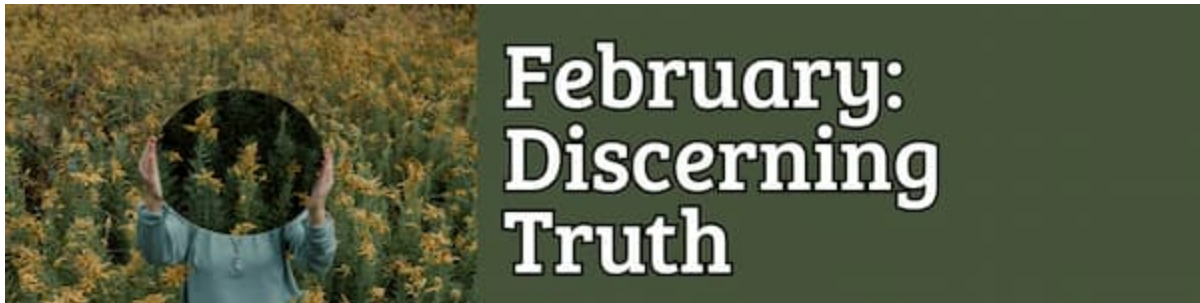


[View this email in your browser](#)



## In the Spirit | February 2026

view monthly [newsletters](#)

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

### Our Mission

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

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- [Services in February](#)
  - [“Share the Plate” in February: Extreme Outreach Society](#)
  - [February Honoured Volunteer - Madelaine Clarke](#)
  - [Artists of the Month for February: UUCV Quilters](#)
  - [Upcoming Events: Family Programs](#)
  - [Help Us Celebrate the Many Hands That Shape Our Community](#)
  - [First Unitarian Church of Victoria Foundation Call for Proposals](#)
  - [GVAT's Many Successes](#)
  - [Green Corner: Climate Tipping Points & Positive Feedback Loops](#)
  - [Indigenous Matters: Discerning Truth](#)
  - [Zoie Gardner Overseas Fund: Application Deadline April 30, 2026](#)
  - [MEANING MAKING: FEBRUARY](#)
  - [Worship Theme for February: Discerning Truth](#)
  - [Reflection Questions](#)
  - [Spiritual Practices](#)

- [CONGREGATIONAL EVENTS](#)
- [UUCV Sweetheart-Friendship Tea and Concert: Wednesday, Feb. 11, 2:30 pm](#)
- [Spirited Jazz in the Sanctuary: Sunday, Feb. 15, 7:15 pm](#)
- [“Calming our Spirits” Returns: Wednesday, Feb. 18, 7 pm](#)
- [Coldest Night of the Year Fundraising Walk - Saturday, Feb. 28](#)
- [UU Walking Group: Mondays at 1 pm](#)
- [Short Walks/Long Coffee in February](#)
- [Anxiety & Depression Support Circle](#)
- [Pub Night: Monday, Feb. 2 at 7 pm](#)
- [Everyone Welcome to the Friday Song Circle 2026](#)
- [Messy Church: Friday, Feb. 13](#)
- [UU Men’s Lunch: Thursday, Feb. 19, noon](#)
- [UU Lunch: \\*\\*NEW LOCATION\\*\\* Tues., Feb. 24, noon, Fifth Street Grill](#)
- [RSVP for Nanw’s Celebration of Life](#)
- [Meal Train for Bobbee & Sam - Help Needed](#)
- [Our Caring Corner](#)
- [February Birthdays](#)
- [Board Members On Duty](#)
- [Arrest of UUA President, Rev. Dr. Sofia Betancourt](#)
- [RAMP! Reciprocal Annual Mentorship Program: Applications Due Feb. 8](#)
- [COMMUNITY EVENTS](#)
- [Sacred Circle Dancing: Victoria Dancing Circle’s 2026 “Celtic Wheel of the Year” Series](#)
- [20th Annual World Religions Conference - Sunday, Feb. 1, 4:30 pm](#)
- [Amid: Iranian Women’s Stories in Victoria - Feb. 2-8](#)
- [ADS](#)
- [UUCV Contact Info](#)

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

## Services in February

**Sunday, February 1, 10:30 am**

*The Word for World is “Forest”*

Reilly Yeo, Guest Homilist

Lynne Bonner, Worship Associate

The Word for World is “Forest” – In her incredible book “The Word for World is ‘Forest,’” Ursula K. LeGuin says “In diversity is life, and where there’s life there’s hope.” Our forests - particularly old-growth forests of extraordinary complexity - are some of the most diverse ecosystems on Earth. Come celebrate their spiritual richness, and learn what My Climate Plan and other organizations are doing to protect them, restore hope, and restore the sacred balance.



Reilly is a co-founder of My Climate Plan, a beneficial membership organization helping people and their communities prepare for and respond to climate change. As an interfaith chaplain, her work addresses the spiritual causes and consequences of climate change, and the larger polycrisis that defines our time. She lives on the unceded territories of the Swenghung, a Lekwungen-speaking people, with her partner Jamie and their two children Avery and Elyse.

Music: Chalice Choir

### **Sunday, February 8, 10:30 am**

*Masculinity: A broader vision*

Rev Melora, David Tietz, Johnathan Savard

Johnathan Savard, Worship Associate

Narrow ideas about gender limit us all, including those who identify as boys and men. In this service, we consider how men can move beyond inherited norms and discover greater freedom in living as whole human beings. We explore what it means to grow beyond constraining expectations and into lives marked by care, compassion, patience, and connection. Rev. Melora will offer an opening reflection, followed by reflections from UUCV members and worship team members David Tietz and Johnathan Savard.

Music: Cantabile Handbell Choir

After the service: [Wassail!](#) (details in Family Programs article below)

### **Sunday, February 15, 10:30 am**

*The Just and the Right*

Rev Shana, Homilist

Karen Christie, Worship Associate

In this auction-requested sermon, I will explore where the just and the right intersect and overlap, and those moments when they are not aligned. In seeking justice for all people, how do we understand the paradox that (sometimes) in order to pursue justice and equality, we have to question long-held assumptions about what is right?

Music: Chalice Choir

[Spirited Jazz, 7:15 pm](#) (details below)

### **Sunday, February 22, 10:30 am**

*The Heart of Truth*

Rev Shana, Homilist

Mollie Twidale, Worship Associate

With the rise of AI and Google searches and social media, the amount of misinformation and disinformation that we are exposed to every day is at an all-time high. How do we sift through it all to find what is real and true? How do we stay grounded in our own lives and see clearly the lives of

those around us? Can we rely more on our intuition and deep understanding of what it means to love?

Music: Bare Bones Band

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## “Share the Plate” in February: Extreme Outreach Society

Extreme Outreach Society is a local non-profit organization with a vision to break the cycle of poverty, addiction, and homelessness. They provide unique free programs and services for disadvantaged children, youth, and their families. Through love and acceptance, they aim to transform communities one life at a time by bringing hope and inspiring dreams. Their outreaches and programs include a BBQ outreach, Summer Camp, Extreme Adventures, Youth Job Skills Training, mentorship, SuperKids Christmas event, Warm-A-Soul stocking campaign, and more. Through their Warm-A-Soul stocking campaign at Christmas, they also serve Indigenous communities and individuals living in local shelters, rehabs, supportive housing, and on our streets.



Extreme Outreach's programs provide meals, games, basic essentials, unique and fun experiences, and mentorship for recipients. Oftentimes, it is the same children and youth attending the various programs, so they are able to build significant relationships with staff who provide them with a consistent, friendly presence. They encourage the children and youth to get involved with serving each other and their community, which builds their confidence.

Their office doubles as the Extreme Coffee House, where all food and drink purchases are made by donation. Any proceeds after expenses go towards the outreaches and programs. The Coffee House has been a warm and welcoming place for the community for 10 years, training and empowering over 100 youth through the Youth Job Skills Training Program. Complimentary WiFi is available, as well as a fun children's play zone. Open Monday-Friday from 8:30-3:30, located at 102-284 Helmcken Rd in View Royal.

*You can find more info on Extreme Outreach's programs and make a donation at [www.extremeoutreach.com](http://www.extremeoutreach.com).*

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## February Honoured Volunteer - Madelaine Clarke

**As Deb Lilly writes:** I nominate Madelaine Clarke for volunteer recognition. Many times I've seen her offering tireless help, knowledge and guidance for our UU community.

Madelaine coordinated the project to create new name tags for everyone, with a simple design that looks great — and helps us get to know each other better.



Madelaine spearheaded kitchen revitalization, including labelling cupboards and finding ways to obtain sets of dishes and linens for more elegant dining.

She organized the festive Winter Market in Lion Hall on behalf of the Gardens and Grounds Committee, coordinating with a variety of vendors and selling UUCV's own "Grapple Juice". The juice was the result of a team effort, starting with Family Programs harvesting apples and ending with Madelaine's impressive labour to steam-juice the apple/grape mixture.

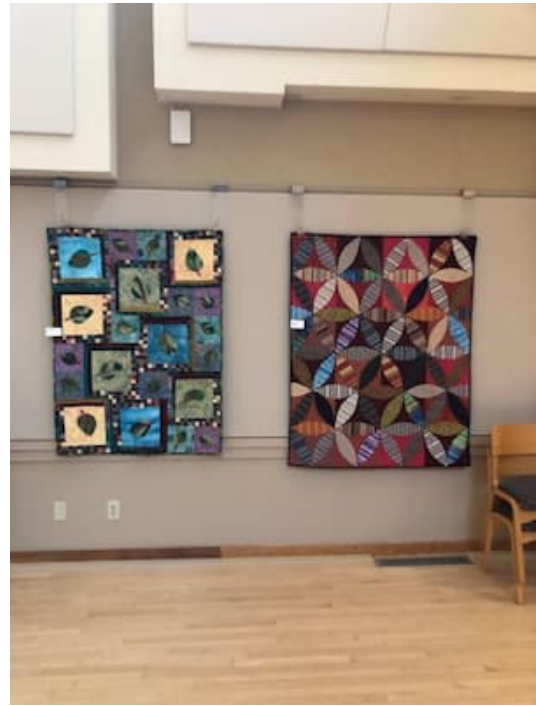
In addition, Madelaine supports the children and youth in our Family Programs — donating books and games, adding art supplies to the baskets in Lion Hall and the sanctuary, and helping with food prep at Messy Church and with the photo shoots last fall to update our photographs in Breeze.

Thank you, Madelaine, for ALL you do for our beloved community. She will be the chalice lighter on Feb. 15.

*Rosemary Harrison, UUCV Recognition & Awards Team*







## Artists of the Month for February: UUCV Quilters

**Four Quilters: Karla Thomson, Pat Kinrade, Liz Graham and Evelyn Peters**

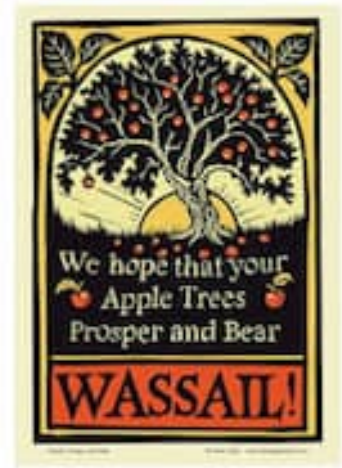
Quilting is a widely variable art, as you will see on the Sanctuary walls in February. We four have been quilters for from more than 40 years to less than 10 years, and we have very different styles. What we have in common is a love of pattern, colour and texture. We use these to create everything from large bed quilts and table mats to pictorial wall hangings and greeting cards. Please feel free to ask us any questions about our work. We'd love to chat about it!

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## Upcoming Events: Family Programs

### Wassail – for all Ages! Coming Sunday, February 8

Come make merry with us at our third annual Wassail, right after service on Sunday, February 8th! Wassail originates from the Anglo-Saxon waes-hael, meaning “to your health!”. After service, we’ll wassail the apple trees in the winter orchard to encourage the spirits and ensure a good harvest to come. There’ll be Wassail songs with the Men’s Chorus, dancing, hot spiced apple cider for all, and blessings to our fruit-giving friends that grow by the labyrinth.



Last year’s Wassail obviously did its job ... we pressed enough apple juice from our trees to make 120 bottles of apple cider with Flying Fish winery! Four varieties of cider– apple strawberry, apple ginger, apple elderflower and crisp apple– will be available in early April.

### “Everybody’s Birthday” – Coming Sunday, February 22

Imagine for a moment if we celebrated everybody’s birthday on the same day, at the same time. There’ll be a whole lot of candles, a whole lot of birthday cake... a rather jolly affair!

This year, on February 22, we are beginning a new tradition: Everybody’s Birthday! There will be thirteen cakes (one for each month + a gluten-free one), decorated to extravagant excess by the children. Right after service, everyone sits together in the Lion Hall at the table of their birthday month– a chance to chat and connect with your fellow birthday month-ers and delight in all the ways that your birth month is better than everyone else’s. ;)



We’ll be looking for thirteen volunteers to each bake and bring a plain (i.e. undecorated) cake... look for the sign-up sheet coming soon to the Lion Hall bulletin board.

### Our Whole Lives (OWL) for Kindergarten-Grade 1 Coming in May

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision-making, and has the potential to save lives.

For these reasons and more, we are proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curriculum.



This spring, we'll be offering Our Whole Lives to young children in Kindergarten–Grade 1. This curriculum helps children begin the lifelong process of acquiring information and forming attitudes and values about identity, relationships, safety and health. OWL supports parents in educating children about birth, babies, bodies and families! We're still finalizing dates, so stay tuned for more information.

*To talk with us about any of these events, feel free to reach out to Leanne Hopkins or Jen Rashleigh, Co-Directors of Family Programs, by*

*email or after service on a Sunday.*

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## Help Us Celebrate the Many Hands That Shape Our Community

As a congregation, we are blessed with an abundance of people who help make our community vibrant, welcoming, and deeply connected. Some contributions are easy to spot; others happen quietly, in small but meaningful ways. And many fall somewhere in between — offered with love, without expectation of recognition.

This year, we hope to broaden the way we notice and celebrate these acts of service. In the past, we have recognized one “Honoured Volunteer” each month (except July and August). But we know our community is strengthened by many helpers — such as those who greet at the door, set up chairs, tidy the kitchen, serve on the Worship Committee, offer rides, check in on someone who's been absent, help with children's programs, or simply show up with kindness.

We want to honour *all* of these contributions.

To help us do that, we invite you to look around with fresh eyes. Who helps make Sunday mornings run smoothly? Who brings warmth to our gatherings? Who quietly steps in when something needs doing? Who embodies the spirit of community care?

We are especially hoping to include as many people as possible as **chalice lighters** throughout the year — a simple, meaningful way to acknowledge the many forms of service that sustain us.

If someone comes to mind, please share their name with us. You can drop a nomination into the box with the bright pink label in the foyer by the Share The Plate information or send it to me -- [rosehar3260@gmail.com](mailto:rosehar3260@gmail.com) or to Niki in the office -- [churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca). We will ask you to include a short paragraph about what inspired your nomination. Your reflections will help us tell their story and express our gratitude in a heartfelt way.





## First Unitarian Church of Victoria Foundation Call for Proposals

The First Unitarian Church of Victoria Foundation (FUCV Foundation) was established to promote our principles and values. Currently, the FUCV Foundation has contributions invested with the Victoria Foundation. Income from these funds is dedicated to supporting First Nations education at Camosun College, and the music and social responsibility programs of the church.

To apply for funding from the FUCV Foundation, fill in and submit the form on the UUCV website <https://victoriaunitarian.ca/?s=Victoria+Foundation>.

Applications are **due by March 15, 2026**.

If you have questions, contact Evelyn Peters at [Evelyn.Joy.Peters@Outlook.com](mailto:Evelyn.Joy.Peters@Outlook.com).

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## GVAT's Many Successes



This January, GVAT, together with local partners St Andrew's Church in Sidney, Homes for Living, and significant numbers of citizens, some from the RAVEN Co-Housing group, showed up at the Sidney Council meeting. The Council was voting on whether they should provide an extreme weather emergency warming centre, chairs only, for people on the streets of Sidney. The Council had previously voted against an extreme weather shelter with cots.

Pressed by the organizations and the crowd of citizens,



the Council voted unanimously for an extreme-weather warming centre, chairs only, at the Sidney Library. Working together had provided a compromise partial victory!

Our UU community is a large part of the energy and activism of GVAT. An early success was to get Victoria City Council to rezone a property to allow a first-ever women's healing home. The home is modest, but it gives women a chance to heal and renew their lives.



One of GVAT's important early successes was to demand that BC provide support to youth who were aging out of foster care. These vulnerable youths had little support. The BC government responded by extending help up to age 27, including financial aid, housing, life skills, education, and cultural connections. Preventing homelessness is better than recovering from it!

Our UU Community has participated in two other recent activities: the Seniors for Trees rally last year, and the continuing rallies to save Goldstream. At our Table Talks last spring, our UU Community confirmed that affordable housing, climate change, and access to health care remained big concerns. Other GVAT members felt the same, and as a result, GVAT renewed and refined its actions.

In particular, GVAT is now considering how to support more cooperative housing. Cooperative housing provides security, dignity, community, and affordability to its members.

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

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## Green Corner: Climate Tipping Points & Positive Feedback Loops

It is increasingly becoming clear that climate-related phenomena such as wildfires are adding to the amount of CO<sub>2</sub> (carbon dioxide) in the atmosphere and increasing global warming as a positive feedback factor. A couple of articles published in Canada's National Observer illustrate this effect: i) [Canada's Out-of-Control Wildfire Crisis in six charts](#) and ii) [The U.K. puts Canada to shame with bold 2035 climate target](#), both by Barry Saxifrage.

In the first article, we learn that the amount of CO<sub>2</sub> produced by a wildfire season in Canada can exceed the national annual CO<sub>2</sub> emissions from all other sources, as happened in 2023, during our worst wildfire season when wildfire emissions were measured to be 1069 Mt (Mega-tonnes) of CO<sub>2</sub> compared to the national emissions from all other CO<sub>2</sub> sources of 694 Mt of CO<sub>2</sub>. The following two largest wildfire seasons in 2024 and 2025 had emissions of approximately 500 Mt of CO<sub>2</sub> each, which are close to the 694 Mt national emissions figure.



Wildfires aren't the only way humans are draining carbon from Canada's managed forests into the atmosphere. Logging remains the largest source of emissions. But surging wildfires are starting to rival the impact from logging. Together, these two forces have emitted 12 billion tonnes of forest CO<sub>2</sub> since 1990. This has overwhelmed what new growth recaptured. In the 1990's, forests in Canada were a carbon sink. The big tipping point was in 2002. In that year, and every year since, Canada's managed forests have lost carbon to the atmosphere. That's 22 straight years of annual CO<sub>2</sub> emissions. This clearly isn't a problem caused by a few freaky years. It's an every-year crisis. Sign the petition created by Suzanne Simard and Rachel Holt for forestry reform: [Protect BC forests - Online Petition - Sign on for Change](#)

Another crisis is methane leakage into the atmosphere, mainly from oil and gas infrastructure. Methane has a warming potential about 84 times that of CO<sub>2</sub>, but it is short-lived (about 20 years). However, that is of concern, since we are targeting net-zero emissions by 2050. The Dept. of Environment and Climate Change Canada (ECCC) has just announced plans to reduce methane emissions using remote-sensing satellites, such as MethaneSat, to track them. In areas such as the Canadian Arctic, methane is being emitted from permafrost and methane hydrates (ice-like solids of frozen water and methane gas) in the ocean melt. It is thought this could be a runaway tipping point, as this material increasingly emits methane gas as the atmosphere heats up due to global warming.

Other countries, such as the UK, have been able to reduce CO<sub>2</sub> emissions by 50% below 1990 emissions to date and have announced a reduction target of 81% below 1990 levels by 2035. This compares to Canada, whose CO<sub>2</sub> emissions are still increasing. Please write to your MP demanding action to reduce national CO<sub>2</sub> emissions.

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

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## Indigenous Matters: Discerning Truth

Three Truths to consider.

### 1. The Truth in Truth and Reconciliation

The Truth and Reconciliation Commission was established to document this history, gathering testimonies from survivors and producing a [final report](#) in 2015.

[https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls\\_to\\_action\\_english2.pdf](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf)

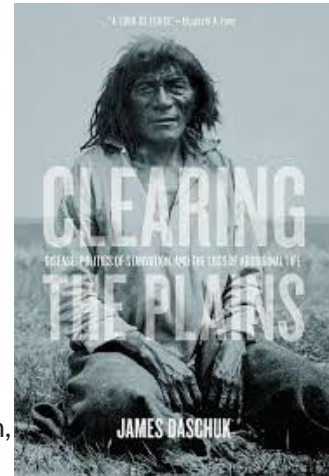
The “Truth” is the documented history and atrocities of residential schools, while the “calls to action” are the roadmap for societal change to repair that harm.

Residential Schools: A system where Indigenous children were forcibly removed from their homes, leading to abuse, cultural loss and intergenerational trauma: a process recognized as cultural genocide.

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

## 2. Truth in History

School textbooks taught that Canada was empty. The pioneers bravely tamed the wilderness and bought land to be cleared for farming. In truth, the treaties were ignored, and many indigenous people were eliminated.

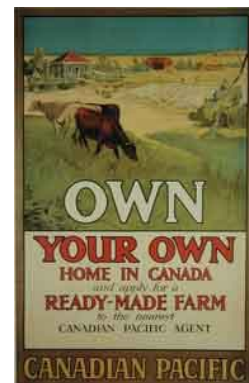


## 3. Truth in Minnesota

We met the Lakota Sioux people in the movie “Dances with Wolves”, from the same part of the USA as Minnesota, south of Winnipeg. Wab Kinew, Premier of Manitoba, is spiritually connected with the Dakota Sun Dance ceremonies.

<https://www.youtube.com/watch?v=w5GXEb7KuK8>

*Submitted by Kathryn Harwood, a member of UUCV's Truth Healing and Reconciliation Committee (THRUU)*



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## Zoie Gardner Overseas Fund: Application Deadline April 30, 2026

The Zoie Gardner Overseas Fund (ZGOF) supports the education of girls and young women in low-income countries. If you know of a Canadian charity that might be interested in applying by April 30, 2026, please refer them to our UUCV webpage at <https://victoriaunitarian.ca/zgof/>, where they will find criteria and application information. Here are the projects which were funded by ZGOF in 2025:

- **Canadian Harambee Education Society** - Kenya/Tanzania - Secondary School (15 Kenyan girls, 15 Tanzanian girls)
- **Child Haven International** - India/Nepal/Bangladesh - Education of girls and young women



- **Crossroads International** - Uganda - Training on sexual violence, child labour, rights (in 24 primary schools)
- **Education Without Borders** - South Africa - Gender-based violence workshops (grades 7/8 in 7 schools)
- **Her International** - Nepal - School fees, supplies, supports (100 girls)
- **Inter Pares** - Bangladesh - Workshops, drama on reproductive health, rights; girls' football
- **Kids International Development Society** - Cambodia - Grade 7 to post-secondary (18 girls)
- **Multination Missions** - Guatemala - Middle school (7 indigenous girls)
- **Myanmar Burma Schools Foundation** - Myanmar - New/ renovated school infrastructure in 4 rural villages (377 girls)
- **Right to Learn Afghanistan** - Afghanistan - Online education program for girls
- **Stephen Lewis Foundation** - Zambia - Classroom block construction, education support (50 girls)
- **Transform International Canada** - Rwanda - Grades 10-12 (16 girls), post-secondary (4 girls)
- **Transform International Canada** - India - Sewing school for vocational training for older girls and young women
- **Victoria Taiama Partnership** - Sierra Leone - Secondary school (40 students); college/university (45 students)



**Letter exchange:** ZGOF is seeking volunteer letter writers for 30 secondary schoolgirls, sponsored by ZGOF in Tanzania and Kenya, through the Canadian Harambee Education Society (CHES). If you'd be willing to write to one to five girls, two or three times a year, please contact Laura Porcher at 250-208-1248 or email [laura.porcher@shaw.ca](mailto:laura.porcher@shaw.ca).

CHES girls love to receive letters from their sponsors. Your letters are learning tools; the girls learn about you, your family and Canada. We get a glimpse of their lives in Tanzania or Kenya through their letters.



*ZGOF girls in Kenya Dec. 2025*



*ZGOF girls in Tanzania Dec. 2025*

*Submitted by Laura Porcher, ZGOF-CHES liaison.*



# MEANING MAKING: FEBRUARY

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## Worship Theme for February: Discerning Truth

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

**The UU Meaning Making Theme for February is Discerning Truth.**

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“Oh what a tangled web we weave, when first we practice to deceive.” Scottish novelist Walter Scott wrote these words over two hundred years ago, and they resonate deep in my heart today. My head often feels full of tangles as I try to discern truth from manipulation, facts from disinformation, which is this month’s much needed practice! We are faced with endless amounts of content these days, all designed to catch our attention and tell a particular narrative or promote untruths. In the midst of these tangled webs I find it a challenge to discern truth or even accurate facts.

Facts are objective truths, which can be experienced or proven, such as the earth revolves around the sun. Truths, however, can be factual, but they can also be beliefs or values, which complicates our UU search for truth and meaning (our fourth principle). What is true for me may not be true for you. It depends on identity, culture, knowledge, lived experience, and values. We know this as Unitarian Universalists, we embrace the multiplicity of truth, we encourage people to seek their own truths, their own beliefs. Part of the work of discerning truth is to distinguish between objective facts and our moral and personal truths.

Unfortunately, these days objective facts are also under attack - from certain politicians and news outlets and corporations and Artificial Intelligence (AI) generated fakery. Facts like trans people have always existed, that climate change is real and a consequence of human activity, that vaccines are effective at disease mitigation. It is hard to find common ground when facts become subjective!

One way I manage my response to the tangled web we live in is to return to my own core values and sense of integrity, to find my thread and follow it through the tangles. Focusing on what matters to

me, by advocating for those issues, and holding to my sense of truth helps keep me grounded. I don't mean that I am a pillar of perfection (that will never happen!) but that I try to take seriously my values, to live truthfully in the world by directing and redirecting my energy to the people and things I cherish. Living your values is a way to live your truth. Following your thread helps you through the tangles.

*Blessings, Rev. Fiona Heath*

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## Reflection Questions

- How do you find your center or grounding when you are feeling overwhelmed or confused by media content?
  - What does “a free and responsible search for truth and meaning” look like today?
  - How do you determine what is trustworthy? What are the steps or strategies you use to determine whether a source is trustworthy?
  - Have you had the experience of seeing a photo or watching a video and later discovering that it was created by AI? How did that feel? What (if anything) did you do about it?
  - How are you responding to Artificial Intelligence uses and AI created content? Do you have concerns?
  - How do you respond when people don't accept the truth of your experience?
  - Have there been times when it was difficult for you to accept a perspective or truth you haven't seen or heard before?
  - How do you deal with your own impulse to double down when called out?
  - How do you hold compassion for people who you believe are wrong?
  - What do you do when people you care about send you videos that you believe to be misinformation?
  - How do you stay in a caring relationship with people who believe disinformation?
  - Have you enjoyably learned something on the internet that you often use? Why was it so helpful to you? What do you appreciate about the source?
  - Where do you look for balanced reporting that allows you to find the truth in a subject you are concerned with? What makes this source trustworthy?
- 

## Spiritual Practices

### Taking Care of Feelings

One of the challenges of living in a time of increasing polarization is finding oneself in gatherings – family, friends, church – where there are people who have radically different understandings of what is happening. It's easy to end up in a heated conversation. Or silent frustration. Taking care of our own feelings is so important.

If you find yourself filled with strong, uncomfortable feelings, try Brother Phap Linh's meditation “taking care of feelings.” This short (11 minute +) meditation is available for free on the Plum Village

app website: go to <https://plumvillage.app/> and scroll down towards the bottom of the site. The app itself is also free, and highly recommended.

### **Discerning what's true for you**

It can be a challenge to determine the most "true"--as in "right" or "correct"--course of action in a personal situation. Psychotherapist James Hollis recommends this test. Ask yourself, does this choice expand me or diminish me? Or put another way, does this choice move me closer to living my values or move me further from them? Such ongoing discernment can enable us to live with integrity and authenticity.

### **On Myth and Truth**

Myths convey truths about universal human experiences (life, death, love...) by using symbols and metaphors. They are not literal facts (not historically accurate, for example) yet they offer truthful insights about the human journey, and they do so in memorable and often entertaining ways. Myths in religion, folklore and storytelling can be embraced for the truth and wisdom they hold, without requiring them to be factually correct.

When you are in need of some truth, read a myth! Take some time after to reflect on what truth you found within it. Journalling or drawing may help you find insights.

*Our congregation subscribes to Meaning Making, a theme based resource developed by Canadian UU ministers. These questions and spiritual exercise are excerpts from the February 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](http://www.MeaningMakingProject.com)

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## **CONGREGATIONAL EVENTS**

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**UUCV Sweetheart-Friendship Tea and Concert:  
Wednesday, Feb. 11, 2:30 pm**

# *Sweetheart-Friendship Tea and Concert*

Hosted by *Cantabile Handbell Choir*

Wednesday, February 11, 2026

2:30 to 4:30 PM

Unitarian Universalist Community of Victoria

5575 West Saanich Road, Victoria

Bring your sweetheart, your BFF's, and favourite family members  
for an afternoon of lovely music and yummy Valentine treats.

## *Musical Performance*

3:00 PM

*Cantabile Handbell Choir*

Flute and Harp Solos and Duets

Pick-up-Sticks (Vocal Ensemble)



*Admission by donation*

Fundraising to complete the 3 octave set of Handbells  
(5 bass bells and a carrying case)

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The **Cantabile Handbell Choir** will host a ***Sweetheart-Friendship Tea and Concert*** on **Wednesday, February 11, 2026**, from **2:30 to 4:30 pm** in the **UUCV Sanctuary**.

The afternoon event invites community members to bring a sweetheart, close friends, or family to enjoy an hour of live music paired with Valentine-themed refreshments.

The musical performance begins at 3:00 pm and will feature the Cantabile Handbell Choir, flute and harp solos and duets, and performances by the Pick-up-Sticks.

Admission is by donation, with proceeds supporting the choir's fundraising goal to complete its three-octave set of handbells, including five bass bells and a carrying case.

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## Spirited Jazz in the Sanctuary: Sunday, Feb. 15, 7:15 pm



Featuring  
**The Brian Tate Trio**  
... with a post valentine  
musical message that  
"love is a many  
splendored thing"



As another Valentine's Day passes, Spirited Jazz hosts an evening of heartfelt tunes that express the many faces of love. The multi-talented vocalist, award-winning composer, choir director and educator Brian Tate provides a smorgasbord of delightful and meaningful tunes, and Rev. Shana adds a dash of spirituality. From lovers to friendship, lost love and regrets, through to spiritual love, brotherly love and passion as a double-edged sword, the magic of music tells the stories.

Let's come together with Pianist Brent Jarvis, Bassist Ross MacDonald and Soloist Brian Tate as the trio, and our Reverend of Jazz, Shana Lynngood, share the many offerings of love as expressed through the genre of Jazz.

...more on Brian Tate at: <https://www.briantatemusic.com/choral-music.php>

*Hosted by our Reverend of Jazz, Shana Lynngood. Everyone is welcome. Admission by donation ensures that top-quality musicianship lives on the Spirited Jazz stage.*

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## "Calming our Spirits" Returns: Wednesday, Feb. 18, 7 pm

Upcoming Dates: Wednesdays, February 18, April 8, and May 13\*



**Time:** 7:00 - 8:00 pm

**Place:** Sanctuary

*\*May 13 location TBA*

## **Calming our Spirits: a special evening worship experience of singing, silence, and poetry.**

In these tumultuous times in which the headlines are often deeply upsetting, our nervous systems can feel stressed and overwhelmed. We feel it as individuals, and we also feel it collectively. We are on edge. We find ourselves feeling both fragile and angry. We need spaces and places to come together and find and create a sense of comfort and connection.

Please join **Music Director Christine Taber** and **Rev. Shana** in an evening service designed to have us sing together, breathe together—connect in silence and song. We'll learn chants and hear some words of poetry for reflection, as well as share some moments of silence.



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## **Coldest Night of the Year Fundraising Walk - Saturday, Feb. 28**

We have created a UU team called Hope in Motion to walk the [Coldest Night of the Year](#) on February 28. The Coldest Night of the Year is a family-friendly 2- or 5-km fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness.

We would love people to join the team and fundraise on behalf of [Our Place](#). So if you can walk 2km, or 5km (flat), want to meet more of your community and score a cool toque. This is for you!

**Link to join the UU team or donate:**

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1040449&langPref=en-CA>

Questions? Reach out to UUCV member Jenny Heston: [jfheston@gmail.com](mailto:jfheston@gmail.com)



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## UU Walking Group: Mondays at 1 pm

### Mondays at 1:00 pm

Would you like to join other Unitarians and friends for a weekly Monday walk at 1 pm to explore Victoria and the surrounds? We meet at 1 pm on a Monday to walk between 1 and 1 1/2 hours, mindful of the terrain.

This photograph was taken in January of 18 of us on Anderson Hill with Mt. Baker in the background.



To receive weekly e-mails about the location of these walks, please contact Sylvia Krogh [skrogh@shaw.ca](mailto:skrogh@shaw.ca)

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## Short Walks/Long Coffee in February

For an easy, inclusive outdoor saunter, you might love to join our group! We walk 15 minutes out and 15 minutes back, then off for a leisurely coffee. All levels of movement invited: poles, canes, and walkers.

**All the walks start at 1:30 on Wednesdays.**

Here is the schedule for **February**:

### **February 4**

Ogden Point walk

Coffee at Ogden Point

### **February 11**

Cattle Point

Coffee in Estevan Village

## February 18

West Bay. Park at Spinnakers

Coffee at Anne Vaasjo's

## February 25

Selkirk Trestle. Park near Glo; meet on the water side of Glo

Coffee or more at Glo

**Questions?** Contact Lynn Hunter: [lynnhunter2828@gmail.com](mailto:lynnhunter2828@gmail.com) 250-220-2240

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## Anxiety & Depression Support Circle

We are a confidential peer-led support group. These Zoom and In-Person meetings are a mix of structured sharing and informal conversation, to provide a safe space, as well as foster warmth and humour wherever they can be found, during our 90 minutes together.

Contact Pat at [kinradep@gmail.com](mailto:kinradep@gmail.com) or Lies at [eweij@ryerson.ca](mailto:eweij@ryerson.ca) for more information.

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## Pub Night: Monday, Feb. 2 at 7 pm

Monday, Feb. 2, 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](mailto:hopewell@telus.net)*

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## Everyone Welcome to the Friday Song Circle 2026

Nancy Dobbs, Jewel Spooner and Bernhard Spalteholz are excited to share our SONGS in the Sanctuary & on Zoom. Our Song Circles take place on Fridays, they are informal, relaxed, with a campfire vibe ... we sing songs of peace and joy; familiar, new, folk, and world songs; lighthearted;



chants ... lyrics are provided.

JANUARY: Friday, Jan. 30 (**today**)

FEBRUARY: Fridays Feb. 13, 27

MARCH: Friday Mar. 13, 27

LOCATION: In the UUCV Sanctuary and on Zoom

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.)

Contact Bernhard at [singforjoy135@gmail.com](mailto:singforjoy135@gmail.com) for more info or to join by Zoom.

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## Messy Church: Friday, Feb. 13



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.

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## UU Men's Lunch: Thursday, Feb. 19, 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](mailto:stewartvaasjo@outlook.com) or 250-884-3148.

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## UU Lunch: **\*\*NEW LOCATION\*\*** Tues., Feb. 24, noon, Fifth Street Grill

Tuesday, February 24, 12:00 noon  
Fifth Street Grill, 1028 Hillside Avenue

News! UU Lunch is changing its location and becoming a bi-monthly event — still on the fourth Tuesday of the month.

The next one will be February 24 at 12:00 noon at Fifth Street Grill, 1028 Hillside Ave. It is a large venue with an extensive menu, more able than the golf club to accommodate a group that has varied from 6 to 24, and everything in between. The following lunch will be on April 27.



Please make a reservation by email to Pat McMahon at [uu.lunch.victoria@gmail.com](mailto:uu.lunch.victoria@gmail.com). The restaurant needs to know how many of us to expect.

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## RSVP for Nanw's Celebration of Life

### Celebration of Life for Nanw Cariad

Saturday, February 14, 2026  
2:00 pm Pacific Time

All members and supporters of the Unitarian Universalist Community of Victoria, and all who knew



and cared about Nanw, are warmly invited to attend this memorial service honouring the life of church member, Nanw Cariad, who passed away on Sunday, January 18.

#### **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 UU Community of Victoria are invited to bring finger food / baked goods to share at the reception.



#### **Online attendance**

<https://zoom.us/j/93531506471?pwd=9VTLON2tXd6TzMri0AQzmNF6KALTgO.1>

Meeting ID: 935 3150 6471

Passcode: 692489

One tap mobile

+16473744685,,93531506471#,,,,\*692489# Canada

+16475580588,,93531506471#,,,,\*692489# Canada

+442039017895,,93531506471#,,,,\*692489# United Kingdom

+442080806591,,93531506471#,,,,\*692489# United Kingdom

Join instructions

[https://zoom.us/meetings/93531506471/invitations?](https://zoom.us/meetings/93531506471/invitations?signature=o14T509OjQRVGB1PunHIMs8T8a9bNFclzrmY_L3VNcY)

[signature=o14T509OjQRVGB1PunHIMs8T8a9bNFclzrmY\\_L3VNcY](https://zoom.us/meetings/93531506471/invitations?signature=o14T509OjQRVGB1PunHIMs8T8a9bNFclzrmY_L3VNcY)

#### **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: 935 3150 6471

Passcode: 692489

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

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## **Meal Train for Bobbee & Sam - Help Needed**

UUCV Members Bobbee Engel and Sam Wilmott would really appreciate a weekly meal via the Meal Train app, as Sam was recently diagnosed with ALS and is rapidly declining. Bobbee has back pain, and they're finding it difficult to cope with meal preparation as they are inundated with

appointments, caregivers, and the like.

Bobbie and Sam are very grateful for the meals they've been getting through Meal Train! So let's keep it going a little longer if we can. Please use this link to arrange it: [mealtrain.com/yy1d5l](https://mealtrain.com/yy1d5l)



*Meal Train organized by Louise de Lugt*

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## Our Caring Corner



*In our Caring Corner, we list those in our community who welcome us to share in their joy, or to offer them our support as they cope with a loss, illness, or other life challenge. We ensure that each individual is comfortable with having their name uplifted before doing so. Please consider this an opportunity to reach out to others.*

As you will recall, UUCV member **Bob Stock** was diagnosed with melanoma in September 2024. He underwent a year or so of immunotherapy, which went well, but a December 2025 checkup showed that more treatment will be needed. Wishing him and his wife, Evelyn Peters, comfort and ease as they continue the journey. [bob.stock99@gmail.com](mailto:bob.stock99@gmail.com), (778) 265-5279

**David Thomas Patterson** age 87, life long Unitarian Universalist, loving father to **Stephanie Ippen** and her three sisters (former spouse of Phyllis Girard) died Jan.19, 2026 in Washington State after gradual declining health. Stephanie will always remember her dad for their U.U. Connection, his commitment to social justice, his love of music and his playful sense of humour. Grandfather to 9 and great-grandfather to 3. Please remember Stephanie and her family during their time of grief. Cards and e-mails welcome. [Stephanieippen@gmail.com](mailto:Stephanieippen@gmail.com). 6257 Springlea Rd. Victoria, BC V8Z 5Z5

**Henry Amick**, long time UUCV supporter and zoom attendee living in Port Townsend, Washington, is struggling with debilitating symptoms that are currently under investigation. Henry is grateful to his on line UUCV Community and would be appreciative of our warm wishes during this difficult time. Cards can be sent to Henry Amick, #203 1240 West Sims Way, Port Townsend, Washington USA 98368. (Henry does not have e-mail.)

Members, **Gary and Mary Theal** are mourning the loss of Mary's younger brother, David Littlejohn, who died of pancreatic cancer yesterday (Thursday, January 29), just 9 days after diagnosis. We send them wishes for comfort and gentle care as they make their way through the shock and sadness, held in love by friends, family, and this UU Community.

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

*The **Core Care & Concern Team** is made up of 4 liaisons who connect with the C&C contacts and meet once/ month: [Maggie Nixon](#) (Nearby, Far Out, Royal Oak West), [Stephanie Ippen](#) (Gordon Head, Cadboro*

Bay, Royal Oak East), [Mary-Ellen Nicol](#) (Grand Central, Oak Bay, Fairfield), [OPEN](#) (Western, Esquimalt, James Bay), [Rev. Melora](#)

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## February Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Suzanne Dearman	Feb. 1	Phyllis Gardiner	Feb. 12
Jean Mihell	Feb. 1	Dan Klimke	Feb. 12
Koba ter Neuzen	Feb. 1	Ben Smith	Feb. 13
Ross Beauchamp	Feb. 4	Teo Smith	Feb. 13
Anne Swannell	Feb. 4	Claire Barnes	Feb. 13
Jeri Douse	Feb. 8	Robin van Gessel	Feb. 16
Maggie Nixon	Feb. 9	Shana Lynngood	Feb. 19
John Stewart	Feb. 9	Leslie Gillett	Feb. 21
Forest Sterling	Feb. 10	Mary-Ellen Nicol	Feb. 21
John Lancaster	Feb. 11	Sheila Drew	Feb. 22
Anna Isaacs	Feb. 12	Iver Esplen	Feb. 23
		Brian Short	Feb. 24
		Jean Wallace	Feb. 28

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**Missing? Wrong?** Please send any additions or corrections for birthday info to [communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca) or [correct the info in your Breeze directory database record](#). Know that we only celebrate these birthdays with permission of those that belong to the congregation. If we got it wrong, we are sorry! Please let us know so that we can fix it going forward.

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## Board Members On Duty

**Feb. 01** - Katherine Maas  
**Feb. 08** - Lynne Bonner  
**Feb. 15** - Margaret McKelvie  
**Feb. 22** - Katherine Maas

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## Arrest of UUA President, Rev. Dr. Sofia Betancourt

Our congregation, UU Community of Victoria, is a member of the CUC (Canadian Unitarian Council) as well as the UUA (Unitarian Universalist Association). This is a message sent to us by the CUC regarding the arrest of the president of the UUA in the States.

From the CUC's National Voice Team:

Many people are feeling shaken by deaths of U.S. citizens, acts of harm, repression, and the silencing of voices calling attention to injustice, including the arrest of faith leaders for their public witness. Among these is the arrest of Rev. Dr. Sofía Betancourt, President of the Unitarian Universalist Association (UUA) in the United States.

As a Canadian Unitarian Universalist faith community, we affirm the importance of freedom of conscience, freedom of expression, and the right to speak publicly about injustice without fear of criminalization. These commitments are foundational to democratic societies and to the inherent dignity and worth of every person.

Rev. Dr. Betancourt, alongside several other religious leaders, was at the U.S. Capitol Complex in Washington DC participating in a peaceful protest against the violations of human rights recently and especially in Minnesota over the last few weeks. She was arrested for trespassing and released four hours later.

Unitarian Universalists in Canada are grounded in our Principles and in the shared moral commitments that guide us toward justice, compassion, and our deep interdependence. Our faith teaches that caring for those who are vulnerable, telling the truth about harm, and acting with courage are essential to the common good, especially in times marked by fear, polarization and violence.

The Canadian Unitarian Council, while an independent organization, is in relationship with the UUA through our shared values and commitment to justice and equity. We are in solidarity with our UU siblings and colleagues in the US. Our role is to bear witness to shared human values and to support individuals and communities striving to live those values with integrity, and not to endorse political positions or specific actions.

In this moment, we recommit ourselves to protecting human dignity, defending democratic freedoms, and nurturing the spiritual resilience needed to sustain hope and to help build a more just and compassionate world. We encourage communities to hold in care all those affected by violence, fear, and injustice, and to support one another through prayer, reflection, and mutual accompaniment.

Read the [UUA's statement](#) and follow the developing story on the [UUA Facebook page](#).

**The CUC National Voice Team:**

UU Ministers of Canada (Co-Presidents) Rev. Samaya Oakley & Rev. Ben Robins

CUC Board of Trustees (Co-Presidents) Margaret Kohr & Rev. Debra Faulk

CUC Executive Director Vyda Ng



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## RAMP! Reciprocal Annual Mentorship Program: Applications Due Feb. 8



If you've ever wondered where you belong in this community right now...

If you've ever felt called to deeper connection...

If you've ever suspected that wisdom grows when it's shared...

[RAMP!](#) may already be inviting you.

[RAMP!](#) is a four-month national pilot offering two ways to learn and connect within the Unitarian Universalist movement:

- a small cross-generational **Mentorship Cohort** for those seeking deep, relationship-centred learning, and
- a series of **Public Skill-Building Workshops**, open to all.

This experimental 6-month pilot includes **two parts: public skill-building sessions open to all, and a deeper intergenerational mentorship track** for 16 selected participants (8 pairs) working together on real-time projects. Both are being designed as shareable, repeatable models. Together, these pathways connect Unitarian Universalists across generations to build skills, share wisdom, and strengthen our communities for the future.



[Apply for the Mentorship Cohort](#) (deadline: Feb. 8)

[Register for a Public \(open to all\) Skill-Building Workshop](#)

**March's** theme, **Community Resources & Assets Evaluation**, helps participants understand who their communities truly are – including strengths, gaps, needs, and the ecosystems they're part of. By mapping assets and identities, teams gain the clarity needed to design solutions that are grounded, relational, and responsive to their neighborhoods. **Facilitated by Justice and Equity Team: Amber Bellemare and Camellia Jahanshahi.**

- March 28, 1:00 pm ET: [Community Resources & Assets Evaluation](#)
- April 25, 1:00 pm ET: [UUism and Social Enterprise with Shaun Loney](#)



- May 9, 1:00 pm ET: [Navigating Conflict with Necessary Trouble Collective](#)
- June 27, 1:00 pm ET: [Projects, Partnerships & Practical Wisdom from RAMP!](#)

More Info? [RAMP!](#) website

More Questions? Ask Amber and Camellia who will be hanging out on Zoom **Saturday, January 31st** from 4-5 ET [Join us](#).

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## COMMUNITY EVENTS

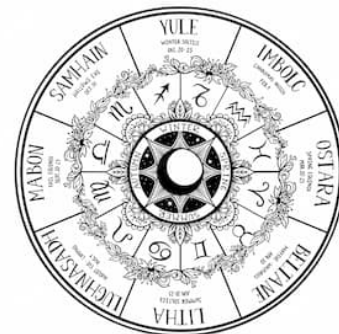
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### Sacred Circle Dancing: Victoria Dancing Circle's 2026 "Celtic Wheel of the Year" Series

**First dance: Saturday, Jan. 31**  
**Victoria Friends Meeting House**  
**1831 Fern Street**

The Victoria Dancing Circle (VDC) programming and events are being presented by a new "Trillium" leadership team comprised of Madelaine Clarke (long-time SIFD and VDC dancer), Karen Davies (long-time Duncan Circle dancer and Chrisandra Harris event organizer), and Marta Fraser (long-time VDC facilitator).

- Imbolc/Mid-Winter: Sat Jan. 31
- Equinox/Spring: Sat Mar. 21
- Beltane/Mid-Spring: Sat May 2
- Solstice/Summer: Sat Jun. 20
- Lammas/Mid-Summer: Sat Aug. 1
- Equinox/Fall: Sat Sep. 19
- Samhain/Mid-Fall: Sat Oct. 31
- Solstice/Winter: Sat Dec. 19



**On Jan. 31, join us for a dance program that celebrates the midpoint between Winter Solstice and Spring Equinox: Imbolc, or Candlemas.**

It is one of the four fire festivals, celebrating the first signs of Spring, the stirring of the earth and return of the sun. It marks the "quickenings" time of the year, when seeds begin to wake up under the frozen ground in readiness for Spring. It is also the feast day of Saint Brighde -- known for her compassion, wisdom and miracle work -- the Irish patroness of fire and the hearth, smithery and poetry.



*For more detailed information, please contact UUCV Member Madelaine Clarke -- VDC Administratrix and Treasurer ([mpclarke13magda61@gmail.com](mailto:mpclarke13magda61@gmail.com))*

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**20th Annual World Religions Conference - Sunday, Feb. 1, 4:30 pm**

# Building Bridges



Moderator  
Mr. Adam Olsen  
Past Interim Leader  
of Green Party of BC



Islamic  
Maulana Farhan Iqbal



Metaphysical  
Dr. Anneke Oudestijl



Christian L.D.O.  
Mr. Graham Sanderson



Sikh Faith  
Mr. Gurdeep Singh



Bahai's  
Mrs. Gita Badhyani



Christian  
Fr. Albert Dierckx



Hindu Faith  
Mr. Shrikant Sharma



Jewish Faith  
Heidi Eschke Herli

**Free Admission & Free East Indian Dinner**



[worldreligionsconference.ca](http://worldreligionsconference.ca)



604-767-1965



on Sunday  
February 1st, 2026



Starts at  
4:30 PM



Garry Oak Gymnasium  
Commonwealth Pl  
4636 Elk Lake Dr  
Saanich, BC, V8Z 5J8

  
Multi-faith Summit Council  
of British Columbia



Victoria Multifaith Society



Victoria will celebrate its 20th annual World Religions Conference at 4:30 pm on Sunday, Feb. 1, at the Saanich Commonwealth Place (Garry Oak Gymnasium). Sponsored by the Ahmadiyya Muslim Community & the Victoria Multifaith Society, this signature interfaith event brings together speakers from eight different religions and belief systems for short presentations, moderated this year by Adam Olsen.

This year's theme, "Building Bridges," responds to a world marked by division, inviting speakers to address the question: How does your religion contribute to uniting humanity for the common good? Following the presentations, attendees are invited to share an East Indian dinner generously provided by the Ahmadiyya community. The conference offers an opportunity for meaningful dialogue, connection, and the celebration of shared values across Victoria's diverse communities.

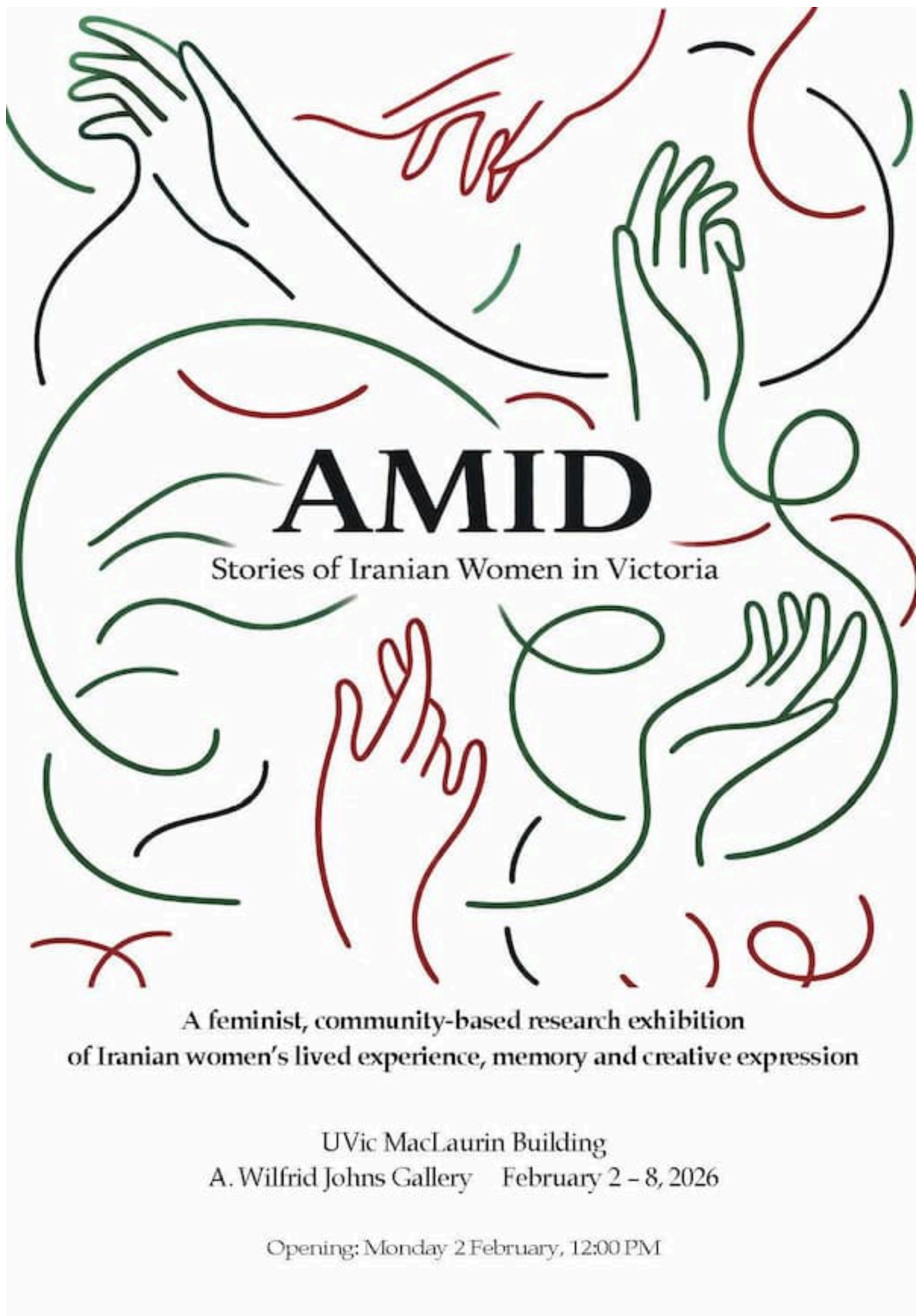
## REGISTRATION

To help organizers prepare the right number of meals, [please register in advance here](#). Thank you!

*UUCV is a member of the Victoria Multifaith Society. Our VMS liaison is Mariko Matsumoto.*

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## Amid: Iranian Women's Stories in Victoria - Feb. 2-8



You are warmly invited to Amid: Iranian Women's Stories in Victoria, a feminist exhibition sharing Iranian women's lived stories and creative expressions.

**Dates:** February 2-6, 2026

**Opening:** February 2 at 12:00 PM



**Location:** UVic, Maclaurin Building, Wing A, A. Wilfred Gallery

Amid brings together the lived stories, memories, and creative expressions of Iranian women living in Victoria. Through storytelling, visual narratives, and participatory elements, the exhibition creates a space to witness women's experiences of displacement, resilience, resistance, care, and becoming — amid political violence, migration, and everyday life. This exhibition is an invitation to listen, to reflect, and to engage with feminist knowledge rooted in lived experience. It seeks to foster dialogue, empathy, and collective imagining through community-based storytelling.

We welcome students, educators, researchers, community members, and allies to join us in honouring Iranian women's voices and the power of storytelling as an act of resistance and connection.

*Submitted by UUCV Communications Coordinator, Erin Carson DeWolfe*

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## ADS

*Inclusion of ads does not constitute an endorsement*

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### **Apartment for Rent**

Spacious one bedroom apartment for seasonal rent from April 15 to November 1, 2026.

Fully furnished with internet

No children or pets.

References required.

Contact:

Sylvia Krogh and Alan Boyle

Apt. 307, 2910 Cook Street, Victoria V8T 3S7

Landline 778-350-6216

Cell 780-887-6216

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### **Decluttering Without Judgement**

Is it time to tackle those overflowing spaces - kitchen cupboards, drawers or closets of any kind - to sort, toss, donate and label to reclaim your space - even having a few laughs along the way?

Whether you are prepping to move, clearing out for the new year or simply tired of the accumulation, I will bring the calm, the bins, the energy and the magic to a fresh start - even removing the items for donation to the charity of choice.

For decluttering without judgement, call **Jan Thomson: 250-**





## UUCV Contact Info

**Bradley Clarke**

**Caretaker**

available by appointment

(no Monday availability)

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

778-967-5341 (cell)

## 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

### **UUCV Office Open:**

9:30am-4pm 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](mailto:churchoffice@victoriaunitarian.ca)

### **Erin Carson DeWolfe**

#### **Communications Coordinator**

Tue & Thu: 9:30am - 4pm

Fri: 9:30am - 2pm

(available for calls during above hours)

IN PERSON Tue 9:30am - 4pm

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

778-557-3492 (cell)

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### **Family Programs**

#### **Co-Director, Leanne Hopkins, with**

focus on children under 10, in collaboration with our Childminders.

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

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

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

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### **Music Program**

#### **Christine Taber**

**Director of Music**

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](mailto: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.*

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## **CONTACTS & LINKS**

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

### **Unitarian Universalist Community of Victoria**

5575 West Saanich Road  
Victoria, BC V9E 2G1

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## **ONLINE REQUISITION & REIMBURSEMENT FORM**

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

[christine.taber@victoriaunitarian.ca](mailto:christine.taber@victoriaunitarian.ca)

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**Co-Ministers**

**Rev. Melora Lynngood**

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

Text/call 250-891-6330

**Rev. Shana Lynngood**

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

Text/call 250-891-6331

Monday is their day off - available for  
pastoral emergencies

[Schedule details \(& which minister does  
what\).](#)

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**Minister Emerita**

**Rev. Jane Bramadat**

**Lay Chaplains**

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

Jenny Heston: 250-509-1240

Barbara Boyle: 250-381-0264

Oceanna Hall: 250-886-1077

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