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## In the Spirit | May 2026

The Monthly Newsletter of the Unitarian Universalist Community of Victoria

View our back issues [here](#) | Fill out our [Connect Form](#) to subscribe.

See [our activities](#) on our website  
for info about future events & 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

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

### Sunday Services in May

***There will be a videographer at UUCV filming during and after the May 3rd Service.***

[Read more about it here.](#)

## **Sunday, May 3, 10:30 am**

*Does Love set us Free?*

**Homilist:** Rev Shana

**Worship Associate:** Jesse Invik

Sophocles wrote, “One word frees us of all the weight and pain of life: that word is love.” It is certainly true that love, as our theme this month reminds us, has liberating qualities. There is a dimension of love that is about letting go and appreciating, the opposite of controlling or possessing. And yet, love is complex. How do we love in ways that feel freeing both to ourselves and those we love?

**Music:** Chalice Choir

**Board Member on Duty:** Liz Graham



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## **Sunday, May 10, 10:30 am**

*What Can I Say? Trans Affirmation*

**Homilist:** Rev Melora

**Worship Associate:** Ian Warrender

What do you do when your old friend from high school posts something about transgender people that makes you uncomfortable? Or when an uncle at the Thanksgiving table says something ill-informed about the LGBTQ+ community? Recently, some of us UUCV members participated in the online course sponsored by CUC (our national organization of Canadian UUs, the Canadian Unitarian Council), and led by the phenomenal leaders of [Transforming Hearts Collective](#). The program specifically focused on responding to the Anti-Trans Movement. We see it most clearly in Alberta, but its hateful fingers reach everywhere. In this service, we'll share what we learned about the strategic 'issues' the right wing uses to divide us, and how to counter their arguments and influence.

**Music:** Bare Bones Band

**Board Member on Duty:** Barry Wiebe

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## **Sunday, May 17, 10:30 am**

*Neurodiversity: The Spice of Life*

**Homilist:** Dar Levy

**Worship Associate:** Dan Klimke

Being neurodiverse in a one-size-fits-all world is hard. Especially when our differences are

judged as a disorder and something that needs to be fixed to better suit the ways of this world.



Science tells us that diversity is a normal occurrence and is something needed for the survival of all species; then why does our modern-day culture insist on pushing such differences away with such vengeance, and what can be gained or regained by embracing all of it as a welcome part of the whole?

Dar has been a member of the UUCV community for almost 15 years and is well known for amazing drumming on a variety of instruments, as well as leading drumming circles.

**Music:** Bare Bones Band

**Board Member on Duty:** Leslie Dulthie

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**Sunday, May 24, 10:30 am**

*Capacious Love?*

**Homilist:** Rev Shana

**Worship Associate:** Karen Christie

Some of my most favourite images of love are those that invite me to see it as larger than I can imagine. If love is not just a sentiment shared between particular, individual people, what size and shape and form might we imagine it takes? How can we feel free to love others and ourselves and the world around us in ways that feel as large as we know might be possible?

**Music:** Jennifer Mitchell

**Board Member on Duty:** Shirley Travis

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

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**Sunday, May 31, 10:30 am**

*The Lens of Liberation*

**Homilist:** Kelly Schaecher

**Worship Associate:** Jesse Invik

Kelly reflects on her journey across places, identities, and personal crises to explore what “liberating love” truly means. Weaving together stories of wartime resistance, cultural mistrust, neurodiversity, and years of caregiving through illness and uncertainty, she reframes liberation not as escape, but as the courage to live with honesty, trust, and vulnerability. Through exhaustion, anxiety, and “poly crisis,” she discovers that freedom comes not from pushing harder, but from connection, adaptation, and care—for ourselves and each other. In the end, liberation is deeply personal, nonlinear, and shared: a messy, human process of breaking through what confines us and choosing to keep going, together.

Kelly has been a member of the UUCV community for the past 8 years. Her daughter, Sasha, is part of the current Coming of Age program, and Kelly was instrumental in selecting the music for our last Intergenerational Dance Party Sunday.

**Music:** Cantabile Handbell Choir

**Board Member on Duty:** Lynne Bonner

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## Videographing During and After May 3rd Service

Dear UUCV Community,

I am writing to let you know that **this coming Sunday, May 3rd**, we will have a videographer with us. After years of contemplating creating some new online content, we are following through. Several videos will be created: some short-form snippets for Instagram Reels and our Facebook page, and one longer video (1.5 – 2.5 minutes) for our website. Rather than having a few still photos and lots of words to describe our community, we'll tell our own story through short interviews with you, some footage of our worship service and our beautiful spaces and grounds.

In particular, after the service, the videographer will be looking to have a short interview (five minutes) outside with a few people (about 8 of you) to chat about what belonging to a Unitarian community means to you, why you come, and why you would invite others to come. We will have prompt questions to help you navigate this, and can do as many retakes as you need (it's not live!)

We need a variety of voices. If you agree to be interviewed, please let me know. We encourage you to speak from the heart, not from something written or rehearsed.

This will be a wonderful project for our community, helping us to share who we are, and inviting and inspiring others to join us.

See you Sunday,

Rev. Shana

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**Spirited Jazz in the Sanctuary: Sunday, May 24,  
7:15 pm**

**Time:** Sunday, May 24, 7:15 pm

**Place:** UUCV Sanctuary

# STELLA WHITE QUARTET



UNITRIAN UNIVERSALIST COMMUNITY OF VICTORIA

## SUNDAY MAY 24TH

THOMAS ANDERSEN/SAM BOSE/MATISSE GUBBY-HURTIG

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5575 W Saanich Rd, Victoria, BC

Stella White is an 18-year-old DownBeat Award-winning vocalist and jazz/soul/R&B performer currently pursuing her Bachelor of Jazz Performance at McGill University's Schulich School of Music, where she studies under legends Camille Thurman, Renee Lee, and Ira Coleman. A vibrant presence in both the Victoria and Montreal music scenes, she has led her own band at Hermann's Jazz Club, the Upstairs Jazz Club, and the Victoria International

Jazz Festival, bringing soulful authenticity and a gift for connection to every performance. Stella joins us this month with pianist Thomas Andersen, bassist Matisse Gubby-Hurtig, and drummer Sam Bose – a quartet of young McGill musicians making serious waves on stages across Canada.

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.

Find Stella on Instagram at: [@stellawhitemusic](https://www.instagram.com/stellawhitemusic)

*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 May: MAiDHouse Victoria

For some individuals approved for Medical Assistance in Dying (MAiD), there is no clear place to go. They may not be in hospital or hospice. They may not have the support, space, or stability needed. Others may have options, but do not want to die in a clinical setting—or in their own home. They are looking for something different: a place that feels calm, personal, and aligned with who they are. MAiDHouse exists for these situations.



With strong community collaboration, MAiDHouse Victoria fills a critical gap by ensuring that those who choose MAiD have access to a safe, welcoming space when home or hospital is not an option. The need for such a space has been met with overwhelming support, reinforcing the importance of choice and access at the end of life. MAiDHouse offers a setting where individuals—and the people they choose to have with them—can approach death with intention, clarity, and dignity.

All MAiDHouse services are free. We meet people where they are, without judgment, and build support around what matters most to them.

Your support helps ensure that choice at the end of life is real—not just in principle, but in practice. It makes space for people to die in a way that reflects their values, in an environment that feels right to them.

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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.*

**Jim Willis** and **Glenyss Turner** are heartbroken that they had to euthanize their beloved dog Jasper on April 24. Jasper was almost 12, had dementia and was suffering from high anxiety. When he badly bit Glenyss' arm on April 22, they and Jasper's vet agreed there was no other choice. Cards and emails are welcome, but no visits or phone calls, please.

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

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

*From April 15 to June 24th, 2026, [Pam Hood Szivek](#) will act as Chair while Mary-Ellen Nicol is away.*

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## May Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Susan Layng	May 1	Louise de Lugt	May 16
Evan Robinson	May 3	Jeff Grischow	May 16
Elaine Klimke	May 4	Amalia Schelhorn	May 17
Susie Williams	May 4	Pat Kinrade	May 21
Claire Ebendinger	May 5	Stephanie Ippen	May 23
Sherry Ewings	May 5	Kathy Vinton	May 23
Bob Rintoul	May 5	Jeanine Hartman	May 24
Lynn Guengerich	May 7	David Andersen	May 25
Sheenagh McMahon	May 7	Jen Young	May 25
Roberta Clair	May 11	Johnathan Savard	May 28
Jewel Spooner	May 12	Jim Thomson	May 30
Karen Potts	May 13	Elaine Dakin	May 31
Jessica Houk	May 14		

**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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## Honourary Volunteer Chalice Lighter: Bernhard Spalteholz

*Jewel Spooner writes:* Bernhard Volunteers in our UU Community for the Everyone Welcome Song Circle, the Audio Visual Team and the Building Maintenance Committee.

Bernhard is the WIZARD of our Song Circle. With his engineering skills, he provides technical support which allows us to share song lyrics on the big screen and on Zoom with our singers. He even created a song book, "Sing Together!" Bernhard has completed the CCLT—Community Choir Leadership Program — and is already a legend. Our passionate TROUBADOUR is a leader of many Song Circles sharing music in the wider community.



Everyone appreciates his warm smile and capable leadership. Thank you for your dedication, Bernhard, to our UUCV community.

*Bernhard will light the chalice on **May 3rd**.*

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## Honourary Chalice Lighter: Bridget Barr-Hoadley

*Jen Rashleigh and Leanne Hopkins write:*

Bridget and her family have been a part of our Community for years, and Bridget has been a Leader with the Family Programs for over 4 years. We are so lucky to have her consistent, dependable and kind presence with the program. Bridget always makes people feel welcome and has a generous spirit. She is always willing to show up - whether it is for the Solstice Ceremony, Everybody's Birthday Celebration, Wassailing, or reading for Time for All Ages ... Bridget shows up with a big smile and a willing spirit to jump into whatever Family Programs is engaged in. We would like to congratulate Bridget on her recent acceptance to study at



the University of Exeter in the UK in the fall through UVic's International Exchange program. We are so thrilled for you, and you will be dearly missed.



*Bridget will light the chalice on **May 10th**.*

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## Honourary Volunteer Chalice Lighter: John Worton

*Sylvia Krogh writes:* John was a Unitarian when he lived in Edmonton and has been a member of this congregation since he moved to Victoria in 2008.



John has been a member of the Finance and Investing Committees and has chaired the HR Committee. He has been Parliamentarian at UUCV general meetings. He now chairs the Rental Committee and the Montessori Committee and is a member of the Zoie Gardner Overseas Committee and the Child Haven Committee. He also assists HR with contracts.

John says that he draws strength and hope from the other members of UUCV. So you can see the many contributions that John quietly makes to our community. He is greatly appreciated for his extensive expertise and quiet humility. Thanks, John, for sharing your knowledge that enables our community to run smoothly.

*John will light the chalice on **May 24th**.*

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## Artist of the Month for May: Kris Friesen

As a Victoria, BC artist, I create paintings that evoke the wild and untamed dreams of nature. I often begin with a burst of instinctive action painting—sweeping gestures, splashed and thrown paint—allowing movement and subconscious emotion to take shape before recognizable forms emerge. From this expressively charged foundation, wildlife finds its way in, creating a dialogue between abstraction and realism through layered narratives.



My work shares intimate encounters with nature, inviting us to step outside of ourselves and rediscover how deeply entwined we are with the living world around us.

**Kris Friesen**

Painting Your Stories

780-554-5489

250-746-0296

[kris@krisfriesen.com](mailto:kris@krisfriesen.com)

[www.krisfriesen.com](http://www.krisfriesen.com)

[facebook/krisfriesenart](https://www.facebook.com/krisfriesenart)

[instagram.com/krisfriesen](https://www.instagram.com/krisfriesen)

[x/KrisLFriesen](https://twitter.com/KrisLFriesen)



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## Green Corner: Hybrid Cars

If you need a car and want to reduce greenhouse gases (and who doesn't), there is a strong argument to buy a Hybrid Vehicle (new or used).

While a pure Electric Vehicle (EV) will generate no emissions while operating, they are more expensive and can be financially out of reach for many people. New EVs have electric battery packs averaging around 80 kilowatt-hour (kW-h). A Hybrid Vehicle (HV) has an Internal Combustion Engine (ICE) as well as a small electric battery pack (between 1 and 2.5 (kW-h) ) and either one or two small electric motors. While using only 1/40th the battery size (of an EV), an HV can reduce fuel consumption by up to a third compared with an equivalent non-hybrid ICE vehicle.

Therefore, a non-hybrid ICE vehicle that gets 15 litres per 100 km (quite typical) would now improve to about 10 litres per 100 km. If the vehicle was driven 10,000 kms per year, this would translate to a savings of 500 litres, or about \$1,000, but more importantly, would result in a reduction in your carbon footprint of over 1 tonne of carbon dioxide per year.

A plug-in hybrid (PHEV) has an ICE and a larger electric battery pack (between 5 and 25 kWh), and as the name implies, can be actively charged using a charging station. A PHEV is designed to be driven on electrons only, and depending on the battery size, this ranges from 30 to 80 kms. As a PHEV requires active charging, improved fuel consumption will depend on the charging routine and the distances driven. It would be very significant for individuals who

primarily city drive and adopt an active charging routine. The ICE would be used on longer trips where charging is more difficult.

For both HV and PHEV, current experience with hybrid batteries and electric motors is that they should last the life of the car with little direct maintenance. The “electric” components of an HV have few moving parts. Given that hybrid vehicles use regenerative braking, wear and tear on the braking system is reduced. Also, wear and tear on ICE components is reduced, lowering ICE maintenance expenses.

Obviously, walking, biking and using public transit would be better, where possible, than driving any vehicle, but if you must drive, consider an HV or PHEV as your next new or used vehicle and reduce your carbon footprint.

*Submitted by Bruce Nicol, a member of UUCV's Environmental and Climate Action Committee. The above article does not necessarily reflect the beliefs of the UUCV membership or Board.*

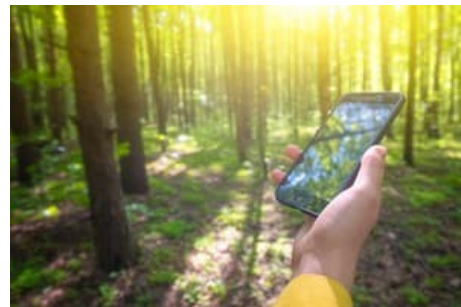
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## Nature Calls, Will You Answer?

In the service “Earth Day; Nature Calls, will you Answer?” last Sunday, Brian Short inspired us to dedicate more time and energy to climate activism. He submitted the following.

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Enough people have requested information from the **April 26th Earth Day homily** that I thought I would include a summary here.



The essential part of the message is that we need to connect to our inner rage against what we are doing to our climate. We all know we are heading down a path of destruction, but seem to be okay with that. It is a complex issue, but we only need to remember five truths:

1. It's real
2. It's bad
3. It's human-caused
4. Scientists agree.
5. There is hope

You are invited to become a climate activist through three simple actions:

First, find a climate group that suits your disposition and concerns. *[Several are listed below.]* BC has almost 300 groups working on the climate; at least one of them will be suitable for your needs. If you need help finding your group, send me an email ([BKShort@shaw.ca](mailto:BKShort@shaw.ca)) or text (250-618-4846), and I'll work with you on that. Once you have joined your group, support them in their campaigns, and donate if you can. If you are already in a climate group, consider

how you and your group could be more effective.

Second, pledge at least an hour per week on average for climate action. An example program would be 12 letters to your local politicians, 12 monthly meetings of your group, and attending 4 rallies.

Third, talk to others about your concerns about the climate. Most people have some form of climate anxiety. Share what you are doing and invite others to join you.

If you know of any opportunities for public speaking, I would be glad to come and speak to them. Schools, Rotary Clubs, business groups, whatever, just not a climate group as they already get it.

I think the population is ripe for waking up to the need to take action. Let us join with others to mitigate this climate crisis.

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Several climate action groups were available after the service:

- The UUCV **Environment and Climate Action Committee (ECAC)** <https://victoriaunitarian.ca/environmental-action/> – Learn more by attending the next ECAC meeting this **Sunday, May 3, at noon** in the UUCV Farmhouse Common Room. Contact: Jim Jordan [jim.jordan@ieee.org](mailto:jim.jordan@ieee.org)
- **Dogwood BC** <https://www.dogwoodbc.ca/> – focuses on matters at the provincial level. Contact: Graham Tarling [gatski68@gmail.com](mailto:gatski68@gmail.com)
- **Seniors for Climate** <https://seniorsforclimate.org/> Contact: Nancy Macgregor [macg.nl5@gmail.com](mailto:macg.nl5@gmail.com)

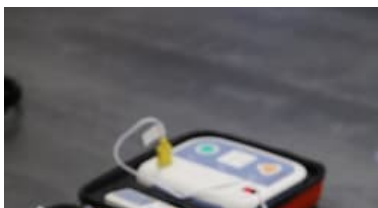
In addition, see the article “Faith & Climate in Victoria: From Concern to Collective Action” for a local gathering this month.

A video of the UUCV April 26 service is [here](#). If you don’t have a full hour to watch the whole service, Brian’s homily starts at around 44:48 (followed by a standing ovation).

*Submitted by UUCV members Brian Short, Jim Jordan and Deb Lilly*

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## You Could Save a Life: UUCV AED Training Opportunity (Free!) - Sunday, May 31, 12:30 pm



An AED can only save lives if people know how to use it. You are the people!

We have a new AED (Automated External Defibrillator) that includes a combined Adult and Pediatric defibrillator pad,



tells you what to do step by step, and coaches you with giving compressions... sounds interesting!!!!

**I am planning a fun, collaborative, step-by-step, totally supported demo and practice for how to use our AED.**

**Date:** Sunday, May 31

**Time:** 12:30-1:30 pm

**Place:** UUCV Sanctuary

If you would like an instructional video and key questions with answers prior to this session, please email me at [donnamaywarrender@gmail.com](mailto:donnamaywarrender@gmail.com).

**If you could let me know if you are planning to attend, that would be great! Please contact me at the email address above, or by phone at 236-464-7624.**

*Submitted by our UUCV Health & Safety volunteer, Donna Warrender.*

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## **Indigenous Matters: Re-Indigenization**

Re-Indigenizing entails more than moving from a Western–European model to two-eyed seeing or ethical space. While these are crucial, re-Indigenizing also means that we acknowledge that the system has been largely created by Western–European teachings and ideas, and now we need to take a moment to pause and ask Indigenous voices to share worldviews, ways of knowing, teachings, history, perspectives, insights, and so on. It is time for Indigenous voices to take the spotlight. Only after that may authentic re-Indigenized ways of weaving and partnering begin. Indigenous voices need the moment to be all theirs, rather than being forced into colonial structures. Insights will then require learning from each other; from the land; from the languages; through reflection and immersion in ecologies, stories, and ceremonies; and revisiting and revitalizing relationships and responsibilities. Ultimately, “decolonizing” people and nature means (re)Indigenizing ways of seeing, being, knowing, and relating; it means changing the way we think and act and the way the system operates.

### **We have so much to learn from Indigenous culture:**

Living in harmony with the land; being stewards instead of owners:

<https://www.youtube.com/watch?v=oh3Kpy32-Gc>

Raising children without punishment:

<https://www.youtube.com/watch?v=lzAr9UUTo8w>

Respect for two - spirited people:

<https://www.youtube.com/watch?v=9JjeCbcZxkk>

Respect for the wisdom of Elders:

<https://www.youtube.com/watch?v=evgOJLP6i3k>



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

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## How to “Whitelist” UUCV’s Emails (so they don’t go to spam)

As mentioned in our March 6 issue of the E-Weekly, we’ve discovered that delivery and forwarding from our @victoriaunitarian.ca domain email addresses to Shaw, Islandnet (and some other) email accounts has been inconsistent - **some legitimate emails are being flagged as spam; some are not delivered at all.**

**The email server we use (IONOS) has been blocklisted** (flagged as a potential source of spam) by blocklists that are used by certain email services (such as Shaw and Islandnet) to determine whether to deliver email or quarantine it as spam.

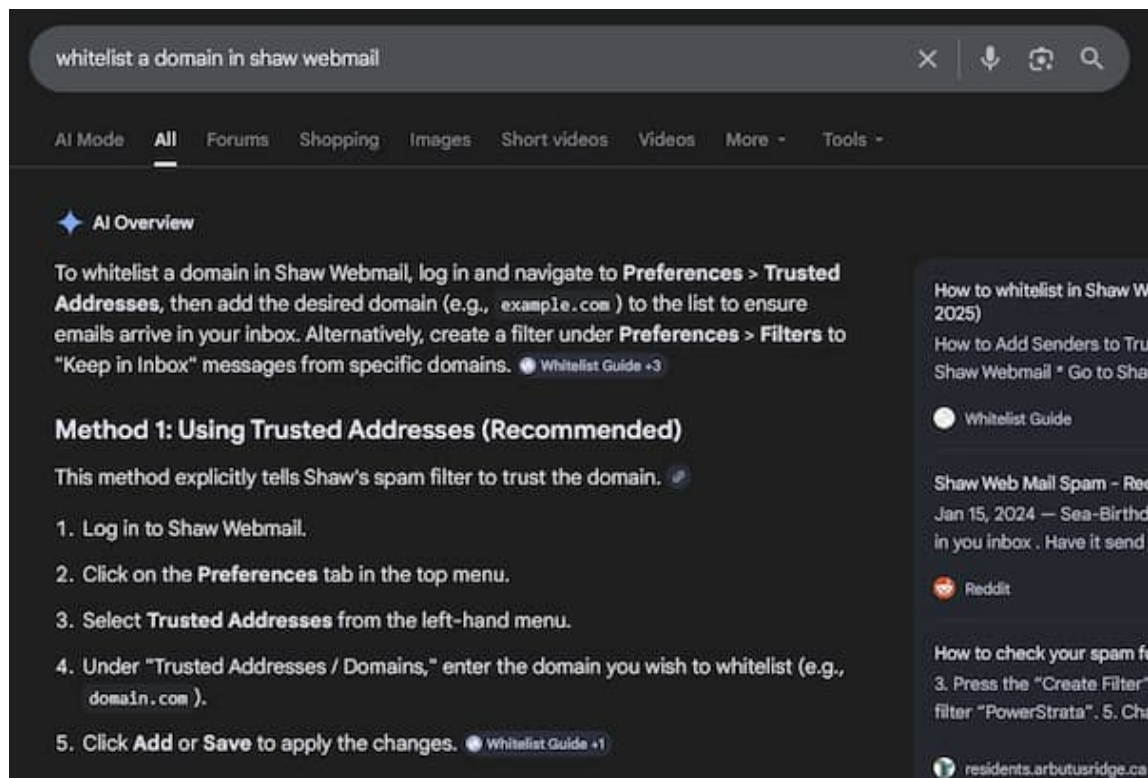
**If you are affected, here is something you can try: “Whitelisting” UUCV’s email domain.**

Whitelisting an email address or domain tells your email provider that you always want to receive email from a certain address or domain.

[Here is a website](#) with step-by-step instructions on how to do this (sorry, there are lots of ads, but the instructions are good). There are instructions for most popular email providers, including Gmail, Shaw, Telus & Outlook.

When you follow the instructions, **instead of just whitelisting a single email address** (for example, communications@victoriaunitarian), **add our domain to the whitelist: “victoriaunitarian.ca”.**

If you are struggling to follow these directions, try using Google to search “whitelist email domain (your email provider, e.g. Shaw)”. Up at the top, where it says “AI Overview”, Google will provide you with instructions and links to resources to help you, for example:



Or, book a time to **bring your device to the UUCV office** (in the farmhouse) during my office hours on **Tuesdays**, and I can help you. If you are unable to travel to UUCV in person or you work from a desktop computer, there is also the option to meet with me over **Zoom** during my office hours on **Tuesdays, Thursdays or Fridays**.

**Book your time here:** <https://calendly.com/web321/uu-meeting-email-support>

### Can't UUCV fix this on our end?

Yes - the good news is that a fix is on the way! One of my projects this year is upgrading and organizing our Google Workspace. As part of my work, **I will be migrating our @victoriaunitarian.ca email accounts away from IONOS and over to Google Workspace as our email server**. Once our emails are coming from Google's servers, they should appear safe and legitimate to all recipient email accounts.

I expect to undertake this migration in July of this year, when things are slower around here. I will be updating you on this project in future newsletters.

*Erin Carson DeWolfe, UUCV Communications Coordinator*

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**MEANING MAKING: MAY**

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## Worship Theme for May: The Practice of Liberating Love

*“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).*

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It is a truth universally acknowledged that English has only one word for love, while other cultures have multiple words for describing the different manifestations. The ancient Greeks described different kinds of love that occur at different stages of life: Eros for the intensity of attraction that has sexuality in its mix. Philia for the deep love that we have for our friends. Agape, the love that we have for those who are flawed and vulnerable – variously translated as compassion or charity.

There is value in understanding the ways different experiences of love are shaped by our age and stage of life and the form of relationship that they arise within. There is also value in turning a critical eye on the way that modern Western culture speaks about love – predominantly romantic love (especially the love of opposite-sex cis-gendered people – cue all the clichés here!) and secondarily the love of a parent for a child (cue another large bucket of clichés).

All these things are true. And yet. When we speak of the liberation that is possible within love, because of love, it can show up at any age or stage of life and in any form of relationship. It doesn’t matter whether we are learning to love ourselves, the ones we live with, the ones we care about, or this good earth that we inhabit. Love draws us out of ourselves, nudging us, in small and big ways, to be more... ourselves in all of our relationships, just as it draws us into more concrete actions for others.

How this happens is a bit of a mystery and it can come wrapped up in other strong and sometimes not-very-loving feelings.

Years ago, I had a friendship that ended painfully. I struggled with memories and recriminations long after we broke contact. I wrote about my anger, I listened to it, attempted to make friends with it, meditated on it, and called my energy back in ritual. All to no avail, or

at least, not much in the way of results.

Then one day, stopped at a traffic light, listening to the radio, I looked up into the deep blue sky and the thought came, unbidden, that I wished my former friend well.

Why did that happen right then? I don't know. I could write about how all the various attempts to come to terms with the ending of the friendship and my role in that built up some sort of architecture in my brain, and eventually this showed up in my life. Maybe that's true.

Somehow, it seems more true that this revelation was tied to the particular blue of the sky that day. I wonder whether my former friend somehow let go of their struggle at the same time (although not enough to contact them!)

That moment of looking into the blue sky did not prevent my former uncharitable thoughts from coming back – several times after that, I found myself regurgitating my former way of thinking. But over time it happened less, and when it did, I was able to catch myself, reminding myself that I didn't need to think like that anymore.

Love is both very simple and very complicated.

Love requires our intention, and it exists beyond our intention.

Love is both an experience and an action.

Love is at the heart of what it means to be a human being, and it is not unique to us.

This year, the Meaning Making project has explored how we can meet this moment with love and justice, two important values in Canadian Unitarian Universalism. With this last packet, “liberating love,” we are stepping onto hallowed ground – following in the footsteps of some of our religious and spiritual ancestors.

For our Universalist ancestors in Ontario, Québec and Nova Scotia in the 1840s, the belief that we are loved by God was revolutionary. People left the faiths of their families in the hundreds because this belief was liberating. Universalism relieved them of a horrible burden and gave them a profound purpose in their daily lives – to express this love in their interactions with all of God's beloved.

In the late 1800s, as more mainstream Christian movements adopted some aspects of Universalism, the momentum faltered. Now, almost 200 years later, we are living through a rise of a secular form of predestination: people are condemned for being immigrants, or trans, or some other aspect of their life and identity. Now is the time to catch the echoes of our Universalist ancestors and shape their words and actions to fit our century and our problems.

May it be so.

Yours in faith,

Rev. Karen Fraser Gitlitz

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## Reflection Questions

- What is your earliest experience of love? What did you learn about love from your family and culture as you were growing up?
- What does love mean to you?
- Whose love has helped you believe that the world can be a fairer, kinder place?
- How did you learn about the relationship between love and justice – did you have mentors or teachers as a child, youth or adult?
- How has your understanding of love evolved over time?
- How have cultural stereotypes about love and romance impacted your life?
- How does the land love you?
- What kinds of love have you experienced?
- When have you felt most loved?
- How does your calendar or daytimer show what (or who) you love?
- Have you ever acted to save something that you love?
- Have you experienced liberation through love?
- How did this experience impact your life?
- How do you receive love? What do you find easy and what do you find challenging about receiving love?
- How do you show love to yourself and others? What means do you use – words, gifts, services, physical affection?



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## Spiritual Practices

### Singing Resistance

In today's renewed focus on justice and democracy, singing has become an important act of love and service, especially in groups. The Singing Resistance movement began in Minneapolis in 2025 as a key part of anti-ICE protests. Bringing simple uplifting songs to the streets, Singing Resistance is now spreading rapidly across the continent, with local groups forming to sing in non-violent protest. The Singing Resistance [toolkit](#) is accessible via social media.

### The Things We Do For Love

Reflect on the ways that you love the many beings in your life: people, places, creatures, groups and other living things. How is the love you feel expressed in words, actions and feelings? What was one thing you did today to offer love, to express it, to demonstrate it or live into it? What are the ways of loving that call you into new relationship with others?

## Love is ...

Create an interactive invitation for your community inspired by the installation created by the artists Uncutt and Noodlelove in New York City in 2020. Write in pen on a large sheet of paper or use chalk on a blackboard. Include at least three columns, one for “love,” one for “justice,” and a third for “accountability.” In the love column, write “Love is ...” multiple times. Under justice write “justice for ...” and under accountability write “I am ...” Learn more about this Love Wall project [here](#).



\*\*\*

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

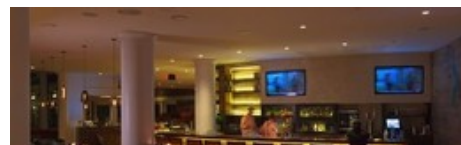
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## CONGREGATIONAL EVENTS

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### Pub Night: Monday, May 4, 7 pm

Monday, May 4, 7 pm  
LURE Restaurant and Bar  
100 Harbour Rd.



## Delta Ocean Pointe Hotel

Close to bus routes, with plenty of parking on Tyee and in the underground parking (for which you will receive an exit code on your bill). Pub night is a relaxed

evening of lively conversation and getting to know each other. Some eat dinner, others just enjoy a beverage. We have reserved tables against the interior wall in the bar area.



*Pub Night is held on the First Monday of every month. If you have questions, please contact John Hopewell: [hopewell@telus.net](mailto:hopewell@telus.net)*

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## Messy Church Games on the Lawn : Friday, May 8

**Friday, May 8th: 5:30 set up (if you can make it), 6 pm start**

Greetings oh beautiful ones,

The fine weather is here! And so for our next Messy Church, shall we sup and play in the great outdoors? That gorgeous big lawn that Bradley mows so diligently needs to get played on ...



**The Fun Plan:**

badminton...lawn darts...giant bubble making...hula hoops...beach ball volleyball... croquet... yes we have all these lovely things. Come play, come cheer, or lie in the grass and look at the clouds ... it is May after all!

**The Food Plan:**

- \*spring rolls (thanks for the inspiration Aiyaana) with two sauces: peanut, and/or a sweet-sour-spicy
- \*salads inspired by southeast asian cuisine, to be decided (maybe a sweet sour coleslaw, or a papaya salad...)
- \* (plain rice noodle option and veggie sticks available for less adventurous eaters)

We'll also have our homegrown 2026 BUUtlegger Cider on offer ... \$10/bottle suggested donation (easy to tip tap). Choose from 4 flavours: crisp apple, strawberry apple, ginger apple or elderflower apple.

**Please RSVP as soon as you can! It really helps with planning.**

### **Logistics and Details (the usual stuff)**

Those of you who can come for 5:30pm set up, we appreciate it immensely. We'll be on the Lion Hall deck and in the Lion Hall kitchen. We need help with:

- setting up tables & chairs on the deck
- putting out linens & table decorations
- last minute kitchen help (getting ready to serve)
- setting up badminton and other games

### **Finally! RSVP so I know how many to expect.**

Pay-what-you-can, suggested donation of \$10 per person covers grocery costs. Tip-tap in \$10 and \$20 increments is available for us to use. This is a cost-recovery event!

So happy to be in community with you.

Jen

**PS:** For those who haven't yet been to a Messy Church yet, this is a relaxed, come-as-you-are, jovial get together for youth, their families, and other middle-age folks in the UUCV community. A chance to eat together, play together, and deepen friendships. You are always welcome to invite people!

*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 May: Fridays, May 8 & 22**



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, May 8 & 22

**LOCATION:** In the UUCV Sanctuary and on Zoom

**TIMES for all sessions:** 2:00-3:30 pm (feel free to come late or leave early if that is what works best for you.)

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

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## **UU Men's Lunch: Thursday, May 21, 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, May 26, noon

Tuesday May 26, 12:00 noon  
Fifth Street Grill  
1028 Hillside Ave

UU Lunch meets the fourth Tuesday of each month, for food and conversation. All Unitarians and friends are welcome. The restaurant is accessible, has a big menu, and there is a parking lot behind it.



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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## The UUCV Auction is on TODAY (May 1) until Sunday, May 3!

In case you missed the emails in your inbox, here are the details on how you can bid on the AMAZING selection of goods and services this year!

Here is the link to Auction 2026:

<https://fucv-auction.herokuapp.com/>

The auction will be open from **8am to 8pm today, Saturday and Sunday**.

If you want more information on:

- How to participate (register, bid on items, track your bidding, and pay)
- What happens when
- Getting a "personal shopper" who can bid for you

[CLICK HERE](#) to get answers to all your pressing questions!

Thank you for supporting Auction 2026!

*If you are experiencing technical difficulties during the auction, please reach out to Jen Young*

at [hellojenyoung@gmail.com](mailto:hellojenyoung@gmail.com) or 250-888-4746.

The office is not directly involved with the auction and will not be able to assist you.

## How to get your paddle number:

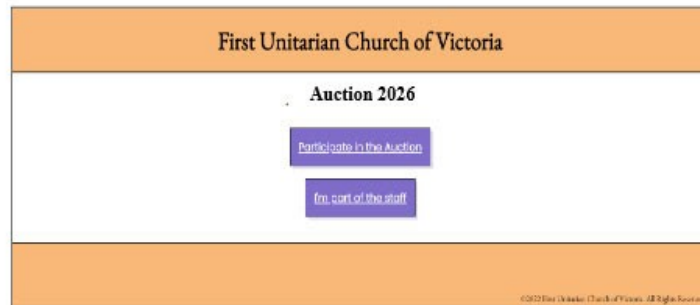
### Welcome to our 2026 Online Auction

You will receive a link to the Auction at 8pm April 30-May 1 and 2. For those of you who would like to pre-register and have a sneak peek at the Auction, you may do so on April 28.

You can get your paddle number, have a look around but bidding/buying will not happen until May 1.

**AUCTION LINK:** <https://fucv-auction.herokuapp.com/>

Click on the link and this is what will appear. ➡



Click on Participate in the Auction....

This is the registration page. ➡



Click on I need a paddle....

Here's where you register. Name and email. Phone number is optional. No password or financial info required! **Take note of your paddle number.** ➡

A screenshot of a registration form titled "Register for a Paddle". The form is set against a light purple background. It contains three input fields for "Name", "Email", and "Phone". Below these fields is a dark blue "Save" button. At the bottom of the form, there is a blue button that says "Back to Main Menu".

What's happening when:

*Online*  
**A U C T I O N**  
**CALENDAR**  
**2026**

DATE	ITEMS FOR SALE
<b>FRIDAY</b> <b>MAY 1</b> 8am to 8pm	<b>RAFFLE</b> <b>GIFT CARDS</b> <b>EARLY BIRD SPECIALS</b>
<b>SATURDAY</b> <b>MAY 2</b> 8am to 8pm	<b>RAFFLE &amp; EARLY BIRD</b> <b>MARKET</b> <b>PRO SHOP</b> <b>GIFTS AND TREATS</b>
<b>SUNDAY</b> <b>MAY 3</b> 8am to 8pm	<b>RAFFLE, MARKET &amp;</b> <b>EARLY BIRD</b> <b>FOOD</b> <b>GETAWAYS &amp; EVENTS</b>

**DON'T MISS OUT!**

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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**

**Admission by Donation**

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

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**Volunteer Appreciation Tea: 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**



*Please Note: Because it lands on Mother's Day we will be keeping things short & sweet so it fits easily into the day. Please join us.*

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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 619-661-2410**  
**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.*

## UUCV Gardens and Grounds

Our Community is located on five acres -- some of which are forested and others cultivated. The Gardens and Grounds Committee is dedicated to not only seasonal grounds maintenance, but also to property enhancement projects.

If you enjoy hands-on engagement and camaraderie, please join us at our upcoming meeting on Sunday, 17 May in The Oasis Room from 12:15 - 1:30 pm. You'll learn about our 2026 projects and our semi-annual "Garden Party" event on Saturday, 23 May (9 am -3 pm).



The Spring Garden Party will feature a truck-convoy haul of 'harvested' spurge laurel from UUCV's forest undergrowth to the Hartland Landfill -- a collaborative effort with Island Montessori House School (IMHS) families -- in addition to numerous other seasonal tasks to help prepare the grounds for community enjoyment. There's something for everyone... and the luncheon will be memorable!

Garden Party events foster engagement with the land and each other in meaningful ways. Come join us!

Want more info? Please contact [Madelaine Clarke](#)—onsite resident and G&G Co-Chair.

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## Faith & Climate in Victoria: From Concern to Collective Action

Wed. May 20, 7:00–8:30 pm  
Victoria Friends' House, 1831 Fern Street

A gathering for connection, reflection, and next steps. How are we, as people of faith and spirituality, called to respond to the climate crisis at this moment? Across Victoria, many are already taking meaningful action—through greening initiatives, education, advocacy, and protest. At the same time, with expanding fossil fuel projects and the growing urgency of climate change, many of us are asking: what more can we do, and how can we support one another?

**We invite you to join a 90-minute gathering on May 20 to:**

- Share what we are currently doing
- Reflect on our sense of calling and responsibility
- Explore ways to collaborate and strengthen our collective impact

Please share this invitation with others in your faith community. If you're not able to make it, is there someone else who might be able to attend and share what's going on in your community? This gathering is hosted by Michael Polanyi (Unitarian Universalist Community of Victoria) and Reilly Yeo (Co-Founder of My Climate Plan; Candidate for Ministry, Unitarian Universalist Association).

This event is free; small donations to help cover room costs are welcome.

**RSVP here:**

<https://docs.google.com/forms/d/e/1FAIpQLSeJ7gpb7eYgmERID4Cadnk8NCI5r7XEiQaETNicfopf7lmsDw/viewform>

*Mariko Matsumoto, UUCV representative for the Victoria Multifaith Society*

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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 afternoon walk 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 May:



**May 6** - McNeil Bay Park and meet at Beach Drive and St. Patrick. Coffee at Delish.

**May 13** - Swan Lake Park and meet in the Swan Lake lot for a walk to the floating walkway. Coffee at the Root Cellar.

**May 20** - Gorge Pavilion Japanese Garden Park; meet at the Pavilion. Coffee at Spiral Cafe.

**May 27** - Tower Point (stunning waterfront near Wittys Lagoon, so carpool if possible). Park and meet at the car park. Coffee at Pilgrim Coffeehouse.

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) for more information.

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## 2nd Annual Campfire Connections at French Beach Park: Aug. 7-9

Join fellow UUCV members and friends at the 2nd annual Campfire Connections at the French Beach group campsite, **August 7-9!**

Located in the traditional territory of the T'Sou-ke First Nation, French Beach Park offers hiking trails through lush forests, a green lawn, a mixed sand/pebble beach, and fabulous views. The group site is set off from the rest of the campground and includes a covered shelter with hot and cold running water, sinks, electricity for a small appliance, lights and picnic tables.



Vehicles park in an adjoining lot, with plenty of room for tents to be set up on the grass around the shelter. The beach is a 5-10 minute walk along a trail from the site. The site can accommodate both tents and RVs (there is a sani-station closer to the main campground), and pit toilets are wheelchair accessible.

**Cost:** ~\$22/person (\$11/night)

Contact Matt Britton ([matthewbritton@gmail.com](mailto:matthewbritton@gmail.com)) if you have any questions about the campout or to RSVP!

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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/RobinV6>

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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.

## Contact Info

### **Bradley Clarke** **Caretaker**

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))

## 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](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

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

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**Music Program**

**Christine Taber**  
**Director of Music**  
[christine.taber@victoriaunitarian.ca](mailto:christine.taber@victoriaunitarian.ca)

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**Co-Ministers**

**Rev. Melora Lynngood**  
[rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca)  
Text/call 250-891-6330

**Rev. Shana Lynngood**  
[rev.shana@victoriaunitarian.ca](mailto:rev.shana@victoriaunitarian.ca)  
Text/call 250-891-6331

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

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**Minister Emerita**  
**Rev. Jane Bramadat**

**Lay Chaplains**  
[laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)  
Jenny Heston: 250-509-1240  
Barbara Boyle: 250-381-0264  
Oceanna Hall: 250-886-1077

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## 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.](#)

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## ARCHIVED MONTHLY NEWSLETTERS

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

You can [update your preferences](#) or [unsubscribe from this list](#)

