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In the Spirit | September 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

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

This Sunday's Service: Intergenerational Dance Party - August 30, 10:30 am

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

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

Sunday Services in September

Sunday, September 6, 10:30 am

Singing the Sources

Homilist: Liz Graham

Service Leader: Dan Klimke

Christianity has the Bible, Islam has the Koran, and Jews, the Torah. Come for a service exploring the diverse sources that our Unitarian Universalist faith draws from in an hour of hymns and readings.

Music: Jennifer Mitchell, piano

Board Member on Duty: Jim Hemstock

Sunday, September 13, 10:30 am

Beginning Again

Ingathering Sunday

Homilist: Rev. Shana

Service Leader: Karen Christie

As we begin a new program year together, it's a good time to reflect on where we are as a community. When we start again, it's a chance to both appreciate where we have been and what we are building on. It's also a chance to think about what we might want to do differently—or more, or less of in the year ahead.

Music: TBA

Board Member on Duty: Margaret McKelvie

Sunday, September 20, 10:30 am

Moving through Conflict Together

Homilists: Rev. Melora and Members of the Responsible Relations Team, Jeanne VanBronkhorst & Kent Haden

Service Leader: Johnathan Savard

Conflict is an integral part of any thriving community. Conflict done well illuminates what we value and what we fear. When we can move together through conflict with respect, we open ourselves to new insights and deepen our connections with each other.

This service will introduce to the congregation our newly formed UUCV Responsible Relations Team.

Music: Chalice Choir

Board Member on Duty: Nikki Martzke

Sunday, September 27, 10:30 am

Inner Life, Outer Living

Homilist: Rev. Shana

Service Leader: Ian Warrender

Much of what I read during our break this summer examined the relationship between the inner life (introspection and reflection on our lives) and how we live out our days. One of the challenges, of course, is that we don't often have, or take, much time to look inward. When we do, do we feel alignment with who we feel ourselves to be and how we are living? Do others see the person I think I am?

Music: TBA

Board Member on Duty: Liz Graham

Spirited Jazz - 7:15 pm (details below)

Spirited Jazz in the Sanctuary: Sunday, Sept. 27, 7:15 pm



The poster features a purple background. On the left, there is a logo for 'SPIRITED JAZZ' with the word 'SPIRITED' in a stylized, colorful font above 'JAZZ' in large, white, block letters. Below the logo, the text 'The LUST LIFE Jazz Band' is written in a white, serif font. Underneath that, 'SUNDAY SEPTEMBER 27' and '7:15 pm' are written in a smaller, white, sans-serif font. At the bottom, 'Live at the Unitarian Universalist Community of Victoria' is written in a white, serif font. On the right side of the poster, there is a photograph of the band performing on a stage. A pianist is seated at a grand piano in the foreground, while other band members are standing behind him, playing various instruments. The stage is lit with blue and white lights, and the background shows the interior of a modern building with large windows.

Lust Life..."our name reflects our history—not our limits".

Born on the stages of Victoria's premier performance venues, Lust Life has spent more than three decades redefining what a jazz band can be. Since its beginnings in 1994, the group has evolved from a classic jazz ensemble into a genre-blending collective that celebrates musical artistry without boundaries.

At the heart of Lust Life is a deep respect for the jazz tradition. The Great American Songbook provides a rich foundation, but the band's sound reaches far beyond it—drawing inspiration from Latin rhythms, blues, swing, jump jazz, funk, pop, soul, and contemporary grooves. Every performance is thoughtfully crafted to connect with audiences, creating an atmosphere that's vibrant, uplifting, and unforgettable.

Lust Life resists easy categorization. Their signature West Coast sound is sophisticated yet approachable, timeless yet refreshingly modern. Rich harmonies, expressive vocals, inventive improvisation, and irresistible rhythms come together to create performances that are as emotionally engaging as they are musically adventurous.

Visit their website: <https://www.lustlife.ca/>

Hosted by our Reverend of Jazz, Shana Lynngood. All are welcome. Admission by donation. All your donations go to the musicians and are very much appreciated.

"Share the Plate" in September: Reciprocity Trusts Society



reciprocity.trusts.

The **Reciprocity Trusts Society** offers a practical way to move beyond land acknowledgements and put reconciliation into action. Based here in Victoria, Reciprocity Trusts enables individuals, businesses, non-profits, churches, and other organizations to make voluntary payments recognizing the Indigenous lands on which we live, work, and gather. These contributions create an ongoing source of Indigenous-controlled revenue that is independent of federal and provincial governments.

On southern Vancouver Island, contributions flow through the **South Island Indigenous Reciprocity Trust**, established in 2023 for the ten First Nations with core territories in the region. The Trust is Indigenous led, with participating Nations able to appoint their own trustees. Ninety percent of each contribution goes directly to the Nations, which determine for themselves how the funds will be used, with support encouraged for priorities such as land, language, culture, youth, and Nation-building. Recent funding has supported projects ranging from food sovereignty and sea-garden restoration to youth programs and community facilities.

Reciprocity Trusts describes these payments not as charity, but as an expression of reciprocity – **giving something back in recognition of the benefits we receive from living on Indigenous lands.** It offers our congregation a tangible way to accompany words of acknowledgement with action and to support the priorities of the Indigenous Nations whose territories we call home.

Learn more at reciprocitytrusts.ca

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.

Our thoughts are with UUCV member, [Rosemary Harrison](#) and her husband, Ted, as Ted recovers from surgery (yesterday, Aug 27). After 2 and a half years, Ted finally got a diagnosis in July (hyper parathyroidism). May Ted's recovery from surgery be swift and smooth, and may the surgery bring him the relief and improvement they are both seeking. Sending additional wishes to Rosemary, who herself is recovering from bronchial pneumonia. May they both be well - and soon!

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](#)*

September Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
Stephen Lentz	September 02	Susanne Garmsen	September 17
Pam Hood Szivek	September 03	Peter Hancock	September 18
Loraine Lundquist	September 04	Adriane Matheson-Smith	September 19
Andrea Pite	September 08	Jenny Heston	September 22
John Waters	September 08	Emily Tietz	September 22

Christine Petronis	September 10	Bert MacBain	September 24
Anne Vaasjo	September 13	Renate Herberger	September 26
John Hvozdzanski	September 15	Pablo Lacerda Silva	September 27
Joe Catalano	September 16	Ulrika Britton	September 30

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.

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



Are you (or someone you know) looking to get some exercise while making some extra cash? We have the perfect opportunity!

The Unitarian Universalist Community of Victoria seeks casual staff to join our Rental Team. As the Assistant Rental Site Manager/Custodian, you will meet with renters before an event to ensure access, review the signed contract, and set up for the event. After the event, you will reset the furniture, clean the facilities and secure the building.

Hours will vary depending on the number and type of events booked. Split shifts may be required. You will be guaranteed to be offered a minimum of 10 hours a month.

Abilities necessary include: physical ability to move heavy furniture, good communication skills, basic computer skills (including Word & Excel), and reliable transportation. A criminal record check will be required.

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

Wage: \$26.81 + 4% in lieu of vacation

Closing date: September 5, 2026. We will reply to each applicant in early September.

If interested, please forward your resume and cover letter to uucvhr@victoriaunitarian.ca.

Here is a link to the listing on our website: <https://victoriaunitarian.ca/job-opportunity-assistant-rental-site-manager-custodian-needed-casual/>

Please share widely! Thank you!

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.



Save the Date, October 4th: ABC's "Building Momentum" Brunch

Celebrate all the wonderful gifts of this community and our chance to give back! Gather in community after the October 4 service for a delicious pancake brunch sponsored by ABC. Computers will be available to pledge online at the brunch.

By September 30, all members and supporters should have received the ABC 2027 package either by email or in the mail. You may also find it on our website at <https://victoriaunitarian.ca/>. If you did not receive a copy of the ABC package, contact Linda Grimaldi at grimlinda56@gmail.com or 604-690-8706,

If you are a member or supporter of UUCV, we ask you to pledge by October 15. Your pledges will help keep the gifts, love and celebration going in 2027!

Your ABC Team - John Hopewell, Linda Grimaldi, Barry Wiebe, David Hoadley, and Jessica Houk



Meaning Making Themes 2026-2027



As we did last year (for the first time), this year, our UU Community of Victoria will again use the Canadian UU source for our monthly themes called “Meaning Making” for Sunday worship services and for small groups. Here’s what the Meaning Making Programmers say about this year’s themes:

This year we are exploring our interdependence from the perspective of community. How do we make space for the flourishing of both the individual and the community? What personal values and practices nurture the kinds of communities that will help us meet the future? We may not know what the future holds, but we know it will be better if we face it together.

Monthly Themes

Agency and Acceptance (October)

How do we practice agency today, whether in our personal circumstances or as groups in society? What systemic factors make our agency possible (or limit it)? What does acceptance of others look like, and how can it be life-giving?

Change and Stability (November)

How do we practice adapting to change, especially when change is unexpected or challenging? How do we practice ways of creating stability for ourselves and others in times of profound change?

Humility and Pride (December)

How do we understand ourselves and our place inside a larger frame? How do we celebrate our own gifts – and our communities' gifts – while leaving room for others?

Responsibility and Integrity (January)

How do we develop a practice of responsibility to our community in a culture that promotes self-interest? Can we be empowered by contributing to the whole without also taking ownership?

Power and Powerlessness (February)

How do we become aware of our personal power and use the power that we have to leverage our values? How can we encourage communities to distribute power equitably and how do we interact with systems when they are inequitable?

Expectations and Surprises (March)

How do our expectations shape our relationships and communities? What practices can we use to discern when expectations could be higher and when we might broaden them? How can we stay open to surprises and the unexpected gifts they may offer?

Forgiveness and Repair (April)

How do we practice forgiveness and repair within and beyond our UU Communities? When can these practices strengthen our relationships and communities? How do we see others as more than their mistakes?

Community and Individuality (May)

How do we practice community while managing the diversity of individual needs? How do we carefully choose what is best for the whole?

Meaning Making Groups – Back by popular demand! Register now!

As we did last year (for the first time), this year, we will again use the Canadian UU source for our monthly themes called “Meaning Making.” (see the list of themes in the previous article)

And once again, due to popular demand, we will be offering **small groups** to engage with the material –

- Receive the packet – with questions for reflection and suggested spiritual exercises.
- Attend your small group once/month to do a deep check-in and share your experiences and reflections on the material.

Folks who were in groups last year appreciated that these groups were a good way to **deepen connection with others** in the congregation and to give yourself time to **intentionally reflect on things that matter**.

We have **4 groups** to offer. Choose the time, date, and location that works best for you.

In Person

Home of Jeanne & Ann, Esquimalt, [511-100 Saghalie Road](#)

3rd Mondays*, 1pm-3pm

Facilitators: UUCV members, [Jeanne VanBronkhorst](#) and [Leslie Stafford](#)

- Oct 19
- Nov 16
- Dec 14* (Note: this is the 2nd Monday)
- Jan 18
- Feb 15
- March 15
- April 19
- May 17

OR

In Person

UU Community of Victoria, Farmhouse Common Room

Tuesdays, (Oct-Dec 2026, 2nd Tuesday of the month. Jan-May, 2027, last Tuesday of the month)

1pm-3pm

Facilitator: Rev. Melora

- Oct 13
- Nov 10
- Dec 8
- Jan 26
- Feb 23
- March 30
- April 27
- May 25

OR

Zoom

Tuesdays (Oct-Dec 2026, 2nd Tuesday of the month. Jan-May, 2027, last Tuesday of the month)

7pm-8:30pm

Facilitator: Rev. Melora

- Oct 13
- Nov 10
- Dec 8
- Jan 26

- Feb 23
- March 30
- April 27
- May 25

OR

In Person

Home of Jenny Heston, 3266 Cook Street, Victoria

3rd Tuesdays, 7pm-8:30pm

Facilitators: UUCV members, [Jenny Heston](#) & [Jeanine Hartman](#)

- Oct 20
- Nov 17
- Dec 15
- Jan 19
- Feb 16
- March 16
- April 20
- May 18

Space is limited, so **sign up** now to secure your spot. Email rev.melora@victoriaunitarian.ca with “Meaning Making” in the subject heading, and specify which group you’d like to join.

New Programs for Newcomers

Making the Most of It

Farmhouse Common Room

Having sought out the UUCV community recently, you most likely did so because you were seeking something. At the heart of the spiritual life is reflecting on how to live meaningfully. How do we make the most of it? For each of us, the “it” might be slightly different. How do I live with a sense of purpose? Do I have connections with others that hold me? How can I be the most authentic version of myself? Can I connect with my sense of the sacred/holy/God?

This exploration is designed for newcomers and invites us to look at what motivated you to come to UUCV, and what you hope to grow/deepen by being a part of a spiritual community. What is at the core of your spirituality at this point in your life, with this congregation?

These sessions will be offered seasonally—Fall and Winter—sign up by contacting Rev. Shana (via email rev.shana@shaw.ca, or via text [250-891-6331](tel:250-891-6331)).

Fall session— #1: September 24th 5:30 to 7pm in person and September 30th 7 to 8:30pm on Zoom, #2: October 21st 7 to 8:30pm on Zoom and October 22nd 5:30 to 7pm in person, #3:

November 25th on Zoom from 7 to 8:30pm and November 26th from 5:30 to 7 in person

Winter session—#1: January 20 and 21, #2: February 17 and 18, #3: March 24 and 25

Newcomer Lunch

Sunday, September 27th, after service noon to 1:30

Farmhouse Common Room

Rev. Shana and Membership Committee Hosts

Several times a year we offer a Newcomer conversation in which we talk a bit about the congregation, how to get connected, and answer any questions you might have about the history and beliefs of our spiritual community. We're also happy to field any questions you might have about Unitarian Universalism and opportunities for involvement.

Please RSVP (rev.shana@shaw.ca or mollie@neofusion.net) if you would like to join us so that we can ensure we order enough food and set out enough tables and chairs. We will have gluten free and vegetarian options available. Let us know of any other dietary restrictions or concerns. If you need us to arrange childcare, the next session will be offered November 22nd.

Newcomer Chat with the Minister

This is an informal opportunity to ask your questions/check in—once per month right after the service—with Rev. Shana in the Willow Room from 11:45am to 12:15pm—**September 20**, October 18, November 8, December 13th.

Memorial Wall Committee: 2026 Summer Report

The Memorial Wall and Garden are located north of the Church Office and Farmhouse. There are currently 94 plaques mounted on the Memorial Wall.

Those who have a plaque on the Wall refer to themselves as “Plaquers,” and they often communicate with me as I work around the Wall and Garden. The recent Quarterly Meeting of the Plaquers was held at midnight on the night of the full moon in late July.

The Chair of the Plaquers, Suellen Guenther, opened the meeting by introducing the most recent new Plaquers: Florence and Keith Jobson, Rev. Vann Knight, Dr. Job Kuijt, and Myra Rippon. The newcomers spent most of the evening getting reacquainted with their Plaquer friends.

Dr. Job Kuijt, who supervised the building of the Memorial Wall in 2001, said he felt like he was coming home. Dr. John Tibbles noted that his wife, Val Roberts, had recently joined the Memorial Wall Maintenance Committee, and he was enjoying her frequent visits to the Memorial Garden. Rev. Vann Knight closed the meeting with the following quote:

"Tis a holy thing to love those that Death has touched."



*If you wish to reserve a plaque space on the Memorial Wall, please contact me at 250- 592-4831.
Earle Anthony, Chair, Memorial Wall Committee*

Green Corner: Seniors' Climate Witness

SENIORS' CLIMATE WITNESS

SEPTEMBER
19-24
2026

Join seniors,
people of faith, and allies
in Ottawa for a week of
nonviolent action calling on the
federal government to stop fossil
fuel expansion and protect a
livable future.

To learn more and get involved, contact:
seniors.climate.witness@proton.me



*scan the qr
code to sign up*

good ancestors don't build pipelines

Timed for the opening of Parliament, seniors, people of faith, and allies from across Canada will gather in Ottawa for Seniors' Climate Witness. Parliament resumes on the 21st and the aim is to encourage the federal government to reject new publicly funded fossil fuel pipelines and strengthen Canada's climate commitments by investing in a clean, affordable and just low-carbon future. Seniors' Climate Witness will engage in direct action intended to draw national media attention, and to heighten public awareness. A caravan of electric vehicles will be leaving Victoria on Sept 8th.

This is a major event, heavily backed by members of our Unitarian Community. Our own Michael Polanyi is the creator and main organizer of the event. To learn more, click [here](#). To lend assistance in any way, click [here](#) or scan the QR code in the poster.

Submitted by Brian Short and the UUCV Environment and Climate Action Committee (ECAC)

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.

CONGREGATIONAL EVENTS

UU Men's Gathering Oct 2-4th, Sasamat Lake in Port Moody

Calling all UU Men

Join an amazing group of men for a weekend gathering this fall! Surrounded by the forest

bordering beautiful Lake Sasamat (about 45 minutes from Tsawwassen ferry terminal), this event is a rare opportunity to reflect on your quality of life, work with and learn from other men, discover



more of yourself, and build relationships both new and old. More importantly, this is a chance to relax and have FUN in the company of strong, gentle, witty and wise men – all in a serene, inspiring, natural environment.

I have been to the last 4 and can attest to the worthiness of the weekend. Car pooling is available.

For more details, sign up or to subscribe to their newsletter click [here](#) or contact BKShort@shaw.ca

Submitted by UUCV member Brian Short

Save the Date: Halloween Dance Oct. 30th!

Get ready. Plan your costume. Brush up on your dance steps. All kinds of music: Rock of course, ballroom, world, lounge, Latin. Something for everyone.

Any questions or want to help: Anne Vaasjo 250-884-5472

Pub Night: Monday, September 7 at 7:00 pm

[LURE Restaurant and Bar](#)

100 Harbour Rd.

Delta Ocean Pointe Hotel

Close to bus routes, with plenty of parking on Tyee and in the underground parking (for which you will receive an exit code on your bill). Pub night is a relaxed evening of lively conversation and getting to know each other. Some eat dinner, others just enjoy a beverage. We have reserved tables against the interior wall in the bar area.



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

UU Walking Group: Mondays at 1:00 pm*

Would you like to join a group of UU's and friends who walk each week to explore different parts of greater Victoria? Every Monday we meet — at 1:00 or 1:30 pm (see below ***) — in a different location, to walk for 60 to 90 minutes, mindful of the terrain and regardless of the weather. Then we go for tea/coffee and further conversation. You are welcome to join us for tea/coffee even if you don't walk; just contact the leader for that day's walk to confirm what time and place to meet.

The details for the walks are in [this list](#). Please email the current coordinator at mondaywalks@victoriaunitarian.ca with any questions or for more information. If you have problems accessing the list, please contact [Deb Lilly](#).

Our next walk is:

Date: **Monday August 31**

Time: *** **1:30 pm** ***

Location: **Charlie's Trail** at Royal Roads University

Meet: [In the parking lot for Galloping Goose Trail](#), Aldeane Ave on the north side of Sooke Rd.

Tea/coffee: [Pilgrim Coffee House](#), 1910 Sooke Road

Leader: [Janine Gliener](#)



*** NOTE: During the summer we have been meeting at 1:30, with a plan to return to 1:00 pm in September. Walkers with a strong preference for either starting time can submit their input via email to mondaywalks@victoriaunitarian.ca

Walkers are encouraged to lead a walk every few months. To sign up, you can see available dates in [this list](#) and email mondaywalks@victoriaunitarian.ca with your details. Thank you!

Submitted by UUCV member Deb Lilly.

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

Please join us for gentle Wednesday walks at 1:30 every week. These are about 15 minutes out and 15 minutes back on surfaces that can accommodate walkers. The pace is set by the person who needs the most time. Then we meet for coffee and a nice long social occasion.

Here are our September walks. Please remember that walks are only advertised in "In the Spirit" (published the last Friday of each month).

September 2: Finnerty Gardens: Meet in front of the [Multifaith Centre, UVic](#). Coffee at [Cadboro Bay Moka House](#).

September 9: Meet at walkway in front of [Spinnaker's Pub](#). Look around to make sure you see us. Coffee at Spinnaker's.

September 16: [Saxe Point](#) parking lot at the water. Coffee at [Esquimalt Roasting Company](#).

September 23: Willows Beach - park at the Rotary Concession Stand. Coffee at [Ruth and Dean Luncheonette](#).

September 30: [Holland Point](#) - park at bathroom. Coffee at Lynn Hunter's place.

If you can't come to the walk, you are welcome at coffee.

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

UU Lunch: Tuesday, September 29, noon

Tuesday September 29, 12:00 noon

[Fifth Street Grill](#)

1028 Hillside Ave.

"UU Lunch" has been meeting for food and conversation for 2-3 years. All Unitarians and friends are welcome. ***No longer a monthly event, there will be 2 or 3 lunches this fall, dates to follow.***

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.



For September 29, ***please reserve a seat by email to organizer Pat McMahon*** at uu.lunch.victoria@gmail.com The restaurant needs to know in advance how many of us to expect, but we always set an extra place or two.

Anxiety & Depression Support Circle

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

Contact Pat at kinradep@gmail.com or Lies at eweij@ryerson.ca for more information.

BEYOND UUCV

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

**Victoria Multifaith Society, One Spirit: Sunday, Sept. 27,
4:00 pm**

The Victoria Multifaith Society
and the Victoria Hindu Parishad And Cultural Center
present



One Spirit

Sharing our faiths in prayer, songs, chants,
hymns, stories and dance

4:00 PM Sunday 27 September 2026

Join us for this joyous event!

Followed by a vegetarian Indian meal

Victoria Hindu Parishad
And Cultural Center
1934 Cultra Ave., Saanichton
Registration here



MEMBER BULLETIN BOARD

Community Events & Info shared by individual UUCV Members

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

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

Erin Carson DeWolfe
Communications Coordinator

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

Family Programs

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

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

Music Program

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

Co-Ministers

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

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

promo@victoriaunitarian.ca.

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

*The E-weekly is produced by
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DeWolfe (with volunteer relief coverage). In
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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**

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

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

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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