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In the Spirit | March 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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UPCOMING SERVICES

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

Sunday Services in March

Sunday, March 1, 10:30 am

Sharing Our Faith 2026: We're in This Boat Together

Homilist: Rev Fran Dearman

Worship Associate: Ian Warrender

Rev. Fran Dearman lifts up the CUC "Sharing Our Faith Programme" by which UU congregations across Canada support one another in practical ways, be it enhancement of ministry, of

communications, or the fabric of their sanctuaries. Fran draws on her experience as an Interim Minister serving UU communities across Canada.

Rev. Fran Dearman is a very-much retired UU minister, ordained by this congregation in April 2002. Her career in ministry took her to settlement in Alaska, then a series of Interim Ministries across Canada. In her younger years she sailed as a deck officer in Great Lakes freighters and with the Naval Reserve. Fran is a long time member of this congregation, and attended Sunday School with the old Fellowship starting in 1958. She likes to think of herself as a "founding toddler" and a "some-time second alto with the Chalice Choir".



Music: Chalice Choir

Board Member on Duty: Peter Hancock

Sunday, March 8, 10:30 am

Memory & Wisdom

Homilist: Rev Shana

Worship Associate: Lynne Bonner

Studies have shown that what we experience, and what we remember about that experience are two different things. While we human beings are hardwired to try to make meaning of our lives, we often only focus on, or remember only a small fraction of the moments of our lives. How do we pay attention to, and draw wisdom from all of our living? Can we remain open to the ways in which our experience is only one of the ways of being human in the world?

Music: Men's Choir

Board Member on Duty: Leslie Duthie

Sunday, March 15, 10:30 am

Appreciation vs Appropriation

Homilist: Rev. Melora

Worship Associate: Ian Warrender

This month, our Meaning Making theme is "The practice of seeking wisdom: what can we learn from the multiple truths that come from varied identities, life experiences, religions and cultures?" This Sunday, we look at how to honour our UU value of pluralism without slipping into cultural appropriation. How do we discern the fine line between appreciation and appropriation; how do we navigate the complexities involved- especially when different people have different views about what is ok and what is not ok?

Music: Chalice Choir

Board Member on Duty: Liz Graham

Also: join us in the evening for Spirited Jazz at 7:15!

(Details below; [click to scroll down.](#))

Sunday, March 22, 10:30 am

Rooted & Rising: Embodied Wisdom

Homilist: Rev. Karen Fraser Gitlitz

Worship Associate: Mollie Twidale



What do our bodies have to teach us about wisdom? Inspired by the work of Prentis Hemphill, Staci Haines and Merete Holm Brantbjerg, we will consider what happens when we acknowledge our bodies as sites of wisdom.

Karen Fraser Gitlitz (she/her) is a professional art therapist at creativeupwelling.com and a UU community minister. Her experience includes community art making and ritual as well as building bridges between spiritual and secular justice communities. A white cis-gendered person of European descent, Karen is grateful to live and work on the lands of the W̱SÁNEĆ people, including the W̱JOLEŁP (Tsartlip) and S̱ÁUTW̱ (Tsawout) First Nations.

Music: Quintessential Quartet

Board Member on Duty: Lynne Bonner

Sunday, March 29, 10:30 am

Kwan Yin: Being of Compassion

Homilist: Johnathan Savard

Worship Associate: John Hopewell



Following a trip to Southeast Asia in September, Johnathan Savard shares his encounters with the enigmatic mythical figure Kwan Yin, a holy figure in eastern Buddhism and Taoism with roots in Hinduism. Often described as a goddess or bodhisattva (enlightened one), she towers literally and figuratively over temples and cities across the continent offering a message of mercy for all. What lessons can we learn from her stories and presence, and how do we apply them?

Music: Bare Bones Band

Board Member on Duty: Margaret McKelvie

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



The Quartet features...
Trombone & Vocals
NICK LA RIVIERE
Pianist Karel Roessingh
Bassist Ryan Tandy
Drummer Alex Campbell
MARCH 15 7:15 PM UUCV

NICK LA RIVIERE Trombonist Extrodinaire



This dynamic genre-jumping band will hit favourites for everyone! Join trombonist Nick La Riviere and his quartet for a great evening of Spirited Jazz in the Sanctuary. The music will be an energetic blast of everything from original swing to funky covers, and always the unexpected!

Time: Sunday, March 15, 7:15 pm

Place: UUCV Sanctuary

Be sure to catch this uplifting, fun, and vibrant evening as your host, Reverend of Jazz, Shana Lynngood, explores the historic roots of jazz, interspersed with a wonderful array of surprises from this top-notch combination of musicians.

Get a preview of what's to come at <https://nicklariviere.com>

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.

“Share the Plate” in March: Shelbourne Community Kitchen

Clarice Dillman, Past Chair, writes: The Shelbourne Community Kitchen is a warm and welcoming neighbourhood food centre. With passionate staff, a hard-working board of directors, and an incredible team of volunteers, we work to alleviate social isolation and lower barriers to healthy food for over 1,950 adults and nearly 875 children who are



living in food-insecure households across Saanich and Greater Victoria. They can count on healthy food and welcoming programs and services that are delivered with dignity and care.

People who are living on low incomes come to The Kitchen to:

- Prepare and share healthy meals together in our Food Skills Programs.
- Access nutritious food through our Pantry Program.
- Work together to grow food and build skills in our gardens.
- And connect with other community resources while becoming resources for one another.

Last year was a joyful turning point for Shelbourne Community Kitchen with a fully certified commercial kitchen, where members came together to grow more food, cook more meals, and support more people than ever before.

This winter, The Kitchen is celebrating Black History Month with a special meal kit featuring recipes from Zimbabwe and shared pizza party packs for Family Day. The weekly Supper Club for Families program is returning after a holiday break, and we are piloting an after-school cooking program - run by youth, led by youth, for youth.

This is just the beginning of a year filled with connection, creativity, and community-building through food.

From the bottom of our hearts, all of us at the Shelbourne Community Kitchen thank you for supporting us as we work to make a difference with food security and community belonging.

CONGREGATIONAL NEWS & REFLECTIONS

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.

UUCV member, [Anne Vaasjo](#), is having back surgery on Tuesday, March 3, at Victoria General Hospital. They say she will be able to leave the hospital the next day, but it will be a 3 month recovery. We will be wishing her a smooth procedure and a steady, comfortable recovery. Her email doesn't work, but she'll be able to receive text messages on her cell (250) 884-5472. Warm wishes as well to Anne's husband and primary support, [John Stewart](#).

UUCV member, [Valerie \(Tibbles\) Roberts](#), is currently in the Jubilee Hospital. No visitors at present please, but cards and other forms of greeting will be appreciated.

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: [Pam Hood Szivek](#) (Nearby, Far Out, Royal Oak West), [Stephanie Ippen](#) (Gordon Head, Cadboro Bay, Royal Oak East), [Mary-Ellen Nicol](#) (Grand Central, Oak Bay, Fairfield), [Martha McDougall](#) (Western, Esquimalt, James Bay), [Rev. Melora](#)

March Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Jeanne VanBronkhorst	Mar. 1	Phyllis Girard	Mar. 20
Stephanie Mclean	Mar. 2	Marot Lods	Mar. 20
Wally du Temple	Mar. 3	Bill Gaylord	Mar. 22
Brenda Dineen	Mar. 4	Gary Theal	Mar. 24
Julie Deans	Mar. 5	Brian Vanstone	Mar. 26
John Hopewell	Mar. 5	Shirley Travis	Mar. 26
Caroline Startin	Mar. 6	Casey Stainsby	Mar. 28
Isabel Jones	Mar. 14	Janine Gliener	Mar. 29
Sandra Jacobsen	Mar. 15	Tracy Williams	Mar. 29
Valerie Roberts	Mar. 15	Lou Dyck	Mar. 30
Cal Kerr	Mar. 16	Jim Hemstock	Mar. 30
Nancy Gray-Hemstock	Mar. 17		

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.

Thank you, Thank you, Thank you!

1. Thanks to your very generous "Share the Plate" donations during the month of December a **total of \$2,102.45** was collected for **SOLID Outreach** – an experiential peer-to-peer support organization reducing the harms associated with living on the street, housing insecurity, poverty, and substance use.



2. As well a **total of \$1,525.07** was collected by "Share the Plate" during the month of January for **Greater Victoria Acting Together** – **GVAT** – a coalition of diverse organizations from across Greater



Victoria that work together to advocate for issues of common concern.

3. And finally, **thanks to the generous response from the Winter Concert**, featuring our Chalice Choir, Men's Choir, Cantabile Handbell Choir and Soloists, **four Food Banks in Greater Victoria received \$1,100 each**. These included the Society of St. Vincent de Paul, Goldstream Food Bank Society, the Saanich Peninsula Lions Food Bank and the Food Bank St. John the Divine.



March Honoured Volunteer: Maureen Sherwood

As Jewel Spooner writes: "Our friendship flourished after Maureen warmly welcomed me into the Chalice Choir over 10 years ago. Our Choir is fortunate to have her joyful singing & musicality. Maureen's leadership roles include Esquimalt Neighbourhood Convener and Memorial Team & Team Captain for the 'Coldest Night'.



Maureen recently joined the Nominating Committee. Maureen has a compassionate and humble loving heart. Her generous offering of her many gifts warms our hearts in Gratitude. Our UU Community Recognizes Maureen's Beautiful Spirit and Loving Commitment. In honour of her immense dedication, Maureen will serve as the chalice lighter on March 15."

Artist of the Month for March: Alannah MacPhail

Alannah MacPhail Visual Artist and Art Therapist

I am a visual artist and a professional Art Therapist. As an Art Therapist I witness the power of creativity and the imagination in healing, transformation, transitions, and health. As a visual artist, I dig deep to see what a painting is telling me. I am inspired by both the inner and outer landscape. My life informs my work.

I love to paint large on canvas, painting portraits, florals, landscapes and colourscapes in an abstract expressionist manner. When I begin a new painting, I gather materials that appeal to me, put on music, warm up by painting onto the substrate words and colourful marks with various tools. Many layers are worked in this intuitive, expressive manner, each layer responding to the marks beneath – a process of curiosity, discernment, informing and



transforming, and adding to the richness of colour, shape, texture, and narrative. That is the fun part! Things get more serious as I bring the work together into a finished piece. This is the satisfying part!

Contact Alannah: www.alannaharts.com, alannahmp@gmail.com, 250-508-5229

Green Corner: Carbon Capture & Storage

Here are some important references on CCS (Carbon Capture and Storage) sent to us by our local MP. CCS is a key component of the MOU between Alberta and Canada to build a “de-carbonized” bitumen pipeline from the tar sands to the BC North Coast. See 4 references below with links:

[International Institute for Sustainable Development \(IISD\)](#)

- There are seven CCS projects currently operating in Canada, mostly in the oil and gas sector, **capturing about 0.5% of national emissions**. CCS in oil and gas production does not address emissions from downstream uses of those fuels. **Captured carbon is used predominantly for enhanced oil recovery to facilitate additional oil extraction.**
- CCS in the oil and gas sector is **expensive**—as much as **CAD \$200 per tonne for currently operating projects**.
- Despite this, the federal government provides substantial support for CCS, having **committed at least CAD 9.1 billion public dollars to date, alongside CAD 3.8 billion from the governments of Alberta and Saskatchewan**. Industry is seeking further public funding.

[International Energy Agency](#)

- The report also notes that carbon capture, currently the linchpin of many firms’ transition strategies, cannot be used to maintain the status quo. If oil and natural gas consumption were to evolve as projected under today’s policy settings, **limiting the temperature rise to 1.5 °C would require an entirely inconceivable 32 billion tonnes of carbon captured for utilization or storage by 2050**. The amount of electricity needed to power these technologies would be greater than the entire world’s electricity demand today.

[Institute for Energy Economics and Financial Analysis \(IEEFA\)](#)

- For gas companies, CCS means removing the CO₂ contained in the gas field; this is known as Scope One emissions and often represents well under 10% of the total emissions associated with each gas project.
- Global energy-related CO₂ emissions rose by 410 million tonnes (Mt) to reach a **new high of 37.4 billion tonnes in 2023**. Meanwhile, after 50 years of trying, the capacity of CCS dedicated to the geological storage of CO₂ was only **11.33 million tonnes per annum (Mtpa)**, and the amount of CO₂ injected was below capacity levels.
- Given that it has taken around 50 years to capture less than 10Mtpa of CO₂, **it is going to take a heroic technical effort to meaningfully reduce the 37 billion tonnes of CO₂ being pumped into the atmosphere each year, and a gargantuan sum of money to build the CCS**

facilities. The Chevron Gorgon CCS project in Australia have invested more than AU\$3.2 billion (AU\$336.8 per tonne of CO₂). For the 37 billion tonnes of CO₂/yr of energy-related emissions, the cost is in the trillions.

Stanford University Study): Dr. Mark Jacobson et al (2025):

[“Energy, Health, and Climate Costs of Carbon-Capture and Direct-Air Capture versus 100%-Wind-Water-Solar Climate Policies in 149 Countries”](#) – see summary paper [here](#).

The carbon capture scenario does not produce the same energy savings and health benefits as renewable energy. The authors’ conclusion is striking. **“Policy promoting carbon capture as a climate solution should be abandoned.”** Even when carbon capture is powered by 100% renewable energy, they argue, there is an opportunity cost to not using that same clean energy to just replace fossil fuel generators.

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

Indigenous Matters: Knowledge Keeper

In Indigenous communities, a Knowledge Keeper is a respected individual entrusted with preserving and sharing the traditions, languages and wisdom of their members. Knowledge Keepers serve as living libraries for their communities, fulfilling roles such as:

- **Cultural Preservation:** Maintaining sacred ceremonies, traditional songs, and oral histories.
- **Education:** Teaching Indigenous languages and guiding both youth and non-Indigenous people in Indigenous world views.
- **Land Stewardship:** Sharing expertise in traditional medicines, ecological relationships and harvesting practices.
- **Advisory:** Providing guidance to organizations, schools, and government bodies to ensure cultural safety and authentic representation.



Knowledge Keepers were and are essential to secretly preserve many cultural practices. From 1884 to 1951 the Canadian government prohibited the potlatch ceremony under the Indian Act, making it illegal for Indigenous Peoples--including Knowledge Keepers and leaders to hold these, or other cultural practices. The ban was designed to force assimilation with officials viewing the traditions as "worse than useless customs" that "wasted resources" and hindered the adoption of "civilized values".

https://www.youtube.com/watch?v=aEm1lby_C1g

<https://www.youtube.com/watch?v=cehHAeuAf0s>

<https://www.youtube.com/watch?v=nEuoVBXtmW4&t=34s>

And speaking of Wisdom...

A Wise old owl sat in an oak,
The more he heard the less he spoke;
The less he spoke, the more he heard,
Why aren't we like that wise old bird?
by Samantha Reynolds

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

Memorial Wall: 2025/26 Winter Report

North of the Office and Farmhouse is the location of the Memorial Wall and Garden. There are 91 plaques mounted on the Memorial Wall. It is a quiet place where friends and relatives come to meditate and remember those who have passed away.

Each plaque on the wall has the name of the person who has passed along with birth and death dates and a few comments about them. Those who have a plaque on the Wall refer to themselves as "Plaquers" and they often communicate with me as I work around the Wall. The recent Annual General Meeting of the Plaquers was held at midnight on the night of the full moon in January. At this meeting, Plaquers expressed their appreciation for the painting of the metal flame in the Memorial Wall by Pat Conroy. They also appreciated the removal of the blackberry bushes near the garden entrance. Bob Dobbs agreed it was an improvement but noted that it should have been done years ago. Near the end of the meeting, Ted Humphreys stepped down as Chair of the Plaquers, and, after some discussion, was replaced by Suellen Guenther.

If you wish to reserve a plaque space on the Memorial Wall, please call me, Earle, at 250-592-4831.

UUCV Job Opportunity: Assistant Rental Site Manager/Custodian Needed (Casual)



The Unitarian Universalist Community of Victoria seeks casual staff for our Rental Team. As Assistant Rental Site Manager/Custodian, you will meet renters before and after events to ensure access and contract compliance, then reset furniture, clean facilities, and secure the building.

Hours: vary depending on the number of events booked, usually 2-8 hours per event; frequent split shifts required

Wage: \$27.46 + 4% in lieu of vacation

If interested, please forward your resume and cover letter to uucvhr@gmail.com.

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](#).

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

If you have questions, contact Evelyn Peters at Evelyn.Joy.Peters@Outlook.com.

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.**

(A list of 2025's ZGOF recipients is also available on the website.)



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.

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.

Submitted by Laura Porcher, ZGOF-CHES liaison.

Reminder for Meal Train Volunteers

I visited **Sam Wilmott** and **Bobbee Engels** last week - the people for the current meal train. Unfortunately, **Sam has deteriorated to the point that he can only eat thickened soups and stews.** Things like **chicken pot pie** or **shepherd's pie**, etc., are also fine.

On a personal note, I'm deeply touched and grateful to everyone who answered my call to help with meals for Bobbee and Sam's Meal Train. Although they aren't well known, they feel very cared for. Your kindness and generosity are a beautiful example of our UU community! Thank you so very much!

Submitted by Meal Train organizer and UUCV Member, Louise de Lugt



MEANING MAKING: MARCH



Worship Theme for March: The Practice of Seeking Wisdom

*"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 March is Seeking Wisdom

When I think of wisdom, one of the teachings that first springs to my mind is the Buddhist story of the Second Arrow. As you may know, one of the Four Noble Truths at the heart of Buddhist teaching is the simple recognition that there is suffering (dukkha). To be alive is, inevitably, to encounter pain and difficulty. Dukkha shows up in many forms: physical pain or injury, illness and aging, birth and death, loss and disappointment, or a quieter, persistent sense of dissatisfaction with your life. No one is exempt from this. This is not a failure—it is simply part of being alive, being human.

To help us understand suffering in our minds and hearts, the Buddha offered the teaching often

called the Second Arrow. In this story, the Buddha says that when a person is struck by an arrow (literally or metaphorically), they naturally feel the pain of the wound. This first pain—the physical or emotional hurt itself—is unavoidable. But then, almost immediately, we add something more. We react to the pain by spinning stories about what it means.

These stories tend to follow familiar patterns and often reveal our deepest fears, judgments, or beliefs about ourselves and the world. Many are directed inward: “I’m going to die,” “I’m useless now,” “I deserved this.” Others turn outward: “They did this to hurt me,” “People can’t be trusted,” “Everyone is against me.” Though they feel convincing in the moment, these stories are rarely grounded in reality. They are attempts to escape, control, or explain the pain, but instead they become a form of resistance to it. In trying to protect ourselves, we wound ourselves again. This added layer of suffering—the fear, shame, anger, despair or disconnection created by our stories—is the **second arrow**.

Sometimes, we can be struck by additional arrows. We may judge ourselves for having reacted badly, feel guilty for not being more “mindful,” or ashamed for struggling at all. In this way, third or fourth arrows can follow, compounding the hurt.

Buddhist wisdom invites us to a different response. Rather than fighting or fleeing the pain of the first arrow, we are encouraged to lean into it—to feel it fully and honestly, without adding a story. This means meeting our pain with compassion, tenderness, and care, including seeking medical, spiritual, or other professional support when needed. It also means gently turning toward the reality of the situation as it is, rather than the frightening stories our minds may create.

The first arrow, the Buddha reminds us, is unavoidable. Pain will come. Loss will come. But the second arrow—the harsh self-talk, catastrophic thinking, blame, and fear—is not inevitable. With practice, awareness, and compassion, we can learn to set it down, allowing ourselves to suffer less even during great difficulty.

Over the years, my understanding of this story has deepened. I have come to see that it applies not only to moments I label as “bad,” but also to the everyday interactions and experiences. The stories our minds create in response to what we encounter unconsciously shape how we relate to one another and to the world around us.

When I am faced with the many truths that arise from connecting with people of different identities, life experiences, religions, and cultures, I find it helpful to return to the wisdom of this teaching—especially when the truths offered challenge or differ from my own. In those moments, I try to pause and gently reflect on what is actually happening, and what may be shaped by the stories I am telling myself.

Untangling what is real from the narratives my mind creates can take patience and care. Because storytelling is one of the ways we make meaning, I try not to reject these stories outright, but to hold them with curiosity. I ask whether they arise from fear or insecurity, or love and connection. Do they draw me closer to—or further away from—my values and from the way I hope to be in the world?

As you explore wisdom in your life, community, and beyond this month, may you be free from all unnecessary arrows.

- *Rev Lynn Harrison*

Reflection Questions

- How do you seek wisdom?
- What sources do you turn to most often when you are seeking wisdom?
 1. People in your life?
 2. People you haven't met – elders, thinkers, writers, activists who you follow
 3. Personal, spiritual, or activist ancestors
 4. Spiritual writings, scripture, written traditions
 5. Poetry, theatre, novels, dance and other art forms
 6. Nature, the land, water, ocean, creatures/beings
 7. Spirit, deities
 8. Yourself, your highest self
 9. Any other sources?
- Are there sources that other people in your life turn to, that are uncomfortable for you? How do you respond?
- How has life experience assisted you in growing into wisdom?
- How are you growing into wisdom? (or not?)
- In what ways would you like to become more wise?
- How do you respond when you realize that you've been unwise?
- Are there times you have felt the 'second arrow' in your life? (Read Rev. Arran's letter, above, for an explanation of the 'second arrow'.)
- What have you learned of the multiple truths that come from varied identities, life experiences, religions and cultures?
- How do you respond when someone's lived experience contradicts your own?
- Has someone offered you wisdom that you first rejected – or that surprised you?
- Have you ever wrestled with a wisdom teaching?
- How do you relate to wisdom offered by people of different ages and life stages?
- Is it easy or hard to accept wisdom from people who are younger, older or the same age as you?
- How do you keep yourself (and your community) open to the wisdom of others? The wisdom that arises from unexpected places or people?
- How do you hold contradictory wisdom teachings?
- How does wisdom show up in your body – do you receive wisdom from intuition, feelings, and/or sensations?
- How has your relationship to wisdom (or wisdom sources) changed over your lifetime? Do you have a process for distilling wisdom from your own life experiences?
- Do you have spiritual practices that help you find wisdom? How do they lead you to wisdom?
- Are there children's stories or folk tales that stay with you because of the wisdom they offer?

Spiritual Practices

Lectio Divina as a Personal Practice

Choose a short passage or poem, from a sacred text or book of meditations. Find a place that allows you to focus. Light a chalice if it helps to watch the flame.

- Sit in silence for a few moments.
- Read it carefully and slowly.
- Read it aloud.
- Reflect. Repeat words or phrases that resonate for you.
- Reflect on why they resonate, what meaning or understanding you are drawing from them. Reflection may be done through quiet contemplation, journaling or drawing.
- Consider how this insight might nourish you in the coming days.
- Read the text once more. Sit in silence for a few moments.

End with gratitude.

Pulling a card

There are many ways to work with oracle or tarot cards. One method of encouraging intuition and self-understanding involves shuffling the cards until you are ready, then pulling a card from your chosen deck. Sit with the card for a while. Notice the mood, the colours, the symbols. Pay attention to what speaks to you. Ask each aspect of the card (colours, imagery, symbols) what it represents in your life, what it has to tell you, today.

Our congregation subscribes to Meaning Making, a theme based resource developed by Canadian UU ministers. These questions and spiritual exercises are excerpts from the March 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

Pub Night: Monday, Mar. 2 at 7 pm

Monday, Mar. 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

Join UUCV Chalice Choir at Victoria Royals Hockey Game: Friday, Mar. 13

The Chalice Choir will be singing “O Canada” at the Victoria Royals hockey game on **Friday, March 13!** Join us for an exciting evening of hockey and music as our choir kicks off the game with Canada’s national anthem, sung acapella. You can purchase discounted tickets for just \$15 and sit in the same section as the choir by using the link in this newsletter. Please share the link with family and friends – the more the merrier!

<https://selectyourtickets.venue.net/promotions/CHALICE>

UUCV Music Director Christine Taber



Messy Church: Friday, Mar. 13 - at Victoria Royals Hockey Game

Save-On Memorial Centre, 1925 Blanshard (read on!)

Friday, March 13

Puck drop: 7:05 PM

Doors open: 6:05 PM

As the fates would have it, this is the very same evening that our UUCV Chalice Choir sings our national anthem on centre ice in Victoria, as the Victoria Royals take on the Vancouver Giants.

Imagine several dozen of our Chalice Choir members in matching black & rainbow t-shirts, singing their big Unitarian hearts out on the ice for a stadium of hockey fans. AWESOME!!!

With that in mind...

I know, I know...we're not all necessarily big organised-sports-fans. Some of us have Olympic fever; some of us have missed it entirely this time (which sadly includes me)... But here is our moment! To wear toques (for sure), paint our faces (maybe), eat bad stadium food (definitely), and do the wave with our fellow UUsers in a cold stadium!

Tickets are reduced for us to \$15 each, and we have a whole section reserved just for us.

Family & Friends Tickets

UUCVers (and family and friends -- invite people as you wish) can purchase discounted **\$15 tickets** (regularly \$27) using our promotional link:

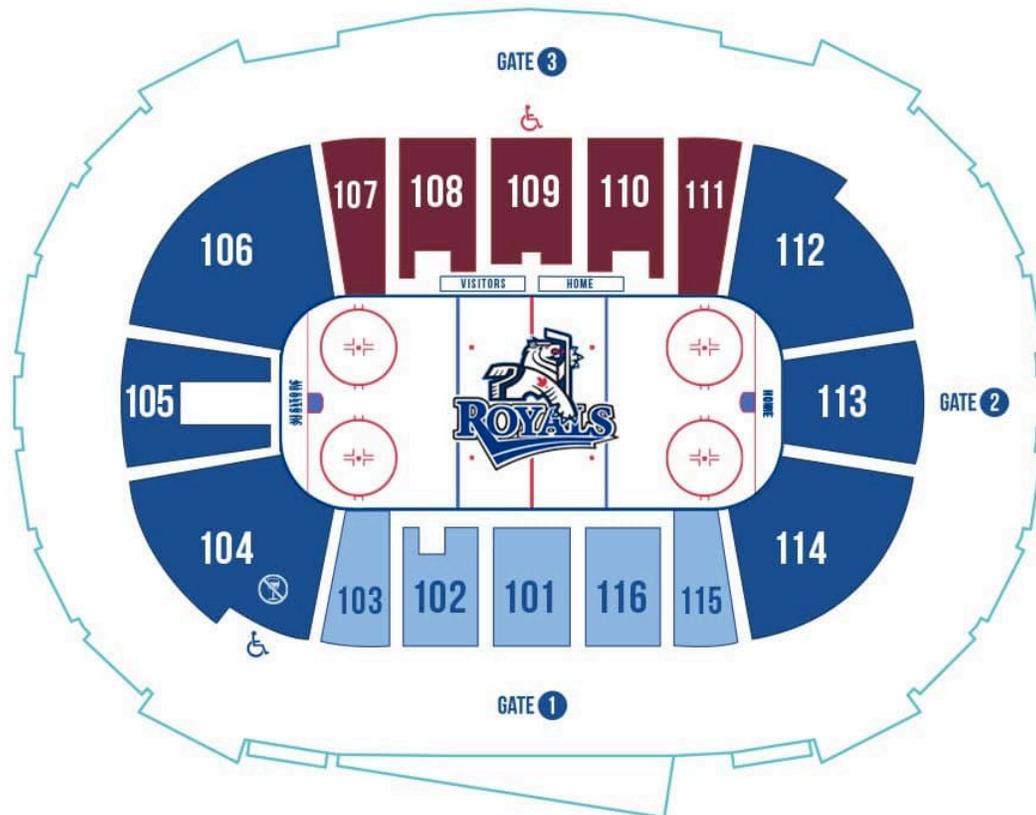


<https://selectyourtickets.venue.net/promotions/CHALICE>

Please feel free to share it!

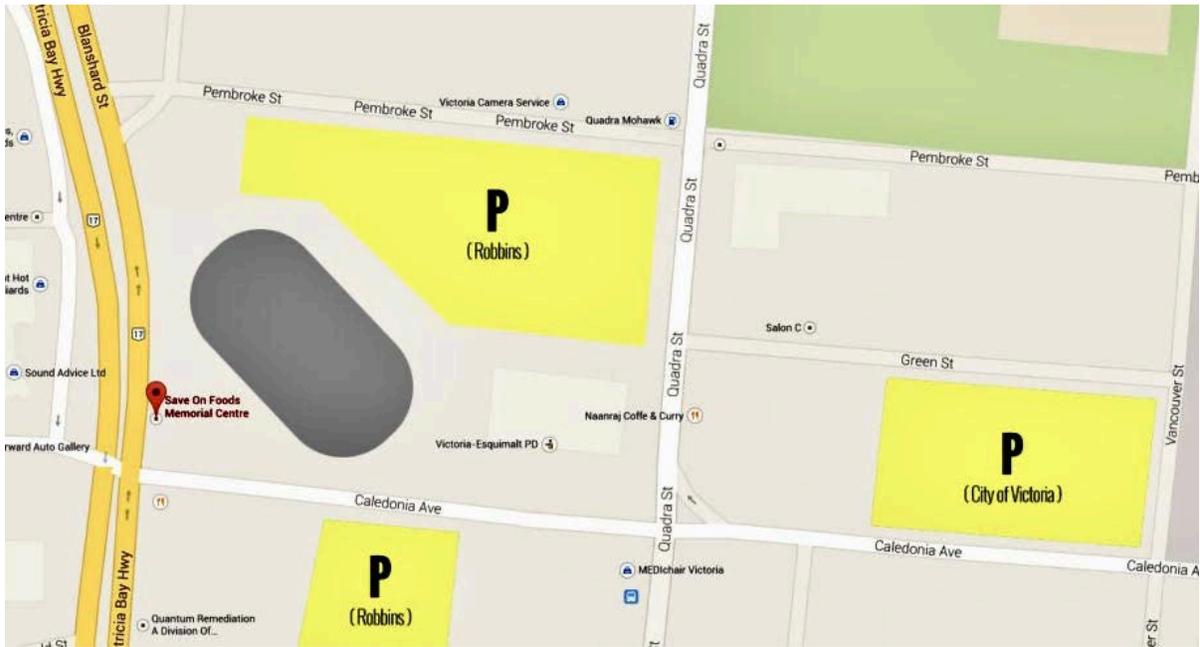
Seating

We will be sitting in **Section 106** (and this is the section connected to the discounted tickets, so we will be sitting with our friends and family.



Also, note where Section 106 is located in the arena-- which is where the choir and Messy Churchers will be sitting during the game. The choir will sing O Canada on the ice in front of Section 105, which is also the Zamboni entrance to the rink.

If you wish to park right at the arena (for \$15), the parking lot entrance is off Quadra on Pembroke. See the map. This parking lot fills by 6:00 on game day. Gate 3 is adjacent to this parking lot.



Contact Jen Rashleigh, UUCV Co-Director of Family Programs if you would like to be on the regular email list for this monthly event.

Song Circle Dates for March: Fridays, Mar. 13 & 27



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.

DATES: Fridays, March 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.)

Can't make it this month? Not to worry - Song circles happen every 2 weeks (same time, same place)! Upcoming song circle dates are Fridays, April 10 & 24 and May 8 & 22.

Contact Bernhard at singforjoy135@gmail.com for more info or to join by Zoom.

UU Men's Lunch: Thursday, Mar. 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 or 250-884-3148.

RSVP for UU Lunch - Tuesday, Mar. 24

Tuesday March 24, 12:00 noon
Fifth Street Grill
1028 Hillside Ave

In February, sixteen UUs enjoyed a good lunch in the sunny atrium of Fifth Street Grill. The menu has many tempting options. The gathering space is an attractive roofed patio with a cosy fire, and in chilly weather a sweater is comfortable. The noise level is pleasantly low. The restaurant is accessible, and there is a parking lot behind it. Reconsidering the plan going forward, we will carry on with lunches on **every fourth Tuesday of the month.**



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

Volunteer Appreciation Tea: Save the Date - Sunday, Apr. 19 in Lion Hall

Volunteer Appreciation Tea

Sunday April 19
Coffee Hour after the Service
in the Sanctuary

Mark your calendar — Everyone Welcome



Join us during coffee hour for sweet and savoury treats as we celebrate the volunteers who make UUCV thrive.

**Everyone welcome!
Enjoy the fun and explore ways you can share your time and gifts.**



Date: Sunday, April 9

Time: Coffee Hour after the Service

Place: Sanctuary

Everyone welcome! Join us for some sweet & savory treats - in celebration of our amazing cadre of volunteers who make UUCV the amazing community it is (and learn how you can help).

2026 UUCV Auction: Save the Date - May 1-3



Save the Date
Auction 2026
May 1 to 3

Heads up!
Watch your inbox for an email.
Think about what you want to donate.
Any ideas?

Contact Astrid: afedesign@firley.ca

2026 Pre-Auction: Register for Birding Now!

Two Early-Bird Birding Outings with Lynne Bonner and Laura Porcher: March 28 and April 11 (9:30 am - noonish)

The auction is May 1-3, but spring migratory birds are coming through now ... **Claim your spot now!** All proceeds to UUCV 2026 Auction.

If you enjoy watching birds, and would like a little help identifying and learning about our local bird life (or would like to share your own bird knowledge and enthusiasm), this introduction to birding is for you!

Laura and Lynne are amateur birding enthusiasts and will share tips on listening for and identifying birds, including using the free Merlin Bird ID app (using birdsongs or photos). Both bird walks will conclude with provided snacks and a little social time for connection.



Photo: Laura Porcher and Lynne Bonner at Swan Lake

Cost: \$25 per person, per trip. Limit of 10 people per trip.

The first 10 people to email Laura at laura.porcher@shaw.ca to register for either (or both) of the two walks will be IN! Don't wait ... 'The early bird gets the worm!'

Specify your name, how many people, and which walk you are registering for (Swan Lake or Cattle Point):

Swan Lake – Saturday, March 28, 2026

Fairly easy walk on a small part of the Swan Lake Nature Trail, including boardwalk (not a full loop around the lake).

Cattle Point / Uplands Park – Saturday, April 11, 2026

Meet at Cattle Point (near Willows Beach), viewing seabirds and shorebirds, then crossing Beach Drive into Uplands Park to find songbirds in Garry Oak woodland habitat where camas will be in bloom.

Moderate walk, approx 2 km on small, challenging trails; footwear for muddy trails and slippery rock outcrops is required.

When we have 10 registrants for both days, we will get back to you all to confirm your spot. Then you can either e-transfer \$25 to Laura Porcher at 250-208-1248 or bring \$25 cash or cheque (to Laura Porcher) to the event. 100% of these fees will be turned over to the UUCV 2026 Auction.

We do not anticipate offering other birding outings in the May 2026 Auction.

Questions? Call Laura Porcher at 250-208-1248

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.

To receive weekly e-mails about the location of these walks, please contact Sylvia Krogh skrogh@shaw.ca

Slow Walks/Long Coffee: Wednesdays at 1:30 pm

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, wheel chairs and walkers.

All the walks start at 1:30 on Wednesdays.

Here is the schedule for March:

March 4 Finlayson Point on Dallas Road. View the daffodils and/or camas on the hill, out to the point and walk a little east. Coffee at Moka House at 345 Cook St.

March 11 Park and meet in front of the Flying Otter Restaurant on the downtown waterfront. Walk to Ships Point and surrounding area. Coffee at Flying Otter.

March 18 Angle park at the west end of the stone beach in front of Ross Bay Cemetery. Walk along the beach walkway and back. Coffee at the coffee shop in Fairfield Village Shopping Centre: Mosi's Florentine Cafe.

March 25 Finnerty Gardens. Meet at entrance near chapel (UVic Multifaith Centre). Rhodos should be out. Pay parking, I'm afraid. Coffee at Moka House at 3849b Cadboro Bay Rd.

Questions? Anne Vaasjo can be reached by text or phone: 250-884-5472

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.

BEYOND UUCV



TOMORROW: Join the UU Ecosystem Project's launch event - Saturday, Feb. 28, 10 am

Join us online to see the new website for Canadian UUs!

Have you ever wondered what UUs on the other side of the country are up to? Do you find yourself wondering if you're reinventing the wheel? Or maybe your congregation or group tried something new, and you can't wait to share it with the world.

A new website is coming that will help us shine a light on the stories of exploration, experiments, innovations and learnings from our nation's Unitarian Universalist communities. Think of it as an online magazine with articles and posts that help us innovate and learn together, including what worked well and what didn't go to plan.

Join us on February 28th for a fun-filled fete as we launch a fabulous new online hub, part of the [Canadian UU Ecosystem Project](#). Be among the first to see the new website, learn how to create your own account, post articles and share comments that keep the conversation going.

Website Launch Party

Saturday, February 28, 2026

10:00 AM Pacific | 11:00 AM Mountain | 12:00 PM Central | 1:00 PM Eastern | 2:00 PM Atlantic

[Register here!](#)

UU Community of Victoria is a member of our National Organization of UUs, the Canadian Unitarian Council (CUC). This is an invitation from them.

MEMBER BULLETIN BOARD

Community Events & Info shared by individual UUCV Members

Tomorrow is the Coldest Night of the Year Fundraising Walk - Saturday, Feb. 28

Last Chance to Donate!

We have created a UU team called Hope in Motion to walk the [Coldest Night of the Year](#); tomorrow, 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 are raising money on behalf of Our Place - and it's not too late to give! You can make your donation online here: <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1040449&langPref=en-CA>

Questions? Reach out to UUCV member Jenny Heston: jfheston@gmail.com

Robin van Gessel Raising Money for Victoria Hospice



For the fifth year in a row, I am riding in the Cycle of Life Tour for Hospice and this year it is particularly poignant. March 2026 marks 20 years since my mum died in Victoria Hospice. As I am sure you know, Vancouver Island Hospices are only partially funded to do their work of palliative care, counselling and bereavement care. Please help me turn this 20-year mark into a legacy of care for others.

Over the past four years, thanks to your incredible generosity, I have helped raise over \$10,000 for this cause. This year, to honor the date we lost her—March 26—I am setting a symbolic goal of \$3,026.

Click here to donate and help Robin reach her fundraising goal: <http://vh.convio.net/goto/RobinVG>

ADVERTISEMENTS

NOTE: Inclusion of ads does not constitute an endorsement by UUCV.

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: 250-516-1462**



A business card for Astrid Firley-Eaton Design. The card is rectangular with a black border. On the left side, there is a black and white portrait of Astrid Firley-Eaton, a woman with short, curly blonde hair, wearing glasses and a dark top with a colorful patterned scarf. To the right of the portrait, the text reads: "Astrid Firley-Eaton" in a large, elegant serif font, followed by "Design" in a smaller, similar font. Below this, in a smaller sans-serif font, it says "interior design" and "colour consultation". At the bottom right, it lists the phone number "250-384-3405" and the email address "afe.design@firley.ca" in a blue, underlined font.

Island Montessori House School

A local non-profit for all children (since 1973)

- Amazing supportive staff
- 30 months – school age
- Before and afterschool care
- Nature playground
- Montessori & ECE materials
- 4 programs to choose from

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

Half-day
spots still
available
for
2024/2025



Ads are run by donation. If you'd like your ad to run in In The Spirit, see our [Promo Guide](#) for guidelines, and info on how to donate. Please send ad copy and images (and any questions) to communications@victoriaunitarian.ca. Submission deadline is the 15th of the month before publication.

UUCV Contact Info

Bradley Clarke
Caretaker

available by appointment
(no Monday availability)

bradley@victoriaunitarian.ca

778-967-5341 (cell)

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

PROMO SUBMISSIONS

we send an email each Friday at noon(ish)

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

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

Send all promo submissions to promo@victoriaunitarian.ca.

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

holiday long weekends
IN PERSON Sun & Wed 11am - 1pm
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
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 Taber
Director of Music
christine.taber@victoriaunitarian.ca

Co-Ministers

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

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

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.

CONTACTS & LINKS

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

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

ONLINE REQUISITION & REIMBURSEMENT FORM

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

ARCHIVED MONTHLY NEWSLETTERS

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

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

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