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## In the Spirit | July/August 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

### This Sunday's Service June 28

**Sunday, June 28, 10:30 am**

*Passages of Poetry and Pride*

Homilist: Wilder Simpson

Worship Associate: Dan Klimke

Wilder is a transgender man whose poetry explores what it means—and how it feels—to live authentically and vulnerably in such a harsh and beautiful world. He will share poetry during this service that explores themes of love, loss, grief, transformation, joy and pride. His message will blend the human and spiritual experience, tenderly call in community, and offer permission to find freedom and pride in authentic self-expression.

Wilder Simpson is a poet, an athlete, a creative mind, a presence within a large and loving family, and an academic currently completing a Bachelor of Athletic and Exercise Therapy at Camosun College. He finds access to an unnamable presence of Love that underlies every aspect of his human experience. Poetry is one way that Love moves through him.



**Music:** Jennifer Mitchell, piano

**Board Member on Duty:** Jim Hemstock

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## UUCV Summer Schedule 2026

Summer is here, and with it a slower pace at UUCV. Here's what you need to know about services, office hours, newsletters and points of contact over July and August.

### Ministers' Summer Break

**Revs. Shana and Melora** will be on their well-earned summer break from **June 26th** through **August 10th**, returning on **August 11th**.

During their absence, [Shirley Travis](mailto:president@victoriaunitarian.ca) ([president@victoriaunitarian.ca](mailto:president@victoriaunitarian.ca)) and [Jeanne Van Bronkhorst](#) (contact info in [Breeze](#)) are available for pastoral or general matters you would normally bring to a minister. They will triage any issues that arise, and can reach out to the ministers in cases that

require immediate ministerial involvement.

## Sunday Services

Regular Sunday worship services are taking a five-week break, covering **all four Sundays in July (July 5, 12, 19 & 26)** and **Sunday, August 2nd**. We look forward to welcoming everyone back on **Sunday, August 9th**.

## Gatherings Under the Willows

While regular services are on pause, informal Sunday gatherings are planned on the front lawn throughout July and on August 2nd. (See the article below this for details.)

## Newsletter

This edition of *In The Spirit* covers the whole summer: July and August. The submission deadline for the **September** edition of *In The Spirit* is **August 17th**.

**There will be no E-Weekly mailings in July**. They will resume on **August 7**; the submission deadline is **Wednesday, August 5th, at noon**.

## Office Staff Vacations

**Niki Mullin (Office Administrator)** will be off **July 1 - July 11**, BC Day long weekend (**August 1 - 3**), and **August 9 - 22**.

**Erin Carson DeWolfe (Communications Coordinator)** will be off **July 12th–August 1st** and **August 23–29**.

## Summer Office Hours

### JULY

**July 1 - Closed**

July 2 - Erin (remote, 9:30am - 4pm)

July 3 - Erin (remote, 9:30am - 2pm)

**July 4 - Closed**

**July 5 - Closed**

**July 6 - Closed**

July 7 - Erin (in-office, 9:30am - 4pm)

**July 8 - Closed**

July 9 - Erin (remote, 9:30am - 4pm)

July 10 - Erin (remote, 9:30am - 2pm)

**July 11 - Closed**

July 12 - Niki (8am - 3pm; available in-office 11am - 1pm)

### AUGUST

**August 1 - Closed**

**August 2 - Closed**

**August 3 - Closed**

August 4 - Erin (in-office, 9:30am - 4pm)

August 5 - Niki (8am - 3pm; available in-office 11am - 1pm)

August 6 - Erin (remote, 9:30am - 4pm)

August 7 - Erin (remote, 9:30am - 2pm)

**August 8 - Closed**

**August 9 - Closed**

**August 10 - Closed**

August 11 - Erin (in-office, 9:30am - 4pm)

**August 12 - Closed**

**July 13 - Niki** (remote, 8am - 3pm)

**July 14 - Closed**

**July 15 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**July 16 - Closed**

**July 17 - Closed**

**July 18 - Closed**

**July 19 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**July 20 - Niki** (remote, 8am - 3pm)

**July 21 - Closed**

**July 22 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**July 23 - Closed**

**July 24 - Closed**

**July 25 - Closed**

**July 26 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**July 27 - Niki** (remote, 8am - 3pm)

**July 28 - Closed**

**July 29 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**July 30 - Closed**

**July 31 - Closed**

**August 13 - Erin** (remote, 9:30am - 4pm)

**August 14 - Erin** (remote, 9:30am - 2pm)

**August 15 - Closed**

**August 16 - Closed**

**August 17 - Closed**

**August 18 - Erin** (in-office, 9:30am - 4pm)

**August 19 - Closed**

**August 20 - Erin** (remote, 9:30am - 4pm)

**August 21 - Erin** (remote, 9:30am - 2pm)

**August 22 - Closed**

**August 23 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**August 24 - Niki** (remote, 8am - 3pm)

**August 25 - Closed**

**August 26 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**August 27 - Closed**

**August 28 - Closed**

**August 29 - Closed**

**August 30 - July 29 - Niki** (8am - 3pm; available in-office 11am - 1pm)

**August 31 - Niki** (remote, 8am - 3pm)

Questions? Contact Erin at [communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca).

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## “Under the Willows” Gatherings in July & August 2nd

While there are no services in July or on August 2<sup>nd</sup>, there will be informal gatherings outside “under the willows” at 10:30 am on Sunday mornings during this hiatus. This will be unstructured time to connect and check in with each other.

You are encouraged to bring camp chairs or a blanket and your own water bottle or beverage. Anyone who wishes to bring a song for a singalong is most welcome, as there will be no organized music — let’s be spontaneous!



Contact [Shirley Travis](#) or [Lynne Bonner](#) if you have any questions.

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

## Sunday Services in August

**Sunday, August 9, 10:30 am**

*Unitarians Face A New Age*

**Homilist:** Rev. Shawn Gauthier (Video)

**Worship Associate:** Lynne Bonner

In the 1930s, our spiritual forebears bravely asked: “whether the organized religious movement known as Unitarianism has any real function to perform in the modern world”. Come and hear their bold response, and Reverend Shawn Gauthier’s equally powerful invitations to us all.



***This will be a video service provided by the Canadian Unitarian Council (CUC). This sermon was recorded in November 2025 at Vancouver Unitarians.***

Rev. Shawn Gauthier is the Settled Minister at Vancouver Unitarians. Previously, he served for 16 years as the Minister at the First Unitarian Congregation of Toronto. Rev. Shawn loves to travel, to take in theatre and classical music, and to explore alongside his husband Bob.

**Board Member on Duty:** Liz Graham

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**Sunday, August 16, 10:30 am**

*Summer Musings*

**Homilist:** Rev. Shana

**Worship Associate:** John Hopewell

Summer is often a time of slower pace and long days that can lead to contemplation. What have you been reflecting on this summer? How might you carry the observations of summer into the other seasons of the year?

**Music:** Jennifer Mitchell, piano

**Board Member on Duty:** Katherine Maas

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**Sunday, August 23, 10:30 am**

*Blessing of the Animals*

**Homilist:** Rev. Melora

**Worship Associate:** Ian Warrender

Come one, come all! Come bipeds, come quadrupeds! Dogs, cats, gerbils, lizards, fish, teddy bears — all are welcome! In this service, we honour the gifts that animals bring to our lives. Bring your pets (appropriately leashed or caged), beloved stuffed animals, or mementos of your pets (e.g., if your cat would not enjoy such an outing, bring their photo and their favourite toy or collar). There will also be a time to remember the pets we have lost; bring photos and mementos of any beloved animal companion you would like to remember with a candle lighting.



**Music:** Jennifer Mitchell, piano

**Board Member on Duty:** Jim Hemstock

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**Sunday, August 30, 10:30 am**

*Intergenerational Dance Party*

**Homilist:** Rev. Shana

**Worship Associate:** Dan Klimke

It's become an August tradition to have a service in which we gather to dance together, share our highlights and lowlights of the summer months, and reconnect by enjoying one another's company on the dance floor. We'll move to the music, pause to light candles, and offer a few words of appreciation for summer's gifts.

**Board Member on Duty:** Shirley Travis

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## CONGREGATIONAL NEWS & REFLECTIONS

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### Memorial Service for Suzanne Dearman

Saturday, August 15, 2026

2:00 pm Pacific Time

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

knew and cared about Suzanne, are warmly invited to attend this memorial service honouring the life of church pillar and co-founder of our congregation, Suzanne Dearman, who passed away on June 16 at the age of 100.



### **In-person attendance**

Please **RSVP** for in-person sanctuary seats at

<https://rsvp.church/r/uYZwZfyw> (it helps with our planning)

Members and Supporters of the UU Community of Victoria are invited to bring finger food / baked goods to share at the reception.

### **Online attendance**

<https://zoom.us/j/92068230953?pwd=GgX0Fw1VdGC2FfUZmrnG9jqKQ9Qa2m.1>

Meeting ID: 920 6823 0953

Passcode: 622459

### **Or join by phone (audio)**

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 780 666 0144 Canada

+1 204 272 7920 Canada

Meeting ID: 920 6823 0953

Passcode: 622459

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

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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.*

We hold in loving care 19-year-old [Matthias Spalteholz](#), who was taken to Emerg twice within a week (once by ambulance) with alarming heart symptoms as well as multiple other symptoms. We are hoping for a clear and treatable diagnosis in a timely manner, as he is currently unable to study, work, or enjoy summer activities. In this time of worry and uncertainty, we hold in love as well, Matthias' parents, [Brenda Greenwood](#) and [Bernhard Spalteholz](#), as well as younger brother Aaron. All warm thoughts and prayers welcomed.

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](#) (Oak Bay, 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](#)

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## July & August Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Lisa Greenly	July 01	Oceanna Hall	August 02
Hanny Pannekoek	July 01	Beth Woodland	August 02
Zack Steele	July 03	David Hoadley	August 03
Patricia Hofstrand	July 06	Gayle Elson	August 05
Nola Sterling	July 07	Mary Burcher	August 05
Mollie Twidale	July 09	Bill Glassman	August 05
Mary Cramer	July 10	Demetrius Lynngood	August 07
Bob Stock	July 10	Fran Dearman	August 08
Mark van Hoek	July 10	Sophia Petronis	August 09
John Worton	July 10	John Mills	August 09
Austin Goudie	July 11	Glenys Thompson	August 09
Brenda Greenwood	July 11	Jeff Martzke	August 09
Judy Gaylord	July 13	Madelaine Clarke	August 10
Jennifer Hawthorn	July 13	Shane Bostock	August 11
Donna Warrender	July 14	Susan Breiddal	August 11
Farrell Boyce	July 15	Yvette Waterman-Scott	August 11
Annick Chen	July 15	Diane McLaren	August 13
Caroline Vanslyke	July 16	Katherine Jones	August 18
Al Hoffman	July 17	Gavin Foucault	August 19
Katherine Maas	July 17	Linda Stanton	August 20
Tom Ovanin	July 17	Bob Salmond	August 21
Marg Rose	July 18	Lies Weijs	August 21
Penny Pattison	July 19	Karla Thomson	August 22
Sheri Tromp	July 22	Lynn McKay	August 22
Natty Mellett	July 23	Matt Britton	August 25
Susan See	July 23	Evan Guengerich	August 25
Henry Amick	July 26	Catherine Lee	August 25
Don Vipond	July 26	Adeleine Morris	August 26

Erin Lumley	July 26	Glenyss Turner	August 26
Janice Hlady	July 30	Erin Carson DeWolfe	August 27
Katherine DeMille	July 31	Pat Conroy	August 27
Gela Stach	July 31	Astrid Firley-Eaton	August 28
		Charlotte Chen-Silva	August 30
		Herb Girard	August 31

*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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## A Note from your Editor - Deadlines & Publication Standards

Dear UUCV community,

We, your staff and volunteer editorial team, enjoy the privilege of bringing our Community together each week by sharing news, events, joys, sorrows, and more in the e-Weekly and In The Spirit. For me, it's been a pleasure to use my communication skills over the past 1.5 years to keep you informed and connected to what makes our Community vibrant and special.

With that said, the end of the "church year" is a good time to remind everybody of the standards we hold, both to keep our newsletter fresh and interesting and to keep our staff and volunteers from getting overwhelmed and burnt out by the "behind the scenes" demands of running this publication.

### Repetition Standards

To preserve the Community's engagement with our e-Weekly and In The Spirit emails, we must ensure that each edition is full of fresh, interesting tidbits. If community members start to see the same things published issue after issue, our email "open" rates start to go down.

To avoid this problem and keep things engaging, please note the following repetition limits:

- **UUCV-specific** news, events and calls-to-action may be published **twice**, in two newsletter editions of your choice. Exceptions will be made at our discretion for ongoing matters where significant updates are provided, if the piece is rewritten to be substantially different and to provide new information.
- **Non-UUCV** news, events and calls to action are published (at our discretion) **once**, in one e-Weekly or In The Spirit of your choice.

## Submission Deadlines

Did you know that our average **e-Weekly** can take **4 - 8+** hours to compile and edit? And that each month's **In the Spirit** can take an average of **20 - 40** hours of staff and volunteer time to complete?

There is a lot that goes on behind the scenes - answering and sorting emails; following up on incomplete information; making requests for dates, pictures, contact information, etc; pulling pictures out of Word documents; converting files to usable & size-appropriate formats; editing for layout, clarity, etc.

To help prevent staff and volunteer burnout, starting with the new UUCV year in August, we will begin enforcing deadlines and file format requirements more strictly. However, we are also going to make the deadlines a bit later, so they will be easier for you to meet. This is a compromise; we hope it will be helpful to our Community and our editorial team alike.

That said, please take note of and observe our new, **more generous (but strictly enforced)** publication deadlines:

- The **e-Weekly** is published **every Friday at noon** (except for during summer break, and the last Friday of each month). Submissions must be sent to [promo@victoriaunitarian.ca](mailto:promo@victoriaunitarian.ca) by **Wednesday, at noon, before publication date.**
- **In The Spirit** is published on the **last Friday of each month** for the coming month (except for the last Friday in July). As In The Spirit is many times larger than the e-Weekly and takes much longer to edit, submissions must be sent to [promo@victoriaunitarian.ca](mailto:promo@victoriaunitarian.ca) by the **17th of the month (although earlier is preferred, if possible).**

(Exceptions to the deadlines will be made for late-breaking care & concern items.)

## Accepted File Formats

### Documents:

- We will accept text in the **body of an email**, as a **Word Doc** (.doc or .docx) or a **Google Doc**
- **PDF files** will also be accepted, but are **not preferred**, as pasting from PDF introduces line breaks that must be manually removed
- Please **convert other non-standard document formats** into one of the above file formats before submitting
- **Mac-only formats**, such as **Pages**, are **not accepted**, but they can be converted to .doc files by using the built-in "Export" tool directly in Pages

### Images

- File formats accepted are .jpg and .png
- Please convert Mac-only formats (such as .heic) and other non-standard formats to one of the above formats before submission

- Images can be embedded into your document to show your layout preference, but please also **attach the image files to your email separately**, as it takes us much longer to extract images from documents
- **Extracting images from PDFs is not possible** without specific software, which our volunteers do not have access to - so for PDFs, please be especially careful to **include your images separately**
- For **large images** (larger than 600px across or 300 MB in file size), it is helpful if you can use [Squoosh](#) to minimize your file size before submission

In August & the fall, I will be publishing a list of resources you can use to convert your documents and images to accepted formats before submission - watch for it.

Thank you so much for your understanding. Your cooperation helps keep our newsletters awesome and keeps your editorial team happy, well-rested, and excited to bring you the latest UUCV news.

Have a wonderful summer, everybody!

In gratitude for our amazing Community,  
Erin Carson DeWolfe  
UUCV Communications Coordinator  
[communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca)

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## We Have a New Logo!

After nearly a year of community engagement, five rounds of design work, and two congregational surveys (Oct. 2025 and March 2026), the Community has spoken! The leaf chalice with one “leaf-line” and rainbow circle – shown below – was the clear favourite across all ages and demographics in our congregation.



Unitarian Universalist  
Community of Victoria

TAGLINE WILL GO HERE IN THIS FONT

(The ‘tagline’ you see in the logo image is a placeholder; we’ll pair it with taglines you helped us choose in our “tagline survey” from May 2025, and we’ll use different ones depending on the context.)

A **huge thank you** to everyone who participated in the surveys and shared your feedback along the way! This logo belongs to all of us. We think it beautifully reflects who we are and where we’re going: rooted in our values; warm, open and welcoming to all.

Our designer, Jessica of [Star Graphic Design](#), is now putting together our final graphic files and a brand guide covering colours, fonts, and usage. Over the summer, Erin will be rolling out the new look across our website, newsletters, and social media channels. And keep an eye out for some new promotional videos we're preparing to release in late summer – the new branding will be front and center.

**Stay tuned!**

Questions? Reach out to Erin (Communications Coordinator) at [communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca).

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## Share the Plate – “Thank You!”

Thanks to your very generous donations during the month of May, a total of **\$1,135.32** was collected for MAiDHouse.

MAiDHouse is a non-profit organization devoted to providing those eligible to receive medical assistance in dying (MAiD) with a supportive, inclusive, and comfortable setting. They are committed to person-centred care, focused on a positive assisted dying experience for all who use their space. They respect and honour the values, beliefs, choices, experiences and diversity of individuals, supporting their autonomy at the end of life.



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## Family Programs

The summer light is here, and I feel in my spirit that wonderful urge to slow down, binge on summer fruit, be close by the water, and bring my guitar out more often. It's a lovely time of year.

And we're also preparing for a bit of a summer break with Family Programs. Leanne, Jen and the Family Program staff will be away for the month of July and first two weeks of August. And then we'll return mid-August, to plan out our 2026-27 year. If you have ideas brewing for Family Program activities, curriculum, or family needs, the last two weeks of August is an ideal time to reach out.



At this time of year, Leanne and I also take the time to review and appreciate all the happenings of the past program year. It's been a busy and meaningful one. We have loved the influx of new families– it's so wonderful to have you in our midst – and we hope to deepen connections further. This place is about planting seeds of many kinds, seeing what blooms, and building a beautiful, richly connected community-ecosystem.

Here's an incomplete list of just some of our Family Program moments. Which ones were you a part of? Which ones stood out for your family?

- Intergenerational Flash mob with Amalia (to the tune of Celebration) in September
- Photographing our community in September
- Apple picking and pressing in October
- Encountering Our Ancestors service in October
- Ancestor's shrine in November
- A Charlie Brown Christmas in late November
- Pride parade in July
- Winter Solstice in December
- Wassail in February
- Everybody's Birthday! in February
- Planting with Evelyn in March
- Easter scavenger hunt in April
- Pop-Up Choir: Raffi's All I Really Need
- Our Whole Lives (OWL) in May-June
- Coming of Age in early 2026
- Messy Churches through the year ... community poetry jams ... Who Nu? ... Games night, Midsummer meadow party ...



To all the community members who teach with us, mentor with us, cook a meal, clean the dishes, haul tables, create connections, invite a friend, donate crafts, suggest ideas ... thank you. You make the world that much more beautiful.

*Submitted by Jen Rashleigh Family Programs.*

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## Introducing Some of Our Newest Members

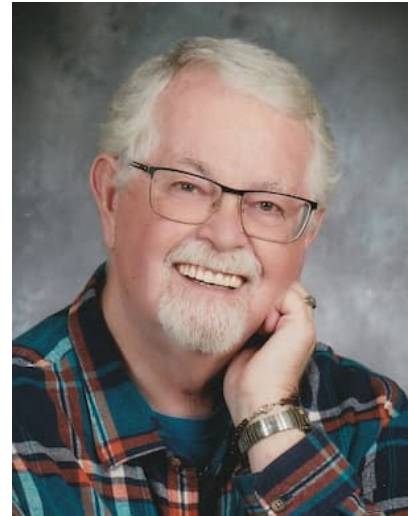
We are pleased to welcome almost a dozen new members/supporters to UUCV in the last six months. Here are a few of their biographies.

### **Bill Williamson**

I first came across Unitarians while participating in anti-war protests in high school and at UVIC in the 1960s. I was impressed with their approaches to life and spirituality. Years later, after marriage and starting a career in Justice Administration, we went looking for a church in Vancouver, and memories of those Unitarians from the 60s took us to the Vancouver Unitarian Congregation. The years there, among the wise and inspirational ministers, were foundational in shaping the spiritual values I have lived with ever since.

Work took us to Nanaimo, then Yorkton, Saskatchewan, where we drove an hour each way to worship with the Regina UU Fellowship. I learned to enjoy UU fellowship experiences and participated as both a service leader and marriage commissioner. Then we went North to Prince Rupert and, finally, Whitehorse, neither of which had any Unitarians we could locate. Now back in Victoria, in retirement, it is wonderful to find myself among Unitarian Universalists again.

Outside of work, my wife Valerie and I have always supported the performing arts everywhere we lived. Opportunities have arisen for us to participate in each community. No matter where we went, we always found a lively arts community, big or small, as much as the population could support. I have served on many boards and committees at the local, provincial, and national levels to ensure that the performing arts remain accessible.



### Jane Waters

Jane was born in England and has lived in 38 different homes throughout Canada and Europe. She obtained university degrees from UVic and UBC in Fine Arts and Landscape Architecture. She worked as a consultant and for local government as a landscape designer and park planner for over 40 years. She also raised a family in Oak Bay and has two adult children and one grandchild.

Jane currently designs gardens for folks all over Victoria. She is passionate about plants and loves to help others embrace the incredible ecosystem and environment Victoria has.

Jane enjoys encouraging people to embrace nature and its many benefits through being outdoors with birds, insects, plants, and mammals. Jane was a competitive horseback rider and is now a longtime volunteer with the Victoria Therapeutic Riding Association.

In her spare time, Jane enjoys travelling, kayaking, gardening, hiking and open water swimming with her community of Victoria friends.

### Michael Polanyi

Michael recently moved to Victoria from Ontario to join his sons and grandson. He is recently retired from 35 years working in the non-profit sector as an organizer, advocate and educator on peace, justice and environmental issues. He was a member of Neighbourhood UU congregation in Toronto for 20 years before moving to BC.



Michael is a member of the UUCV Chalice Choir and the Environment and Climate Action Committee, and is also engaged in climate activism in the wider community. He lives in Esquimalt.

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## Help Celebrate our Community: Recognition & Awards Committee seeks new members

The Recognition & Awards Committee is seeking new members to help honour volunteers and

long-time members of our congregation. We coordinate the Honoured Volunteer Chalice Lighter nominations and assist with appreciation events like the Volunteer Tea and a potential Long-Time Members Tea each Fall.

If you enjoy organizing small celebrations and lifting up the contributions of others, come join us. No experience required — just enthusiasm and a spirit of gratitude.

Contact Rosemary Harrison ([rosehar3260@gmail.com](mailto:rosehar3260@gmail.com)) or Rev. Shana ([rev.shana@shaw.ca](mailto:rev.shana@shaw.ca)) if you are interested.

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## Let's Stay Cool: A GVAT Climate Academy



On May 28th, the Greater Victoria Acting Together (GVAT) Climate Justice Action Research Team hosted a Climate Academy at Broad View United Church with a packed-to-the-rafters audience of 130 attendees and Saanich mayoral and council candidates Karen Harper and Zac de Vries. An impressive cohort of Unitarians was among the participants. The organizing for this event was spearheaded by Marion Pape of UUCV and Jane Welton of the Sierra Club, supported by three international trainers from the International Community Organizing workshop taking place that same week at Broad View United.

The evening opened joyously with singing, led by the Gettin' Higher Choir SWAT, and proceeded through a series of speakers who shared, in their personal and professional capacities, how climate change was impacting them and their communities. They also talked about the actions they were taking to address some of the threats to health and safety posed in our region by the extreme heat we've seen in recent years, resulting from the effects of climate change.

Interspersed with the speakers, the Climate Academy included table talks in which audience members shared with each other their own personal experiences and views. These topic tables were moderated by attendees from the international training, who, along with the trainers, provided valuable hands-on experience in the planning, logistics, moderating, and debriefing in support of this consequential GVAT action.

For the grand finale the candidates in attendance, Saanich Municipal Councillor, Zac de Vries,

acting Saanich Mayor for the month of May and Karen Harper, running for Mayor of Saanich in the upcoming Municipal Elections, were welcomed onto the stage and asked to publicly commit to supporting two climate related initiatives: 1) to work to get the Union of BC Municipalities to request that the province create enabling authorities that would allow local governments to regulate GHG emissions from existing buildings, and 2) to work toward bringing in Right to Cool bylaws, mandating that landlords ensure that at least one room in every rental unit can be kept at or below 26 °C. The candidates committed to supporting both motions and then spoke briefly about their own concerns related to the climate emergency.

Thank you to the many in our congregation who participated, and especially to Marion and Jane whose experience, energy, and commitment to engaging with elected leaders around important issues such as the downstream effects of climate change resulted in GVAT mobilizing its membership along with important allies, to show candidates for local government that our community has not stopped caring about protecting its vulnerable members from the effects of the climate emergency.



*Saanich Municipal Councillor and candidate, Zac de Vries and Saanich mayoral candidate Karen Harper, onstage with Pastor Lyndon Sayers from the Lutheran Church of the Cross, during the signing of two climate-related initiatives crafted and presented by the GVAT Climate Change Working Group.*

## Green Corner: Comments on the Canada-Alberta MOU for a Diluted Bitumen Pipeline Through BC

Though we respect your hard work in proposing new energy infrastructure in Canada, we strongly disagree with basing this on fossil fuels. Our main consideration for this is the welfare of our children and their descendants in a world with increasingly high levels of CO<sub>2</sub> causing extreme wildfires, storms, floods and runaway climate change that are becoming more evident with each passing year. We cannot understand why politicians aren't more concerned about their own families and loved ones in this regard.

The use of fossil fuels and a "decarbonized" pipeline to the North Coast are extremely expensive projects. It is well known that using renewable energy resources such as water, wind and solar, with battery backup and an East-West distributed electrical grid, would be a much cheaper way to develop energy resources in Canada, with no emissions and with other benefits. Wind turbines and hydroelectric power generation plants are practical in areas like Tumbler Ridge, BC, and the Peace River, AB, where these facilities have been used for decades in areas blessed with sunshine, wind, and flowing water despite cold weather.

The use of unproven Carbon Capture and Storage technology and loopholes that do not account for burning Scope 3 carbon in jurisdictions outside Canada does not lead to confidence in the delivery of energy to end users with no emissions. We understand there will now be tax credits for Carbon Capture projects and enhanced oil recovery (EOR) using captured CO<sub>2</sub>, producing even more emissions. It has been noted that plans for carbon capture by the Oil Sands Alliance (aka Pathways Alliance) have recently been reduced from 68 MT of CO<sub>2</sub> to 16 MT of CO<sub>2</sub>, a 77% reduction, and that Net Zero operations will not be achieved by 2050. (Ref: Drew Anderson of *The Narwhal*).

The Canada/Alberta Memorandum of Understanding (MOU) for a diluted Bitumen pipeline to the North Coast does not have the support of the Province of British Columbia, many of its citizens and First Nations on the BC Coast. Many of the First Nations communities along the coast have never signed formal treaties with Canada, don't want a pipeline in their territories, and are saying that they will not be bought off by Canada or Alberta. Furthermore, cancelling or altering the ban on oil tankers on the northern BC coast - formalized by the federal Oil Tanker Moratorium Act (Bill C-48) - has become a major political point of contention. A former MP in our riding notes that Section 35 of the Constitution Act, 1982, recognizes and affirms the existing Aboriginal and treaty rights of the First Nations, Inuit, and Métis peoples of Canada. These rights were previously protected under common law, but now they are constitutionally protected and cannot be extinguished. Some recent cases in BC include the Delgamuukw and the Tsilhqot'in nations. Do you intend to amend the Canadian Constitution as part of your nation-building projects?

There have been several concessions made to Alberta: methane regulations weakened,

environmental deregulation, opening the door to new natural gas electrical plants and data centres (such as AI data centres), Clean Electricity Regulations significantly delayed (from 2035 to 2050), and Industrial Carbon Pricing trimmed from reaching \$170 a Tonne by 2030 to \$140 a Tonne by 2040.

As BC politicians have noted, Alberta is being rewarded for “bad behaviour,” including the threat of separation from Canada. And BC, who has contributed several nation-building projects to the Major Projects Office, has been chastised.

A new Canadian Federal Sovereign Wealth Fund has been introduced using public money to subsidize new fossil fuel infrastructure projects. This is the mirror opposite of the highly successful Sovereign Wealth Fund in Norway, which prioritizes using monies from the oil industry for the benefit of the public.

We note that the Canada Climate Institute has written that the MOU with Alberta puts Canada’s commitment to net-zero emissions by 2050 firmly out of reach. (See: [MOU with Alberta puts Canada’s commitment to net zero emissions by 2050 firmly out of reach - Canadian Climate Institute.](#))

Several key environmental people at the federal level have resigned over the MOU, which they say precludes net-zero emissions by 2050: former Environment Minister Steven Guilbeault; and Simon Donner and Catherine Abreu, Co-Chair and Member, respectively, of the federal Net-Zero Advisory Body.

Our final suggestion would be a windfall profits tax on oil and gas companies that are poised to earn record profits during the oil shortages caused by the Trump war in the Middle East, at the expense of the Canadian public, who are obliged to pay world prices for our own gas.

*Disclaimer: This letter was written by the Environment and Climate Action Committee of the Unitarian Universalist Community of Victoria (UUCV) and may not reflect the opinions or beliefs of that Church Community or of its members.*

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## **Indigenous Matters: SELEKTEL (Goldstream) Victory Gathering and Barbeque**

On Saturday, May 30, 2026, there was a victory gathering and celebration, with a barbeque and potluck sharing of food for the Goldstream Protectors. It was organized by the Wilderness Committee and the Goldstream Protectors Steering Committee.

Our WSANEC Elder, ZAWIZUT Carl Olsen, spoke to welcome and thank us, and drummed and sang a song while we stood in a circle to honour him. His family surrounded him and wrapped him in a beautiful blanket to show their love and respect, with witnesses present as per WSANEC protocol.

ZAWIZUT was given an environmental award by Forest Campaigner Tobyn Neame on behalf of the Wilderness Committee, “for his unwavering love of SELEKTEL and leadership of the Douglas Treaty Rights to steward salmon and their habitat”.

There was also an art table, organized by Unitarian Karen Fraser Gitlitz, to create beautiful individual scales on a giant salmon to be used in future Goldstream Protector events. She has been instrumental in incorporating art-making into our campaign.



For over 3 years, ZAWIZUT Carl Olsen has been standing at SELEKTEL Goldstream on Tuesday mornings from 10 am to noon to protest the expansion of the Malahat highway, which would have affected the river, the trees, and the salmon.



Some of us from UUCV - members of THRUU and others - have been coming out for over 2 years to stand on the line with signs and to support Carl. We have had a successful campaign to save SELEKTEL Goldstream from the proposed Provincial highway expansion plan, and are now refocusing on the ongoing protection of the Goldstream watershed. We are continuing to stand at SELEKTEL Goldstream with ZAWIZUT every Tuesday morning. You are all welcome to come out on Tuesday mornings and join us.

The Mission statement of the Goldstream Protectors is:

- To support the rights of the WSANEC Nations under the Douglas Treaty to steward the SELEKTEL Goldstream watershed
- To participate in the protection and care of its environment
- To foster a deep connection to and reciprocal relationship with this special place

A website domain for the Goldstream Protectors has been purchased. Planned content will include the Goldstream watershed history; how the park was created in 1958 despite WSANEC First Nations' protests through a donation of unceded land from the Greater Victoria Water Board; and the history of Carl Olsen's campaign and the growth of the SELEKTEL Goldstream Protectors movement.

There is a current Goldstream Protector fundraising campaign to support the Goldstream Hatchery through the Volunteer Salmonid Enhancement Association. We're at risk of losing Chum salmon from the Goldstream River if we don't act now.

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



## Sign up now for 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 the 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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## ZGOF Application Deadline Sept. 30

The Zoie Gardner Overseas Fund (ZGOF) of UUCV provides funding for projects to educate girls and young women in low-income countries. The ZGOF Committee is now open to a fall round of applications, with an **application deadline of September 30, 2026**. Once again, the UUCV Congregation is invited to inform charitable organizations directly and to send them the ZGOF web link on the UUCV website (below), where they will find information, the current Application form, and the upload portal. The subsequent application round will be in spring 2027.



<https://victoriaunitarian.ca/zgof/>

Submitted by Laura Porcher, ZGOF liaison.

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# CONGREGATIONAL EVENTS

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## Victoria Pride Sunday, July 12

**Celebrate** the **inherent** worth and **dignity** of **every person**— especially 2SLGBTQIA+ diverse communities — at Victoria PRIDE.

The [Pride Parade](#) starts at 11:00 on Sunday, July 12, at Government Street and Johnson Street — followed by the [Festival](#) at MacDonald Park in James Bay.

To watch the Parade, see the [Route Map](#). Remember to bring water, a hat, and sunscreen.

To WALK in the Parade... and sing and chant... with other UU's, [REGISTER HERE](#). As soon as UUCV receives notification of our marshalling place and time (between 9:00 and 10:30 AM), we will email the details to everyone who registers or who has already signed up to be a flag carrier (since there will be no e-weeklies before Pride). We look forward to seeing YOU there!

Here we are demonstrating the [UU first principle](#) at Victoria Pride 2025:



*Submitted by UUCV Co-Director of Family Programs, Jen Rashleigh, and UUCV member Deb Lilly*

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## Pub Night: Mondays, July 6 & Aug. 3 at 7 pm

LURE Restaurant and Bar  
100 Harbour Rd.  
Delta Ocean Pointe Hotel

Close to bus routes, with plenty of parking on Tye 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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## UU Walking Group: Mondays at 1:30\* pm

MANY THANKS to Chris Cook for all her coordination of Monday walks September through June, and to Sylvia Krogh for stepping in to help when needed. This summer, Chris will take a well-deserved break from scheduling the details and sending weekly emails. But UUs and friends will continue to walk during **July and August on Mondays at 1:30 pm** — **\*NOTE THE TIME CHANGE**. We walk for 60 to 90 minutes in various locations.

We are compiling a list with locations to meet each week, to walk and for coffee/ice cream. A copy of the list will be sent to walkers soon and will be available [here](#) all summer. If you have problems accessing the list, contact [Deb Lilly](#). **There will be no weekly emails.**



*Submitted by UUCV member Deb Lilly*

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

Every Wednesday starting at 1:30 pm. **For the month of July**, Nille Fibiger will oversee the walks.

They will all start at Broadmead Village and end there for coffee. Park close to [Romeo's](#) and meet in

the courtyard outside Romeo's. Coffee may be at Romeo's or in one of the other venues there.

Hope to see you there.

Our intrepid leader, Anne Vaasjo, will take over again in **August**. They will all start from the Dallas Rd. Breakwater and end there... Coffee will be at the restaurant there.

**July Contact:** Nille Fibiger, 250-658-2239  
[nffrogbog@gmail.com](mailto:nffrogbog@gmail.com)

**Aug. Contact:** Anne Vaasjo by text or phone: 250-884-5472

*Submitted by UUCV member Nille Fibiger.*



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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 [ewejs@ryerson.ca](mailto:ewejs@ryerson.ca) for more information.

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## MEMBER BULLETIN BOARD

Community Events & Info shared by individual UUCV Members

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## "Spiritual Intelligence: A New Frontier"

We are happy to invite you to the June 28 (2pm) event in the monthly Public Global Talks Series being hosted by the Campus Association for Bahá'í Studies (CABS) at the University of [Victoria Multifaith Centre](#).

**Topic:** "Spiritual Intelligence: a New Frontier"

**Speaker:** Dr. Azin Nasseri

# SPIRITUAL INTELLIGENCE

## A NEW FRONTIER



Imagine, if you will, seven interrelated human capacities that support our spiritual development and enable us to flourish psychologically. Dr. Azin Nasserl will explore how these seven capacities may together form a framework for what can be understood as spiritual intelligence.

- Seeking and discerning truth within oneself and the external world
- Loving wisely and ethically
- Discerning scientific and spiritual ways of knowing
- Creating and restoring unity in relationships and communities
- Cultivating contentment and gratitude during hardship
- Aligning personal agency with Divine Will
- Developing the capacity for self-surrender arising from strength and certitude



**Sunday, June 28, 2026 at 2:00 PM**

Location: University of Victoria Multifaith Center  
West Campus Gate, next to Finnerty Gardens, Parking Lot 6

*\*Free Parking on Sundays*



Dr. Azin Nasserl is an International psychologist and licensed clinician specializing in psychological trauma, marriage counselling, and applied spirituality. He is the founder of the Transformative Training Institute, co-author of *The Unity-Based Family: An Empirical Study of Healthy Marriage, Family, and Parenting*, and author of his most recent publication, *Spiritual Intelligence: A New Frontier*.

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Submitted by UUCV Member Carol Smith

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## **F1RST: A Celebration of Indigenous Film: July 17-19th**


Don't miss these great films at F1RST: A Celebration of Indigenous Film

<https://www.victoriafilmfestival.com/festival/f1rst-indigenous-films/>


**Friday, July 17 at 7:00 PM**


**təm kʷaθ nan (Namesake)**

*Q&A with directors łesla Dr. Evan Adams and łagəm Eileen Francis after film*


19+  Filmmaker expected to attend July 17 - 19, 2026

# Opening Film





**Q&A With  
Eileen Francis**  
Director




**Q&A With  
Evan Adams**  
Actor / Director

Friday, July 17  
7:00 pm

## Təm k<sup>w</sup>aθ nan Namesake

Evan Adams | Eileen Francis 76 mins | Canada / BC | 2026



Witness ʔesla Dr. Evan Adams & ʔagəm Eileen Francis' new documentary that shares the journey of their community, the Tla'amin Nation, and their allies to rename the city of Powell River—named after Israel Wood Powell who put forth harmful assimilative policies like Residential Schools and the Potlatch ban—which is met with difficult conversations about history, identity, and belonging. ([more...](#))

**Saturday, June 18 at 3:00 PM**  
On Acting, Writing and Directing

# On Acting, Writing and Directing



**Sherman Alexie**  
Writer / Director



**Evan Adams**  
Actor / Director



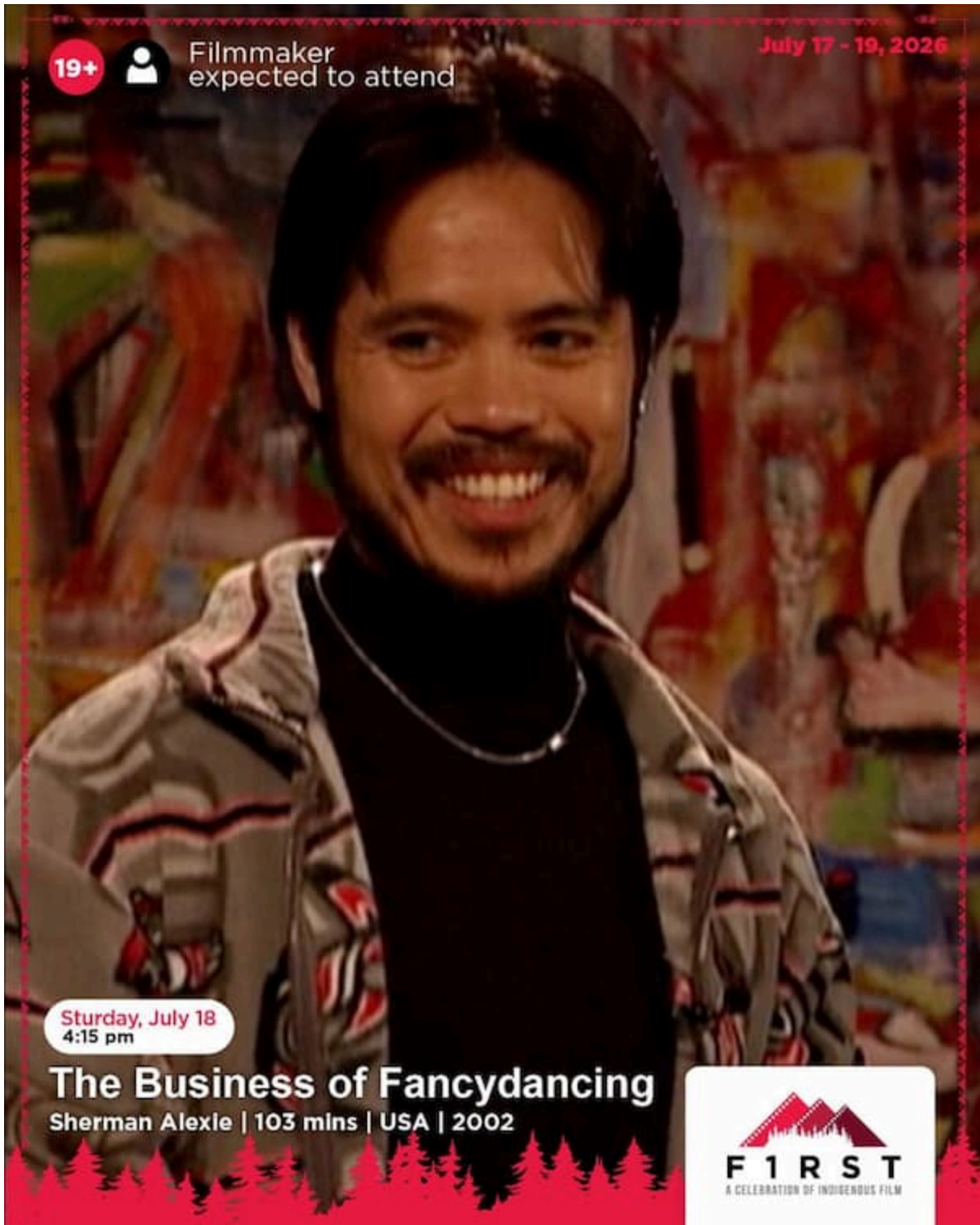
Award-winning writer and filmmaker **Sherman Alexie** (*Smoke Signals*, *The Business of Fancydancing*) joins actor, director, and physician **Dr. Evan Adams** for an engaging conversation about storytelling and filmmaking. Moderated by local filmmaker *Barbara Todd Hager*. ([more...](#))

**Saturday, July 18 at 4:15 pm**

**The Business of Fancydancing**

Newly restored version!

Q&A with director *Sherman Alexie* after film



Seymour (łesla Dr. Evan Adams), a celebrated poet, returns home and into the ghosts of the stories that made him famous. Is he preserving his culture or profiting from it? This powerful, genre-defying debut from Sherman Alexie (Spokane Tribe of the Spokane Reservation) still cuts deep 24 years later. ([more...](#))

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

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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**



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Astrid Firley-Eaton  
Design

interior design  
colour consultation

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

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## Island Montessori House School

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

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

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

Half-day  
spots still  
available  
for  
2024/2025



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

## UUCV Contact Info

Bradley Clarke  
Caretaker

available by appointment  
(no Monday availability)

[bradley@victoriaunitarian.ca](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

## PROMO SUBMISSIONS

We send an email each Friday at noon(ish).

IN THE SPIRIT monthly email goes out  
on the last Friday each month (no  
separate e-weekly those weeks).

**Submission deadline is the 17th of the  
month.**

E-WEEKLY email goes out in the  
remaining Fridays of the month.

**Submission deadline is NOON on the  
preceding Wednesday.**

These are our new, more generous  
submission deadlines. We will,  
unfortunately, no longer be able to  
accept late submissions (with the  
exception of Care & Concern items).

Send all promo submissions to

holiday long weekends  
IN PERSON Sun & Wed 11am - 1pm  
[churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca)

**Erin Carson DeWolfe**  
**Communications Coordinator**

Tue & Thu: 9:30am - 4pm  
Fri: 9:30am - 2pm  
(available for calls during above hours)  
IN PERSON Tue 9:30am - 4pm  
[communications@victoriaunitarian.ca](mailto:communications@victoriaunitarian.ca)  
778-557-3492 (cell)  
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**Family Programs**

**Co-Director, Leanne Hopkins**, with  
focus on children under 10, in  
collaboration with our Childminders.  
([leanne.hopkins@victoriaunitarian.ca](mailto:leanne.hopkins@victoriaunitarian.ca))

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

**Christine Taber**  
**Director of Music**  
[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

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

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

*The E-weekly is produced by  
Communications Coordinator Erin Carson  
DeWolfe (with volunteer relief coverage). In  
the Spirit is produced by volunteer Lies  
Weijs and edited by Erin. Many thanks to  
Karen Furnes & Deb Lilly for being our  
proofreaders.*

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**CONTACTS & LINKS**

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

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

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**ONLINE REQUISITION &  
REIMBURSEMENT FORM**

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

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**ARCHIVED MONTHLY  
NEWSLETTERS**

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

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

**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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