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## In the Spirit | April 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.

- 
- [UPCOMING SERVICES](#)
  - [Sunday Service, March 29th](#)
  - [Sunday Services in April](#)
  - [Spirited Jazz in the Sanctuary: Sunday, Apr. 19, 7:15 pm](#)
  - ["Share the Plate" in April: International Conservation Fund of Canada \(ICFC\)](#)
  - [Sharing is Caring: How Share the Plate Works](#)
  - ["Share the Plate" Thank You!](#)
  - [CONGREGATIONAL NEWS & REFLECTIONS](#)
  - [Our Caring Corner](#)
  - [April Birthdays](#)
  - [Notes From the Board](#)
  - [Honourary Volunteer Chalice Lighter: Elio Sollazzo](#)
  - [Honourary Volunteer Chalice Lighter: Ben Smith](#)
  - [Artist of the Month for April: Heidi Walter](#)
  - [Family Programs: New Spaces](#)

- [Green Corner: Veganism Could Save Humanity... and the World!](#)
- [GVAT: Perhaps a Side of Training With Your Activism?](#)
- [Good Relations Dialogue: Sunday Apr. 26, 2 pm](#)
- [Indigenous Matters: Red Dress Day](#)
- [Zoie Gardner Overseas Fund: Application Deadline April 30, 2026](#)
- [MEANING MAKING: APRIL](#)
- [Worship Theme for April: The Practice of Nurturing Nature](#)
- [Reflection Questions](#)
- [Spiritual Practices](#)
- [CONGREGATIONAL EVENTS](#)
- [Pub Night: Monday, Apr. 6 at 7 pm](#)
- [Messy Church: Friday, Apr. 10](#)
- [Song Circle Dates for April: Fridays, Apr. 10 & 24](#)
- [UU Men's Lunch: Thursday, Apr. 16, noon](#)
- [UU Lunch: Tuesday, Apr. 28, noon](#)
- [Pre-Auction Concert and Cake Benefit - Saturday, Apr. 18, 1 pm](#)
- [Volunteer Appreciation Tea: Date Change to Sunday, May 10](#)
- [It's Coming... Get Ready for the UUCV Auction, Kicking Off on May 1](#)
- [UUCV Auction Contribution Deadline: April 15](#)
- [Child Haven International: Sunday, May 3, 12:30 pm](#)
- [Mark Your Calendar for the UUCV Spring Concert - Saturday, May 9, 7 pm](#)
- [Last Call for UUCV Pre-Auction Birding.](#)
- [UU Walking Group: Mondays at 1 pm](#)
- [Short Walks/Long Coffee: Wednesdays at 1:30 pm](#)
- [Anxiety & Depression Support Circle](#)
- [MEMBER BULLETIN BOARD](#)
- [Robin van Gessel Raising Money for Victoria Hospice](#)
- [ADVERTISEMENTS](#)
- [UUCV Contact Info](#)

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## UPCOMING SERVICES

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

### Sunday Service, March 29th

**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

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## Sunday Services in April

**Sunday, April 5, 10:30 am**

*After the Tomb*

**Homilist:** Rev Shana

**Worship Associate:** Dan Klimke

Often when we spiritual progressives think about Easter, we focus on how we feel about the resurrection. In general, we don't subscribe to the notion of a bodily resurrection, but relate powerfully to the metaphor—we've experienced rebirth, renewal and new life in our own lives. In a time of so much destruction and chaos, I am wondering about what happens after the resurrection. What did Jesus' followers do after he returned? What is life like after you've been to the tomb?

**Music:** Chalice Choir

**Board Member on Duty:** Shirley Travis

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**Sunday, April 12, 10:30 am**

*Adequate Thanks*

**Homilist:** Rev Shana

**Worship Associate:** Lynne Bonner

In this Earth Month when we focus on the theme of nourishing nature, we'll wonder together about how we express gratitude to the Earth and all the beings with whom we share the planet. How do we live in such a way that our appreciation manifests itself in acts of care and reverence? How can we thank the Earth for all it gives us? Can we nourish it in return?

**Music:** Cantabile Handbell Choir

**Board Member on Duty:** Peter Hancock

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**Sunday, April 19, 10:30 am**

*The Ethics of the Dinner Plate*

**Homilist:** Rev Melora

**Worship Associate:** Jesse Invik

Today's topic was chosen by the winners of the auction item, 'a sermon on a topic of your choice.' The question Rev. Melora (an omnivore) was asked to consider is: What do our UU values say about the ethics of eating animals?

**Music:** Chalice Choir

**Board Member on Duty:** Lynne Bonner

**Spirited Jazz:** 7:15 pm (see article below)

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**Sunday, April 26, 10:30 am**

*Earth Day; Nature Calls, will you answer?*

**Homilist:** Brian Short

**Worship Associate:** Mollie Twidale

It's Earth Day again. What emotions does that bring up for you? Joy in the nature that surrounds us? Dread that we are not taking care of our Mother Earth? Our news feeds serve up a daily platter of climate disasters, but our collective response often seems to be helplessness, complacency, or similar. What if there was another response that might actually alter our course of potential doom? Brian will expound on where we are at, and what we can do to help heal.



**Music:** Bare Bones Band

**Board Member on Duty:** Katherine Maas

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**Spirited Jazz in the Sanctuary: Sunday, Apr. 19, 7:15 pm**

**PRESENTING** **SPIRITED JAZZ**  
**ATTILA FIAS**  
**STUNNING PIANO WORK**  
April 19 7:15 PM UUCV

**Time:** Sunday, April 19, 7:15 pm

**Place:** UUCV Sanctuary

Attila Fias, a pianist possessing, in addition to manifold “chops”, a desire to spring his music from the confines of traditional songwriting. Challenging rhythmic structures and stunning piano work, Attila Fias is a versatile musician, whose playing has been called pyrotechnic, stunning, playful and sophisticated by the Toronto Star, Wholenote magazine and Exclaim magazine. Attila brings another exciting program to Spirited Jazz this month, featuring the music of Chick Corea, Herbie Hancock and John McLaughlin.

Be sure to join us for this uplifting, fun, and vibrant evening as your host, co-minister and Reverend of Jazz, Shana Lynngood, explores the historic roots of jazz interspersed with a note of spirituality. All are welcome, with admission by donation. All contributions go to the musicians and are very much appreciated.

Preview what’s to come at: [www.attilafias.com](http://www.attilafias.com)

Please join us at 7:15 pm, Sunday, April 19  
Unitarian Universalist Community of Victoria  
5575 West Saanich Road, Victoria  
250-744-2665

*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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**“Share the Plate” in April: International Conservation Fund of Canada (ICFC)**



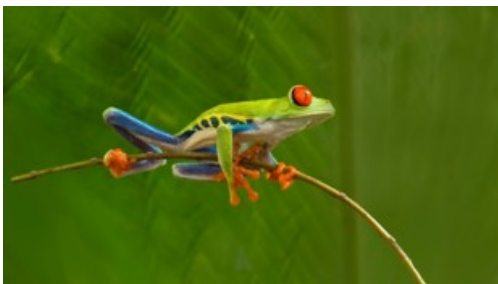
The Share the Plate charity for April is the International Conservation Fund of Canada. ICFC is Canada's leading international conservation organization. Since 2007, they have been partnering with local conservation organizations on projects in over 30 countries in Latin America, Africa and Asia. Their work is science-based, and they are committed to engaging local communities and Indigenous peoples, securing lasting conservation gains in priority areas. ICFC's small staff works with a sense of urgency because they can see how much they are achieving and how much is under threat.



Honoured with multiple awards and recognition, ICFC empowers Canadians to help poorer countries in the developing world, which have very rich but imperilled biodiversity. It is also a way to help restore



environmental and social justice for people who have done very little to cause climate change but who suffer disproportionately from it. It also enables Canadians to help non-human species who have been innocent victims of humanity's encroachment on their habitat and atmosphere. With low administrative costs covered by a core group of donors, 100% of every dollar raised goes to programs. Please give generously to help protect the astonishing diversity of life in the tropics.



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## Sharing is Caring: How Share the Plate Works

Are you interested in learning more about our "Share the Plate" program? Wondering why your nominated charity has not been selected for "Share" yet? Read on for answers!

**Who runs Share the Plate?**

The Share the Plate team, Lynn McKay and Susan Layng, operate under the administration of the Outreach Chair. Their primary responsibility is to organize and manage the monthly schedule of charitable organizations selected for recognition.

Additionally, the team maintains a close working relationship with Rev Shana, regularly consulting with her and seeking her guidance throughout committee discussions and decision-making processes. This collaborative approach ensures that the selection and scheduling of STP charities align with the broader values and goals of the congregation.

### **Why hasn't my nominated charity been sponsored yet?**

In 2025, the team placed an announcement in the monthly newsletter requesting charity suggestions from the congregation. The response was overwhelming, rapidly filling available slots, with some months overflowing into the following year, resulting in wait times for a number of sponsors. Thank you for your patience!

### **What kind of organizations receive Share the Plate funds?**

Requests from our UU community typically fall into themes. Consequently, certain organizations have become regular participants during specific months; for example, GVAT has been highlighted in January, environmental charities in April, an Indigenous charity has been chosen for September, and December features organizations which support vulnerable populations in Victoria, such as Our Place, SOLID, and Anawim House.

While this focus continues, the committee will also promote a diverse range of beneficiaries whose work supports UU Principles. Accordingly, steps are taken to ensure that no charity is featured more than once or scheduled concurrently within a single year.

### **Does Share the Plate happen all year?**

Selected charities are featured from January through June and again from September to December. This schedule reflects the congregation's practice of not holding services during July and early August.

In months that contain five Sundays, the team has established a one-time STP recipient for the fifth Sunday. Organizations such as the Canadian Unitarian Council's Sharing Our Faith initiative and Seed Change (formerly known as the Unitarian Service Committee) are among those that have been chosen to receive 100% of the funds collected on these special Sundays. Going forward, GVAT will receive donations on one Sunday in January and Child Haven on one Sunday in August.

### **How can I learn more, or nominate a charity for Share the Plate?**

Please visit the [UUCV website](#) for relevant details (and to find the nomination form), or contact one of the STP team members: [Lynn McKay](#) and [Susan Layng](#) (click the links to find their contact info in Breeze).

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## “Share the Plate” Thank You!

Thanks to your very generous donations during the month of February, a total of \$1,246.11 was collected for Extreme Outreach Society. This local non-profit organization is dedicated to addressing the cycle of poverty, addiction, and homelessness by offering unique free programs and services for disadvantaged children, youth, and their families.



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## CONGREGATIONAL NEWS & REFLECTIONS

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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.*

**Louise de Lugt** in Oak Bay has just returned home from a week in the hospital due to asthma and an upper respiratory illness. Louise is being followed by the Hospital at Home Program. We send Louise our best wishes for a speedy recovery. Cards and e-mails are most welcome

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

The **Core Care & Concern Team** connect with the C&C contacts and meet once a month: Chair [Mary-Ellen Nicol](#) also covering (Oak Bay, Grand Central, Fairfield), [Stephanie Ippen](#) (Gorden Head, Cadboro Bay, Royal Oak East) [Martha McDougall](#) (James Bay, Esquimalt, Western) [Pam Hood Szivek](#) (Nearby, Farout, Royal Oak West), [Rev. Melora](#)

*From March 15 to April 22, 2026, Pam Hood Szivek will act as Chair while Mary-Ellen Nicol is away.*

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### April Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Ross Beauchamp	Apr. 2	Suzanne Beauchamp	Apr. 17
Sarah Kendall	Apr. 2	Nille Fibiger-Crossman	Apr. 19

Jane Waters	Apr. 3	Kathie Doerksen	Apr. 20
Earle Anthony	Apr. 5	Allan Arlett	Apr. 22
Christopher Taber	Apr. 5	Gisele Bentley	Apr. 22
Bobby Kovar	Apr. 6	Barbara Boyle	Apr. 24
Martha McDougall	Apr. 9	Chris Cook	Apr. 25
Maureen Sherlock	Apr. 13	LeAnn Andersen	Apr. 28
Jan Thomson	Apr. 14	Erin Kinrade	Apr. 30

**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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## Notes From the Board

We would like to share the warmly held covenant of this UUCV Board of Trustees. To arrive at an agreement, much discussion and conversation was had. We agreed to work together for the interests of the community.

*We commit to serving this congregation with integrity, compassion, and collaboration. To that end, we agree to:*

### ***Prepare and Participate with Intention***

*Come to meetings prepared, engaged, and ready to work together with a positive attitude.*

### ***Practice Respectful Communication***

*Listen deeply—not just to words, but to feelings. Speak with care and clarity, using respectful tone and “I” statements. Say what needs to be said, and no more. Use tools like “ouch” and “oops” to acknowledge harm and foster understanding.*

### ***Foster Openness and Inclusion***

*Share relevant communication (e.g., emails) transparently while avoiding unnecessary clutter. Keep the whole board in the loop and notify others when adding people to conversations.*

### ***Seek Input and Stay Curious***

*Invite perspectives from those with relevant knowledge. Approach differences with openness and humility—acknowledging we don’t have all the answers.*

### ***Stay Focused, Yet Flexible***

*Keep the big picture in mind by asking, “Why are we doing this?” and “Where are we going?” Be comfortable with ambiguity and the evolving nature of complex conversations.*

### **Embrace “Both/And” Thinking**

*Avoid rigid either/or framing. Hold space for multiple truths, ideas, and perspectives to coexist and inform our work.*

### **Engage in Healthy Conflict**

*Disagreement is okay—shaming, blaming, or attacking is not. Sit with discomfort, honour differences, and trust that conflict can lead to growth.*

### **Allow for Messiness**

*Real dialogue, especially across differences, can be unclear and uncomfortable. Be patient. Allow time for evolving thoughts and changing minds. Show compassion and flexibility.*

### **Uphold Confidentiality**

*Share insights from dialogue without naming others or their stories without permission. Respect “double confidentiality”: don’t assume continued openness unless explicitly given.*

### **Support Collective Decisions**

*Once a decision is made, stand behind it as a board. Avoid naming individual positions; emphasize the integrity of the process and the unity of the outcome.*

Yes, this standard of care will take more time and often more work – think about confidentiality in 2026? - we have the internet to monitor and protect the community? Also, ‘oops’ was sent from one speaker to another who overspoke the first party? These examples show our willingness to uphold the Covenant of our Relationships, how we work for the community.

Thank you for reading,

Your Trustees: Shirley Travis, Katherine Maas, Janine Gliener, Liz Graham, Lynne Bonner, Margaret McKelvie, Peter Hancock, Barry Wiebe, Jim Hemstock, Lesley Duthie, David Tietz, Audrey Taylor

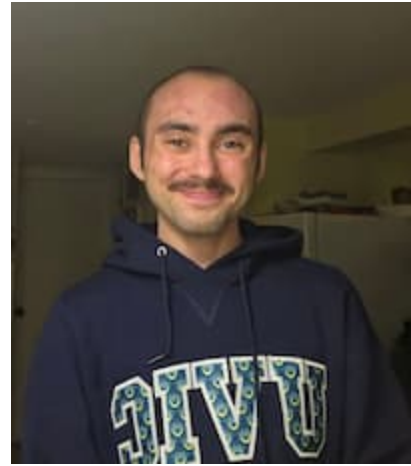
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## **Honourary Volunteer Chalice Lighter: Elio Sollazzo**

*Jen Rashleigh writes:*

“Elio and his family have been part of this congregation for years, with Elio having gone through both the RE program and OWL program as a teenager. Elio reached out to Family Programs in September last year, having graduated from UVic in 2024 and now pursuing a career in Education. He’s been volunteering on Sunday mornings since last fall-- and we are so lucky and grateful to have his calm energy, his consistent and dedicated presence, and his artistic sensibilities each week. Elio has also brought his Slam Poetry skills to help facilitate a magical Messy Church evening of community poetry –and this May, he is co-leading an OWL program for our youngest UUsers with Donna Warrender. Elio, thank you for all that you bring to this community. “

*Elio will light the chalice on April 12th.*



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## Honourary Volunteer Chalice Lighter: Ben Smith

*Jen Rashleigh writes:*

“Ben is an institution here at UUCV. We all know his frog hop to the front during Time for All Ages, and his willingness to answer questions on the rug-- although we suspect it’s partly because he



loves a microphone! Ben brings playfulness, leadership, and improv skills to our summer camp, our national CanUdle youth cons, and his various school communities, including provincial Robotics competitions. He is gifted with the children: playful, present, and so good with making time for the one-on-one moments that build relationships, whether it is outdoor play, Pictionary, or Mankalla. He’s given so much here, and it is a true privilege to witness Ben growing into a young adult.”

*Ben will light the chalice on April 26th.*

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## Artist of the Month for April: Heidi Walter

Heidi lives in North Saanich on Vancouver Island. She works with both alcohol ink and acrylic pouring art. Nature is her constant inspiration for all of her creations, and she works outdoors as much as possible.

All alcohol ink works are original creations on Yupo or painted directly on specially sealed canvas. Finally, the ink paintings are varnished to seal the painting and protect it from UV. The fluid acrylic pour works are original creations on canvas. Both fluid acrylic pour and alcohol ink paintings may be coated in resin.



Heidi teaches both alcohol ink and acrylic pour techniques at various community centers on Southern Vancouver Island, as well as offering private lessons at her home studio. Her art has been displayed and sold at the Gallery at Matticks Farm, Butchart Gardens, the Sidney Pier Hotel and multiple cafes and restaurants. Commissions for original art are welcomed, and additional prints can be made by request.



**Heidi's contacts:**

[epidural67@gmail.com](mailto:epidural67@gmail.com)

Instagram: [@vividartgirl](https://www.instagram.com/vividartgirl/)

Facebook: [Heidi Vividartgirl](https://www.facebook.com/HeidiVividartgirl/)

US Phone: 1-702-449-5091

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## Family Programs: New Spaces

Family Programs is delighted to announce that, beginning in April, our Sunday morning programs for children and youth will be held in a new set of spaces ... along with a brand new mini-Makerspace!

When a UUCV tenant vacated a room in the Farmhouse in early January, our community realized that this was an opportunity for Family Programs to grow. Thank you to everyone who helped make this idea happen!

The new Family Programs mini-Makerspace will be a dynamic, creative and dedicated space for the children and youth to call their own. Families, we welcome you to come in, chill on the daybed, peruse our resource shelves, and be part of building a room that reflects our children/youth interests. Dinosaurs? Yes. Costumes? Absolutely. Nature-based art? Bring it on. Handmade books? Medieval armour-made-from-cardboard? Podcasting? Linocuts? Let's make it happen! Leanne and Jen will be setting up the "bare bones" of this makerspace this spring, and then we hope to bring it to life along with you...



A dedicated space also means wall space to put up children's/youth artwork and messages. It means we can start a project one week, then leave it (to dry, to set...) and return to continue it the following Sunday. Can you tell we are excited?

Starting in April, we will be offering Sunday morning programs in some new spaces. We'll gather in the Sanctuary (as usual), have Time for All Ages (as usual), and then we'll head over as a group to

the Farmhouse for our programs. Our programming spaces will include the Farmhouse Common Room, the Makerspace, and the wide Farmhouse hallway. The labyrinth and apple orchard are only steps away. Parents and family are still very welcome to join the program for as much or as little as you choose.

We will be deciding where after-service pick up will happen– we would like to include the children and families in this decision. It will either be in the Farmhouse (families come over to pick up your children), or back in the Lion Hall (in this case, leaders would bring your children back over for pick-up). Fear not... There will be clear signage and announcements, so you know where to find your children after the service!



*A makerspace is an informal, collaborative workspace for making, learning, exploring, and sharing. A maker mindset, of creating something out of nothing and exploring your own interests, is at the core of a makerspace.*

*Jen Rashleigh, UUCV Co-Director of Family Programs*

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## Green Corner: Veganism Could Save Humanity... and the World!

“You must be kidding!” you might say after reading this title. “Are you pulling my leg? Could switching to a vegetarian or vegan diet be a solution to climate change? Really? Wait a minute,” you might add,” I thought fossil fuels were the cause of climate change. Isn’t it enough to transition to green energy?”

Well, yes indeed, we must wean ourselves off fossil fuels; there is no doubt about it. But did you know that, based on scientific studies, meat consumption is responsible for between 15 and 20% of human-caused greenhouse gas emissions?

### Here are some facts:

- Animal agriculture is highly inefficient and wasteful; for example, the production of 1kg of beef requires approximately 25kg of grain and 15,000 litres of water, whereas 1kg of wheat requires only 1000 to 2000 litres. Animal agriculture also requires vast tracts of land to grow feed for livestock, rather than directly feeding humans.
- Livestock farming is a leading driver of deforestation (notably in the Amazon), biodiversity loss, and water pollution from manure runoff.
- Ruminants like cows produce vast amounts of methane—a gas with twenty-eight times the warming potential of CO<sub>2</sub>—while fertilizers for feed crops release potent nitrous oxide.
- Transitioning to a vegan diet can cut an individual’s food-related carbon footprint by up to 75% compared to diets heavy in meat.

How about giving it a try? Start slowly: first planning a vegetarian meal once or twice a week, then gradually increasing the frequency, and then trying some vegan recipes. Vegan or vegetarian cooking is easy and fun, contrary to popular belief! There is so much variety and so many delicious recipes. I used to be a meat-eater, but then switched to being a vegetarian before recently becoming vegan. I might indulge in eating an egg or two occasionally, and you might catch me grazing on cheese after the service in the Lion Hall, but overall, both my wife and I are sticking to a vegan diet.

By adopting a plant-based diet, not only will your health benefit, and not only will the animals be grateful to you, but you will make a real difference in reducing greenhouse gases. It is one of the most impactful individual actions you can take to reduce your carbon footprint. It is a win-win-win situation.

To find out more about the benefits of such a diet, be sure to attend the service on April 19, as Reverend Melora will give a homily on the ethics of eating animals. After the service, there will be more information available about the link between meat-eating and climate change, the ethical considerations of raising animals, and the health benefits of a plant-based diet. Vegan recipes will be available, as well as delicious vegan food samples... not to be missed!

*Yves Parizeau, a member of UUCV's Environmental and Climate Action Committee.*

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## GVAT: Perhaps a Side of Training With Your Activism?



“Democratic hope envisions a political community where power, freedom, opportunity, and accountability reside not with elites or experts, but with everyday, ordinary people. It is anchored in the conviction that the political whole is more than the sum of the parts and must include all but be dominated by none.”

- Edward T. Chambers, in *Roots for Radicals: Organizing for Power, Action, and Justice*; Executive Director of the Industrial Areas Foundation, 1972 to 2009

In February, GVAT's full-time organizer Izzy Adachi held a “Foundations of Community Organizing” training. GVAT is affiliated with the US-based non-profit Industrial Areas Foundation (IAF), which provides training in its broad-based organizing model. Simply put, broad-based organizing brings

people together to do things that we wouldn't be able to accomplish individually.

During the 10-hour training, we learned that community organizing involves using relationality: the practice of assessing where we share common interests with others, and employing collective power through research and action to achieve a political goal. We use “power-with” others, not “power-over” them, to transform the “world that is”, into the “world we imagine”; a world with justice for all, dominated by none.



*Participants work in small groups during the Foundations of Community Organizing training. Photo by Izzy Adachi.*

The training included demonstrations, small group strategizing sessions, reflections on learning, and personal sharing. Izzy, an experienced community organizer, emphasized that using the IAF framework is considerably more effective than simply bringing the best argument to a campaign. Izzy fielded questions, but also drew on the experience of attendees when she thought they had something to share from working in their own communities.

If you've already attended GVAT's "Foundations of Community Organizing" training, you may be interested in the upcoming week-long national GVAT training being offered here in Victoria, May 25-29. Attendees will continue a long tradition of organizational training that began in Chicago in the 1940s and has been honed over the last 85 years. During this time, IAF and its affiliate organizations have grown into a global movement that trains thousands of people in the principles of community organizing every year.

For more information or to register for the five-day National Training, visit: <https://www.gvat.ca/nationals>

*Submitted by Jean Gerster, one of GVAT's core team, which includes Lynn Beak, Jim Jordan, Marion Pape, Philip Symons, Zhu-Liang Sim, and ex officio Rev. Melora Lynngood. New members welcome!*

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**Good Relations Dialogue: Sunday Apr. 26, 2 pm**

# GOOD Relations



**ADAM OLSEN**

in dialogue with BC Bestselling author

**GEORGE ABBOTT**

*UNCED: Understanding British Columbia's  
Colonial Past and Why It Matters Now*



**A thoughtful, respectful, and informed conversation about  
Crown-Indigenous relations in British Columbia.**

## **Adam Olsen in conversation with George Abbott**

Sunday, April 26, 2026 – 2:00 pm

Charlie White Theatre

Mary Winspear Centre

Tickets available at the [Mary Winspear Box Office](#).

**Good Relations Dialogues** with Adam Olsen is a public dialogue responding to the growing strain in Crown-Indigenous relations in British Columbia and the rise of anti-Indigenous rhetoric online. At a time when trust is eroding and legal obligations are too often ignored or misrepresented, this event creates space for thoughtful, informed, and respectful conversation.

At this April 26th event, Adam Olsen welcomes **George Abbott**, author and BC Treaty Commissioner, for a conversation about his bestselling book, [Unceded: Understanding British Columbia's Colonial Past and Why It Matters Now](#).

*Unceded* draws on archival research and Abbott's firsthand experience inside government. He traces more than 150 years of Crown-Indigenous relations in British Columbia, from the province's refusal to negotiate treaties to the legal and political consequences that shape today's reconciliation landscape.

This event explores Crown-Indigenous relations, why historical clarity matters now, and how law, policy, and relationships must evolve if British Columbia is to move toward justice, accountability, and durable good relations.

**Note:** *THRUU (Truth Healing and Reconciliation Universalist Unitarian)* members of *UUCV* have voted to use a portion of their annual budget to sponsor this program as a "Friend of Good Relations". A free copy of *Unceded* by George Abbott goes to the first 100 people buying a ticket.

The program information above comes from Adam Olsen's Substack. Check it out at <https://adampolsen.substack.com>.

Tickets for Good Relations are available at the [Mary Winspear Box Office](#).

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## Indigenous Matters: Red Dress Day

Red dresses will be in the wind, in the trees in front of the Unitarian Universalist Community sanctuary, a week before and after May 5.

This date is the National Day of Awareness and Remembrance for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S+) in Canada. Inspired by Métis artist Jamie Black's REDress Project, red dresses are hung in public spaces to symbolize the thousands of missing and murdered Indigenous women.



Red is chosen because it is believed to be the colour visible to spirits, and the empty dresses represent the lost lives and the emptiness left in communities.

It is a call for justice, education, and reconciliation, as Indigenous women and girls are at a significantly higher risk of violence in Canada.

Local Involvement: The [University of Victoria \(UVic\)](#) has historically participated in the [REDress Project](#), and local [WSÁNEĆ Leadership Council](#) often participates in regional actions, with activities taking place throughout the region.

Links for further information:

<https://rcmp.ca/en/missing-and-murdered-indigenous-women-girls-and-2slgbtqi-people#s6>

<https://www.youtube.com/watch?v=f5WCFQK2PJI>

<https://tinyurl.com/25n4786y>

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.

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



**Letter exchange:** ZGOF is seeking volunteer letter writers for 30 secondary school girls, 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.

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

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## Have Your Taken the UUCV "New Logo" Survey yet?

**We're getting closer!**

We heard the input you gave us on the last round of designs from our Logo Designer, and we asked the designer to come up with some new options based on that input.

If you haven't already, please let us know your thoughts **comparing the top contender from the first round, and these 5 new options.**

Our logo is an outreach tool. As you consider the options, try to look at them with the eyes of a newcomer, and keep in mind that we want to invite into our community a diverse array of progressive people of all ages.

[This link will take you to the survey.](#)

### **What is this about?**

#### **Background information:**

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

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

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

**We shared a first round of options from the designer with you in November. Now, based on your input, we're asking for input on the second round of options.**

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

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

[Start the survey](#)

Thank you for your input!

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## MEANING MAKING: APRIL

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### Worship Theme for April: The Practice of Nurturing Nature

*"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).*

\*\*\*

As Unitarian Universalists, our interdependence calls us to love and justice. We begin from the knowledge that we belong to the earth, a truth both profound and mundane. Yet we often feel

estranged from nature, disconnected from the connected web of creation.

Don MacKenzie, a United Church of Christ minister, suggests this estrangement grates on us on some deep level, unsettles us. He says his grandfather, when feeling off, would say, *“If I could just walk across a newly ploughed field in my bare feet, and feel the dirt coming up between my toes, I’d know where I was.”*

<https://orionmagazine.org/article/climate-and-creation>

I think we need the healing that comes from connecting with nature, and I know the earth needs our help to heal and adapt to the climate crisis.

Spiritual resilience can arise in part through a visceral experience of the interdependent web of life, not just in our minds, but in our bodies and hearts. To find sanctuary in this blue-green earth that is our home. This sense of love and connection can sustain us in the hard times, and these feel like hard times on so many levels.

My own spiritual practice to connect is simple – I go outside and sit under a tree – or I go outside and walk – or I just look out my window at the trees that I am so lucky to have around my home. I feel such gratitude to have all this green life just beyond my door, and every year I learn a little more about the trees and plants and birds and animals that share this land with me. I am beginning to know where I am.

I encourage all of you to find spiritual practices that connect you to the earth, from sketching a flower to singing a song outside to growing basil on the windowsill to hiking a mountain. Whatever lets you feel the way Mary Oliver feels in this excerpt from a poem:

*When I am among the trees,  
especially the willows and the honey locust,  
equally the beech, the oaks and the pines,  
they give off such hints of gladness.  
I would almost say that they save me, and daily.*

Find the way nature nourishes your spirit and find ways to nourish nature. It is these gifts of connectedness that help us all.

*Many Blessings,  
Rev. Fiona Heath*

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## Reflection Questions

- Where do you feel most nourished in nature? How does nature nourish you?
- In what ways do you nourish or give back to the natural world?

- How do you live in alignment with the rhythms of the earth? How do you know you are in (or out of) alignment with the earth's rhythms?
- Describe one of your favourite natural places? How do you feel when you are there?
- How does your identity or [social location](#) impact your ability to access the natural world?
- Do you feel that the recent extreme climate events impact your relationship to the natural world? In what way?
- Has nature been a source of danger or fear for you, and how does this impact your relationship with the natural world?
- How does where you grew up (town, city, rural/farm, wilderness) influence your relationship with the natural world?
- What has your family and culture taught you about nature?
- How has your relationship to the natural world changed over your life?
- What sort of connection do you have to the land on which you live? To the land or lands of your ancestors?
- How does being an immigrant, settler, or Indigenous person impact your relationship to land and nature?
- What have you learned from the land/nature and the more-than-human world?

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## Spiritual Practices

### Spirit Walk

A Spirit Walk is a mindful, slow-paced, intentional walk that is intended to tune your mind and your senses to the present moment, to encourage attentiveness to the world around you. Mindful walking opens your senses while soothing the spirit. Walking moves the body while quieting the mind, allowing our busy minds to slow down and let go of the usual worries. It isn't about emptying the mind, but allowing it to refresh and focus on the present moment.



In a Spirit Walk, the emphasis is on experiencing being in the world, the here and now, letting your attention linger on whatever catches your eye. A SpiritWalk can be done alone or in a group, but is walked in silence. Begin with some quiet breathing if you can.

Take anywhere from ten to thirty minutes, walking, moving slowly, stopping to examine what catches your eye. You won't get very far! Take a camera and take pictures if that helps you notice things. It can feel like a luxury of time, to simply wander slowly and pause, like a toddler, whenever

your fancy takes you.

Walk slowly, glance around you, up above, down below. If something catches your eye, stop and examine it. Look at the sky. Notice the clouds, or the stars, or the colour of the sky.

Look at the ground. Notice the sidewalk, the cracks in the concrete. Notice any green life that is growing. Take your time to see all that is around you. Pay attention.

After the walk, sit in reflection for about fifteen minutes. You might write in a journal, draw a picture, review the photos, or simply sit and consider what you have seen.

This is a great activity to do with children, as they often notice interesting objects adults miss. Choose a shorter route and stay on quieter streets or try a park, where the kids can move more freely.

### **Movements to Connect Body and Earth**

Dancer and teacher Andrea Olsen has developed a series of exercises that help non-dancers and dancers alike connect with the earth through their bodies. She shares seven of these “somatic excursions” on her website, [body-earth.org](http://body-earth.org). This series of short films offers resources for ease in the body by restoring inherent flow, our birthright. They are for anyone with curiosity about living more consciously.

*Our congregation subscribes to Meaning Making, a theme-based resource developed by Canadian UU ministers. These questions and spiritual exercises are excerpts from the April 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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### **Pub Night: Monday, Apr. 6 at 7 pm**

Monday, Apr. 6, 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)

## Messy Church: Friday, Apr. 10



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

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## Song Circle Dates for April: Fridays, Apr. 10 & 24



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, Apr. 10, 24

**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 May 8 & 22.**

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

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## UU Men's Lunch: Thursday, Apr. 16, 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: Tuesday, Apr. 28, noon

**Tuesday April 28, 12:00 noon**  
**Fifth Street Grill**  
**1028 Hillside Ave**

Our switch to Fifth Street Grill has worked out well. The menu has many tempting options. We gather in 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. All Unitarians and friends are welcome - the fourth Tuesday of each month until June.



Please make a reservation by email to Pat McMahon: [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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## Pre-Auction Concert and Cake Benefit - Saturday, Apr. 18, 1 pm

This is your chance to be serenaded by the Quintessential Quartet in an exclusive 8-guest house concert before we disperse for an extended summer vacation. We are Sheila Drew on piano, Jeff Freed on violin, Joane Berube on oboe and English horn, and Joan McGorman on cello. Jeff and Joan are Civic Orchestra players, and Sheila and Joane are long-time amateur players.

We will present an hour of classical favourites, including a brief commentary, followed by tea and cakes by Fran Dearman, including the legendary Dearman carrot cake with cream cheese icing! Allergies can be accommodated if we are informed when you buy your ticket.

The concert will be at my house, **3221 Aldridge Street**, in Victoria. All proceeds go to the Auction.

*Tickets are \$25, payable to Sheila Drew by cash or cheque only. Contact me at 250-598-1884 or [sheiladrew1313@gmail.com](mailto:sheiladrew1313@gmail.com)*



# Volunteer Appreciation Tea: Date Change to Sunday, May 10

**Date:** Sunday, May 10

**Time:** Coffee Hour after the Service

**Place:** Sanctuary

## You're Invited to Our Volunteer Appreciation Tea!



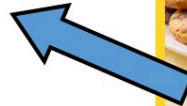
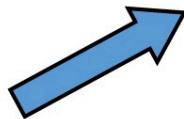
**Join us on MAY 10 in lieu of Coffee Hour following the service as we celebrate the many hands and hearts that help our church community thrive. Whether you've volunteered in the past, are serving now, or are simply curious about opportunities for the future, we would love to welcome you.**

**We'll enjoy light refreshments together—tea, coffee, decaf options, and edible treats —along with good company and warm gratitude for all who give their time and talents. It's a chance to connect, be appreciated, and explore ways to get involved.**

**We hope to see you there.**

**NEW DATE!**

**MAY 10**



**It's Coming... Get Ready for the UUCV Auction, Kicking Off on May 1**

# Auction 2026 Sampler!!!

## Something Tasty!

High Tea & Harp on the Deck  
Retro Dinner (Fondue)  
New Orleans Dinner  
September BBQ  
Borscht Lunch  
Marmalade, Granola, Paté,  
Elderflower Cordial, Homemade  
Bread, Jams, Jellies and Relishes,  
Cakes, cakes & more cakes

## Gift Cards!

Restaurants  
Gardening Centers  
Coffee Shops and Bakeries  
Bookstores  
Gift Shops  
and a whole lot more!

## Fun Things to Do!

A Murder Mystery Evening in November  
An Evening of HooNu  
Sock Monkey Workshop with Lesley Duthie  
Living History: Learn a thing or two from the people who saw it happen  
Winter Vegetable Garden and Tea  
A History Tour of Victoria with Peter Scales  
Learn to play Mahjong

**Friday May 1 -- Saturday May 2 -- Sunday May 3**

## UUCV Auction Contribution Deadline: April 15

We all know that the Auction is building community by connecting people while contributing to the church.

These are the most popular events for mingling and getting to know one another are:

- Dinners
- Lunches
- Brunches
- Picnics etc.

Thank you to all of you who have sent in your offers already, but we could use more!

In case you are still trying to decide what to contribute, why not consider some food related event?

Deadline for submissions April 15<sup>th</sup>, 2026

Suellen's Dream Team would love to hear from you or contact Astrid  
[afedesign@firley.ca](mailto:afedesign@firley.ca)

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## Child Haven International: Sunday, May 3, 12:30 pm

Greetings from the Victoria committee for Child Haven International!

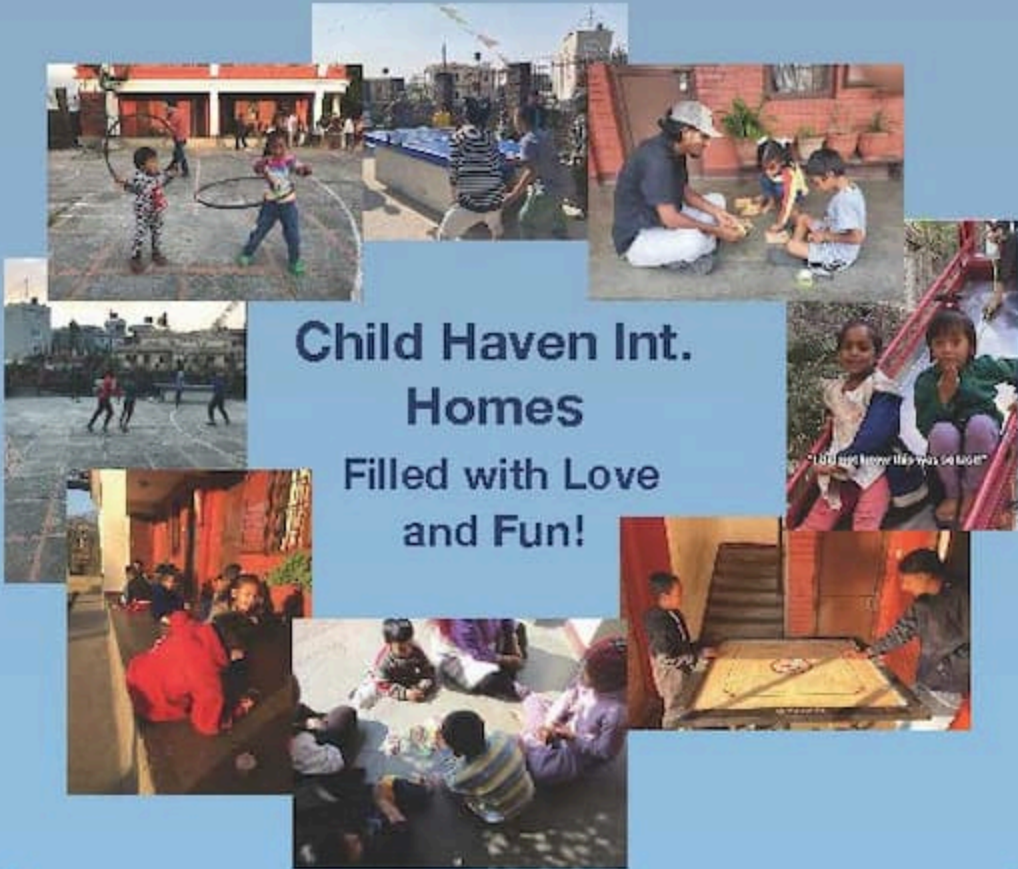
It is Child Haven International fundraising time! It is a special year since one of the founders, Fred

Cappuccino, has celebrated his 100th birthday this year.

This year, we are planning a fun-filled afternoon, including a full vegetarian luncheon after the service and games as they are played in the Child Haven homes. Participate, cheer on the players or simply wander around the sales tables and silent auction, it's guaranteed to be a good time for all! You will find the poster attached at the bottom of this message. If you want to learn more about Child Haven International, please click on the following link: <https://www.childhaven.ca/>

**Tickets** can be purchased through **Robin Colyer** (819-861-2410 or [robincolyer@gmail.com](mailto:robincolyer@gmail.com)) or in the **Lion Hall on April 19 or 26 after service.**

**Tickets are limited to 100**, so please get them early. Hope to see you on May 3rd!



**Child Haven Int.  
Homes  
Filled with Love  
and Fun!**



**Child Haven Int. Fundraising Luncheon**  
The Unitarian Universalist Community of Victoria  
5575 West Saanich Road, Victoria



**Sunday, May 3rd**  
**at 12:30 pm**  
**doors open at 12:15**

**Tickets: adults \$35**  
12 -18 year olds \$25  
under 12 free.

Checks payable to Robin Colyer or by  
e-transfer to [robincolyer@gmail.com](mailto:robincolyer@gmail.com)  
Note "Child Haven Victoria" in memo

Net proceeds donated to Child Haven  
International ([www.childhaven.ca](http://www.childhaven.ca))

**This special event will include:**

- meet and greet
- full lunchtime Indian dinner
- online visit with founders, Bonnie and Fred Cappuccino
- review of Child Haven homes with Robin Cappuccino and Ganesh Kumar, in person!
- experience fun and games as played in Child Haven homes!
- info on openings for internship
- silent auction
- sales table of hand-made items
- door prizes
- an opportunity to contribute to the costs on CHI's Needs List

**For more information contact:  
Robin or Peter at:**  
**250-580-1045 or 619-861-2410**  
**email: [robincolyer@gmail.com](mailto:robincolyer@gmail.com)**  
**donations by e-transfer to**  
**[fred@childhaven.ca](mailto:fred@childhaven.ca).**

*Submitted by Mariko Matsumoto for the Child Haven International Committee.*

**Mark Your Calendar for the UUCV Spring Concert -  
Saturday, May 9, 7 pm**

**Our Annual Spring Concert  
featuring**

**A choral arrangement of**

**BOHEMIAN RHAPSODY**

Performed by the Chalice Choir accompanied  
by Guest Artists

**Saturday May 9 at 7pm**

**UU Community of Victoria**

**5575 West Saanich Road**

★ ★ ★

**Plus our Cantabile Handbell Choir**

**Men's Choir**

**and other fabulous guests!**

**Admission by Donation**

**Join us for a reception after the concert**

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## **Last Call for UUCV Pre-Auction Birding**

Last call for UUCV Pre-Auction Birding ... just a few spots left! 2 spots left for Swan Lake — tomorrow, Saturday, March 28. Fairly easy walk on a small part of the Swan Lake Nature Trail, including boardwalk (not a full loop around the lake).

### 3 spots left: Cattle Point / Uplands Park – Saturday, April

**11.** 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 required for muddy trails and slippery rock outcrops.



**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 intro to birding is for you!

Laura Porcher and Lynne Bonner 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.

\$25 per person, per trip. Limit of 10 people per trip. 9:30 am - noonish

**Register by email to [laura.porcher@shaw.ca](mailto:laura.porcher@shaw.ca).** Don't wait ... 'The early bird gets the worm!'

Specify your names and which walk you are registering for (Swan Lake or Cattle Point). Laura will get back to you to confirm your spot. We do NOT anticipate offering other birding outings in the May 2026 Auction.

*Questions? Call Laura at 250-208-1248*

*Photo: UUCV 2025 Birding!*

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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.

*To receive weekly e-mails about the location of these walks, please contact Chris Cook: [49chriscook@gmail.com](mailto:49chriscook@gmail.com)*

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## Short Walks/Long Coffee: Wednesdays at 1:30 pm

For an easy, inclusive outdoor saunter, 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, wheelchairs and walkers.

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

Here is the schedule for April:

April 1: 636 Montreal St. James Bay. Coffee TBA

April 8: Finerty Gardens – Meet in front of the chapel - the rhodos should be at their best. Coffee at Moka House

April 15: Ogden Point – Meet at the beginning of the breakwater. Coffee at Ogden Point

April 22: Government House – Meet in front of the House. Coffee at Lin Rubin's home

April 29: Willows Beach – Meet at the teahouse, but coffee at Estevan Village

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

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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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## **MEMBER BULLETIN BOARD**

Community Events & Info shared by individual UUCV Members

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## **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 honour 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>

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## ADVERTISEMENTS

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

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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: 250-516-1462**



Astrid Firley-Eaton  
Design

interior design  
colour consultation

250-384-3405  
[afe.design@firley.ca](mailto:afe.design@firley.ca)

**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](mailto: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](mailto:communications@victoriaunitarian.ca). Submission deadline is the 15th of the month before publication.

## UUCV Contact Info

Bradley Clarke  
Caretaker

## PROMO SUBMISSIONS

we send an email each Friday at noon(ish)

available by appointment  
(no Monday availability)  
[bradley@victoriaunitarian.ca](mailto: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 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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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](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**

**Music Program**

**Christine Taber**

**Director of Music**

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

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

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**Co-Ministers**

**Rev. Melora Lynngood**

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

Text/call 250-891-6330

**ARCHIVED MONTHLY NEWSLETTERS**

Read or download

[In the Spirit Monthly Newsletter](#)

**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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