



First Unitarian Church of Victoria

Lifespan Learning Program

Spring 2011

Our church is a place of learning where we deepen and widen our UU faith and live its principles. Through body, mind, soul and heart, from cradle to sage, we nourish our spiritual and religious aspirations with each other and with those in the larger community.

Ministers:

Reverend Melora Lynngood

Reverend Shana Lynngood

Coordinator of Religious Education:

Faye Mogensen

Director of Music:

Phil Hallman

**Please watch the monthly newsletter and
E-weekly for more detailed information,
or contact the Church office.**

First Unitarian Church of Victoria

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www.victoriaunitarian.ca

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250 744 2665

Lifespan Learning - Multi-Generational

Would you like to 'Walkabout'?

After some services, all ages are invited to join in an exploration of nearby parks. You'll enjoy the fresh air and companionship of other church members and friends. We bring our own picnic lunches and spend about 1.5 hours on the trail. Please contact Farrell Boyce (fmboyce@shaw.ca) to be notified of upcoming plans. A February 20 stroll down to Mackenzie bight and back will start the season.



Lismer's Prodigies

This will be the 13th year that church artists work with the children to produce wonderful creations. This year we are extending the project over three weeks in March, to create some installation pieces both indoors and out. If you would enjoy helping the children on a communal art project, or working in the garden/forest with them, please let Faye know at 250 744 2695 or ccre@victoriaunitarian.ca Event date: April 3rd, 2011

Lifespan Learning for Children and Youth

Children's Religious Education classes

Our theme for 2010/11 is *Exploring our Values*

Primary (ages 5-7): Creating Home ~ children develop a sense of home grounded in strong values.

Intermediate (ages 8-10): Stories to Live By~ spiritual and ethical tools to make choices and take actions that reflect their Unitarian Universalist beliefs and values.

Junior Youth (ages 11-13):

We'll carry out social action projects, and explore other Unitarian Universalist questions based on the children's interests. As well, the principles of Non-Violent communication will be presented and practiced.

Youth (ages 14-18) work with adult mentors to develop their own separate programme.

All classes are taught by trained volunteers who are screened for safety.

If you are interested in teaching, please contact Faye Mogensen.

Child minding is available for children 4 and under.

Our Whole Lives Sexuality (OWLS)

Human sexuality and gender identity are explored within a safe small group setting with sensitivity and respect. On a rotating basis, we offer age appropriate courses for K/1, grades 5/6, grades 7/8 and highschool students. The next OWL session that is planned will be for grades 7/8, beginning in the Fall Of 2011. Talk to Faye Mogensen at 250 744 2695 or ccre@victoriaunitarian.ca for more information



Two ways to get musical!

Please contact Nancy Dobbs (nandobbs@shaw.ca) for more information.

Children's Choir: We sing most weeks before church - and perform at some church services and special events.

Youth Choir

We're in our first year - participants are welcome from yU*Uth and junior youth (11 years and up). We typically rehearse on Sundays at noon, and perform at some services and special events.

Education is not the filling of a pail but the lighting of a fire.

-William Butler Yeats

Lifespan Learning for Adults

Cultivating Spiritual Life and Practice

A 6 week course led by Reverend Shana Lynngood.

Wednesdays, March 30th, April 6th, 13th, 20th, 27th, and May 11th.

This class will discuss significant spiritual questions and engage in several spiritual practices. These sessions will be most meaningful if you are able to attend at least five of the six. If there are at least 12 participants signed up for each by March 15, there will be an afternoon and evening session on all of the above dates. There is a maximum limit of 20 for each session on a first-come-first-serve basis, so participants are encouraged to register as soon as possible. Please indicate when signing up if you prefer to be a part of the 1-3pm (afternoon) session at First Unitarian Church of Victoria 5575 West Saanich Rd or the 7-9pm (evening) session downtown at James Bay New Horizons building 234 Menzies Street.



Please note there is a suggested contribution for this course: \$20 for members and friends of FUCV and CUUC, and \$40 for non-members. Your contribution helps cover materials, a light snack, and overhead costs. Prepayment is requested. No one will be denied participation on the basis of limited financial means.

To register, contact Rev. Shana Lynngood at 250-744-2601 mailbox #2 or rev.shana@victoriaunitarian.ca.

Introduction to Spiritual Practice Retreat

Join Reverend Shana Lynngood for a weekend retreat February 25 - 27, 2011, at Bethlehem Centre in Nanaimo. Sorry, this retreat is full. There will be others!



Parents Circle

Generally on the first Sunday of the month during service, all parents are welcome to join these informal gatherings. They provide an opportunity for parents to share experiences, explore ideas, and generate connections in the context of Unitarian Universalist spiritual life. Topics are selected from group suggestions. Everyone is welcome to come to the occasional session or all -- as suits the individual! Questions? Email Laura Anderson at deerpants@live.ca.

Introduction to Unitarian Universalism

Orientation

Whether you just walked in the door or have been coming several months, the orientation session will give you basic information about our congregation and ways to make connections in our church community. Please contact Rev. Melora at rev.melora@victoriaunitarian.ca or (250) 744-2601, voice mailbox #1 or Cell (250) 891-6330, to find out when the next session will be held.

Considering Membership

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. Childcare can be provided upon request. Please contact Rev. Melora at rev.melora@victoriaunitarian.ca or (250) 744-2601, voice mailbox #1 or Cell (250) 891-6330, to find out when the next gathering will be held.

Nonviolent/Compassionate Communication Practice Group

Saturdays 10am to 12noon in the Boardroom

The current 13 week session will end mid April, but plans are underway to offer a similar program in the Fall. Please let Lil Lawrence know if you are interested. The course is based on Marshall Rosenberg's book entitled *Nonviolent Communications: A Language of Life*. The book is available in our church library or from the GVPL. Information also available on the web.

A second program under consideration is an ongoing structured, facilitated practice group where drop-ins would be welcome. The day/time is yet to be determined, and you are invited to contact Lil Lawrence if you are interested. For both the 13 week course and the facilitated practice group, participants are requested to joyfully donate whatever they can.



The Learning Circle, led by Doug Seeley, has been running regularly for 11 years, and is an opportunity to explore and share what is deeply meaningful to each of us regarding some of the big questions, such as; "What is life?", "Can we bridge science and spirit?", "Is there a soul?", "Is the Cosmos alive?", "How do we face upheaval in our world?" Poetry and a book are usually used as ongoing catalysts for our dialogue; for example, we recently used *A Hidden Wholeness*, by Parker Palmer, followed by *The Untethered Soul* by Michael Singer (Feb 2011).

Meets roughly every second Tuesday morning through the end of May from 9:15 until 12:00 in the Boardroom or Library. For further information contact Doug at: daseeley@deepsynergy.com

"Church is where we practice what it means to be human".

~James Luther Adams.

On Going Opportunities

Chalice Choir

This is the main adult choir of the church and meets *Thursday evenings in the Sanctuary from 7:30 to 9:30pm*. We sing two Sunday mornings a month, meeting at 10am in the Boardroom to warm up. To join, attend a rehearsal. Contact Penny Boyce (fmboyce@shaw.ca) for more information.



Chamber Choir

This choir provides an opportunity to sing more challenging music than the other choirs and rehearses *Thursdays from 6:30 to 7:20pm every other week, alternating with the Men's and Women's Choirs*. Contact Penny Boyce (fmboyce@shaw.ca) for more information.

Men's and Women's Choirs

These choirs provide an opportunity to sing works limited to either men's or women's voices. *The rehearsals are Thursdays from 6:30 to 7:20pm meeting concurrently every other week, alternating with the Chamber Choir*. These choirs sing for services only occasionally and for our spring and winter concerts. Contact Kristina Stevens (kristinastevens@shaw.ca) for more information.

Do Drop In Choir

From time to time, this choir meets early on the Sunday morning that it sings and learns a simple piece for the service that day. No need to sign up - just turn up. Contact Kristina Stevens (kristinastevens@shaw.ca) for more information.

The Jammers (Joyful Association of Music Makers)

This small group (10 -12) of Unitarians, love to sing and like to share music with seniors in extended care/nursing facilities. Join a 15 year tradition of folk songs, golden oldies and action songs. No audition, no need to be able to read music. *Practice once a month in the Boardroom, on a Friday from 1-3pm, with a tea break*. Sing once a month, also usually on a Friday afternoon, for approximately 50 minutes. Contact Hugo Sutmoller (hannyhugo@shaw.ca) or Sandy Emerson (sew03@telus.net) for more information.

Buddhist Meditation



Local Tibetan Buddhist teacher, Lama Tara, leads a session that is normally divided into two parts: the first half hour is for silent meditation; the second half is reciting from a text provided, the compassion meditation practice called Chenrezig. The second Saturday of each month is designed for beginners. We welcome donations to the teacher. Chairs are available. Floor sitters please bring your own cushions. *Every Saturday, 1-2 pm in the Boardroom*.

Contact Earle Anthony (earleanthony@shaw.ca) for more information.

Spirituality Group

The Spirituality Group meets one *Sunday evening of every month, except for July, August and December*. Anyone who would like to come along and see if our group appeals to them is most welcome. Meetings are held in people's homes. Contact Clare Vipond at donandcalre@shaw.ca or Nancy Dobbs (nandobbs@shaw.ca) for more information.



Book Club

Interested in stimulating conversation and exchanging of ideas? Contact Nanw Cariad to find out more about the book club that meets in people's homes. Start a new book club in your neighbourhood if you'd like!

Chalice Circle

There are currently 4 Chalice Circles. There are a limited number of spaces still available in these groups, and new groups will be starting in the Fall. We plan to offer a small group ministry experience, "Evensong", as a way for those who are interested in exploring this form of community and spiritual deepening. Please let Rev. Shana know if you are interested so we can discern how many groups are needed.

The Social Responsibility Committee seeks to raise awareness among our membership about social, economic and environmental issues (see the brochure and/or visit the SRC shelf in the church foyer). From time to time they present or cosponsor speakers, movie nights, benefit concerts and other activities. Contact Philip Symons (philmar@islandnet.com) for more information.

Library

The church has a well-stocked library of about two thousand books on a variety of subjects of interest to Unitarians. All aspects of religion, including world religions, are covered as well as philosophy, psychology, the environment, social justice issues, literature, biographies and history. There is also a good reference section and a selection of several periodicals. The loan period is one month. The library, open one-half hour before and after Sunday services is located next to the north sanctuary door. A book cart of current titles can be found in the Lion Hall during coffee hour.



The Bowker Creek Watershed Discussion Group is a small group from First and Capital that meets monthly to share knowledge, ideas, opinions and perhaps most importantly how we feel, given the local and global challenges ahead. It is an opportunity for people from both churches who live in the Bowker Creek watershed area to have an open-minded and enlivening dialogue where all views are exchanged. Contact: Jackie MacDonald (Capital); Judy Gaylord (FUCv)

Lifespan Learning Resources:

Canadian Unitarian Council

www.cuc.ca

Unitarian Universalist Association

www.uua.org

Church of the Larger Fellowship

www.clf.uua.org

"For Unitarian Universalists learning is the fundamental spiritual practise"

-Reverend Dr. Rebecca Parker, Starr King School for the Ministry