still awaiting final investment decision in British Columbia are likely to lose out to competition from low-cost producers in Qatar, the U.S. and Mozambique, which can supply significant volumes at lower prices.

The key findings of the report, which can be found on the [David Suzuki Foundation website](#), note that:

- The global liquefied natural gas (LNG) market will be oversupplied by the end of this decade. That means that the LNG terminals being proposed in BC would come onstream at a time when the market is oversupplied and prices are dropping. As the LNG projects in BC are

higher on the global operating cost curve, expected returns would be much lower than anticipated, impacting any royalties going to provincial governments or taxes paid to the federal, provincial or municipal governments.

- LNG projects are incredibly capital-intensive; the first phase of the recently completed LNG Canada project cost approximately \$50 billion. These funds would have been put to much better use if they had been invested in renewable energy projects.
- These LNG projects, which have terminals located along the coast, as well as pipelines (from the fossil gas-producing regions), are at risk of damage due to weather-related events and rising sea levels (both made worse by climate change).

If the LNG markets decline as anticipated in this report, the taxpayers of BC and Canada will be left with significant reclamation costs, as well as adding to the extremely significant GHG footprint already produced by the process of extracting, piping, liquefying and shipping the LNG.

We have energy alternatives to burning fossil fuels. It's a crime that the various levels of government continue to support the development of more LNG projects. If you share my concern, please sign the petition/letter that can be found on the David Suzuki Foundation website.

<https://davidsuzuki.org/project/lng-liquefied-natural-gas/>

The views expressed in this article may not reflect the opinion or belief of the UUCV or of its members.

Submitted by Bruce Nicol, a member of UUCV's Environmental and Climate Action Committee.

Indigenous Matters

Winter Storytelling Time

As the snow settles on the ground, covering Mother Earth with that protective blanket, we two-leggeds respond by settling into our lodges, and welcoming the warmth of connection and family that envelopes us. Stories are medicine.

As the nights become long and cold, all our relatives are resting. From the standing ones (trees) to the crawlers, from the flowers to the pollinators, all are resting. But we aren't the only ones that hear the stories; creator listens, spirit listens, and ancestors join us as the stories are shared. Stories are spiritual.

We share stories of tricksters, the winds and of origins. We share funny ones, sad ones and stories that warn us. One moment howling, the next reflecting on how brother muskrat has taught us how to be. Stories are teachers.



Stories have always guided us. Grateful and obligated to those ones who protected the stories, we are returning to old ways and old wisdom as we reclaim ourselves.



There are new stories about that reclamation, about that loss and about our futures. Stories are living.

—Kevin George, Associate Director, Indigenous Initiatives, University of Waterloo

<https://www.youtube.com/watch?v=4Vhz78DHZ-U>

<https://www.youtube.com/watch?v=6Xnd-jeMOgU>

<https://www.youtube.com/watch?v=lqxMREvW-L0>

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

MEANING MAKING: DECEMBER



Worship Theme for December: The Practice of Community Care

“Meaning Making” is a collective of UU ministers in Canada that creates 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 December is **The Practice of Community Care**

Reflection Questions

- How do the structures of your community encourage care?
- Who is within your communities of care? i.e. Who do you reach out to in need? Who reaches

out to you?

- What are the roadblocks for you when creating a caring community? How might you address them?
- What are examples of community care that you have observed in your lifetime?
- What do you need in order to be a person who can care?
- What needs to be in place for you to feel safe enough to speak about your needs?
- What does it feel like in your body when you feel cared for?
- What helps you to stay when things get hard? What can we put in place to help people stay in conversation when things get hard? What would make you stay? What is your reason for being in the community – is it bigger than the conflict?
- Why are you in communities?
- What is your understanding of why humans are in community?
- What are the different forms that care can take? What are your strengths in offering community care?
- How do power imbalances affect our ability to create communities of care?
- How do we show up in settings where there is a lack of community care?
- How do you experience the difference between community care and charity?
- How was caring modelled in your upbringing? Was there a gender bias?
- Do you find it easier to be cared for or to care for others? Are there some types of care that are easier to offer and/or accept than others? Does it change in different contexts?
- If you are a person who has difficulty asking – or does not ask – for help, what gets in your way?
- What needs does your community care for (or center), and what needs are ‘outside’ the circle of care? Whose needs are being centered?

Spiritual Practice: Inner Council

Early in my working life, I was invited to a workshop where we unpacked conversations that had not gone as well as hoped. We recreated each conversation as if it were a play, with one person playing me and another person playing the person I’d been talking to. The two people played out the conversation as I remembered it, and the facilitator would stop after each sentence and ask what I was noticing at that particular point. When the conversation was examined in this way, I was amazed at the many feelings and memories that had been called up in the conversation.

As each element was identified, it was written on a post-it note and given to a person to hold. That person was then directed to stand somewhere near the two people trying to have a conversation. They were invited to speak up when they felt there was a role for them.

Eventually, there were so many people standing up that it was hard for the two people to see each other. With all the people talking, it was impossible to hear the conversation itself. Which was probably the point of the exercise!

There are lots of tools available to help us identify all the parts of ourselves in conversation. One way to sit with a conversation that has stirred up difficult feelings is to fold an 8 1/2 x 11" piece of paper in half lengthwise, and write out as much as you can remember about the conversation down the left-hand side. Then come back to the beginning and make notes on the right-hand side about everything that you can remember thinking, line by line. It may be difficult at first, but with practice, it's possible to reconstruct significant chunks of conversation.

As you identify your thoughts and feelings, it can be easy to be overly critical of ourselves (or of the other person). Try to imagine that you are an observer who is fair-minded, caring, and compassionate.

Author Pixie Lighthorse invites us to find the wisdom in our inner voices and assemble what she calls our 'inner council':

"Each of us has a mental panel made up of supporters and fearmongers, wounds and memories, a witch brewing healing or a warrior ready to raise the sword. We are under many influences, causing us to feel uplifted or beaten down."

Who is part of your inner council? Does your council include ancestors? Spiritual teachers? Take some time to write down the names of your council. You might look in magazines for pictures that fit with each council member.

Download Pixie Lighthorse's free Inner Council worksheet here:

<https://www.pixielighthorse.com/worksheets-subscribe/>

Our congregation subscribes to *Meaning Making*, a theme-based resource developed by Canadian UU ministers. These questions and spiritual exercises are excerpts from the December Meaning Making Packet. Meaning Making Packets are created by a team of Canadian UU ministers: Arran Morton, Fiona Heath, Karen Fraser Gitlitz, & Lynn Harrison, with administrative support from Crystal Ironside
www.MeaningMakingProject.com

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

New Slow Walk: Wednesdays at 1:30 pm

We will be happily continuing the short walks for people with challenges. It is 15 minutes out and 15 minutes back - and then off to the final and best part, coffee.

All the walks start at 1:30 on Wednesdays.

Here is the schedule for December:

December 3

Meet at the parking lot on Songhees Road where it meets the Songhees Walkway, just on the west side of the Delta Hotel.

December 10

Meet at the Breakwater Cafe, Ogden Point. We will enjoy the Point or walk along Dallas, depending on the weather.

December 17

Bryden Park. Park your car at the very end of Viewmont Ave. This is further out, so I hope that people in Saanich will find it easier.



Image: The Wednesday short walk group during a walk at Willows Beach.

Questions? Phone or text Anne Vaasjo: 250-884-5472 (her email is not working), or contact Lynn Hunter: lynnhunter2828@gmail.com

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 eweij@ryerson.ca for more information.

G&G's Winter Market: only three weeks left! (Sundays, Nov. 30, Dec. 7 & 14)

To date, the Winter Market has enjoyed robust sales of Farmhouse Harvest's 'Grapple' Juice, and guest vendors Virgil Sampson (Tsartlip artist) and Namgis Elder Jean Smith (Devil's Club healing products) have been pleased with their sales, feel welcomed by our community and have taken special delight in our children's antics in the Lion Hall!

Please join us for the final three weeks of this seasonal fundraising event! Here's what's coming up next:

- Puzzle sales on November 30th and December 7th
- UUCV Quilting Artist Karla Thomson on November 30th... and *maybe* December 7th
- Elder Jean Smith returns with Devil's Club ointments, tea, jewelry, and baby soothers on December 7th
- Virgil Sampson returns with paintings, mandalas, drums, tree ornaments and more (!) on December 14th
- More surprises planned for December 14th—yet to be announced!

Thank you for supporting the Gardens & Grounds Committee! We're a hard-working, hands-on group of volunteers dedicated to forest restoration and stewardship of this land and its waters through careful maintenance and beautification projects.

Madelaine Clarke - Market Coordinator & Grapple Juice Sales

Pub Night: Monday, Dec. 1 at 7 pm

Monday, Dec. 1, 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

Christmas Wreath Making for the Sanctuary: Dec. 5, 11 am

Again, this year we will be making large Christmas wreaths for the Sanctuary.

Join us for what has become a joyous tradition. There will be tea, coffee, homemade muffins, and Dutch speculaas to sustain you while you work.

We will start at **11 am in the Sanctuary**, and by 12:30 we will have glorious wreaths decorating the Sanctuary for the Christmas season.

There will be wreath frames available, greenery and decorations, and lots of help. Bring pruning shears if you have them and, if you wish, gloves.

Donations of Holly, Cedar, Fir, etc. would be wildly appreciated!

Text Betty Sherwood, 263-508-1276 or e-mail bsherwood@shaw.ca to let me know if you will be there.

Submitted by UUCV Members, Betty Sherwood and Hanny Pannekoek



UUCV 2025 Winter Concert: Saturday, Dec. 6, 7 pm

Now that the Year is Turning: Soul Meets Winter *UUCV Winter Concert*

Date & Time: Saturday, December 6, 2025, at 7 pm

Featuring: Our Chalice Choir, Men's Choir, Cantabile Handbell Choir, Soloists and our popular sing-along.

Admission by cash donation. All proceeds go to local food banks.

Join us for a reception after the concert!



Song Circle: Friday, Dec. 12



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

DECEMBER DATE: Friday, 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, and world songs; lighthearted; chants... all with lyrics provided.

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

UU Lunch: Tuesday, Dec. 16

Tuesday, December 16, 12:00 noon
Derby Restaurant at the Cedar Hill Golf Course
1400 Derby Rd, Saanich

Last UU lunch of 2025 - let us get together for some seasonal cheer! All UUs and friends in Victoria are welcome. 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.

UU Men's Lunch: Thursday, Dec. 18, 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.

Christmas Day Potluck Lunch - Thursday, Dec. 25, noon (sign up in Lion Hall or use link below)

Do you feel a bit overwhelmed by Christmas? Would you rather spend an afternoon with warm friends, great food and good conversation?

Join us for the Christmas Day potluck lunch, from noon to 2 pm. Turkeys have been donated, but the rest is up to us.

After lunch, from 2 - 3 pm, we will have activities like card games, board games and crafts - and lots of coffee and dessert.

There is also a gift swap - bring something and take something gently used or new (\$10 or thereabouts). All the unclaimed gifts are usually donated to a youth program.



Sign-up will take place after the service at the Lion Hall. Or sign up here: <https://bit.ly/48ddNv5>

Volunteers are needed to run activities and to help with cleanup.

Questions? Contact Gita gitanjali.johniyam@gmail.com or talk to Gita, Sylvia Krogh or Julie Deans after the service in the Lion Hall

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.

Alan Dawson -- pillar of leadership at our sibling congregation, Capital UU, and father of our UUCV member, **Kim Dawson** -- passed away on Wednesday, November 26. We hold Kim and his wife, Jan, in our hearts, wishing them comfort and ease as they navigate the days ahead. Condolences as well to Alan's wife, Elizabeth, and the whole Capital UU Congregation. Kim Dawson: kadawsonphd@gmail.com, (250) 899-1794

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](#)*

December Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Michael Greenly	Dec. 1	Penny Boyce	Dec. 17
Aiyana Petronis	Dec. 1	Carol Riseing	Dec. 17
DeLisa Lewis	Dec. 2	Jim Jordan	Dec. 18
Dafeny Horne	Dec. 4	Rosemary Harrison	Dec. 20
Victoria Barr	Dec. 4	Nolan Branch	Dec. 21
Jim Willis	Dec. 6	Jasper George	Dec. 21
John Dalgety	Dec. 7	Paula Steele	Dec. 21
Liz Graham	Dec. 7	Archie McGugan	Dec. 22
Jan Dawson	Dec. 8	Hugo Sutmoller	Dec. 22
Nancy Dobbs	Dec. 10	Ruth Welburn	Dec. 23
Kathryn Harwood	Dec. 10	Christine Peterson	Dec. 24
Anne Bowers	Dec. 11	Karen Christie	Dec. 26

Lesley Duthie	Dec. 11	Heather Mitchell	Dec. 29
Dylan Bailey	Dec. 15	Alan Boyle	Dec. 30
Rowena Locklin	Dec. 15	Kim Dawson	Dec. 31

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

Dec. 7 - Peter Hancock
 Dec. 14 - Liz Graham
 Dec. 21 - Lynne Bonner
 Dec. 28 - Margaret McKelvie

CUC: Trans Spaces of Safety & Belonging: Transforming Hearts Collective 3-Session Program

Join Rev.Melora in attending this CUC* sponsored program for all Canadian Unitarian Universalists.

*Canadian Unitarian Council- our National organization of Unitarian Universalists

Register here: <https://cuc.ca/events/transforming-hearts-1/>



Pt. I: Tuesday, December 2: 4:00 pm Pacific (90 minutes)
 Pt. II: Thursday, December 4: 4:00 pm Pacific (90 minutes)
 Pt. III: Tuesday, December 9: 4:00 pm Pacific (90 minutes)
 Q&A: Saturday, December 13: 10:00 am Pacific (90 minutes)

At a time when anti-trans legislation and hostility are on the rise, how do we live into our principles

and values of worth, dignity and inclusion? Many have asked, “What can we do?”

In December, we’re bringing in the Transforming Hearts Collective, a collective of Unitarian Universalist queer, transgender and nonbinary faith leaders who provide support and educational programming, to offer Canadians a free 3-part program on building safer, more welcoming spaces for trans and queer people.

We’re inviting allies, accomplices, and advocates from each congregation and community to take part. All are welcome, and we especially encourage each congregation/community/organization to send at least two ally representatives who can bring the learning back to their communities so we can flourish in this work together. In this time, we’ll learn from the program’s creators, connect across our networks, and equip our communities with the tools to act with courage and compassion.

There will be 4 sessions altogether.

On **December 2, 4 and 9**, CUC staff will host the 3-part “Responding to the Anti-Trans Movement” course. This online course has 25-35 minute videos by Alex Kapitan, accompanied by reflections and resources. CUC staff will play the video and facilitate the reflections.

On **Saturday, December 13**, the series will finish with a Q&A session with Transforming Hearts Collective co-creators Alex Kapitan and Teo Drake.

Affirming the holiness of Trans & Nonbinary people - UUA interfaith public statement

(Our congregation, the UU Community of Victoria, is a member of the UUA, the Unitarian Universalist Association, which includes all UU congregations in the United States as well as some of the UU congregations in Canada and other countries.)

The UUA and eight other denominations declare that people of all gender identities are holy and beloved.

Leaders from diverse faith traditions, including Unitarian Universalism, the Union of Reformed Judaism, the Episcopal Church, and more, have joined a public letter to unequivocally proclaim the holiness of Transgender, Nonbinary, and Intersex people. In a time when the US is failing to live up to its foundational ideals of equality and justice, people of faith and goodwill in the States have come forward to defend the very values that define American democracy.

Read more here: <https://www.uuworld.org/articles/uua-statement-trans-intersex-nonbinary-rights>

COMMUNITY EVENTS

Finding Threads of Unity in Polarized Times: Gita Badiyan - Sunday, Nov. 30, 2 pm

Location: UVic Multifaith Center (West Campus Gate, next to Finnerty Gardens, Parking Lot 6

**Free Parking on Sundays*

The current state of public discourse and heightened levels of polarization in society have so sadly become familiar features of modern life. Growing ideological divides and increasing homogeneity of social environments are intensifying divisions and fracturing shared spaces making it difficult to restore civility and productive dialogue.

We'll examine how to connect across differences; to find threads of unity with humility, curiosity and shared understanding; and how to shape our attitudes, behaviors and social structures into more mature models of community life.

Let's discuss how such a unified approach upholds truth-seeking for the greater good.

FINDING THREADS OF UNITY IN POLARIZED TIMES



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Let's discuss how such a unified approach upholds truth-seeking for the greater good.

Sunday, November 30, 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*



Over the past 25 years, Gita Badiyan has collaborated with organizations committed to values-driven leadership and high-performing culture. As a management consultant, she has helped professionals make the leap to servant leadership as they cultivate courage and foresight in their organizations. Gita also serves as an Associate Faculty in Leadership Studies at Royal Roads University. She is a proud mother of three adult children who help make a positive difference in the world one day at a time.

Submitted by UUCV Member Carol Smith.

Ads

Inclusion of ads does not constitute an endorsement



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admin@islandmontessori.com

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spots still
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2024/2025



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)

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

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

(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

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).

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for being our proofreaders.

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

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

Read or download

[In the Spirit Monthly Newsletter](#)

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