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In the Spirit | October 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: September 27, 10:30 am

Sunday, September 27, 10:30 am

Becoming: Transition to Adulthood

Homilist: Coming of Age Youth with Rev. Shana

Service Leader: Karen Christie

Six young people in our community have been exploring the transition to adulthood. In this service they will share what they have discovered about what they believe and who they are becoming as they navigate life in our chaotic world. They have been mentored by some adults in the congregation and shared a camping adventure in July in Strathcona Park. Come hear what this time of intentional exploration and reflection has led to.

Music: Christine Taber & Linda Gould

Board Member on Duty: Liz Graham



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

A promotional poster for a jazz event. On the left, there is a logo for "Spirited Jazz" with the word "Spirited" in a script font and "Jazz" in a large, bold, stylized font. Below the logo, the text reads "The LUST LIFE Jazz Band", "SUNDAY SEPTEMBER 27", "7:15 pm", and "Live at the Unitarian Universalist Community of Victoria". On the right, there is a photograph of the band performing on a stage with blue lighting. The word "PRESENTS" is written in a large, white, serif font above the photograph.

Spirited Jazz

PRESENTS

The LUST LIFE Jazz Band

SUNDAY SEPTEMBER 27

7:15 pm

Live at the Unitarian Universalist Community of Victoria

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 of your donations go to the musicians and are very much appreciated.

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

Sunday Services in October

Sunday, October 4, 10:30 am

Gratitude & Giving

Rev. Melora, Homilist

Ian Warrender, Service Leader

This month's theme, 'agency and acceptance,' is, in part, about things beyond our control. Bad things - and also good things. This Sunday, we consider what can happen in both situations when we turn to community. When bad things happen, we can find solace and strength in community. When we are blessed with good things, we can lean into gratitude, and share in community.

Music! The Pop-up Children's Choir will join the Chalice Choir

Board Member on Duty: Lesley Duthie

Celebrate our Community Brunch! Stay after the service for a free pancake brunch during which we celebrate the gifts of this UU Community and Members and Supporters are invited to make a financial pledge to support and sustain our UU Community in the 2027 budget year.

Sunday, October 11, 10:30 am

Eldering

Homilist: Steve Goldberg

Service Leader: Lynne Bonner

Eldering is not a title automatically bestowed by age, nor is it a practice reserved for later life. It is

the continuing work of transforming what life teaches us into presence, perspective, judgment, curiosity, and care that can benefit others. Through personal stories, reflection, humor, and music, Steve Goldberg explores five capacities that can be cultivated at any age and deepened over a lifetime. He also considers what generations can offer one another, bringing together the possibilities and digital competence of younger people with the experience and human connection of those shaped by a more analogue world. The presentation concludes with Steve's original piano music.



Steve Goldberg has spent more than four decades helping individuals, couples, organizations, and communities navigate change and discover new possibilities in times of transition. Today, his work focuses on possibility, purpose, and contribution across generations. He is the author of *Renaissance 2040: From Fracture to Repair*, *Finding the Upside*, and *Languishing or Blossoming*. During the isolation of COVID, Steve began composing and recording 'healing piano music for a noisy world' and has since released two albums of original music. At 75, he continues to write, compose, speak, and lead conversations about blossoming at any age.

Music: Jennifer with special guest, Erin Carson DeWolfe

Board Member on Duty: Katherine Maas

Sunday, October 18, 10:30 am

Inner Life, Outer Living

Homilist: Rev. Shana

Service Leader: Dan Klimke

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: Chalice Choir

Board Member on Duty: Peter Hancock

Sunday, October 25, 10:30 am

Yours, Mine and Ours

Homilist: Rev. Shana

Service Leader: Kate MacDonald

In many ways, this month's theme is rooted in having clarity about what I can control on my own,

with others, or not at all. Where in my life do I have agency? Have I claimed it? Where do I need to accept the limitations of what I can impact?

Music: Christine Taber

Board Member on Duty: Loraine Lundquist

Spirited Jazz in the Sanctuary: Sunday, Oct. 25, 7:15 pm

A purple rectangular poster for a jazz event. On the left, there is a logo for 'SPIRITED JAZZ' with 'SPIRITED' in a stylized font and 'JAZZ' in large, bold letters, all set against a colorful, abstract background. To the right of this logo, the word 'PRESENTS...' is written in a simple, white, sans-serif font. Below 'PRESENTS...', there is a smaller image showing the 'SoulFire' band performing on stage, with the text 'SoulFire' in a large, stylized font and 'FUNKY AS JAZZ' below it. Further down, the text 'WITH BRENDA MORIE' is written in a white, sans-serif font. At the bottom right, there is a photograph of the SoulFire band members standing together. In the center of the poster, the text 'SUNDAY OCTOBER 25' and '7:15 pm' is written in a white, sans-serif font. Below this, the text 'Live at the Unitarian Universalist Community of Victoria' is written in a white, sans-serif font.

“SoulFire doesn’t just perform- they ignite the room”

“Jazz, soul, and rhythm at its finest- unmissable”

SoulFire is a group of players drawn together by a love for the music. Having been acquainted for many years, this group came together with a common goal of pursuing a repertoire they find both challenging and inspiring.

Their unique contemporary jazz style includes elements of fusion and soul. Drawn from influences that included The Crusaders, Randy Crawford, and Nina Simone, SoulFire forges its own path created from the members’ extensive musical experiences. Get ready to be swept away by their captivating sound and the undeniable energy that makes every performance unforgettable. A bold, soulful journey through timeless music.

Visit their YouTube: <https://www.youtube.com/@SoulFireJazz>

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 October: Flourish

As Unitarian Universalists, we share what we have and help where we can. Each month we select an organization to "Share the Plate." Half of the offering donated goes to the chosen recipient, the other half is used to sustain the many ministries of this congregation.

Donations can also be sent via the UUCV website:
<https://victoriaunitarian.ca/online-plate-collection/> Please specify Share the Plate when choosing a fund.

FLOURISH is a registered non-profit charity that works to bring nourishing change to the way students eat and learn about food in schools. We help build nourishing school meal programs for all students that are supported by curriculum, and connected to experiential learning opportunities in school gardens, kitchens and composts.



We imagine a region in which all students can access nourishing food and learn through immersion in all aspects of food (growing, harvesting, preparing, sharing, composting).

Our Mission is to support efficient, nourishing school food services; hands-on food literacy programming, and development of nourishing food environments in schools.

Flourish provides three key services to schools:

1. **Fun, nourishing meals.** Following mother nature's guidance, we create diverse, seasonal and youth friendly menus and prepare and distribute over 1400 home cooked meals daily.
2. **Food aggregation and distribution.** We provide over 3000 servings per day of breakfast staples, snacks and other thoughtfully sourced grocery items to support school breakfast and snack programs. We also distribute over \$150,000 of free food per year through schools, via Family Food Markets and a frozen meal program.
3. **Food literacy.** We support school gardens and hands-on food learning. We work with educators and academics to develop teacher resources and continue to learn about and share promising school food practices.



Calming Our Spirits: Oct. 14th, 7:00 pm

A special evening worship experience of singing, silence, and poetry in the Sanctuary.

In these tumultuous times in which the headlines are often unsettling, our nervous systems can feel stressed and overwhelmed. We feel it as individuals, and we also feel it collectively. We can find ourselves on edge, feeling both fragile and angry, sad and discouraged. We need spaces and places to come together and find and create a sense of comfort and connection. Moments of solace and peace in quiet and contemplation.

Please join **Music Director Christine Taber** and **Rev. Shana** in an evening service designed to have us sing together, breathe together—connect in silence and song. We'll sing simple chants, hear some words of poetry for reflection, as well as share some moments of silence.

Fall sessions are: **Wednesday, October 14th and Wednesday, November 18th 7pm - 8pm in the Sanctuary**

For more information, text Rev. Shana at [250-891-6331](tel:250-891-6331)

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.

UUCV member, [Nancy Gray-Hemstock](#) will be getting a pacemaker implanted on Tuesday, September 29. Wishing for her a smooth procedure and comfortable recovery. Holding both Nancy and her husband, Jim, in love, as they navigate the medical system and adjust to the new medical device.

(Click on Nancy's name above for her contact info through our Breeze directory.)

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

*The Core Care & Concern Team of **liaisons** connect with the C&C contacts and meet once a month: Chair [Mary-Ellen Nicol](#) (OakBay, Fairfield, Grand Central), [Stephanie Ippen](#) (Gordon Head, Cadboro Bay, Royal*

Oak East), [Martha McDougall](#) (James Bay, Esquimalt, Western), [Pam Hood Szivek](#) (Nearby, Farout, Royal Oak West), [Rev. Melora](#)

October Birthdays

<u>Name</u>	<u>Birthday</u>	<u>Name</u>	<u>Birthday</u>
End Thokme	October 01	Shirley Marcuse	October 16
Francois Duruisseau	October 06	Rebecca Mellett	October 16
Karen Furnes	October 08	Diane Pope	October 18
Mariko Matsumoto	October 11	Fritz Schulze	October 20
Margaret McKelvie	October 12	Nikki Martzke	October 22
Scott Branch	October 13	Marion Pape	October 25
Barry Wiebe	October 13	Helen Roberts	October 26
Stu Whitney	October 14	Helen Hvozanski	October 27
Norman Bell	October 15	Susan Lean	October 28
David Smith	October 15	Diane Berry	October 30
Kai Allen	October 16	Kent Haden	October 30
Bruce Edwards	October 16	Doug McGinnis	October 31
Trish Henry	October 16		

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.

"Share the Plate" Requests 2027

Thanks to everyone who sent suggestions for our Share the Plate initiative during 2026. We received many requests which filled the 2026 calendar. Consequently, some organizations will be featured during 2027.

We still have a few open spaces in next year's calendar and would welcome suggestions from UUCV members. If you have a favourite registered charity you'd like to sponsor, please contact the STP team members:

Susan Layng: salwplg@telus.net

Lynn McKay: mckaylynn@icloud.com

Your generous donations support local agencies who work with families, youth, refugees,

indigenous communities, environmental groups, food security, mental health, housing and many others who greatly appreciate your support.

With gratitude,
Lynn & Susan

October Artist of the Month: Christina Morrison

Marine Artist & Visual Historian Christina Morrison

Based in Colwood, BC, Christina Morrison is a self-taught acrylic artist dedicated to documenting the rugged industrial heartbeat of the Pacific Northwest. As a member of the Canadian Society of Marine Artists, Christina specializes in capturing the "soul" of the West Coast, its tugboats, old wooden vessels, and the working harbours that define the region.



Christina is currently engaged in her most ambitious undertaking to date: The West Coast Tug Project. Launched in 2020, this mission involves painting every working tugboat on the coast of British Columbia, over 575 vessels. With over 120 paintings already completed in collaboration with mariners and photographers, Christina's work serves as a living archive. Her goal is to ensure these vessels are recognized as a vital part of Maritime history, eventually culminating in a comprehensive coffee table book series.

Growing up in Sooke, BC, Christina's connection to the water is lifelong. Her work has been featured in the Sooke Fine Arts Show and the Madrona Gallery, along with several artist residencies at historic sites like Fort Rodd Hill.

Today, Christina paints from her studio in Colwood, BC. Her art is more than a visual representation; it is a bridge to the memories and stories of the coastal communities she honors. She continues to work toward her dream of an ocean-view studio, where the tides can continually inspire her next series of vessels.

Christina Morrison, CSMA (Canadian Society of Marine Artists)

Which Minister Does What?

Rev. Melora and Rev. Shana both do:

- Preaching and Worship

- Pastoral Care and Counselling
- Adult Program Leadership
- Rites of Passage

Both meet with: Committee on Ministry, Staff, Board

Rev. Melora is primarily responsible for:

Congregational Life

Care and concern, depression & anxiety support group, neighbourhood groups, fun and fellowship, walking groups, pub night, Zoom sing, etc.

Adult Programs

Oversight, including Meaning Making program, spirituality group, courses, etc.

Administration & Property

Property Management Council; HR Team Lead (staff meetings, HR system, staff compensation, etc.); church office; communications

Outreach

GVAT, ECAC, Truth, Healing, & Reconciliation Team, etc.

Denominational

Serves as secretary on UUMOC Exec (UU Ministers of Canada); attends meetings and conferences (UUMA, UUA GA, UUMOC, CUC)

Supervises

- Church Administrator (who, in turn, supervises custodians and maintenance technician)
- Communications Coordinator

Rev. Shana is primarily responsible for:

Worship & Music

Worship & Worship Associates Program; Music and Choirs; Spirited Jazz, Calming Our Spirits

Congregational Life

Membership, recognition & awards

Family Programs

Oversight

Finance

Annual Budget Campaign (ABC), auction, lease team, etc.

Outreach

Lay chaplaincy, writing articles for the *Times Colonist*

Denominational

Mentors and supports 4 new and in-training UU colleagues; serves on UUA Board of Review; attends meetings and conferences (UUMA, UUA GA, UUMOC, CUC)

Supervises

- Co-Directors of Family Programs (who, in turn, supervise Family Program assistant(s) and Sunday child-minders)
- Director of Music (who, in turn, supervises Accompanist & Bell Choir Director)

Contacting Your Co-Ministers

We, Rev. Melora and Rev. Shana, share one, full-time position. We split the areas of church work between us (see portfolio split above). We also split the minister's work week.

When are Rev. Melora and Rev. Shana available to see me?

The simpler answer:

We are available for meetings Tuesdays, Wednesdays, Thursdays, and Sundays. Friday is our sermon writing day, which we try to reserve for service preparation. Monday is our day off (a Sabbath from church business, but we are still on call for emergencies. Call our cell phones).

The more detailed answer:

Usually, our work week looks something like this:

Ministers' Weekly Schedule

Day: 9:30am–2:30pm • **Evening:** 2:30pm–9:00pm

Monday	Day: Day off; available for emergencies Evening: —
Tuesday	Day: Rev. Melora & Rev. Shana Evening: Rev. Melora
Wednesday	Day: Rev. Melora & Rev. Shana Evening: Preacher works
Thursday	Day: Rev. Melora & Rev. Shana Evening: Rev. Shana
Friday	Day: Worship prep Evening: Preacher continues worship prep
Saturday	Day: Periodically works special events (workshops, rites of passage, etc.) Evening: —
Sunday	Day: Rev. Melora & Rev. Shana Evening: Off except for Spirited Jazz

The bottom line:

We care about you. We want to be available and accessible to you! Please feel free to call our cell phones, text, or email to set up a time to meet (on zoom/ in person).

Rev. Melora

(250) 891-6330 rev.melora@victoriaunitarian.ca (text or call preferred, as inbox can overflow)

Rev. Shana

(250) 891-6331 rev.shana@victoriaunitarian.ca

The minister portfolio split and schedule can also be [viewed online here](#).

Introducing the UUCV Responsible Relations Team

My name is Jeanne Van Bronkhorst and I am here to introduce our newly formed Responsible Relations Team. Aiyana Petronis, Kent Haden, Paula Steele and I came together in January, by request of our ministers, to become a resource for UUCV members and friends as we work through conflicts together.

Since January we've been getting ourselves ready to be as strong a support for this community as we can. We have shared our personal and professional experiences with conflict, gathered resources, taken workshops, and engaged in long discussions about what we hope to do. Here is what we've come up with.

Our Purpose

We support the UUCV in living into shared responsibility for healthy relationships. Grounded in the understanding that conflict is a part of healthy community life, we support processes and practices that help members engage conflict with skill, care, and accountability.

We Believe

- Conflict is a necessary part of healthy community life.
- Conflict can highlight and clarify our values, desires and needs.
- Conflict can deepen connection.
- Conflict is always a part of a dynamic, growing community.

We Support

- Building practices to support personal reflection, emotional regulation and skill-building.
- Identifying and accounting for power dynamics.
- Using inclusive and respectful language.
- Learning from each other's lived experiences.
- Listening from a place of being willing to be changed by what we hear.

- Speaking from a place of wanting to be understood.
- Speaking honestly from our own experience.
- Practicing to improve, not perfect.

We Offer

- Consultations for UUCV members and friends about conflicts they are experiencing in this community.
- Communication tools and reflection questions to support healthy conflict.
- Facilitated conversations between UUCV members to support shared understanding.
- Experiential workshops focused on skill-building and personal growth.
- Links to other conflict management resources and supports.

Our first workshop is planned for October 18th, from 12pm-1pm in the Farmhouse, and will be facilitated by Aiyana and Paula. It will be an opportunity to play experientially with noticing our tendencies during conflict and building resources for showing up in ways that are aligned with our values. You don't need to sign up in advance. Please contact Aiyana if you would like more information or have questions.

In the coming months we will be back in these pages with insights and resources we've discovered. We are glad to be able to offer this service to the UUCV and hope that you will find it useful as we go forward together.

The Responsible Relations Team: Paula Steele, Aiyana Petronis, Kent Haden, and Jeanne Van Bronkhorst

Your Tiptap Donations Can Now Be Tax-Receipted — Register Your Card

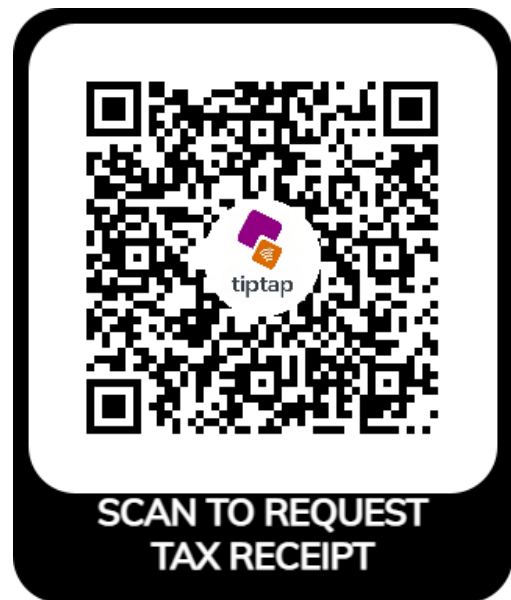
There's news about those Tiptap devices that circulate in our Sunday service Share The Plate baskets: It is now possible to attribute those transactions to you for your annual Giving Statement (ie, tax receipt)!

Pre-programmed for either \$10 or \$20, you simply "tap" to transfer the amount, using any payment card - debit or credit or from your phone wallet.

Now, we can include your Tiptap donations in your year-end tax receipt. If this is of interest to you, then you **MUST REGISTER THE PAYMENT CARD(S)** that you tap here at UUCV. Use this QR code to open our dedicated Tiptap online registration page and fill it in.

Remember, to be attributed, you must use the card(s) you've registered. And so that we can select only "donations" and not any payments for something at one of our events, we will attribute only transactions done on a Sunday morning before noon. This benefit will be backdated to include all eligible taps since January 1 of this year.

Questions? Contact Janine Gliener, UUCV Treasurer, at treasurer@victoriaunitarian.ca.



Family Programs' October Happenings

October! the time of the turning...the arrival of the morning mist, and the chill...time to put on sweaters, turn indoors, and turn our attention to fall comforts.

Apart from our Sunday morning programming, Family Programs is planning two (returning) intergenerational events that we hope will add richness and meaning to your autumn.



APPLE HARVEST & PRESSING - Sunday October 18th.

We are so fortunate to have two apple trees at UUCV that are both beautiful and generous. It might be my imagination, but I think that the apples have gotten redder and shinier with all of the praise & attention we have lavished upon them at our Wassails over the past few winters.

This year we have again ordered the fruit processing machines from Flying Fish Winery. It makes the process of mashing and juicing apples so efficient and enjoyable– powered by water instead of by humans! The end product is fresh apple juice, to drink fresh, or ferment at the local Flying Fish winery.

As usual, we invite the community to come and be part of the apple mashing and pressing. Families, this is such a direct, tangible and fun way to help your children and youth make the connections between the land, the trees, the fruit and the culture of community celebration. This year we'll have homemade apple pies to eat while we press... along with music & merriment as we press the apples. There are roles for the smallest hands as well as for parents– we welcome you all! Guaranteed good fun.

When is it happening? After service, mid October 18th, right by the Farmhouse. We may adjust the date depending on apple ripeness and how much we wind up competing with the midnight racoons for our apple harvest.



SHRINE of ANCESTORS and BELOVEDS NOVEMBER 1st

Life is all around us. And so, too, are our ancestors. They are in our thoughts, in the teachings we carry, and in the shared objects that connect us through time.

It is said that Hallowe'en/Samheinn is the time when the veil between this world (the physical) and the next (spiritual) is the thinnest. It's a wonderful time to bring our loved ones right into the front of our hearts and minds.

On Sunday November 1st, the Family Programs will transform the Farmhouse Common Room into a Shrine for Ancestors and Beloveds, to be experienced directly after our Sunday service. This will be a sacred space for the entire congregation, created by the children and youth of the Family Program. Please feel free to bring meaningful objects or photographs to add to the shrine during

the day. Like last year, we'll have opportunities for you to write notes to your beloveds and add them to the 'willow forest'.

We hope to create an experience that will help us to collectively honour our beloved ones, to expand our senses, slow down time, and bring us into ourselves.

Submitted by Jen Rashleigh, Co-Director of Family Programs

Watch our New Video: “What is Unitarian Universalism?”

Hear our members answer this question in their own words.

We have a new short film about UUCV, and it's now on our [website](#), [YouTube](#), [Facebook](#) and [Instagram](#).

Several of our members talk about what brought them here and what keeps them coming back: the singing, the building and grounds, childcare on Sunday mornings, and being part of a community where you don't have to believe any one doctrine to belong. Watch for familiar faces: lighting candles together, singing together, with lots of the smiles, hugs and laughter you see every Sunday.

I think it's a beautiful representation of who we are.

Huge thanks to UUCV Member **Kealey Pringle**, who led this project from start to finish, and **Dave Wallace** of **Riptide Studios**, who filmed and edited it. **Rev. Shana** coordinated the work. Rev. Melora, Jen Rashleigh, Shirley Travis and I reviewed drafts along the way.

We also have three shorter videos, each focused on one part of life at UUCV: Family, Meaning and Community. We'll release them on Facebook and Instagram over the 2026/27 church year, with one this fall and others later in the year.

You can help!

Please share the video ([ask me](#) if you're not sure how). A share from someone in our community carries a lot of weight, and it may reach someone who has been looking for a place like this.

If you watch it and wish you'd been in it, let me know. We'd like to do this again, and we'd love to include more families and kids next time.



Erin Carson DeWolfe, UUCV Communications Coordinator

Green Corner: Environmental Issues with AI Data Centres

There is currently a race amongst high-tech companies to build AI data centres to exploit the latest developments in AI including LLMs (Large Language Models), AI agents and frontier AI technologies. These data centres generally deploy fast GPU processors housed in huge arrays of computer server racks, ultra-fast networking, liquid cooling, and massive amounts of RAM memory. These generally require a large geographic footprint of land, very high electrical power requirements and immense quantities of water for cooling.

The rush to develop AI data centres has often forced companies to use “quick and dirty” methods, such as connecting to “dirty” local electrical grids or using natural gas turbines for power, both with high fossil fuel usage, depleting local water sources while buying up cheap land often beside existing towns and cities. Side effects include high capital costs affecting long-term interest rates and bonds, pressures on existing local electrical grids increasing people’s electrical bills, large emissions of GHGs (Greenhouse Gases) from the use of diesel generators or natural gas turbines, noise and air pollution from electrical power generation systems affecting people’s health (if data centres are located close to local populations). In some cases, there can be chemical pollution from things like fire suppression systems using PFAS (“forever chemicals”). In most cases, the use of renewable technologies such as non-polluting batteries has been overlooked because of the race to get these data centres built as quickly as possible. In the US, Senator Bernie Sanders and congresswoman Alexandria Ocasio-Cortez introduced a bill in March to pause the building of new AI data centers in the US.

There have been many criticisms of AI more generally. One persistent concern is that AI will displace jobs, particularly at the entry level. The use of vast arrays of RAM memory in AI computer centres has affected the price of memory chips used in everyday computers and laptops increasing the cost for people buying this equipment.

ECAC recommends that people contact the various levels of governments responsible, seeking a slow down or pause in development of AI and in AI data centres.



Submitted by UUCV member Jim Jordan for the UUCV Environment and Climate Action Committee (ECAC)

Indigenous Matters: South Island Powwow: Wednesday, Sept. 30

If you would like to join some fellow UU's and Rev. Melora at the South Island Powwow on September 30, National Day for Truth and Reconciliation, please contact Gela Stach (preferably by text) at [250-857-0727](tel:250-857-0727). You can also email me at gelagaia@hotmail.com.

It's free, and all are welcome, at Royal Athletic Park, [1014 Caledonia Ave, Victoria](#). I will be there at 10:00 am, and grand entry is at 12:00 noon.

<https://songheesnation.ca/south-island-powwow>



Submitted by Gela Stach, on behalf of THRUU

ZGOF Application Deadline: Wednesday, 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

TONIGHT: Messy Church is On!



We have received 11 RSVPs so we are a GO!

If you have not RSVP'd, please consider joining us at our next Messy Church on November 20th - stay tuned for the RSVP and pre-payment link.

Dinner this month is a super yummy, gluten-free, lasagna (kind of) with yam and butternut squash and cranberries and rosemary. And a hearty salad to go with.

Potluck Desserts are welcome if you have time and inclination!

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

- Setting up tables and chairs
- Putting out linens and table decorations
- Last-minute kitchen help (getting ready to serve)

- Setting up badminton

Jen Rashleigh,
Co-Director of Family Programs
jen.rashleigh@victoriaunitarian.ca

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

Last Call for Fall "Making the Most of It": Sessions for Newcomers on Zoom! RSVP by Sept. 29th.

Last call for Fall "Making the Most of It" sessions on Zoom! RSVP by the 29th. In order to run we need a minimum of 5 participants signed up. The next offering, in the Winter begins January 20th on Zoom and January 21st in-person. The September in-person "Making the Most of It" has already begun.

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 3 session 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, Winter, and Spring—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 30th 7 to 8:30 on Zoom, #2: October 21st 7 to 8:30pm on Zoom, #3: November 25th on Zoom from 7 to 8:30pm.**

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

Pub Night: Monday, Oct. 5 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 — 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](#).

This week's walk is Monday, Sept. 28 at the waterfront, Blue Bridge and a piece of Songhees. Meet by 1:00 pm at Fantastico, 398 Harbour Road, and for coffee there afterwards. There is [parking underground here](#) or down the street under Save-On Foods.

For questions about this week's walk, contact the walk leader: [Robin van Gessel](#)



Submitted by UUCV member Deb Lilly.

Monday Walkers, Please Read!

Monday Walk Schedule and Coordination

The schedule of Monday afternoon walks is now maintained in this shared [file](#).

Walk leaders are needed for November and December! If you haven't led a walk before, you can ask someone to co-lead with you. Please sign up now in the schedule [link](#) above. Enter your name and contact info to reserve your preferred week(s). Then finalize the location details by the week before your walk.

Every Friday walk details are published in the e-weekly or In the Spirit. If you're not already subscribed, you can do so at: <https://victoriaunitarian.ca/connect-form/> [Although this is the UUCV general connect form, the ONLY information you need to provide is your name and e-mail address. Scroll down to "Contact Info" to start. Under "Want email updates from us?", answer "yes" for "weekly". Then scroll to the very bottom and click the green "submit" button.]

Volunteers are needed for the following responsibilities – ideally for at least one quarter (3 months) at a time. The next quarter starts October 1st.

- Make sure that there is a walk leader for upcoming weeks.
- Confirm that the walk details are entered in the schedule before the e-weekly deadline (Wednesdays at noon).
- Receive and respond to emails sent to the new email address mondaywalks@victoriaunitarian.ca.

It would be great to share the volunteer role so that one person isn't doing it all the time, unless of course they want to!

Email the current walk coordinator(s) at mondaywalks@victoriaunitarian.ca if you have any questions.

Submitted by UUCV members Deb Lilly and Karen Christie.

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 the October walks. The walk details are included in the e-weekly each week.

October 7: The Gorge. Meet at the washroom which is about half way down the north side of the long walkway. There is a parking lot close by. Then we drive to [Iluca](#) for coffee across the Tillicum bridge. It is near the water at the southeast corner of the motel on Admirals.

October 14: [Saxe Point](#) parking lot at the water. Coffee at [Esquimalt Roasting Company](#).

October 21: Fishermans Wharf - Meet in front of the walkway down to Barbs Fish and Chips. Coffee at [Imagine](#) across the park.

October 28: Willows Beach - meet in the parking lot at the Kiwanis Willows Beach Tea Room. Coffee at [Ruth and Dean Luncheonette](#).

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

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

Halloween Dance Friday, Oct. 30th at 7:00 pm!

UUCV Sanctuary 7 to 9pm

Adult dance welcoming all ages. Treats only for those who wear costumes.
Bring in all your cutlery, glasses, refreshments and snacks, then take it all home. There is no kitchen or people to clean up. The only difference from ecological camping is that there are washrooms.

Music includes rock of course, contemporary, world, ballroom, latin - everything with a good beat.

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

UU Lunch: Thursday, Nov. 5 at noon

Thursday November 5, 12:00 noon

[Fifth Street Grill](#)

1028 Hillside Ave.

A UU lunch group has been meeting for food and conversation for several years. 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 atrium at the rear.



For November 5, 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.

PLEASE NOTE - this is no longer a monthly event.

Only future date this season is Wednesday December 9.

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 eweijjs@ryerson.ca for more information.

A Fond Farewell from “Song Circle”

Your Leaders — Nancy Dobbs, Jewel Spooner & Bernhard Spalteholz — are sharing the news: our Song Circle is closing.



In our 8 years of community service, it has been a pure ‘JOY’ sharing SONGS in our Light-filled Unitarian Sanctuary. In the Spirit of Gratitude and Love, thank you for your attendance & creating wonderful times with us.

We deeply appreciate all the generous support from many different facets of our community.

“So long, FAREWELL...to YOU and YOU and YOU.”

Love,
Everyone Welcome Song Circle.

“Because YOU are YOU I am me.”

Bernhard carries our hearts into his ‘Sing Together’ song circles across Victoria. Keep on singing. singforjoy135@gmail.com

BEYOND UUCV

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

A Theology for This Moment: Canadian UUs in Conversation (Webinar), Saturday, Sept. 26 at 10:00 am

Presented by the UU Ecosystem Project

How can UU theology inform our response to the needs of this moment? How can theology help us through this time of uncertainty, ecological crisis, and rapid social change? What do we have that we can share with the wider world?

Join the UU Ecosystem Project for the first of four fall webinars: live online conversations digging deeper into active topics in Canadian Unitarian Universalism. Attendees will have the opportunity to ask questions and shape the conversation.

[Register here.](#)

Source: cuc.ca

Other upcoming UU Ecosystem events:

- Oct. 24: [Shared Leadership through Sociocracy](#)

- Nov. 28: [Thriving Congregations that Welcome, Engage and Support Trans and Queer People, Youth and Young Adults](#)
 - Dec. 12: [Meeting the Spiritual Needs of Coming Generations](#)
-

**Victoria Multifaith Society, One Spirit: Sunday, Sept. 27,
at 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

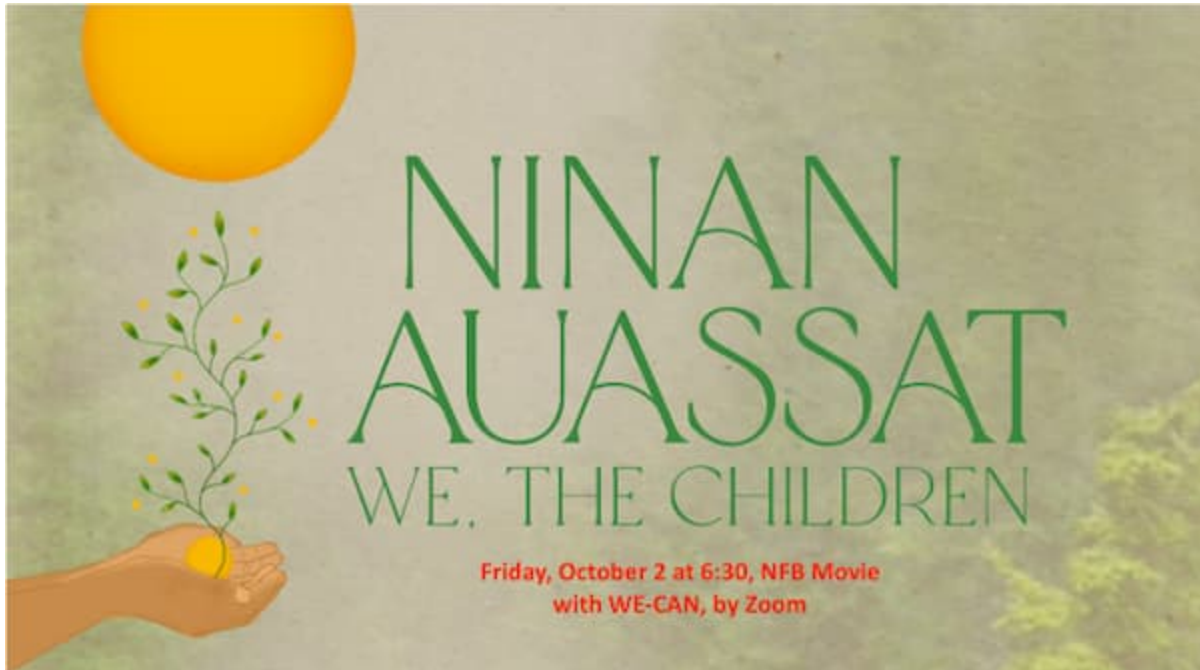


Registration [here](#)

Submitted by Mariko Matsumoto UUCV member and liason to the Victoria Multifaith Society.

WE-CAN Zoom Movie Night - Friday, Oct. 2, 6:30 pm

Join WE-CAN (West Coast Climate Action Network) at 6:30 pm on Friday, October 2, for a virtual screening of Kim O'Bomsawin's ***Ninan Auassat: We the Children***.



Known for her intimate and riveting films, O'Bomsawin invites us to experience the vibrant universe of ***Ninan Auassat: We the Children***. Shot over more than six years, the film brings us the moving stories of three groups of children from three different Indigenous nations: Atikamekw, Eeyou Cree and Innu.

In following these young people through the crucial milestones of childhood, right to the threshold of adulthood, we witness their daily lives and aspirations, along with the challenges they face.

Filmed from “a child’s eye-view” and presenting a groundbreaking vision of contemporary Indigenous youth, this documentary is notable for the complete absence of adult voices and “experts on young people”—holding space instead for a new generation with a burning desire to be heard.

The result is a captivating journey that becomes a call to action, at a time when the voices of young people echo, demanding the right to be recognized and an opportunity to blossom.

After the film, there will be an opportunity for you to join in a dialogue with other viewers about your experience of the film.

To register for this event, [click here](#).

Posted by Katherine Maas. UUCV is a member of [WE-CAN](#).

MEMBER BULLETIN BOARD

Community Events & Info shared by individual UUCV Members

Victoria Multifaith Centre: Reframing Justice: Sunday Sept. 27 at 2:00 pm

I am happy to share information on the September 27 (2pm) event in the monthly Public Global Talks Series being hosted by the Campus Association for Baha'i Studies (CABS) at the U. Victoria Multifaith Centre.

Topic: "Reframing Justice: A Global Vision for Restoration, Earthcare & Transformation"

Speaker: Harold Rosen

Harold examines justice not only as a legal or political concept, but as a moral, spiritual, and social force connected to peace, unity, human rights, reconciliation, and the flourishing of humanity. His experience as a community educator, interfaith activist, researcher and author helps us to understand justice as restorative, transformative, and essential to building a more compassionate and interdependent world.

REFRAMING JUSTICE

A Global Vision for Restoration, Earthcare & Transformation



Reframing Justice offers a wide-ranging exploration of justice as both a divine gift and a human capacity, tracing how ideas of justice have developed across world religions, Indigenous traditions, classical civilizations, modern legal systems, and contemporary global thought. Harold Rosen examines justice not only as a legal or political concept, but as a moral, spiritual, and social force connected to peace, unity, human rights, reconciliation, and the flourishing of humanity. Drawing on perspectives from Africa, the Americas, Asia, the Middle East, Europe, and the Baha'i writings, this program invites participants to consider how Justice can be understood as restorative, transformative, and essential to building a more compassionate and interdependent world.



Sunday, September 27, 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*



Harold Rosen is a community educator, interfaith activist,, researcher and author living in Ladysmith. He contributes to Baha'i community-building, public teaching, interfaith cooperation, restorative justice, refugee assistance, and promoting the arts as a catalyst for social action and civil discourse. He has three master's degrees in education, religion and philosophy, and is the author of "Founders of Faith (2010), "Eye to the Ages" (2024) and "Justice: Divine Gift and Human Capacity" (2026). He has worked and traveled in Israel, Greece, England, India, China, Japan, Korea and Turkey.

Please join us with your family and friends for discussion, participation and refreshments.
Multifaith Centre entry is accessible via West Campus Gate with free Sunday parking (lot 6).

Submitted by UUCV member Carol Smith

Looking for Short-Term Accommodation - Victoria

Single retired professional woman looking for short-term accommodation in downtown Victoria for months Jan – March/April, 2027. My dates are very flexible. If you or someone you know is travelling in those months and looking for someone to take care of your house/plants etc, or has a suite available for rent please contact Florence Larkin at larkin.florence@gmail.com or 902-213-1207. I am a very trustworthy person and a long-time friend of Kathleen Zimmerman, a UUCV member who would be happy to provide a reference for me.

Seeking Accomodation (on trade) for Oct - Nov

Hello! My name is Otieno - I'm new to UUCV - and I'm looking for a place to stay for Oct/Nov. I'm currently living out of my car and the weather is changing. I've sent all my money to Kenya, but I can trade painting, carpentry, handyman, and yard services as well as cooking great healthy food and cleaning. I'll be squirreled away, working on a web series in preparation for being in Africa, but will be available to solve pretty much anything. Thanks and cheers!

If you are interested in this trade please contact Otieno at m.vanhumbleck@gmail.com.

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**





Astrid Firley-Eaton Design

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colour consultation

250-384-3405
afe.design@firley.ca

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Victoria BC, V9E2G1
(250) 592-4411
admin@islandmontessori.com

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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

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 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

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

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.

CONTACTS & LINKS

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

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

- [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](#).

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