



# The Victoria Unitarian

## Services in January

Worship Service and Children's Religious Education at 10:30am. Child-minding available 10am - noon.

### January 6 Practices That Sustain Us: Movement ☸

**Reverend Shana Lynngood**

As we begin our exploration of spiritual practices, we begin by reflecting on meaningful movement. Many religious traditions have postures and movements that are part of an engaged spiritual life. What might we gain from walking meditation or yoga or chi gong? We'll explore the ways that intentional movement practices can serve as a springboard to spiritual growth.



### January 13 Practices that Sustain Us: Prayer and Meditation ☸ 🎵

**Reverend Melora Lynngood**

Whether you are a Theist, an Agnostic, or a Humanist, how do you take time out of the hustle and bustle of life's everyday distractions, to take a breath, quiet your mind, and soulfully connect with "the still small voice within?" What works best for you-- praying/meditating by yourself or praying /meditating with others? Speaking in freeform or following a script or mantra? Do you prefer to address your inner expressions 'to' someone/thing, or does that not work for you? Reverend Melora will lead us in an exploration of some of the many options.

### January 20 Practices That Sustain Us: Music ☸ 🎵

**Reverend Shana Lynngood**

Music, whether sung or listened to, can serve as a significant spiritual resource. Chants, rounds, antiphonal singing, choral music, and many others are used by spiritual communities the world over to invoke the Holy and deepen a sense of the Sacred. This Sunday we will explore this wellspring by singing, listening, and reflecting on the spiritual uses of music.

### January 27 John O'Donohue: Reactions And Responses To This Man's Work

**As A Celtic Poet And Scholar ☸**

**Tuesday Morning Dialogue Group**

The Learning Circle is a group that comes together to explore and share what is deeply meaningful to each member regarding some of the big questions, such as "What is life?" "What are we?" "Is the cosmos alive?" Poetry and a book are usually used as ongoing catalysts for dialogue. Some participants will be sharing their varied perspectives on our fall book selection, "Eternal Echoes" by John O'Donohue, during today's worship service.

☸ This sermon is a part of our preaching theme of the year: "Purpose".

🎵 denotes Chalice Choir

## Inside this issue...

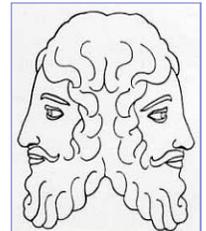
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The deadline for submissions to the  
**February** issue of the newsletter is **January 15**.

## SELECTIONS

FAYE MOGENSEN

**It's January**, the month named after Janus, god of the doorway—a good time for us all to reflect on the thresholds we may cross and what newness awaits us. Perhaps it will be something from our special church focus on “the spiritual practices that sustain us.” Like the adults in the sanctuary, we’ll aim to experiment with a range of practices this month: from chanting and walking, meditation to prayer and mindful eating. On January 27, we are hosting a Family Mindfulness Workshop for children of elementary school age and their parents (*youth enjoyed theirs in November.*)



**It's January:** the wheel of the church year continues and our children and youth groups will carry on using the curricula begun last fall. If you don't recall what it is, please check our website or download the program brochure at <http://victoriaunitarian.ca/files/SEL-CY%20brochure%202012colourpage.pdf>.

**It's January**, the month we begin our MYSTERY BUDDY program; this year we will again enjoy it with a Transylvanian Twist! For those who haven't been part of the program – it is an opportunity to get to know someone from another generation within our church, by exchanging letters for four weeks, from February 3-25. You and your buddy write to one another using a code name, slowly revealing clues about yourselves and, if you like, sharing information about the famous Unitarian whose name you are given. The mystery is solved on March 3 at noon, when your true identities will be revealed at the festive Transylvanian Style Mad Hatter Party. Adults and children, please let me know if you would like more information or to sign up – it's a lot of fun!

**It's January** and the Super Sunday is on the 13th– we invite all volunteers in the children and youth program to stay for soup, a celebration of your leadership and a chance to talk with the co-leaders of your group. We'll set tables up in the Fireside Room to do some guided reflection and “light” planning. Child minding will be available, and youth at loose ends could help in the kitchen.

**It's January.** The days are growing longer and I hope you will find something at the church to help your spirit feel bright.

Warmly, Faye  
Director of Spiritual Exploration and Learning  
[FayeM@victoriaunitarian.ca](mailto:FayeM@victoriaunitarian.ca) 250-744-2695



**HEAR YE! HEAR YE!**

### Important Congregational Meeting

Sunday, January 20, at 12:15pm

Important issues include the 2013 budget, how to proceed with the boardroom, and some amendments to our constitution.

For me, being ‘spiritual’ simply means feeling connected to something larger than myself—human community, the interdependent web of life, the power of love that flows through me and reaches out to you. It is a feeling that when accessed, grounds me in a peace that helps me to open my heart and step into my best self.

The thing is, I can’t always ‘feel spiritual’ just because I want to. I get distracted by details, wound up in my own stuff...I don’t feel peaceful; I don’t feel connected to anything beyond myself. My heart is not particularly open, and I slip into my less-than-best self.

This is what spiritual practices are for—yoga, meditation, prayer, walks in the woods, ritual, *[insert your favourite practice here]*. The more we engage in spiritual practices, the more readily we are able to access that sense of connection to something bigger than us. Feeling held in a larger whole can open our hearts and help us live as the best selves we want to be.

This month, in worship services and in programing, we will be focusing on spiritual practices.

Perhaps you will recall that last year, we did a multi-generational theme month in February. The children’s and adult worship and programing were all focused on a common theme: “love.” This year, we will try the theme month idea again, this time in January. This time, we thought we’d choose a theme that is in line with the year’s preaching theme. As Rev. Shana mentioned in December’s newsletter, our preaching theme for this church year is “Living our Mission: Growing in Spirit.” Our multi-generation theme-of-the-month will be, “Practices that sustain us.”

As you will see on the front page of the newsletter, the practices we will explore in kids’ messages and in sermons will be: movement (January 6), prayer and meditation (January 13), music (January 20), and written word (January 27).

Attending these services and hearing about the practices is just a start. If you are interested in *practising* the practices—and in exploring more options for practices that might suit you better, I encourage you to sign up for “Spirit in Practice,” an eight-session adult program written by Rev. Erik Walker Wikstrom, that I will be leading in February through May (See page 4.) It looks like a lot of fun—I do hope you’ll join me.

Looking forward to ‘growing in spirit’ along with all of you...

Rev. Melora



## Your Agnostic Minister is Praying for You (if you want her to)

In anticipation of my sermon on Prayer and Meditation on January 13, and following up on my December 9 sermon, “Living our Mission: Growing in Spirit,” I am trying out a daily prayer/meditation practice.

Between December 9 and January 6, I invite you to share with me any concerns you are holding in your hearts. You can either write them on a piece of paper and hand them to me on Sunday or put them in my mail slot in the church office, or you can email them to me: [rev.melora@gmail.com](mailto:rev.melora@gmail.com) Please include: Your name, your concern, what you need to help you through it (strength, wisdom, inner-peace, etc.).

Every day, I will light a candle, and prayerfully, go through your concerns one by one, holding you in my heart, wishing for you whatever it is you need to get through what you face.

I have also set up a “room” of virtual candles for our church community. Each one stays lit for forty-eight hours. If you add your name and concern to your candle, I will include you in my daily meditation/prayer ritual between now and January 16. Our ‘group’ is called “FUCV”; here is the link: <http://www.gratefulness.org/candles/candles.cfm?l=eng&gi=FUCV>

Note I won’t respond to candles or prayer unless you explicitly ask me to respond. If you need to schedule a pastoral chat, please make your request directly --call my cell phone 250-891-6330.

Peace be with you, Rev. Melora

## Spiritual Practices with Reverend Melora

*"I'm a Humanist. I wonder how I could develop a centering practice that is meaningful to me."*

*"I like the idea of meditation, but I don't know how to do it."*

*"I think of myself as a spiritual person, but I don't actually do anything regularly."*

*"The only 'spiritual practice' time I get is that little 'meditation time' during Sunday services. I wish there was more in my life to feed me in that way."*

*"I do yoga regularly, but I'm interested in exploring other practices as well."*

*"We say part of our mission is to 'grow in spirit,' but (unless you are in a covenant group), we so seldom seem to talk with one another about our spiritual challenges and growth."*

*"I came to church because I wanted to explore my theological and spiritual development within a supportive community."*

*"What is all this talk about 'spiritual practice' about?"*

If you have thought any of the above, this program is for you! Reverend Melora will be leading, "Spirit in Practice," an eight-session adult program written by Unitarian Universalist minister Reverend Erik Walker Wikstrom, (who was the keynote speaker at the May 2012 Symposium for Canadian Unitarians). Class will meet at church from 7:00-8:30pm, every second and fourth Tuesday evening, from February 12 through May 26.

### About the curriculum

"Developed in response to many Unitarian Universalist adults' desire to engage in life-giving spiritual practices, the workshops of *Spirit in Practice* provide avenues for deepening spirituality and affirming spiritual growth in the congregation. Participants are invited to reflect, share, and grow together, exploring ways to nurture their connections with the sacred in everyday life." –UUA website

You can view the curriculum in detail at <http://www.uua.org/re/tapestry/adults/practice/index.shtml>

Sign up with Reverend Melora [rev.melora@gmail.com](mailto:rev.melora@gmail.com) 250-891-6330. Please let her know before January 21 if you will need childcare.

Note: If this class fills up and goes well, we may offer it again at a different time and location.

## Ministers' Schedule: When will which minister be available to me?

With the addition of a new child, we have shifted our child-care arrangements, and thus our work schedules. In general, Reverends Shana and Melora will strive to follow this schedule:

Tuesday, Wednesday, and Thursday are meeting days. Friday is a writing day. Reverend Melora is available for meetings Tuesdays (morning, afternoon, and evening). Reverend Shana available for meetings Thursdays (morning, afternoon, and evening). We are trying to set up childcare so BOTH of us can work most Tuesdays, Wednesdays, and Fridays between 9:30am and 2:30pm (10am-2pm if at church).

Put it together and you have:

**Monday: Day off (available for emergencies only).**

**Tuesday: Reverend Melora works all day (morning, afternoon and evening).**

Reverend Shana works 10am-2pm.

**Wednesday: Reverends Melora and Shana 10am-2pm; Reverend Melora (sometimes Reverend Shana instead) continues to work in the afternoon and evening (depending on the schedule of evening classes and meetings)**

**Thursday: Reverend Shana works all day**

**Friday: Reverends Melora and Shana work 9:30am-2:30pm; writing day; no meetings (if preaching, Reverend Melora often works that afternoon and evening, as well as Saturday)**

**Saturday: Variable (sermon writing, workshops, rites of passage, church events, etc.)**

**Sunday: 9:30am-12:30pm Reverends Shana and Melora take turns leading services;**

The non-preacher attends church, but is taking care of the children, so is less available for ministry.

**After church: One minister (not both) often stays later to attend a meeting.**

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FYI-For those of you following our immigration trek, you will recall that starting in January, we officially shifted our employment arrangement so that Reverend Melora is serving as a paid minister and Reverend Shana is serving as a volunteer minister. We will let you know when we hear more about our immigration process.

We want to be accessible to you. We hope the above information helps. Feel free to call us with any questions.

Rev. Melora — cell 250-891-6330 — rev.melora@gmail.com

Rev. Shana — cell 250-891-6331 — rev.shana@shaw.ca

## HOT OFF THE PREZ

MIKE GRAHAM

It's the new year and time for a new church budget.

As a congregation we'll be voting on the 2013 budget at an extraordinary general meeting on Sunday, January 20, beginning at 12:15 p.m. in the Sanctuary.

The Finance Committee, chaired by Kristina Stevens, prepared the budget after members of the committee met with the chairs or representatives of most of our committees and teams. It's also been reviewed and approved by the board. There are no financial surprises, but, as in every year, it's always a challenge for the finance committee to fit all of the pieces together into a tidy fiscal frame.

This year's budget is estimated at \$392,565, slightly more than 2012 budget of \$384,516. Much of the increase, of course, is consumed by inflation.

Our greatest cost, not surprisingly, is personnel. Our church has entered into the category of what the consultants call a "program" church, which largely means that as members we all expect a fairly high level of programs and services. We're a relatively large and sophisticated organization requiring more managerial care. Because of that, volunteers are not expected -- or able -- to help run daily operations as they do in smaller churches.

Having a professional staff also helps attract new friends, as well ensuring greater participation by members. We have much to be thankful with our staff: the commitment to our children and youth by director Faye Mogensen; our growing and deepening musical life through a number of choirs, including the bell-ringers, by Phil Hallman; the dedication of the office crew, Karen Uldall-Ekman and Karen Potts who cheerfully put up with all of our eccentricities. The budget does allow the hiring of a part-time office administrator which will help relieve some of the pressure for the two Karens. Faye particularly requires administrative help, but a few committees are also hoping for a bit of logistical support.

Overseeing all of this and us, are our two warm and loving ministers Reverend Melora and Reverend Shana Lynngood.

The amount we spend is largely dependent on the amount we pledge. As of this writing, treasurer Bob Dobbs reports that we have received 196 pledges from individuals and families for a total of \$273,673. A few pledge forms are still arriving so the total will slightly increase.

To put it in perspective, last year the pledges totaled \$268,000. The average pledge this year was \$1,396 and last year was \$1,241. This year 57% increased their pledge, compared to 44% last year (33% pledged the same this year and 10% decreased.)

I think we all did very well and we have much to be proud of. Thank you!

### MUSIC NOTE

Happy New Year everyone! I hope 2013 will be a great year. There are many exciting things happening in the music program this year. The Do-Drop In Choir will be performing again this year. If anyone is interested in more information about our music program, or would like to join one of our many choirs, please come talk to me after a service!

#### Choir Dates

January 13: Chalice Choir meets at 10:00  
January 20: Chalice Choir meets at 10:00

Can we rename the Boardroom the bored-room? Those on the building committee may be forgiven if they think that's a good idea.

Last March the Boardroom was closed to investigate its deteriorating state. Since then it's been the subject of two engineers' reports and three contractors' examinations plus numerous meetings by the building committee.

And now at last we are reaching decision day. After the services on Sunday, January 6, and Sunday, January 13, board members Allan Dakin and Forrest Smith will hold members' forums to outline some of the approaches to putting the Boardroom back into service.

Basic repairs to the Boardroom -- its walls, doors, beams and roof -- will cost in the neighbourhood of \$25,000. These are the renovations that must be done -- under the guidance of a building engineer, with full permits from Saanich and by an experienced contractor. Once completed the room will be safe, clean and available for limited use.

At the Sunday, January, 20, extraordinary general meeting members will be asked to vote on financing these basic repairs by borrowing the money from the Endowment Fund. Annual interest will be re-paid.

From there, the sky may not be the limit but, there are numerous choices members may choose to finance to enhance the quality of the room.

We could install storage cupboards for office supplies and archives at a cost of an additional \$5,000. (By doing so we would free up a room in the farmhouse for the music director.)

We could do extra repairs on the roof for another \$3,500, replace the aging windows for about \$5,500, install a new carpet for about \$10,000, and add more washrooms for \$20,000 so it could qualify as public meeting space.

Everything doesn't have to be done, except for the basic repairs of about \$25,000. To do it all would amount to \$80,000 or so. Take a big gulp, pause, and plan to attend one or both of the forums with Allan and Forrest.

The devil, as they say, is in the details.

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## SPLINTERS FROM THE BOARD

## MIKE GRAHAM

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### **From the November and December Meetings**

The board welcomed new church members Michael Ramsay, Jerrelyn Kay Dause, Phyllis A. Aherne and Thomas Kenneth Ovanin, and new friend John Bollen. Accepted with regret were the resignations of Gerd Weih and Terry Wolfwood, Robin Pike and Christina Lloyd.

The Board unanimously voted to thank Lorna Anthony and John Hopewell and their canvass team for a successful campaign. As of the vote's date the canvass team reported \$273,653 had been pledged for 2013, \$5,500 ahead of 2012, out of 196 pledge units. The average pledge was \$1,396.

The board also voted to approve the 2013 operating budget for a total of \$393,565 predicted expenses. The budget is balanced. Members at the extraordinary general meeting on Sunday, January 20, will be asked to accept the budget.

Also at the January 20 congregational meeting members will be asked to approve adding the mission statement to our Constitution and will be asked to amend Bylaws to change the date of the Annual General meeting to "on/or before June 30," rather the current "on/or before May 15," to more closely match the ending of the church year.

The 2013 Canvass Committee is winding down. The committee, made up of Bob Dobbs, Nancy Dobbs, Gloria Turner, Liz Graham, John Hopewell and Lorna Anthony, would like to give a high-five to our members and friends who responded so generously to our Canvass. Forty-three percent (43%) increased their pledges by 5% or more. We are in difficult economic times but you dug deep. Many are unable to make a financial commitment at this time but give as they can. Every contribution is valued.



There are still a number of pledges to be received but as of bulletin deadline (December 11, 2012) the totals are:

Total received: \$278,353  
Units pledging: 199  
Average pledge: \$1,399  
Median pledge: \$1,008  
Range of annual pledge: less than \$100 to over \$8,000

As a comparison, the pledge total for last year (as of December 31st) was \$268,153 from 202 pledge units.

If you have any comments regarding this year's canvass, we would like to hear from you. Please contact John Hopewell at [hopewell@telus.net](mailto:hopewell@telus.net)

When paying your pledge through the year (or making any other donation to the church), remember to identify the contribution so that you will receive an annual tax receipt in February for the previous year's donations.

## Have your say on Unitarian Democracy, Sunday February 10, 2013

Our congregation is part of a national network of congregations through our membership in the Canadian Unitarian Council (CUC). We support the CUC through financial contributions and volunteer efforts at many levels. We have a voice in how the CUC operates.

At the 2010 CUC Annual Meeting in Victoria the Council established the Active Democracy Study Group (ADSG) to study the democratic processes used in the governance of the CUC. The Study Group issued its report last May.

There will be a congregational forum following the service on Sunday February 10 in the Sanctuary to discuss the Study Group's proposals for changes to the way we in the CUC make decisions. These proposals will be presented by the ADSG and voted on by congregational delegates (including ours) at the CUC Annual General Meeting May 17 in Calgary.

This congregational meeting is our opportunity to review and solidify our position on these proposals. It is also our sole opportunity, if we see fit to craft suggestions, changes or revisions and send them to the members of the ADSG by February 28 for consideration. So mark your calendars and plan to attend this important congregational forum. It is especially important if you plan to be a delegate in Calgary or if you have concerns about the functioning of the CUC.

You can access the proposals online at <http://cuc.ca/active-democracy-study-group/> For a paper copy or further information, contact John Hopewell.

At the forum there will also be an opportunity to review any other resolutions that will be presented at the CUC Annual Meeting.

**Part Two: Travels in Newfoundland**

*(Note from editor Barbara Nyland: This part should have been included in the Grapevine last month, but did not because of the troll in my computer and my failure to detect his tricks. My sincerest apologies to Daphne, to the travellers and to you readers!)*

Suellen did a twelve day tour visiting the Northern Peninsula (of Newfoundland) with a day in Labrador but her favourite day was the boat trip in Witless Bay Ecological Reserve to see the puffins. She loved watching them fly alongside the boat, looking like footballs, beating their wings hard, their orange beaks out in front and their orange feet sticking out behind. She found the warmth and friendliness of the people an unforgettable experience.

Betty Sherwood also liked the birds, particularly the gannets at Point St. Mary where the rock was white, white with gannets. They were plucking the down out of the chicks so that they would be able to fly and migrate on time. She also enjoyed seeing the puffins at Bay Bulls and saw them scurrying into burrows to feed their black beaked chicks. Before going to sea for the winter the adults would lose their orange beaks, these are only for mating purposes. At Quidi Vidi she enjoyed watching the ospreys hover high over the Pond, then catching sight of a silver fish, drop down in a vertical dive to retrieve it.

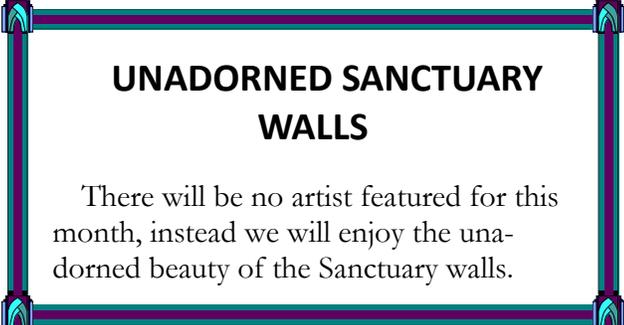
Bert and Bob had a grand time, for Bert it was revisiting the coves, woods and people of her childhood. They loved the lesson-a-day provided by their guide, the poignant songs about the heartbreak of leaving the small communities or, indeed, leaving Newfoundland if you were raised there. Some of the highlights for them were visiting the Viking homes built at L'Anse aux Meadows, Dr. Grenfell's mission to the people of northern Newfoundland and Labrador coasts, a boat trip in Gros Morne Park, a visit to windy Cape Spear the most easterly point in Canada, exploring the harbour, hills and painted houses of old St. John's, the joy of seeing the prosperity of people who have known more than their share of hardship, the beauty of the place and the love of its people for their place on the planet.

**Now to this month's theme: Publications by Members**

Sheri Tromp's story Baby It's Cold Outside, was published in a the bi-monthly magazine, Our Canada, published by Reader's Digest. It is a true new immigrant story of a first winter in a small prairie town, Spiritwood, over fifty years ago. It was here that Sheri came to love her new land, Canada. She is donating a year's subscription to the church.

Suellen Guenther is one of the authors in the newly published book, Gumboot Girls, a compilation of the memoirs of thirty-four women who were part of the back-to-the-land movement in the 1970s. They settled on the north coast of BC, testing the limits of their endurance by surviving in a sometimes-harsh climate. The reasons for their migration were as varied as their personalities; some wanted to go back to the land and live a simpler lifestyle, some were looking for work, some were escaping the US in protest against the Vietnam War, and some just wanted adventure. In very personal reflections on their lives, they describe in detail the triumphs and heartbreaks of leaving family and moving to an unknown land. Suellen's story gives a glimpse of living in a tent for five years with two young boys while her husband built their log house.

Our church library has a copy of the book.

**UNADORNED SANCTUARY  
WALLS**

There will be no artist featured for this month, instead we will enjoy the unadorned beauty of the Sanctuary walls.

**COVENANT OF GOOD RELATIONS**

**Question:** The January Annual Finance Meeting is upon us. A member asks how do we balance transparency and democracy (Principle #5) with the financial needs of the church and the responsibility of the Board in the interim to make good decisions on our behalf?

**See Page 14 for the answer.**

**Liz Graham, our Chalice Lighter for the month of January**, was chosen in recognition of the many contributions she has made to the life of our church.

After joining our congregation in 2002 Liz soon became involved in church activities. After a brief stint on the Special Fundraising Committee she moved on to others; most recently she has worked on the Canvass Drive and in that connection we've had many a chuckle at her dialogues with Don Armstrong! .

Then there's that impressive wall hanging in the Sanctuary, mirroring the stained glass window. Liz and Pat Kinrade took a couple of months to create it as our church's banner for the 2010 CUC gathering. Those exquisite stoles worn by our Ministers? Liz's work again, together with Pat Kinrade and Kjerstin Mackie. Liz got started quilting when she retired from the Vancouver School Board in 2000, though she had enjoyed sewing almost all her life. And of course, many among us have won the beautiful quilts she has donated as raffle fundraisers.

Involvement with the Arts and Aesthetics Committee has also offered another outlet for Liz's artistic talents, for she is also part of the Flower Team which is a subset of that Committee. As a Lay Chaplain she says: "Being a Lay Chaplain is such a gift. To be with people at the most important times of their lives and to help them make those times meaningful is a real honour". Liz also serves on the Lay Chaplaincy Committee.

Liz is a member of the Choir and has served on the Music Committee and she tells me that making music Thursday evenings and Sunday mornings lifts her spirits the whole week long. She is now active on the Worship Committee.

I asked what she likes best about her church connection and she claims it's the community. "...it is marvelous to have that sense of trust that we are all here to make our world better. Having a mission delineating that is so powerful." And indeed, Liz is one of the authors of our Mission Statement. Her favourite among our seven principles? It's the first: the inherent worth and dignity of every person.

Comments from Liz's co-workers are glowing. From Pat Kinrade: "I have had the pleasure to know Liz through the church for nine or ten years. Most recently (the last one and a half years) she has been a member of the Worship Committee where as well as being a very competent Service Leader, she is a recording secretary par excellence. Her wise counsel is respected by all; she is creative and a person of action. Prior to coming to the Worship Committee, she cut her teeth on the canvass crew and effectively presented skits and fund evaluation quilts. While on the Music Committee, she generously informed the Worship Committee of the musical goings-on at First (that's how I knew she took such good minutes). I have seen Liz come forward into the larger community to lead a memorial service for one of the regulars of the Rainbow Kitchen (where I volunteer). She is generous with her time and experience".

From Lorna Anthony: "Liz is involved in so many aspects of church life but the two committees on which I work with her on are Worship and Canvass." She is one of my very favourite team members -- Liz is organized, creative and fun. When she says she is going to do something, she does it and then usually does even more. And she is quick to respond to emails! She is a most worthy Chalice Lighter".

From Don Armstrong: "Liz Graham is a joy to work with. She has a wealth of experience from teaching and counselling in the Vancouver school system, running a successful small business and serving on committees and organizing projects both in our church and in the Vancouver church. She is smart, hardworking, diligent, does her homework, is talented, and an original thinker, pleasant and compassionate. What more can I say".

Liz grew up mostly in Vancouver and taught school before her children were born. Then she earned a Master of Arts Degree in School Psychology and worked for the Vancouver School Board in that capacity until 2001. Mike and she were married in 1993, meeting through two of their daughters who were friends. Then they hosted a B&B, and another when they moved to Victoria and eventually sold in 2006. They have a total of four adult children, three of whom are married. Christina Harris and her spouse Kathryn Saunders are their 'local' kids and belong to the church. Their first grandchild Fraser was born in March and as she says "lives too far away" in London, England!

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# ARE YOU NEW TO OUR CHURCH? WELCOME!

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If you have recently started attending worship and/or events at the First Unitarian Church of Victoria, welcome!! We are so glad you are here! If you would like to know more about our church and our faith tradition, you are invited to attend either or both of these events:

## **Unitarian Universalism 101 (not just for new folks!)**

**Part 1** Tuesday, January 15, 7:00pm – 9:00pm

**Part 2** Tuesday, January 22, 7:00pm – 9:00pm

Location for both parts: Lion Hall at the church

Learn the basics of Unitarian Universalist history, theology, and how to answer the sometimes hard-to-answer questions, “What is Unitarian Universalism?” and “What do Unitarian Universalists believe?” This two-part workshop can be fun for old-timers as well as new-comers. Everyone is welcome! Child minding can be provided upon request.

## **Considering Membership**

Tuesday, February 5, 7:00pm – 9:00pm

Location: To be announced in the February newsletter and in E-Weeklies

A gathering designed to give you the information you need in order to determine whether you would like to officially become a member of our church. Whether you join right away, not yet, or not at all, the evening promises to be informative and enjoyable, as we will be talking about things that matter in a small group setting with warm and interesting people. Childminding can be provided upon request.

To sign up or if you have questions, please contact Reverend Melora at [rev.melora@victoriaunitarian.ca](mailto:rev.melora@victoriaunitarian.ca) or 250-744-2601, voice mailbox #1 or Cell 250-891-6330. We are so glad you have found us and we are looking forward to getting to know you.

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## **SRC CORNER**

## **DAPHNE DUNBAR**

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You may have noticed as you enter our church and walk towards the sanctuary, or after a service on your way to the Lion Hall, that there's a publication on the SRC (Social Responsibility Committee) shelf labelled JUSTnews. Sometimes this publication is printed on buff coloured paper, and sometimes on green. Have you ever wondered what it is, and why the two colours? Pick up a copy and take a look. The publication is free. JUSTnews is the newsletter of the Canadian Unitarians for Social Justice (CUSJ). CUSJ is our denomination's national social justice organization.

Unitarians are renowned for social justice work. You have probably given donations to share the plate, to food banks and shelters for the poor, to the Heal Our World (HOW) project, and perhaps to the Life-line project. These are all local projects organized by our SRC. But charity, necessary as it currently is, is not social justice. CUSJ lobbies our governments, chiefly our federal government, to help Canadian citizens rather than businesses and corporations. The injustices of Ontario's Harris government spurred CUSJ into life. JUSTnews has been edited by members of our own church in Victoria for most of its existence.

JUSTnews provides information you will not usually find in our local newspapers, or on radio or TV. Regular issues of JUSTnews, printed on green paper, contain news of CUSJ's activities and what governments have done to create poverty, to cut treatments for the mentally ill, to ignore inhuman treatment of immigrants, or even ship them to other countries to be tortured or killed. It also reports on the destruction of our environment. The buff coloured issues of JUSTnews are Discussion Papers that examine a particular problem in greater depth. Governments may not purposely set out to conduct heinous acts, but their policies favour corporations and the wealthy at the expense of the poor and powerless. Injustices are increasing because of the erosion of democracy in Canada.

Pick up a copy of JUSTnews, therefore, and if you feel moved, become a member of CUSJ and help Canada return to being one of the best countries in the world.

**Organic Apple Award**

Your Environmental Action Team recently awarded, **Jim Jordan**, team member, their first annual **Organic Apple Award** for his outstanding work resulting in the municipality of Saanich approving a resolution opposing GMO seed crops. Jim's leadership with the team included liaising with local organic farmer Robin Tunncliffe, GE Free BC, the Peninsula Agricultural Commission and the Healthy Saanich Advisory Committee.

Jim is retired from his career as an engineer for the National Research Council. He lives in Sidney with wife Sandra where they operate a B&B. He currently has several jobs at the church. He is chair of the Memorial Garden, is an active Child Haven volunteer as well as a busy member of the Environmental Action Team (EAT).

The EAT Team appreciates Jim's dedication, expertise and perseverance in taking on this campaign which took nearly two years.



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**DYING WITH DIGNITY: INAUGURAL MEETING**

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The Inaugural Meeting of the Victoria Chapter of Dying With Dignity will be held in the Lion Hall, Tuesday, February 5, 7:30-9:30pm. At that time we will be showing a film about the work of Dying With Dignity. All members of DWD who live in the Victoria area and of FUCV are invited to this meeting. Following the film and discussion, we will consider whether there is enough interest for us to proceed with the creation of a Victoria Chapter of Dying With Dignity. The Chapter will enable us to work in our local area to implement the goals of DWD. It is "a national charity working to improve quality of dying and expand end-of-life options." (See [www.dyingwithdignity.ca](http://www.dyingwithdignity.ca)). The more we do to educate the public and politicians in the next few months is crucial as the Appeal Case of Carter vs. Attorney General of Canada will be heard in March, 2013, a land-mark case for the right to die, for which the Canadian Unitarian Council has been given intervener status.

To register or for more information, contact  
Galina Coffey-Lewis, 250-386-7772 [jglewis@telus.net](mailto:jglewis@telus.net) or  
Margot Lods, 250-920-3893 [mlods@shaw.ca](mailto:mlods@shaw.ca)

**HEALING OUR WORLD (HOW) NEEDS YOUR IDEAS!**

The deadline is February 3rd, 2013.

Our church's Healing Our World (HOW) projects have built an impressive record over the past seven years. This congregation has supported fifteen projects. These projects have educated, protected, fed, employed and nurtured needy children and adults. But a HOW project always begins the same way—with an idea from you. Please think of a way we can join together to make a difference in some corner of the world.

An easy way to fill in the application form can be found on our website or contact the HOW committee at [how@victoriaunitarian.ca](mailto:how@victoriaunitarian.ca)

**WE CARE!**

Care and Concern Committee for hospital and home visits, or just to talk...

Contacts: Daphne Dunbar at 250-381-7648 • Val Roberts at 250-477-7192

**Cadboro Bay: Christmas dinner** will come early for this group when they gather on December 14 for a turkey dinner at Chris and Shirley's home. The hosts will provide the turkey and the eighteen guests will provide the side dishes, while Marguerite Hobbs is putting together some carols. Chris and Shirley are being creative about how to extend their table to seat twenty people.

**Grand Central:** Sandra Jacobsen hosted a winter get-together for this group on Sat., December 1. This group likes to hold their potlucks early, usually at 5:00, so that they are child-friendly. Paula brought Zach, so he provided entertainment for everyone, as only a small child can. Grand Central plans to meet again on January 19. at Paula's.

**Esquimalt:** This group will again gather in December for their "cookie exchange". Betty Sherwood writes, "On December 16th after church we are meeting at Fran Pardee's house. We will have a Christmas 'cookie exchange' over tea, coffee and baked goods. Those who wish to will bring extra and take home a collection of cookies for the Christmas season."

**James Bay:** Pat Kinrade writes, "Our NG was happy to receive help from the "Memorial Services Team" in preparing the reception for Gerry Pollock's Memorial Service on November 30. The Service was beautifully crafted by Fran Pardee and we were grateful to be able to share the celebration of Gerry's life with his children and his wife, Jeri Dause and her children.

**Fairfield:** Herb Girard writes, "On December 2nd, 18 Fair Fielders gathered at the home of Lynn Beak and John Taylor. We all enjoyed their warm hospitality. There was laughter and fruitcake. Used books were casually exchanged. Very lively it was, too, with many trades, commentaries, mini-reviews and digressions. We welcomed new members, John Tiffany and Nanw Cariad, and reacquainted ourselves with each other.

Our next NG lunch potluck will be on Monday, January 14 at the home of Myra Rippon."

There was a little business, too. We felt that a 2:00 pm start left an uncomfortably short interlude between church and potluck. We settled on having future potlucks at 3:00 instead.

John serenaded departing guests with his ukulele banjo and we all went happily home to read."

**Nearby:** Jean Simpson writes, "NNG had their November pot luck which had a large turnout and was a huge success at Laura Doyle and Nellie Van Leeuwen's home. They are very gracious hostesses and everyone seemed to really enjoy getting together. Through general discussion, changing our boundary issue was shelved and Pam from the Care and Concern committee voiced their requests for assistance in being informed as to who needs special attention. Some folks liked the idea of the phone buddy system but others did not. I believe all felt heard and the communication will unfold as it should. There was a very clear vote to stay together. We are now planning and showing a fantastic response for the Souper Sunday to be shared with the Royal Oak West Group on January 13". Nellie and Laura squeezed twenty-five people into their home! How did they do it?

**Far Out:** Barbara Nyland writes, "Fourteen Far Outers met Saturday December 1 for two very happy hours at the home of Phyllis Aherne. She asked us all to introduce ourselves for the benefit of new members; also to say where we were born and what we had first wanted to be. It was a wonderful way to start conversations going! It was good time to meet because it didn't interfere with either afternoon or evening engagements." Far Out will be the busy bakers for coffee time in January.

## AROUND THE NEIGHBOURHOOD cont'd.)

**Oak Bay:** Twelve people gathered on December 1 for a potluck dinner at Karla & Jim Thomson's home that included a tourtiere prepared by the hosts. Karla writes, "The highlight was being able to watch the entire Xmas Truck Parade from "inside" as it traveled down Newport Ave. Then we enjoyed our usual array of wonderful dishes before Braden Young led us in Xmas music. After the carols we enjoyed the fun of a gift exchange. Everyone went home with either a new to them, used book or a new to them, used CD.

We now want to wish all our other friends in this amazing community a safe and comfortable holiday season."

**Royal Oak West:** Fran Hancock writes, "Sandra and Dennis Jaques graciously hosted a potluck dinner on Nov. 24 for the Royal Oak West NG. They thoughtfully invited neighbours, Susan and Daniel Donnecke, whose daughter has been attending the OWL classes at church. Daniel is an enthusiastic bird watcher who motivated some to participate in the Christmas Bird Count on December 13.

Royal Oak West and Nearby will be hosting the SOUPER SUNDAY at church on January 13 so we are encouraging church members to stay for a delicious lunch after the service that day. Thank you for supporting this fundraiser. "

Faye Mogensen is having an evaluation meeting with her RE leaders and their children that Sunday after church, so the soup crew will be serving those RE families first, so they can carry their food to the meeting.

**Western:** Elaine Hanson writes, "Our last gathering was on Saturday, November 17 at John and Susan's; their home was bursting at the seams with thirteen adults and three children, and so much food we could have had twice the number of people. One thing that can be said about our group is that we love food and in great quantities!!

We are all fine and will soon be getting ready for Christmas and the celebrations that go with it, so will not be meeting as a group again until January." The group didn't relax in December, however, because they provided the baking for coffee time.

## SPECIAL WORKSHOP *Mindfulness in Family Life*

**When:** Sunday January 27, 10:15-11:45

**Where:** the Lion Hall

**How much:** no cost!

**Who:** This one-hour workshop will be offered by Victoria meditation teacher, school teacher and storyteller Margo McLoughlin and is suitable for children of elementary school age and their parents.

**What:** In this one-hour experiential session, Margo will introduce you to recent brain studies on the impact of mindfulness practice. Together you'll explore different ways of incorporating mindfulness into daily life, which is really just another way of bringing loving attention to our relationships and our life. Mindfulness of the senses, mindfulness games, and mindful speech are some of the many possibilities for nurturing this attitude of interest, kindness and compassion in everything we do, from cleaning up the kitchen to doing homework or walking the dog.

Childminding is available for younger children and youth programs will run as usual.

To register: email [FayeM@victoriaunitarian.ca](mailto:FayeM@victoriaunitarian.ca) or call 250-744-2695



## CALLING ALL ARTISTS AND ARTISANS

### *Artist and Artisan Fair*

Sunday, April 7, in the Lion Hall,  
11:30-12:30

Do you make jewellery, sew, knit, or crochet? Are you a potter, painter, photographer, sculptor, woodworker or carver?

Please contact Suellen Guenther, 250-727-0454 or [sguenther@shaw.ca](mailto:sguenther@shaw.ca) to reserve space at a table. Proceeds will be split: 80% to the artist or artisan, 20% to the church.

## RABBIE BURNS DINNER

*Friday, January 25*

The gathering is at 5pm and the dinner is at 6pm. Tickets will go on sale from Susan and John Dalgety after New Year's; \$20.00 for adults, \$10.00 for five to fifteen-year-olds and children under five are free.

The program will be a wonderful evening of music, words and dance. Those interested in offering program items please contact Christine\_johnston@telus.net



## CIRCLE DINNERS

Circle dinners help create closer communities; in ancient times sharing food was an important ritual and meant that people who ate together were sharing their lives as well.

We meet in each other's homes in small groups of six to eight people once each month with the exception of December and the summer months. Menus are planned; although it is not "potluck" everyone does contribute to the meal. Good food, fun and fellowship guaranteed!



To add your name to the list for the next group of circle dinners on Friday, January 18, contact Elaine Hanson at 1-250-743-9644 or elainehanson@shaw.ca

## COVENANT OF GOOD RELATIONS

**Answer to the Question on Page 8**

There is a section in our Covenant concerning our relationship with the Board. We commit to support, encourage and appreciate them; become informed ourselves on the issues; and be willing to "help problem-solve in a timely and amicable manner". It ends: "I trust that I will be consulted before decisions are made that affect my area of contribution."

## SPAGHETTI NIGHT

*Friday, January 11th at 6pm*

First Spaghetti Night of 2013! Everyone is welcome! Please join us!

Spaghetti Night is a multi generational event. An opportunity to meet new people or catch up with friends over a casual, fun, delicious meal.



At 6pm we gather in the Sanctuary for a joyful time together. Spaghetti is served with a choice of two very yummy tomato sauces, meat or vegetarian, – plus garlic bread. Dinner is by donation, bring salad or dessert to share. To help with clean-up please bring your own plate and dessert bowl.

A rinsing station will be provided.

## COVENANT OR SMALL GROUP DISCUSSIONS START IN JANUARY

Want to get to know other church members in a small group setting? Covenant Groups provide a precious opportunity to spend time in deeper conversation and connection twice a month, exploring topics designed to be of interest to Unitarians. This program is led by the Reverend Shana Lynngood, and supported by the Spiritual Exploration and Learning for Adults (SELA) team. The term Covenant refers to the agreement that is made among the members to hold the gathering as sacred space.

Please contact June Fukushima [june.fukushima@gmail.com](mailto:june.fukushima@gmail.com) or Fran Pardee [fpard-ee@shaw.ca](mailto:fpard-ee@shaw.ca) if you would like to join a group as a participant or a co-facilitator. Ride coordination and child minding support may be available.

**Groups Forming January - June 2013 (twice a month):**

Sunday after service  
Monday afternoon  
Monday evening

Other times may become available if we have more co-facilitators. Interested? Please contact us.

## **CHRISTMAS LUNCHEON— A TRADITION WHOSE TIME HAS COME AND GONE, OR...?**

On Saturday, December 8th, church members and their guests enjoyed an incredible meal, served piping hot by waiters who even sang Christmas carols, in a beautifully-decorated Lion Hall. The raves for the event started coming in by email even before chief chef Nellie Van Leeuwen got home from cleaning up the church kitchen.

However, according to Nellie, the number of people attending the event—just 42—was barely enough to justify the hard work of the many people who worked to make it all happen. Apparently this event used to be more popular, drawing 60 or 70 people each year. After the event, the kitchen crew and waiters did some brainstorming to try to figure out how to get more people out to enjoy the Christmas luncheon next year.

Some of their ideas included: 1) Have the luncheon on a Sunday, after church (there are currently no Souper Sundays scheduled in December, due to all the other happenings.) 2) Schedule a dinner in late November on a Friday or Saturday, to celebrate American Thanksgiving. 3) Carry on as this year, only advertise earlier and more vigorously next year. 4) Drop the whole thing, in favour of other Christmas-oriented activities.

What do you think? Please email or call Nellie at [nellyavan@yahoo.ca](mailto:nellyavan@yahoo.ca) or 778-426-0300 with your ideas and/or opinions.

## **SERVICES AUCTION**

***Friday, April 19, 2013***

Did you come last year and have a good time? I hope you did, and that you have been enjoying the events or services you purchased.

Would you be willing to offer something for this auction? We count on each other for the interesting services that make this event such a success.

Do you offer the same service every year? Do you still enjoy doing it, or is it time for a change? We hope whatever you offer will be fun for you as well as the people who bid on your service.

Some items in the auction have become a tradition and that adds to the fun. However, if the tradition gets you down, please be creative. Offer something different.

If your mind is blank, here are some suggestions:

Anything handmade or home-baked. Hauling trash. Walking a dog. Knitting or sewing or quilting. Hosting a dinner, or lunch, or breakfast, or tea. Watering plants and feeding the cat. Babysitting. A bridge party. Organizing a birthday party or decorating the cake. A few hours of your professional time. Yard work. House-sitting. Lessons or tutoring. A boat trip or a stay in your cabin. Something only you can do. Something no one else would think of.

The auction builds community, as we gather throughout the year to enjoy the services we purchased. It also generates much-needed income to support our church.

Please be thinking of what you would be willing to offer this year. We'll ask you to let us know in February.



**Do you have a friend in need ... of a ceremony?**

**A wedding, child dedication or memorial?**

Tell them about FUCV's

**Lay Chaplains**

**It's what we do!**

Email: [laychaplains@victoriaunitarian.ca](mailto:laychaplains@victoriaunitarian.ca)

## NEW MEMBERS

Phyllis Aherne  
9189 Lochside Drive  
Sidney BC V8L 1N2  
250-655-7149  
Email: [faherne@shaw.ca](mailto:faherne@shaw.ca)  
Farout NG

Jerrelyn Dause  
142 Clarence Street  
Victoria BC V8V 2J2  
250-384-4530  
Email: [jkdause@gmail.com](mailto:jkdause@gmail.com)  
James Bay NG

Tom Ovanin  
Changed from Friend to Member  
Contact Information in Directory  
Oak Bay NG

Anne Percival and Adrian Fine  
4515 Gordon Point Drive  
Victoria BC V8N 6L2  
778-433-7777  
Anne's Email: [anne\\_percival@yahoo.ca](mailto:anne_percival@yahoo.ca)  
Adrian's email: [adrianfine@yahoo.ca](mailto:adrianfine@yahoo.ca)  
Gordon Head. NG



## LEARNING CIRCLE UPDATE

New and previous participants are all welcome. The Learning Circle will be recommencing on Tuesday January 15th at 9.30am in the Library. The book we have chosen is "The Universe Within", which is the recent Massey Lecture series by Neil Turok and is readily available in local bookstores. For more information contact Judy Gaylord [jgaylord@shaw.ca](mailto:jgaylord@shaw.ca) or 250-477-4773.

## VICTORIA DANCING CIRCLE — SACRED DANCE

Dancing circles have been active in Victoria since the mid 1980s, and the Victoria Dancing Circle has been a non-denominational dancing community since 2005. We extend a special invitation for you to join us as we cultivate our unique experiences of sacred space and deepen our spiritual practice through dances inspired by music and cultures from around the world. We dance in a circle, holding hands, to simple choreographies that are both ancient and modern.



Each evening's program is thoughtfully created and facilitated ensuring a diverse dance experience. All dances are taught and no experience is necessary; beginners are *always* welcome and no partners are required. We gather most Tuesday evenings from 7:00 – 9:00pm at the Victoria Friends Meeting House located at 1831 Fern Street. Our per-evening fees are based on a flexible, sliding scale from \$5 to \$10 (drop-in).

For more information, please email [victoriadancingcircle@gmail.com](mailto:victoriadancingcircle@gmail.com) or phone Madelaine Clarke at 250-479-4701.

## EMAIL CHANGES

June Fukushima and Brock Brown  
[june.fukushima@gmail.com](mailto:june.fukushima@gmail.com)  
[brockbrown108@gmail.com](mailto:brockbrown108@gmail.com)  
Gordon Head NG

Penny Boyce (new email)  
[pjboyce@shaw.ca](mailto:pjboyce@shaw.ca)  
Farout NG

Mel Johnston  
[johnston@ryerson.ca](mailto:johnston@ryerson.ca)  
James Bay NG

Dorothy Williams  
[dorothy\\_williams@myberwick.com](mailto:dorothy_williams@myberwick.com)



## BOARD MEMBERS ON DUTY IN JANUARY



January 6	Bob Dobbs
January 13	Laura Doyle
January 20	Anna Isaacs
January 27	Mike Graham

## First Unitarian Church of Victoria

5575 West Saanich Road • Victoria BC • V9E 2G1

Phone: 250-744-2665

churchoffice@victoriaunitarian.ca • www.victoriaunitarian.ca

Office hours: Monday - Thursday 9:30am - 4:30pm • Sunday 9:00am-1:00pm

### Co-Ministers

Reverend Melora Lynngood  
Office phone: 250-744-2601  
rev.melora@victoriaunitarian.ca

• Reverend Shana Lynngood  
Office phone: 250-744-2601  
rev.shana@victoriaunitarian.ca

### Minister Emerita

Reverend Jane Bramadat  
250-652-1272

### Lay Chaplains

Fran Pardee 778-440-3098  
Joyce Murphy 250-598-1506  
Liz Graham 250-384-4351  
laychaplains@victoriaunitarian.ca

### Director of Spiritual Exploration and Learning for Children and Youth

Faye Mogensen 250-744-2695  
FayeM@victoriaunitarian.ca

### Director of Music

Phil Hallman  
music@victoriaunitarian.ca

### Church Administrator

Karen Uldall-Ekman  
churchoffice@victoriaunitarian.ca

### Board of Trustees

#### Officers

President	Mike Graham	250-384-4351
Vice-President	Thane Waldie	250-658-4258
Treasurer	Bob Dobbs	250-652-5438
Secretary	Jennifer Young	250-370-5106

#### Council Representatives

Administration	Lynn Hunter	250-220-2240
Congregational Life	Anna Isaacs	250-472-0117
Outreach	Laura Doyle	250-595-6383
Property Management	Allan Dakin	250-744-1357
Spiritual Development	Forrest Smith	250-595-2538

## THANK YOU NOTICE

Thank you to everyone who helped make G&G's Farmhouse Harvest fundraising an unprecedented success! we generated almost \$900 in revenue supporting our church community and its many ministries!!

Special thanks to able-bodied harvesters Faye Mogensen and Christian Engelstoft who helped with the grape harvest; to Rosemary Harrison and Terry Czyz who helped with the apples; to Aaron Brimacombe who has become our able and willing apprentice at the juice press!

On behalf of the Garden and Grounds Committee, Bradley and I would like to thank all of you for your support through purchasing our 'homegrown' juices - and we hope you're enjoying them especially during this festive season! Huzzah!!

Madelaine Clarke

### MINI BOOK SALE: "A Touch of Romance"

The Library Committee is holding this sale Sunday, February 10, after the service in the Lion Hall.

To celebrate Valentine's Day we are asking for books from your library, those with a touch of romance...be they novels, biographies, poetry etc.

Please leave your donations in the library. If you have any questions or are willing to help at the sale or volunteer in the library on a Sunday please leave a note with Karen in the office.

Thank you from your Library Committee.

# EVENTS CALENDAR

Date	Time	Event	Location
1/1	NEW YEAR'S DAY 7:00am to 9:00am	Meditation Morning Meeting	Sunflower Room
1/3	7:00pm to 9:30pm	Choir Practice	Sanctuary
1/4	7:15pm to 9:30pm	Mindful Yarning	Offsite location
1/5	12:45pm to 2:30pm	Meditation	Sunflower Room
1/6	10:30am to 11:30am 12:00pm to 1:00pm 12:15pm to 2:30pm	Sunday Service Boardroom Forum SELA meeting	Sanctuary Lion Hall
1/7	-----		
1/8	9:00am to 12:00pm 1:30pm to 4:00pm 6:45pm to 9:15pm	Learning Circle Food Prep/Sandy Merriman House Social Responsibility Committee	Library Kitchen Sanctuary Sanctuary or Library
1/9	9:30am to 11:30am 10:00am to 11:30am	Meeting: Leadership Development Library Team	Chaplains Room Library
1/10	7:00pm to 9:30pm	Choir Practice	Sanctuary
1/11	6:00pm to 9:30pm 6:00pm to 9:00pm	Youth Group Gathering Spaghetti Night	Fireside Room Sanctuary
1/12	8:00am to 5:00pm 12:45pm to 2:30pm	Lay Chaplain Outreach workshop Meditation	Lion Hall Sunflower Room
1/13	10:30am to 11:30am 10:30am to 11:30am 11:30am to 1:00pm 12:00pm to 2:00pm 12:15pm to 1:30pm 12:15pm to 1:00pm	SUNDAY SERVICE Parents Group Souper Sunday SEL-CY meeting Music Committee Boardroom Forum	Sanctuary Library Sanctuary Fireside Room Library Sanctuary
1/14	-----		
1/15	**Newsletter submission deadline** 9:00am to 12:00pm 12:30pm to 2:00pm 2:30pm to 4:30pm 7:00pm to 9:00pm	Learning Circle Committee on Ministry Worship Committee UU-101	Library Library Library Lion Hall
1/16	1:00pm to 3:00pm	Care & Concern	Library
1/17	7:00pm to 9:30pm	Choir Practice	Sanctuary
1/18	7:15pm to 9:30pm	Mindful Yarning	Offsite location
1/19	12:45pm to 2:30pm	Meditation	Sunflower Room
1/20	10:30am to 11:30am 12:15pm to 2:00pm 12:30pm to 2:30pm	SUNDAY SERVICE Congregational Meeting Covenant Group	Sanctuary Sanctuary Fireside Room
1/21	7:00pm to 9:00pm	Covenant Group	Lion Hall
1/22	7:00pm to 9:00pm	UU-101	Lion Hall
1/23	6:00pm to 9:30pm	Board Meeting	Lion Hall
1/24	7:00pm to 9:30pm	Choir Practice	Sanctuary
1/25	5:00pm to 10:00PM	Burns Night	Sanctuary
1/26	12:45pm to 2:30pm	Meditation	Sunflower Room
1/27	9:00am to 12:00pm 10:30am to 11:30am	Youth Mindfulness Workshop SUNDAY SERVICE	Lion Hall Sanctuary
1/28	-----		
1/29	9:00am to 12:00pm	Learning Circle	Library
1/30	-----		
1/31	7:00pm to 9:30pm	Choir Practice	

## DOES YOUR HOME NEED..

- Renovation work?
- Carpentry?
- Paint?
- General repairs?



Contact Brock Brown at 472-6065 or  
at [brockbrown108@gmail.com](mailto:brockbrown108@gmail.com)

## Astrid Firley-Eaton Design

(250) 384-3405 fax (250) 479-0954  
email: [afedesign@shaw.ca](mailto:afedesign@shaw.ca)  
web site: [afedesign.ca](http://afedesign.ca)

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### Kathryn Harwood

cell: 250-516-5980

<http://eldersurfbc.blogspot.com>

[k7harwood@gmail.com](mailto:k7harwood@gmail.com)

441 Stannard Ave  
Victoria, B.C.

Phone: 384-2451  
Email: [bpardee@shaw.ca](mailto:bpardee@shaw.ca)

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## THE VICTORIA UNITARIAN

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The **deadline** for submissions to  
the **February** issue is **January 15**.

Copy to be sent to  
[newsletter@victoriaunitarian.ca](mailto:newsletter@victoriaunitarian.ca).

For those without e-mail, copy may be  
left at the church office. All copy is  
subject to editing.

Information for the calendar can be  
sent to [calendar@victoriaunitarian.ca](mailto:calendar@victoriaunitarian.ca) or  
left at the church office.

Feedback is welcomed.

### Staff

Bob Dobbs and Barbara Nyland  
(editors); Doreen Burgess and Myra  
Rippon (proof-readers); and Karen  
Uldall-Ekman (production,  
distribution and paid advertisements).

## JANUARY BIRTHDAYS

- 1 Sonya Ignatieff, Jackie Bennett
- 2 Patricia Disbrow
- 3 Betty Sherwood
- 4 Elaine Hanson, Phyllis Aherne
- 5 Cecil Bannister, Emil Mogensen
- 7 Alastair Mont, Dennis Jaques
- 8 Christine Johnston
- 9 Philip Symons
- 11 Pat McMahon
- 13 Heather Sutherland
- 16 Jane Wilson
- 17 Laura Milne
- 18 Fran Pardee
- 20 Lynn Beak, Erin Gogal, Lynn Hunter
- 21 Robin Pike, Nellie Van Leeuwen, Bob Thompson
- 23 Ruth Miller
- 24 Gerry Brimacombe, Lillie Lentz
- 26 Remi Odense, David Person
- 29 Mike Graham

