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In the Spirit | June 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

This Sunday's Service May 31

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 was introduced to the congregation during the Earth Day service in April. Sasha took this photo of her mom. Kelly was instrumental in selecting the music for our last Intergenerational Dance Party Sunday.

Music: Cantabile Handbell Choir

Board Member on Duty: Lynne Bonner

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

Sunday Services in June

Sunday, June 7, 10:30 am

Change and Loss

Homilist: Rev. Shana

Worship Associate: Ian Warrender

One of the spiritual questions that surfaces continually as we age is how we will cope with grief and loss. As we face both the grief of losing people we love, and the other types of loss that confront us—mobility, health, or shifting circumstances of wellbeing—we seek resilience and spiritual insight. This morning we’ll explore together how we hold the realities of living and loving and losing.



Music: Christine and Christopher Taber

Board Member on Duty: Katherine Maas

There will be a **fire drill** during the June 7 service; please see details [here](#).

Sunday, June 14, 10:30 am

Life Lessons

Homilist: Rev. Melora

Worship Associate: John Hopewell

If you could speak to your younger self, what counsel would you offer?

Knowing what you know now, having lived the decades you have lived, what life wisdom have you gleaned?

In this interactive, connection-building service, we'll look at some 'life wisdom' written by others, and consider which parts might speak to each of us today.

Please bring to the service:

If you have a poem that has guided you through tough times, or a postcard with words of inspiration you keep on your desk, or a mantra you recite every day, you are invited to bring it to the sanctuary Sunday for sharing on a display table (just for others to see, not keep; you can take it home after the service). Feel free to be creative - if there is a song or an image that highlights an important life lesson for you, bring that too.

Music: Jennifer Mitchell, piano

Board Member on Duty: Peter Hancock

Sunday, June 21, 10:30 am

Silence and Contemplation

Homilist: Rev Shana,

Worship Associate: Johnathan Savard

I find myself again and again returning to writings about the beauty and lessons of silence. In a world that is in constant motion and so very noisy, it can be a great relief to be still and be quiet. How much can we hear when we are silent? How much better can we get to know ourselves?

Music: Jennifer Mitchell, piano

Board Member on Duty: Katherine Maas

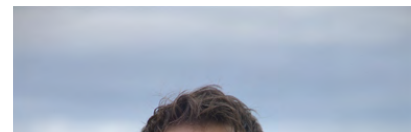
Sunday, June 28, 10:30 am

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



“Share the Plate” in June: Victoria PRIDE Society



VICTORIA PRIDE SOCIETY

<https://victoriapridesociety.org/>

Our Mission

Our mission is to educate, advocate, and create visible platforms that elevate the voices of Greater Victoria’s equity-deserving Gender, Sexual, and Relationship Diverse (GSRD) individuals and communities.

Aiming to be a leader in best practices for equity and social impact, VPS hopes to inspire others to do the same, and supports accountability for all.

Our Vision

Our Vision is a city free of marginalization, discrimination, and oppression, where members of GSRD communities are safe to live and love, openly and authentically.

Our Values

Passion, Inclusion, Respect, Authenticity, Trust, Safety.

The Victoria Pride Society will build on the great work of the past to continue advocating for the celebration and protection of the 2SLGBTQIA+ communities.





Save the date: **Sunday, July 12** is the [2026 Victoria Pride Parade and Festival](#). Each year, UUCV carries a HUGE rainbow flag in the Parade, and the crowd loves it. We need about 20 flag-bearers; please volunteer [here](#). To help coordinate our congregation's participation in Pride, please contact [Jen Rashleigh](#). Watch future E-Weeklies for further details.

Submitted by Lynn McKay, Deb Lilly and Jen Rashleigh

CONGREGATIONAL NEWS & REFLECTIONS

Our Caring Corner



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

Sending blessings to [Stephanie Ippen](#) and family as they join extended family in Washington State for a memorial for her father, David Patterson. Healing thoughts to Stephanie's mother, Phyllis Girard, as she slowly mends a shoulder fracture.

Sadly, [Pat Kinrade](#) had emergency hip surgery on May 27 due to a dislocation and is in Jubilee hospital in recovery, doing as well as can be expected. She would prefer a few days before cell calls and visits and greatly appreciates your thoughts.

Sharing the sad news that a seasonal friend of our Community has died. **Liz Reid**, along with her husband, Chips, joined our Sunday Services and Monday walks for a few winter months for several years. Otherwise based in Edmonton, Liz was active in many ways in making the world a better place. Service will be held at the Unitarian Church of Edmonton, June 1.



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](#)

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

June Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Dar Levy	June 1	Robert Langford	June 13
Cora Bilsker	June 3	Gita John-Iyam	June 14
Téo Branch	June 4	Jan van Gessel	June 17
Finnegan Herriot	June 5	Melora Lynngood	June 19
Jean Baillargeon	June 6	Bradley Clarke	June 19
Jane Bramadat	June 7	Russ Mellett	June 21
Jana Kotaska	June 7	Peter Scales	June 22

Marion Irish

June 8

Ann Malain

June 23

Allan Dakin

June 9

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

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.

Share the Plate – “Thank You!”



Thanks to your very generous donations during the month of April, a total of \$1,190.12 was collected for the International Conservation Fund of Canada – ICFC. This organization is dedicated to the long-term preservation of nature and biodiversity worldwide, particularly in tropical areas where conservation efforts are often underfunded. Their mission aims to protect vital land and aquatic ecosystems, secure a future for threatened wildlife and partner with local communities to lead conservation efforts.

First Nations Art Exhibition in the Sanctuary for June

In the Sanctuary in June, you will see paintings from the Brooke Taylor bequest. These beautiful framed prints were created by many different First Nations artists.

On **Sunday, June 14th**, there will also be a display in the Farm House Common Room of unframed prints from this collection. We welcome you to come and view them directly after the service.

Both the framed and unframed pieces are for sale. We have the official assessed price of each piece and are offering them at a 25% discount to the congregation.

We hope you take this opportunity to come and see, and hopefully buy, some of these very special pieces of art.

To purchase these paintings, please contact Arts and Aesthetics:

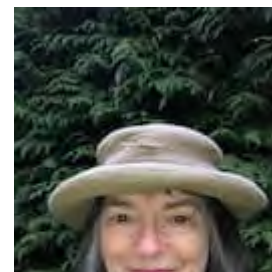
- Chris Cook: 250-812-1706
- Mary Theal: 250-893-1424

Submitted by the Arts and Aesthetics team

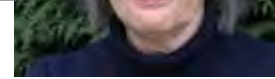
Honoured Volunteer Chalice Lighter: Lies Weijs

Deb Lilly writes:

Quietly behind the scenes, Lies Weijs offers many hours of volunteer work on behalf of our UU Community. Each month she prepares the *In the Spirit* newsletter to keep us all informed. Her compassion and care are evident in two of her volunteer roles – Care & Concern Contact for the



Oak Bay Neighbourhood Group, and a contact for UUCV's Anxiety & Depression Support Circle. Thank you, Lies. We appreciate you so much!



*Lies will light the chalice on **June 14**.*

Auction 2026 success!

Auction 2026!

Thank You

TO THE
DONORS AND BUYERS
for another successful event.

WE RAISED ALMOST
\$22,000
FOR OUR BELOVED COMMUNITY.

Many thanks
from Suellen's Dream Team
Fran Hancock, Susan Layng, Martha McDougall,
Mary-ellen Nicol, Glenyssa Turner, Kathy Vinton,
Jen Young & Astrid Firley-Eaton

Work Party Thank You!

UUCV Member and Treasurer, Janine Gliener, writes:

Our thanks to **Madelaine Clark** and **Dan Klimke** for organizing a productive and fun Gardens & Grounds work party on May 23. A lovely day to be outside, all manner of gloves & tools provided, and the solid satisfaction of having made the world a prettier place. And lunch was extremely delicious! **Thank you, all!**

Madelaine would also like to thank the volunteers:

A 'green-thumbs-up' to all those who volunteered their time and talents to contribute to the Gardens & Grounds Committee's "Garden Party" on Saturday, May 23, 2026 -- your 'sweat equity' investments were noticed by UUCV congregants on Sunday!

On behalf of G&G, Dan Klimke and I are deeply appreciative of your dedicated efforts—let's do it again on **Saturday, November 7, 2026**, at our final semi-annual "Garden Party" event of the year!

Here are a few images to help you visualize all the reasons we're grateful...



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) or Rev. Shana (rev.shana@shaw.ca) if you are interested.



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) 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.)

Office Hours

Niki Mullin's (Office Administrator) summer vacation dates are still being confirmed – watch for updates.

Erin Carson DeWolfe (Communications Coordinator) will be away July 12th–**August 1st** and **August 23–29**. Due to this, **the office will be closed** during Erin's regular office hours (Tuesdays, 9:30 - 4 pm) on **July 14, 21, 28 and August 25th**.

Erin will not be answering phone calls or emails during her vacation time, but feel free to leave an email (communications@victoriaunitarian.ca) or text/phone message (778-557-3492), and she will get back to you as soon as possible on her return.

Newsletter

The summer edition of *In The Spirit* comes out **June 26th** and covers both July and August – one issue to carry you through the whole summer. The submission deadline for the summer edition is **June 15th**.

There will be no newsletters in July. Both the E-Weekly (normally July 3, 10, 17 and 24) and *In The Spirit* are on hiatus until **August 7th**, when regular distribution resumes.

Questions? Contact Erin at communications@victoriaunitarian.ca.

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

While there are no services in July or on August 2nd, 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.

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) if you have any questions about the campout or to RSVP!



Navigating the “End of Life” Years: A *NEW* Support Group

A low-income 90+ year old non-UU close friend, with no family nearby, recently experienced the trauma of having to suddenly dispose of most of her possessions upon receiving 2 weeks’ notice to move into a subsidized assisted living facility. She had been on the wait list for so long that she hadn’t taken any steps to organize her possessions.

Being only an 80+ year-old single person, I decided that I should slowly start my own downsizing project before I had any urgent need to do so. I thought I would start with something simple, like clearing out a few kitchen cupboards. I was completely blindsided by how emotional I became as I eliminated more than half of my dishware and cutlery and disposed of many large-sized serving dishes. The process brought forth sadness and grief as I said goodbye to many years of hosting

meals for large gatherings of family and friends, which I am no longer capable of doing.

I had the need to talk to someone about these unexpected feelings. Although I did contact a friend, it occurred to me that there must be many in our UU community who have similar needs. I came up with a long list of possible topics. Examples included feelings associated with having to ask for and accept help, lifestyle changes necessitated by mental or physical decline, learning to truly live in the present, anxiety related to completing legal paperwork when our family situation is unusual or difficult, and planning celebrations of life.

Rev. Shana has supported my suggestion that we form an “**Approaching End of Life Support Group**” for people in the midst of experiencing this stage of life. I envision occasional face-to-face meetings, Zoom gatherings (frequency to be decided, with training provided if necessary), and a shared contact list of people willing to receive phone calls, emails, or texts from other members of the group who are struggling or seeking information.

If you think you might be interested in joining such a group, or helping to run it, please email gloriainvictoria@gmail.com, text (236) 562-3462, or telephone (250) 389-1789 with your name, contact information, suggestions for discussion topics, plus any other comments. If you have experience facilitating group discussions, hosting Zoom meetings, or working with seniors, please include that information.

A face-to-face organizational meeting hosted by Rev. Shana will be held on **Wednesday, June 17, 11:00 am - 1:00 pm** in the Farmhouse Common Room. An agenda will be sent in advance to those who have contacted me.

Submitted by Gloria Turner, UUCV Member

Where the Heck did the UUCV Board Minutes Go?

Wondering where the Board Meeting Minutes went (and why)? They used to be up on the website!

We’re working to improve how we protect our members’ personal contact information and other non-public information. (This is why we now put links to Breeze in our Caring Corner pieces instead of phone numbers and email addresses, for example.)

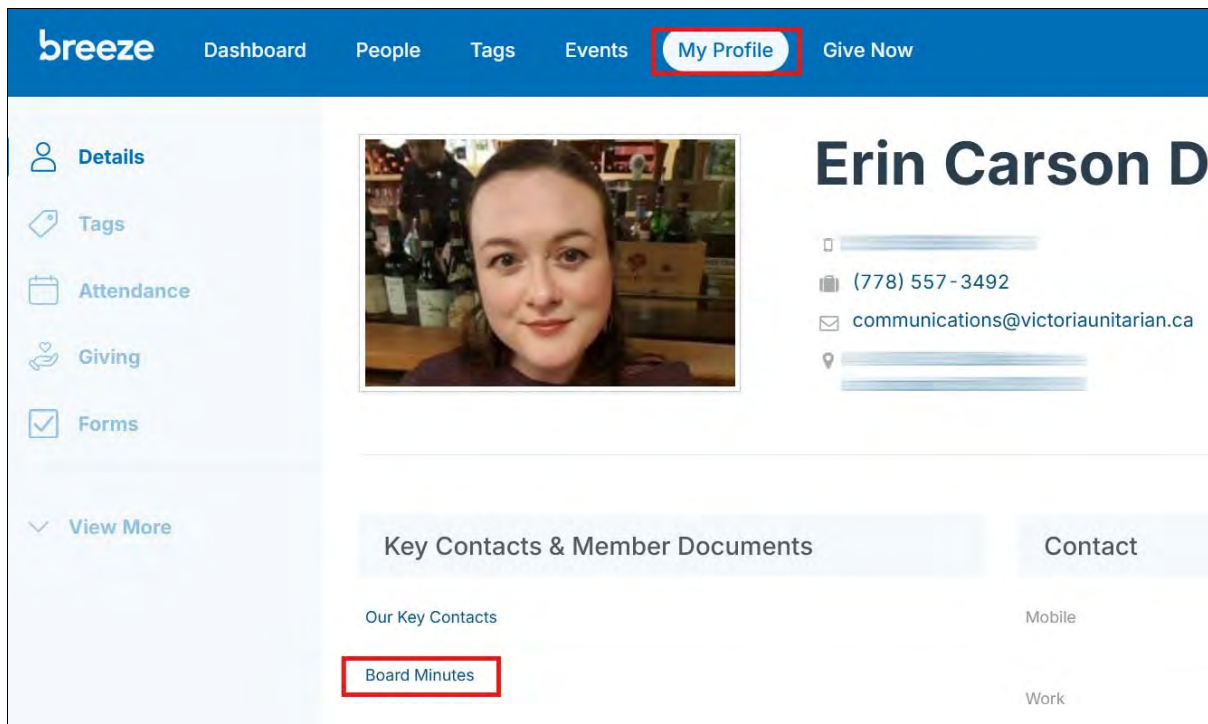
As the Board Minutes can contain contact information and other personal info, we have decided to limit access to members only. You can access all minutes from 2022 onward via a new link in Breeze (our online member directory).



How do I see the new location?

1. Log in here: <https://fucv.breezechms.com>

2. Click on “My Profile” in the top menu, then “Board Minutes” (under the Key Contacts & Member Documents heading):



The screenshot shows the Breeze user interface. At the top, a blue navigation bar contains the Breeze logo and menu items: Dashboard, People, Tags, Events, My Profile (highlighted with a red box), and Give Now. On the left, a sidebar menu lists: Details, Tags, Attendance, Giving, Forms, and View More. The main content area features a profile card for Erin Carson D. It includes a profile picture, contact information (phone: (778) 557-3492, email: communications@victoriaunitarian.ca), and a location pin. Below the profile card are two tabs: "Key Contacts & Member Documents" and "Contact". Under the "Key Contacts & Member Documents" tab, there is a section titled "Our Key Contacts" with a "Board Minutes" link highlighted by a red box. The "Contact" tab shows "Mobile" and "Work" options.

Having trouble? Check out our [How-To Guide](#).

Still need help? Contact our Breeze admin, Erin, at communications@victoriaunitarian.ca.

Green Corner: Faith-Based Climate Activism

Unitarians have shown great courage over the years in joining struggles to overcome injustice. UUCV’s beloved past minister, Felix Lion, marched with Rev Martin Luther King Junior from Selma to Montgomery 61 years ago to demand that voting rights be respected for African-Americans. After the second march, three Unitarian Ministers were viciously attacked, and one, Rev. James Reeb, a minister from Boston, died in hospital.

For decades, Unitarians have stood up for basic human rights and equality for all, and many are taking action today to address another significant injustice: the destruction and overheating of Earth’s ecosystems that threatens the well-being - and survival - of future generations.

A recent addition to our congregation from a Toronto congregation, **Michael Polanyi** (pictured right), believes that today we face a kairos moment, a moment of crisis,



yet also a moment of opportunity and transformation.

Today's growth-oriented, market-based and consumerist society is hitting the limits of our planet's carrying capacity. It cannot survive much longer in its current form. Change will happen: the question is whether the current system will be replaced by a more peaceful, just and compassionate society, or by a dangerous mix of self-interested survival, division, and conflict.

It is a frightening time to be alive, but it is also a gift to have an opportunity to contribute in a small way to the most important transition that humanity has ever faced.



Michael believes that, as Unitarians, we are well-placed to play a key role in working to ensure that the transformation underway is peaceful, inclusive and compassionate. Our values - justice, interdependence, dignity, acceptance, and shared action - speak to the kind of society we need to create to survive. Unitarians have shown courage and leadership in difficult times, whether working for peace, women's liberation, gay, lesbian and trans rights, and indigenous sovereignty. And through the hard work of striving to build inclusive, compassionate, and caring congregations, we have developed the knowledge and skills to engage lovingly across differences.

These are the very skills that are needed to build a more caring society to replace this dying one. As Unitarians, we have the responsibility - and the capacity - to help address the planetary crisis of climate change and biodiversity loss in two fundamental ways.

First, we can be the change we want to see, as Mahatma Gandhi has said. As Unitarians we can show, by example, that there is a joyful, meaningful way to live - one that can be sustained by the Earth - that transcends the dying model of individualism, competition, and consumption. As Unitarians we know the simple joys of life: singing, meditating, walking in nature, gardening, and connecting and sharing in community. We know that it is possible to live lightly and beautifully. Many of us are already reducing our carbon footprint by being conscious about what we eat and consume, how we travel and how we heat and cool our homes. But more than that, we are creatively reinventing what a good life means.

The second way we take action is by joining with others to make change. There are many ways to do so. Michael suggested there are four types of change-maker roles, all of which are important:

1. **Helpers.** These are the people who are good at listening, showing compassion, and offering help to others to make their lives a bit easier.
2. **Advocates.** They are the ones who are good at researching and writing letters, talking with and educating others, and communicating with - and holding to account - politicians and decision-makers.
3. **Organizers.** Those (often extroverts) who are able to connect with and inspire and mobilize others to engage in concrete projects - cleaning up the park, planting a community garden, or building community and making local change in many other ways.

4. **Rebels.** These people are motivated to stop harm from being done by governments or corporations. They are willing to put their bodies on the line and risk arrest when necessary.

Victoria Unitarians have stepped up in all of these roles. One is not necessarily better than the other - all are needed. The trick is figuring out what calls to you, which role allows you to use your skills and exercise your passions, and be with people who understand and inspire you. Some might speak more to you at different stages of life.

UUCV has made huge steps in building a congregation that is inclusive, caring, sustainable and joyful. Let's continue to take what we've learned out to the wider Victoria community - and contribute to the creation of a more just, caring and sustainable society.

Submitted by Sheila Drew based on an interview with Michael Polanyi. Both Sheila and Michael are members of UUCV's Environmental and Climate Action Committee. The above article does not necessarily reflect the beliefs of the UUCV membership or Board.

Indigenous-Led Events and THRUU Contacts, 2026

For the last few years, members of THRUU (Truth, Healing and Reconciliation team of Unitarian Universalists) have volunteered to attend various Indigenous-led events in case members of the congregation would like to attend in a group.

The following are the contacts for 2026:

- **June 21: National Indigenous Peoples' Day** – Karen Christie (karen.christie@gmail.com)
- **July Honouring Wətanmy Powwow** – Postponed until 2027
- **September 30: National Day for Truth & Reconciliation/South Island Powwow** – Gela Stach (gelagaia@hotmail.com) & Rev. Melora (rev.melora@gmail.com)



"Yellow Wolf Pow Wow" - photo by Kathryn Harwood

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

CONGREGATIONAL EVENTS

AED Training: THIS Sunday, May 31, 12:15 pm



UUCV has 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. There will be a training — a fun, collaborative, step-by-step, totally supported demo and practice for how to use our AED.

Date: Sunday, May 31



Time: 12:15-2:00 pm

Place: We'll start in the Lion Hall at 12:15 and proceed to the Sanctuary when it is available around 12:30.

RSVP: If you want to attend but have not already RSVP'ed, please contact **Donna Warrender** at

donnamaywarrender@gmail.com or 236-464-7624.

Donna can also provide an instructional video and key questions with answers prior to this session.

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

Pub Night: Monday, June 1, 7 pm

Monday, June 1, 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

Vegan/Plant-Based Potluck: Saturday, June 6, 6 pm

As a follow-up to the “Ethics of the Dinner Plate” service, we will be having a vegan potluck in the **Lion Hall on Saturday evening, June 6th**. Whether you're completely vegan, vegetarian or just interested in eating a more plant-based diet, come join us for an evening of good food and conversation with other like-minded people in the community.

To lessen the cleanup, please bring your own plates, cutlery and drinks.

So we know how many to expect, please **RSVP** to evan.guengerich@gmail.com if you haven't

already signed up.

Submitted by UUCV member Evan Guengerich

Fire Drill: Sunday, June 7



There will be a Fire Drill in the later part of the service on Sunday, June 7th. Upon hearing the Fire Alarm, people in attendance are asked to leave the Sanctuary via the Sanctuary double doors, travel to the Lion Hall and exit to the right through the double doors, down the stairs to the grassy area near the stumps and Willows.

For people with mobility issues and those needing assistance, please wait until the others have left the Sanctuary, and the Welcome Team members will help you exit via the North Sanctuary Door, where you will meet at the gravel parking lot near the Farmhouse.

Thank you for keeping each other safe!

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

Messy Church Maypole & Fun: Friday, June 12

Friday, June 12: 5:30 pm set up (if you can make it), 6 pm start

Families and friends: Mark your calendars for Friday, June 12, our final “midsummer Messy Church” where we dance the maypole and eat strawberry cake. It was a lot of fun last year, and we hope you can join again!

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



The Fun Plan:

outdoor feasting!
music under the willows!
dancing the maypole!
lawn games!
strawberry desserts!

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 the 5:30 pm 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!

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.

For those who haven't yet been to a Messy Church, 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.

UU Men's Lunch: Thursday, June 18th, noon

The UU Men's Lunch is held on the **3rd Thursday** of each month at noon in the **4 Mile Pub restaurant**.

Anyone wishing to join us for food and lively conversation, contact John Stewart at stewartvaasjo@outlook.com or 250-884-3148.

UU Lunch: Tuesday, June 23, noon

Tuesday June 23, 12:00 noon
Fifth Street Grill
1028 Hillside Ave

All Unitarians and friends are welcome. The restaurant is accessible, has a large and varied menu, and there is a parking lot behind it. We meet in a quiet, covered, heated patio at the rear.



This will be the last lunch before we take a summer break in July and August.

“UU Lunch” has been meeting for food and conversation on the fourth Tuesday of each month (except July and August) for 2-3 years now. Attendance has varied from 5 to 25 and hovered

around 12-16, prompting a rethink. Would a monthly social lunch on a weekend serve more members? What other options could be considered? Or should lunch continue in the same format?

Pat McMahon, organizer, is looking for a volunteer to take over organizing the lunch when it resumes in September. It is not an onerous job — all done at home, by email with members, and by phone with the restaurant, which is very accommodating.

For June 23, please reserve a seat by email to Pat at uu.lunch.victoria@gmail.com. The restaurant needs to know a day ahead how many of us to expect, but we always set an extra place or two.

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

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

Slow walks are designed to welcome inclusiveness. People with walkers and/or energy issues are welcome. The strolls are 15 minutes out, 15 minutes back, and a long, luxurious coffee. We meet at 1:30 on Wednesdays. The only schedule is in this newsletter, so keep it handy.

Here are the walks for June:

June 3 - [Saxe Point Park](#). Meet in the parking lot. Coffee will be at [Esquimalt Roasting Company](#) (near the rec center)

June 10 - West Vic Walkway. Meet at the sidewalk beside [Spinnakers](#). Coffee at [Anne and John's](#).

June 17 - Meet at [Beacon Drive-In Restaurant](#). Walk in Beacon Hill Park, then back to Beacon Hill Drive-In for coffee or ice cream

June 24 - Meet in front of [Oak Bay Marina](#), Walk nearby. Coffee at the Marina



If you have questions, call Anne at 250-884-5472

Anxiety & Depression Support Circle

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

Contact Pat at kinradep@gmail.com for more information.

BEYOND UUCV

News & events from UUA, CUC, and other UUCV Partner Organizations

Canadian Unitarians for Social Justice AGM & Climate Webinar - Saturday, June 6

Join the [Canadian Unitarians for Social Justice \(CUSJ\)](#) by Zoom for their Annual General Meeting, followed by a free webinar on Surviving the Climate Crisis.

AGM: 10 am Pacific Time

More details (like Agenda, etc.) to be announced on the [CUSJ website](#) by the end of May. The AGM should be about 30 minutes.

"Surviving the Climate Crisis" Webinar: ~10:30 am Pacific Time

Presented by Dr. Peter Carter of the Climate Emergency Institute

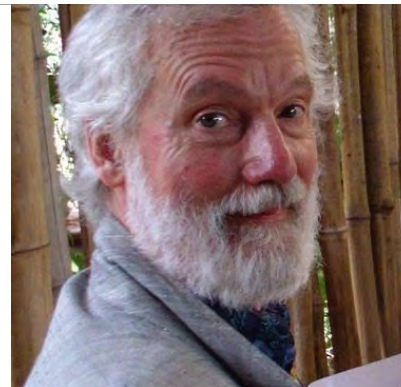
We are in a climate system emergency – and it's a threat to more than just our own survival. In May 2018, United Nations Secretary General António Guterres said, "Climate change is an 'existential threat' to most life on the planet, including and especially humankind, and the age of fossil fuels must be ended." This is about our children – and the children of all species.

Peter will cover how corporations and our own governments keep us fixed on fossil fuels, and how to break the addiction in order to create conversion and transformation. He will focus on what's needed globally and what we need to do personally to "survive" the climate crisis.

More about the speaker: Dr. Peter Carter is a retired emergency and family physician (UK, Newfoundland, BC).



When his sons were born, Peter's mind (and heart) turned to the legacy he was leaving for them. He spent many years in the peace and disarmament movement, and then became involved in the environmental movement, which morphed into deep concern about the climate emergency. In 2008, Peter started the Climate Emergency Institute. Every day, he reads and synthesizes the latest climate change research, sharing his posts with thousands of followers on social media. In 2018, he co-authored *Unprecedented Crime: Climate Science Denial and Game Changers for Survival*, and has served twice as an expert reviewer for the Intergovernmental Panel on Climate Change (IPCC). Peter currently lives in Victoria with his wife, Julie, and their wee pup, Kodi.



After the presentation, there will a Q&A session.

Note: To attend CUSJ's FREE webinars and meetings you do not have to be a member, but they welcome all UUs to join!

Click here to join: <https://cusj.org/about-join-the-cusj-membership-form/>

Multifaith Social Justice Pot Luck: Thursday, June 11, 5:30 pm

Thursday, June 11, 5:30-8:00 pm

[Christ Church Cathedral](#), 930 Burdett Ave.

[Victoria Multifaith Society](#) will welcome **Rabbi Elisha Herb** of Congregation Emanu-El (bio below) as our presenter on June 11 on the topic of **Social Justice**. Participants are asked to arrive at Christ Church Cathedral between 5:00 and 5:15 pm, if possible. We'll start with the **potluck meal** at 5:30, followed by the 20-minute **presentation** and a **group discussion**, finishing at 8 pm.

The Listening Circles Committee has been impressed by the quality of the conversations to date, at the potluck tables and in the large room. **Please RSVP** to Sheilaflood@gmail.com

Rabbi Elisha Herb

Rabbi Eli brings to Congregation Emanu-El a deep passion for Jewish learning, spiritual practice, and community building. He has guided congregations through meaningful ritual, thoughtful teaching, and compassionate pastoral care.

Rabbi Eli is committed to Conservative-stream Jewish values



and to practicing and teaching halakha in ways that honour tradition while speaking to the needs of today's Jewish community. He is especially devoted to promoting inclusivity, interfaith dialogue, and social justice, while nurturing a sense of connection to Jewish tradition and creativity.



Submitted by Mariko Matsumoto, UUCV representative for the Victoria Multifaith Society

MEMBER BULLETIN BOARD

Community Events & Info shared by individual UUCV Members

Talk this Sunday, May 31, at UVic Multifaith Center

ARMANDO & THE AMAZING ANIMAL RACE

The Art of Storytelling for Environmental & Peace Education

Sunday, May 31 at 2 pm

Location: University of Victoria [Multifaith Center](#)

West Campus Gate, next to Finnerty Gardens, Parking Lot 6

*Free Parking on Sundays

Join Diana Schaffter

- and hear the backstory of an international prize-winning eco-adventure/mystery for all ages. Diana traces the story design, strategy, key messages, and the photography in Southern India, Russia, the Judean desert, and the Brazilian Amazon rainforest.

Discover

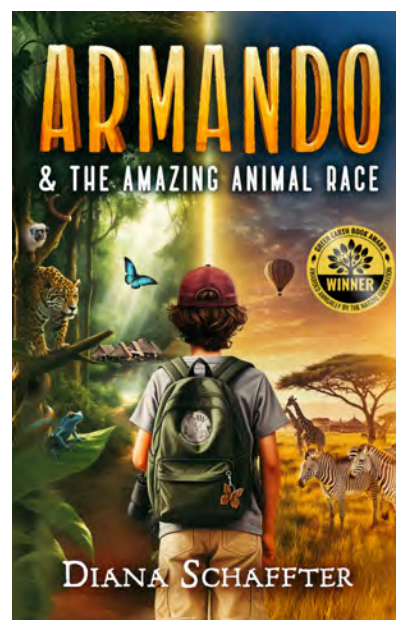
- Armando's deeply personal journey of inner development, strength & new perspectives.

Hear how

- Diana pre-tested the book with young readers around the world.

Diana has lived in Asia and Eastern Europe for 42 years: Thailand, Vietnam, Romania, India, Kyrgyzstan, Laos, and North Korea. She worked in international education as an elementary teacher in international schools. Diana also founded two preschools and worked as an educational consultant to Ministries of Education.

Submitted by UUCV Member Carol Smith



ADVERTISEMENTS

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

Decluttering Without Judgement

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

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

For decluttering without judgement, call **Jan Thomson:**
250-516-1462



Island Montessori House School
 A local non-profit for all children (since 1973)

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

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

Half-day spots still available for 2024/2025



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

UUCV Contact Info

Bradley Clarke
Caretaker

available by appointment
 (no Monday availability)

bradley@victoriaunitarian.ca

778-967-5341 (cell)

UUCV Office Open:

9:30am-4pm Tuesday

11am-1pm Wednesday

11am-1pm Sunday (except long weekends)

Email staff at addresses listed below or call 250-744-2665 and leave a voice message; your call will be returned by the next work day.

Niki Mullin
Office Administrator

PROMO SUBMISSIONS

we send an email each Friday at noon(ish)

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

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

Send all promo submissions to promo@victoriaunitarian.ca.

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

Sun, Mon & Wed 8am-3pm except stat
holiday long weekends
IN PERSON Sun & Wed 11am - 1pm
churchoffice@victoriaunitarian.ca

Erin Carson DeWolfe
Communications Coordinator

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

Family Programs

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

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

Music Program

Christine Taber
Director of Music
christine.taber@victoriaunitarian.ca

Co-Ministers

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

Rev. Shana Lynngood
rev.shana@victoriaunitarian.ca

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.*

CONTACTS & LINKS

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

**Unitarian Universalist Community of
Victoria**

5575 West Saanich Road
Victoria, BC V9E 2G1

**ONLINE REQUISITION &
REIMBURSEMENT FORM**

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

**ARCHIVED MONTHLY
NEWSLETTERS**

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

Text/call 250-891-6331

Monday is their day off - available for
pastoral emergencies

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

Minister Emerita

Rev. Jane Bramadat

Lay Chaplains

laychaplains@victoriaunitarian.ca

Jenny Heston: 250-509-1240

Barbara Boyle: 250-381-0264

Oceanna Hall: 250-886-1077

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