

# FIRST UNITARIAN CHURCH OF VICTORIA

## SPIRITUAL EXPLORATION AND LEARNING



**Program Guide**

**Spring Update 2012**

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## SPIRITUAL EXPLORATION AND LEARNING

### PROGRAM GUIDE

### SPRING UPDATE 2012

Our church is a place of gathering for people who wish to 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 our community.

We seek to be a culture of learning, a place where people continually expand their capacity to create the life they truly desire, where new and expansive patterns of thinking and being are nurtured, where collective aspiration is set free, and where people are continually learning together. We covenant to affirm and promote the seven principles that hold us together.

**Developed, March, 2011**

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Reverend Shana Lynngood

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**FIRST UNITARIAN CHURCH OF VICTORIA  
SPIRITUAL EXPLORATION AND LEARNING  
PROGRAM GUIDE - SPRING 2012 UPDATE**

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

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## SPIRITUAL EXPLORATION AND LEARNING – MULTI-GENERATIONAL

### *SPECIAL THEME MONTHS THIS YEAR*

We are planning “Theme Months” where at some services and in both the children and adult learning groups we will focus on the chosen theme.

In February, our theme is *Aspects of Love*

### *WOULD YOU LIKE TO GO WALKABOUT?*

After some services, approximately once a month, all ages are invited to join in an exploration of nearby parks. On these outings they enjoy fresh air and the companionship of other church members and friends. Participants bring their own picnic lunches and spend about 2 hours on the trail, light rain or shine. Please contact Farrell Boyce (250 656 7953; [fmboyce@shaw.ca](mailto:fmboyce@shaw.ca)) to be notified of upcoming plans. Outings are posted a week ahead on the Church E-Weekly Bulletin.

## SPIRITUAL EXPLORATION AND LEARNING FOR CHILDREN AND YOUTH

### *THIS YEAR’S THEME: WHAT IS OUR PURPOSE?*

**Primary (ages 5-7)** will use a curriculum entitled Wonderful Welcome and explore the many intangible gifts that help give a sense of purpose to life.

**Intermediate (ages 8-9)** will explore a program entitled We Are Made of Stardust to delve into the sense of purpose that can arise from knowing our place in the universe. Later, they will explore the guidance that our lens of our Unitarian Universalist Sources can offer, using a curriculum entitled Love Will Guide Us.

**Junior Youth (ages 10-13)** will begin the church year by exploring a sense of purpose by getting to know a few of our Neighbouring Faiths. There will be field trips to other places of worship. In January, **ages 10-11** will fill their metaphoric Toolbox of Faith with supplies that help us achieve our purpose in life.

Concurrently, we are offering **Middle School OWL - for ages 12 and 13** where human sexuality and gender identity will be explored within a safe small group setting with sensitivity and respect. Sessions are facilitated by trained volunteers.

**YU\*Uth (ages 14-18)** Youth, Youth Advisors and I will continue to co-create a vibrant, engaging programme. This year we hope to add more worship and new social action projects. Monthly

movie nights are also on the agenda.

**Wee-Care (ages 1-4)** from 10:20 to noon on Sundays, paid staff provides loving care for your children. Free play, stories, music, snack and outdoor exploration help children enjoy their time.

### *TWO WAYS TO GET MUSICAL!*

**Children's Choir:** We practice most weeks before church at 9:30– and perform at some church services and special events.

**Youth Choir:** Participants are welcome from YU\*Uth and junior youth (11 years and up). We rehearse on Sundays from 12-12:30, and perform at some services and special events.

To learn more about the Children's or Youth choirs, contact Nancy Dobbs [nandobbs@shaw.ca](mailto:nandobbs@shaw.ca) for information.

### *MYSTERY BUDDIES*

Children and adults are paired and exchange letters weekly without revealing their true identities. The Mystery Buddies learn who they are at the Mad Hatter Tea Party on *March 4* after service. Letter exchange begins *February 5th*.

### *LISMER'S PRODIGIES ART WORKSHOPS*

Our 14th annual opportunity for children to work on quality projects with church artists, over several Sundays through-out the church year. If you would enjoy participating as an artist or helper, please let Faye know at 250 744 2695 or [cce@victoriaunitarian.ca](mailto:cce@victoriaunitarian.ca)

### *OUR WHOLE LIVES SEXUALITY (OWLS)*

On a rotational basis, we offer this award-winning, comprehensive and progressive series geared to specific age groups (ages 6-7, 12-13, 16 and up) where human sexuality and gender identity are explored with sensitivity and respect. This holistic program equips participants with accurate, age-appropriate information, helps them clarify their values and build interpersonal skills. The next OWL session is for ages 12-13, beginning in the January 2012. For more information, contact Faye Mogensen.



# SPIRITUAL EXPLORATION AND LEARNING FOR ADULTS

## ORIENTATION

Sunday, February 5, 12 noon - 1 pm.

Location: Boardroom (in the Farmhouse just north of the main sanctuary building).

Whether you just walked in the door or have been coming several months, the orientation will give you basic information about our congregation and ways to make connections in our church community. Child minding will be provided.

## CONSIDERING MEMBERSHIP

Tuesday, February 28, 7:00pm - 9:00pm

**Location:** 1651 Barksdale Drive. Call Helen at 250--477--2189 for directions.

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. Child minding can be provided on request.

To sign up or if you have questions, please contact Rev. 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.

## FACILITATING SMALL GROUPS: A GIFT TO YOURSELF AND TO OTHERS

Saturday, March 31, 2012, 1 to 4 pm

As we re-launch our small group ministry program, a key element to making these groups work is strong facilitation. In fact, much of the ministry we do together in church can be more effectively advanced if and when we have able facilitators. This half day workshop will highlight facilitation skills for anyone interested in guiding a group through an experience. We will discuss how to “read a room”, talk about drawing people out, sitting with discomfort, and role- play some scenarios. If you are willing to consider leading a small group ministry or simply desire to learn more about leadership in small groups especially in a spiritual context, then this workshop is for you. Session led by Rev. Shana Lynngood and Diana Smith. Maximum of 15, please register ahead of time so we can plan appropriately by emailing Rev. Shana at [rev.shana@shaw.ca](mailto:rev.shana@shaw.ca). We will provide beverages and snacks. We hope you’ll join us.

## WHAT IS A GOOD DEATH?

Saturday, February 4th, First Unitarian Church of Victoria, Lion Hall  
TWO Sessions (Choose one) 9:30am--12:30pm or 1:30--4:30pm

Led by Dr. Betty Donaldson, Chair of Choices in Dying Monitoring Group for the Canadian Unitarian Council, and Member of Comox Valley Fellowship. Using readings, music and meditation, Betty invites people into an interesting and meaningful exploration of the concept of a “Good Death”. Participants will have an opportunity to share their experiences of being an observer of people who have had such passages and will have a chance to consider what they might do to prepare for their own.

Suggested donation is \$5. Registration will cover costs of workshop; any amount received beyond costs will be donated to the CUC Choices in Dying Monitoring Group. Each workshop [morning and afternoon] will be limited to 15 participants. To register contact Margot Lodes: mlods@shaw.ca , 250 920-3893

## POWER OF ATTORNEY SEMINAR

Sunday, February 19, 12:30 pm

***Avoiding the Hidden Dangers*** - Should the time arrive when incapacity makes daily function just too hard to manage on your own, that’s when a Power of Attorney agreement can be useful in your life. Power of Attorney gives a trusted person or agent of your choice the authority to make essential decisions on your behalf, decisions often related to banking, investments, health care and living arrangements. Because these kinds of issues will be central to your well-being as a senior, a knowledge of the options provided by the recently revised laws governing Power of Attorney in British Columbia will be valuable in your planning for the future.

In this one hour seminar after lunch on a Souper Sunday, Linda Hartford of Bank of Montreal Private Services discusses the elements of a proper Power of Attorney Agreement, its intended benefits, and its potential pitfalls and how to avoid them. Samples of good and bad agreements will be provided. As well, Linda will address issues on joint accounts and other forms of potential financial abuse. If desired, she is willing to comment on health care agreements, or other matters related to Power of Attorney.

A ***Plan Ahead*** initiative of the Care & Concern Committee, jointly sponsored by the Spiritual Exploration and Learning Adult (SELA) team. There is no cost for this seminar. Contact: Ross Beauchamp [beau77w@yahoo.com](mailto:beau77w@yahoo.com)

*May I remember to keep my face to the sun,  
To play, laugh, and experience joy whenever possible,  
To celebrate the world and my fellow human beings,  
To say YES! to life each day.  
--based on “I Do Not Pray” by James Madison Barr*

## ALIGNING YOUR MONEY WITH YOUR VALUES

February 7<sup>th</sup>, 7-9pm at the church

This single session course will encourage participants to think strategically about how to best “put our money where our values are”. *Where do you shop? What ways do you support local businesses and farms? How do we as best we can ensure that the money we spend furthers what we believe in?* Come join this conversation about the intersection of money and beliefs. Led by Rev. Shana Lynngood. To register contact, Rev. Shana at [rev.shana@shaw.ca](mailto:rev.shana@shaw.ca) or 250-744-2601

## THE SPIRITUAL PRACTICE OF RELATIONSHIPS

February 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>, 7 to 9 pm at the Church

These workshops will explore the ways in which maintaining healthy relationships requires the same skills as spiritual practice—intention, discipline, attention. In fact, the way we live in relationship to one another is a spiritual practice. We will apply the seven principles of our tradition to intimate relationships and will offer many opportunities for deep reflection. How do popular culture, images of love and relationship impact our own? How have our experiences of family played a part? Led by Rev. Shana Lynngood and Cora Blisker.

This program is not a couples program - single and partnered adults are welcome. Register soon as we have a limit of 20 participants. Sliding scale fee for the course to cover material costs and child minding (if needed) is \$15-30. The fee will be collected at the first session,

This is a pilot course, so if interest is great we may offer this course again. To register contact, Rev. Shana at [rev.shana@shaw.ca](mailto:rev.shana@shaw.ca) or 250-744-2601. We hope to arrange for carpooling. Please indicate whether you can offer or need a ride. —all of which will be held at FUCV.

## AWAKENING JOY GROUP

First Session: Monday, Feb 13th 7 - 9 pm. Lion Hall

June Fukushima and Brock Brown are offering an Awakening Joy Group to support anyone wishing to take an outstanding online course called **Awakening Joy**. <http://www.awakeningjoy.info/>.<sup>\*</sup> Every month from Feb - November, you will receive audio or video presentations from leading experts in Buddhist meditation, neuroscience, and psychology on how to be with the richness of life's "10,000 joys and sorrows". If the word "joy" does not resonate, think - well being, aliveness or authenticity. As a group we will review the course materials, share experiences, and try out some of the suggested activities. e.g. Singing is highly recommended!

Cost: By donation for the online course; by donation for the monthly group session (split between the church and the facilitators) Please contact June or Brock to register. 250-472-6065 FacilitationbyJune@gmail.com; [brock1492@shaw.ca](mailto:brock1492@shaw.ca) About the Facilitators: Brock and June are long time Buddhist meditators and members of FUCV since 2001. Brock, while not doing renovation work, is in training to be a Community Dharma Leader. June is a Meeting Facilitator - [www.junefukushima.com](http://www.junefukushima.com). <sup>\*</sup>Note: If you don't have a computer, we can help you get the materials

## THE LEARNING CIRCLE

Every second Tuesday, 9:15 until 12:00 Boardroom or Library.

This program, led by Doug Seeley and some of the participants, 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?", "What is the meaning of Liberation?", "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; our group has chosen ***Thinking in Systems*** by Donella Meadows, and ***A Life of Being, Having and Doing Enough*** by Wayne Muller. Further information contact Doug at: [daseeley@deepsynergy.com](mailto:daseeley@deepsynergy.com)

## ONGOING OPPORTUNITIES

### *BOOK CLUB*

Interested in stimulating conversation and exchanging of ideas? Contact Nanw Cariad at [nanw@shaw.ca](mailto:nanw@shaw.ca) to find out more about the book club that meets in people's homes on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month. You could even start a new book club in your neighbourhood if you'd like!

### *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](mailto:deerpants@live.ca)

### *CHALICE CIRCLES/COVENANT GROUPS*

There are currently 4 Chalice Circles and there are a limited number of spaces still available in these groups. Please contact Rev. Shana if you are interested in joining one of the existing chalice circles. In January, four new covenant groups began to meet regularly through to the end of June, each with the guidance of two co-facilitators. Covenant groups of up to ten people provide an open and supportive environment that specifically promotes intimacy (making connections and developing friendships within our congregation) and ultimacy (spiritual growth and the search for truth and meaning). These groups are a complement to the existing chalice circles that continue to meet ongoingly.

50 people in the congregation have expressed interest in being in a covenant group. The availability of facilitators creates a limit to ensuring everyone can be accommodated. We encourage YOU to consider being a small group facilitator in the fall, by attending the March 31 workshop with Rev. Shana and Diana Smith. Be in touch with either of us to discuss the possibility further.

### *THE SOCIAL RESPONSIBILITY COMMITTEE*

The SRC 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 for more information.

### *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)

### *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](mailto:earleanthony@shaw.ca)) for more information.

### *SPIRITUALITY GROUP*

The Spirituality Group meets on the second Sunday of the 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 [donandclare@shaw.ca](mailto:donandclare@shaw.ca) or Nancy Dobbs at [nandobbs@shaw.ca](mailto:nandobbs@shaw.ca) for more information.

*To be human is to be religious. To be religious is to make connections. To lead a meaningful life among the many competing forces of the 21<sup>st</sup> century, each of us need support in making meaningful re-connection to the best of our global heritage, the best in each other and the best in ourselves.*

Rev. John Buehrens, UUA president 1993-2001

## MUSICAL OPPORTUNITIES - ON GOING

### *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](mailto:fmboyce@shaw.ca) for more information.

### *MEN'S AND WOMEN'S CHOIRS*

These two choirs are open to all adults who want to sing music specially selected for either male or female voices. The choirs meet twice a month on Thursdays from 6:30 to 7:30pm, before the Chalice Choir rehearsal. *You do not need to be a member of the Chalice Choir to join the Men's and Women's choirs.* Please contact Penny Boyce [fmboyce@shaw.ca](mailto:fmboyce@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](mailto: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 250 385 2299 [hannyhugo@shaw.ca](mailto:hannyhugo@shaw.ca) or Sandy Emerson, 250 475 6595 [sew03@telus.net](mailto:sew03@telus.net) 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.

## SPIRITUAL EXPLORATION AND LEARNING RESOURCES:

Canadian Unitarian Council [www.cuc.ca](http://www.cuc.ca)  
Unitarian Universalist Association [www.uua.org](http://www.uua.org)  
Church of the Larger Fellowship [www.clf.uua.org](http://www.clf.uua.org)

"Church is where we practice what it means to be human".  
~James Luther Adams.

"For Unitarian Universalists learning is the fundamental spiritual practise"  
-Reverend Dr. Rebecca Parker Starr King School for the Ministry

Education is not the filling of a pail but the lighting of a fire.  
-William Butler Yeats

## SPIRITUAL EXPLORATION AND LEARNING FOR ADULTS TEAM

The Core Purpose of the Spiritual Exploration and Learning – Adult [SELA] Team is to:

*create and foster pathways to learning with unique offerings that meet the diversity of lifespan needs. We develop, coordinate, nurture and sustain programs, dialogues, affinity groups, chalice circles, and special offerings which:*

1. Introduce new or emerging topics of faith and spiritual growth
2. Deepen shared meaning and understanding of a topic, e.g. Beloved Community
3. Provide opportunities to learn together through dialogue, exploration and self-reflection
4. Build spiritual growth within our community and reach out to others to integrate and open up boundaries
5. Build capacity for facilitation and leadership in a culture of learning
6. Engage people from the time they enter the door recognizing the uniqueness of perspectives e.g. a new member may be new to religion, new to the Unitarian faith, to this community – each have unique needs.
7. Recognize transitions: from childhood to adulthood to end of life; single to parenthood; work to retirement.