

First Met News

Fall 2022 Newsletter



Volume 23 Issue 3

- 02 Coming in Broadview
- 03 Shelagh's Message
- 04 Report from the Board Chair
- 05 Walk in Relationship With All of Creation
Climate Conversations
- 06 Carmen Lansdowne New UCC Moderator
- 07- Finance and Administration
08 Report
- 09- Spiritual Care and Wellness News
11
- 12 Children and Youth Ministry
- 13 Evolving Church Team News
- 14 A Few Important Things
- 15 Explore Indigenous Issues
New Books in Mountford Library
- 16 As Needs Change...
Book Launch: Tea at the Empress
- 17 An Introduction to Subuds
- 18 Unity Church at First Met
Orange Shirts for Sep 30
- 19 Donations to Registered Charities
Volunteer Greeters Needed
- 20 NPNA News
- 21 Welcome AbbeyChurch!
- 22 Summer 2022 Pictures
- 23 In Memoriam
UCW News
- 24 Event Listings

Inside this Issue



Edeana Malcolm with the banner she created for the All Beings Confluence. A selection of these banners will be displayed in the First Metropolitan sanctuary during the Season of Creation.



First Met Hours of Operation

CHURCH BUILDING HOURS

(Starting Sep 6)

Monday–Friday

8:30 am–3:30 pm

5:45–9:45 pm (Mon/Tue/Thu)

OFFICE HOURS

Monday–Friday

9:00 am–4:00 pm

SUNDAY HOURS

9:00–1:00 pm

8:30 am–1:00 pm (on first
Sunday of month)

Note the church will be closed
Sep 5th for Labour Day.

Office Contact Information
Phone: 250-388-5188

Need pastoral care ?

Please call the church at
(250) 388-5188, press 4,
then wait on the line.

September Issue of Broadview

The September edition of Broadview is out!. Here's a peek at some of the stories:

- **How We Got Here:** Indigenous creation narratives root us in a place. Western Christianity tells a different story.
- **Touchstones:** Four Indigenous writers share what nourishes their spirit.
- **A Journey of Unforgetting:** The Sami are the only indigenous people in Europe. The author returned to the land of her ancestors to decolonize and reclaim her identity.
- **Was Jesus a Pharisee?:** A long tradition of anti-semitism has taken Christ out of context.
- **Born Leader:** For seven years, Natan Obed has been the national voice for Inuit People in Canada.



Schedule for Upcoming Newsletters

The deadlines for submissions for upcoming newsletters are:

- Winter 2022: November 14 (published by November 27)
- Spring 2023: February 13 (published by February 26)
- Summer 2023: June 12 (published by June 25)

Sunday Services

Weekly in-person services at 11:00 am

Chapel Communion service: First Sunday of the month at 9:00 am
Masks and vaccination against COVID-19 are strongly recommended

Virtual church services: firstmetvictoria.com/pages/live-stream

Live streaming of regular Sunday Service is FREE. However, we welcome donations from our online community.



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Shelagh's Message

As I write this, I'm in Stratford, Ontario. I've attended 4 performances at the Stratford Festival culminating with the *Songs in the Key of Cree* by Thomson Highway. All of the production will find some future reference in Sunday reflections. I've had a picnic lunch on the banks of the Avon River and been surprised to see the majestic swans coexisting with the more ordinary Canada geese. With the way the sun glistened on the white feathers, the swans looked like pearls shimmering on the diamonds of the water.

This picture stays with me as I put pen to paper and welcome you to autumn at First Metropolitan United church. In worship we will celebrate the Season of Creation and give thanks for all the bounty of the earth. We'll reflect on the burdens we sometimes place on the Earth and we'll discern ways to love and care for our earthly home. We'll consider some of the teachings of the First Nations people and learn from their example of being good neighbours and living in harmony with creation.



The Future Search Working group has been busy researching the options for the future of First Met. Their report will come to the Board. After review and discernment, the Board will bring options to the Congregation in early October for your consideration and decision. Whichever direction we go, we want to thank the members of the FSWG for their wisdom and toil over the summer. We are in their debt.

Our fall programs will begin again after Labour day. Please read through this newsletter to hear of the excellent opportunities being offered.

Stop into the office and welcome Lauren Paterson, the new office administrator. She and Katya are working very cooperatively and this bodes well for the strength of our front office. As such, we expect the office to be open Monday to Friday, 9:00 am to 4:00 pm after Labour Day.

There is something for everyone in this fall newsletter; I do commend all parts of it for your reading pleasure. As always we thank the communications team which does such a wonderful job spreading the word of the wonderful things that are happening here at First Met.

Back to my summer holiday: Let the autumn come, I say, but not today. So I leave you with a poem from Mary Oliver that perhaps catches the transition from summer to fall (not to rush the season) allowing us to pause and to revel in this day and give thanks for the beauty and generosity of this moment.

When I Am Among the Trees

*When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.*

*I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.*

*Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.*

*And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine.*

Bless your hearts, love,

Shelagh



Shelagh with the costume worn by Alec Guinness when he played Richard III in Stratford in 1953.

Report from the Board Chair



“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” (II Corinthians 5:17)

It is difficult to say good-bye to the old, but it is necessary so that we can open our hearts and minds to new possibilities. As many of the familiar things of the past leave us—RTG (the Redevelopment Task Group), our long-time tenant ICA (the Inter-Cultural Association), and the Our Place shelter in the Fellowship Hall—we prepare ourselves for the new: the AbbeyChurch which shares our sanctuary, NAI, the real estate company that will help us lease our space, the PMTG, the Property Management Task Group that replaces RTG, and the Future Search Group that is looking at new directions our church may take.

This last group is made up of Cheryl Black, our new Volunteer Associate Minister, members of the Board: Ross Breckon, Larry Scott, Linden Holmen, as well as Marion Denton. We expect to have a congregational meeting this fall to discuss their ideas further. And we thank those members of the congregation who participated in our June discussions that provided the impetus for this group.

As we have welcomed new Board members, we have changed some of our assigned teams. Here is a complete list of Board members and the groups that they are to liaise with:

- Marketa Mellows - Archives & Heritage Team, Library Team, Communications Team
- Larry Scott - Hospitality, Newcomers Welcoming, Board of Trustees
- Edeana Malcolm - Worship, Sunday School & Youth, Music
- Emily MacDonald - Evolving Church, UCW, Spiritual Care & Wellness. Outreach
- Ross Breckon - Finance & Administration, Ministry & Personnel
- Linden Holmen - Property Standing Committee, Property Management Task Group

Besides the group assignments, members of the Board have been extremely busy this summer. The Future Search Group with three Board members has been especially active, meeting weekly. As well, Larry has continued to keep our garden in order, while Emily and the Evolving Church Team put together an information table at the North Park Neighbourhood Fair in late July. Also, of course, we have continued our monthly Zoom Board meetings.

New Refugee Sponsorship Initiative

As part of our commitment to being Affirming, First Met is working in partnership with a local group called Friendship and Freedom Refugee Sponsorship and with ICA, to sponsor a member of the LGBTQ+ community from Uganda. We are the silent partners in this arrangement, providing the money from a fund earmarked for refugee sponsorship. This fund has lain dormant since Kathy Cook's illness and death, and of course, during Covid. Robin Stevenson (whom you know from her book *Ghost's Journey: A Refugee Story*) leads the group Friendship and Freedom, whose volunteers will be doing the difficult hands-on work of the sponsorship. They anticipate the arrival of a refugee this fall or winter. At that time, we will provide them with the money in our Refugee Fund (roughly \$20,000). I will keep you posted, especially if they require more money than we initially provide. Given inflation, this may be all too likely.

I hope and pray that you all had a wonderful summer vacation and are ready for another church year full of new possibilities.

Edeana Malcolm, Chair of the Board

*no one leaves home unless
home is the mouth of a shark
you only run for the border
when you see the whole city running as well — Warsan Shire*

Walk in Relationship With All of Creation

Come celebrate The Season of Creation at First Met (Sep 1 to Oct 4) and experience the beautiful 'All Beings Confluence' art panels that will be hanging in the sanctuary from Sept 11 through to October 9.

Each of the 30 plus beautiful panels have been created by a different artist. These panels are a small part of a *much* larger collection of thousands that have been created over the past decade and are now being hosted in many countries.

The vision and seed for this bold idea came from Saskatchewan artist Martha Cole who said of the project, "I want to save the Earth, and with this work I believe that is what we are doing... Anything that moves us to a better understanding of our interconnectedness, moves us towards wholeness and the healing of the Earth."

To explain how such a vision is possible, Cole used the metaphor: "Many drops of water eventually form a river, and river's find the ocean, so never underestimate the power of a single drop of water, or a community with a powerful vision."

Come and walk amongst the art panels as they hang in the First Met sanctuary. Each of the ten-foot sheer panels are painted with a single living being and they are all hung in relationship to each other, never alone. It is a visual representation of the web of life.

Who knows what creativity will be spawned and what energy sparked from experiencing this 'confluence of all beings'? May it be so.



Saskatchewan artist Martha Cole,, founder of the All Beings project.

Climate Conversations Starting September

Then shall all the trees of the forest sing for joy.

Psalm 96:12

When I go for a walk or hike I can't help but take notice of the trees! The tallest or the biggest ones, the maples covered with mosses and lichens, or the graceful leaning arbutus with their amazing gold-to-red peeling bark. Trees take me to a happy place; I can just imagine the forest singing for joy!

During these hot summer days, trees and protected green spaces in urban areas create pockets of shade and moisture for the all life. Yet we are only too aware how vulnerable our forests are to fires caused by the increasing drought conditions, lightning or human activity. If you follow the news, then you are aware of the growing magnitude of the challenges facing humans, trees and other beings for continued life. As Thomas Merton and Joanna Macy put it "our 'Great Work' is to understand and behave as if we are members of a community of beings who all depend on each other." We need to learn about and advocate for drastic changes in how we protect our ecosystems.

For five weeks on Wednesday evenings, starting Sept. 7 online, 7-9 pm, or Thursday mornings, starting Sep. 8, 10-12 pm, in the Doreene McLeod Room (COVID precautions in place), we invite you to join in one or all of the Climate Conversations we will be hosting. All conversations are free and open to anyone to join in. Please sign up at the office 250-388-5188 if you would like to attend. If you have any questions please don't hesitate to send me an email at thegrays@shaw.ca

In the meantime, I hope you get the opportunity to connect with a tree near you. Thanks be to our Creator for trees and communities of people who care for all of creation.

Janet Gray

Right Rev. Dr. Carmen Lansdowne 44th Moderator of the United Church of Canada



Rt.. Rev. Dr. Carmen Lansdowne

The United Church of Canada has elected the Rev. Dr. Carmen Lansdowne, Kwisa'lakw, as its 44th Moderator. She will be the church's spiritual leader for the next three years.

Ordained in 2007, the Rev. Dr. Lansdowne is only the second Indigenous person to be elected Moderator, following the Very Rev. Stan McKay, who served as Moderator 1992–1994. A member of the Heiltsuk First Nation, she was born in Alert Bay, British Columbia, and has been a lifelong member of the United Church. She is committed to an Indigenous way of being in the world.

In articulating her vision for The United Church of Canada, the Rev. Dr. Lansdowne speaks of a church that is committed: "To build new connections and rebuild old ones. To work towards social change that sees a world cared for, and human dignity honoured. To walk together every day in repentance and reconciliation. To march and fight and change unjust systems together. To pray together. To sing together. To discern together."

In addition to her theological contributions as a writer and speaker, she has served the church in a variety of roles locally, nationally, and with the World Council of Churches. As Moderator, she will be on leave from her position as Executive Director of First United Church Community Ministry Society, which serves the people of Vancouver's Downtown Eastside.

At this moment of transition, the United Church also expresses its sincere gratitude to outgoing Moderator, the Right Rev. Dr. Richard Bott, who served the church with grace during an extraordinary and extended period.

The church's General Council 44 installed the new Moderator at its closing worship service on August 7, 2022. This service was livestreamed across the country, with an in-person event held at Canadian Memorial United Church in Vancouver.

Credit for text: United Church of Canada: <https://united-church.ca/news/rev-dr-carmen-lansdowne-elected-44th-moderator>. Photos: United Church of Canada.



Finance and Administration Report

Summer 2022 has been a busy time for Finance and Administration at First Met including the addition of Cheryl Black as our new chair of the F&A Committee, the search to replace Lindsey Bellman who resigned at the end of June, the transition of the Treasurer role from Liane Clark to Ross Breckon, the start-up of some new long-term tenants at First Met and the involvement of Cheryl Black and Ross Breckon in the Future Search Group evaluating options for the future of First Met. I am glad to report that with the ongoing assistance of Liane Clark, F&A has been able to keep all the pieces together and is making good progress on all fronts.

Administration

Cheryl Black officially took over the role of F&A Chair from Liane Clark in July. Your F&A Committee currently consists of Cheryl Black (Chair), Ross Breckon (Treasurer), Susan Walma (congregation), Katya Rummyantseva (Finance Office) and Lauren Paterson (Administration). We will gladly welcome other congregation members who have an interest in F&A matters (including finance and information technology, office systems) to join the Committee. As they say many hands make light work. Liane Clark has agreed to stay on as an office volunteer and be a resource for the F&A Committee as required.

We are pleased to announce that Lauren Paterson officially joined First Met on August 8, 2022 as our new Office Administrator. She will spend the next few weeks learning First Met processes and systems from Liane Clark, Katya Rummyantseva and our other staff members. (See p. 2 for new office hours starting September 6.) If you are attending Sunday services in person, drop by the church office to meet Lauren who will be working in the church from 10:00am –1:00pm on Sundays until after Labour Day. Many thanks to the hiring team led by Cheryl Black and supported by Peter Clugston, Ross Breckon and Leanne Prestwich, our Chair of M&P.

Finance

First Met financial results to the end of June 2022 are tracking reasonably well to the 2022 budget except as noted below.

- The total revenue received for the first half of 2022 (not including Foundation contributions) is \$235,807 or approximately 47% of the annual revenue budgeted for 2022. The reason that revenue is not 50% or higher at the six-month point is due to the seasonal pattern of Givings and program activities which are weighted slightly more heavily to the second half of the year.
- The total expenses for the first half of 2022 are \$488,138 or approximately 51% of the annual expenses budgeted for 2022. The reason expenses are higher at the six-month point is due entirely to the consequences of the protracted cold weather experienced by Victoria in the spring of 2022 and the unprecedented increase in energy costs since the beginning of the year. Our oil and gas expenses in the first half of 2022 were approximately \$28,000 higher than in the same period of 2021. Without those added costs First Met's year to date expenses would be tracking at 48% of the 2022 annual budgeted amount.

Letting

AbbeyChurch held its first worship service in the Sanctuary on August 7, 2022. A small contingent from First Met including Ross and Robin Breckon, Rev Shelagh MacKinnon, and Rev Cheryl Black attended the service to welcome the AbbeyChurch leaders and congregation to our sanctuary. We appreciated and enjoyed the experience and look forward to future opportunities where AbbeyChurch and First Met can join in our outreach to the North Park and downtown Victoria communities. (See p. 21 for more information about AbbeyChurch.)

Continued on p. 8.



Cheryl Black
Volunteer Associate Minister



Lauren Paterson
Office Administrator

Continued from p. 7

In July First Met entered into a letting agreement with the Pacific Mountain Region to supply office space for Tressa Brotsky, a Communications Specialist with the Region, who lives and works in Victoria. Tressa is taking over office 212A in the Christian Education Wing, adjacent to the office occupied by AbbeyChurch. Tressa moved in on August 7, 2022.

During the week of August 15, NAI Commercial, the real estate brokerage, contracted to help First Met to find new tenants for our vacant space, will begin showing our property to prospective tenants. The process of securing new tenants is expected to take six months.

Technology

The AV team took the time over the summer to finish the installation and fine tune the new sound board and coach our friends from AbbeyChurch on the use of our AV system to support their services in the Sanctuary.

Upcoming Fall Activities

Finance and Administration has begun the planning for several important fall activities including the 2022 Stewardship campaign and preparation of the 2023 Budget. Please contact Cheryl Black or Ross Breckon if you are interested in helping F&A with either of these activities. Stay tuned for more information.

2022 Stewardship Connection

*"Behold, I am doing a new thing;
now it springs forth, do you not
perceive it?"*

*I will make a way in the wilderness
and rivers in the desert."*

The prophet Isaiah spoke both words of correction and words of reassurance to the people of his day. The passage that anchors our 2022 Stewardship Connection is part of the message of hope and encouragement to the people as they faced an uncertain future.

Our 2022 Stewardship Connection will launch later this fall. This campaign will occur in the context of First Met's search for future directions. After the disappointment of the redevelopment proposal ending, we are now at the juncture of setting out onto a new path, of making a new way through the wilderness that is church life after COVID, in this 21st Century.

We will be inviting people of the congregation to embrace the new directions, to become a partner with God in doing a new thing at FM and to give generously of your gifts and resources.

Your enthusiastic participation in the 2022 Stewardship Connection will allow the new things God is doing to spring forth in our midst.

Ross Breckon



Tressa Brotsky, Pacific Mountain Region Communications Specialist



"Money is not the only commodity... to give. We can give time, we can give our expertise, we can give our love or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give."
—Steve Goodier

Pop-Up Cafes a Huge Success!



For the past few summers, First Met has been a very quiet place, lonely you could say. All that changed this spring when the Spiritual Care and Wellness Team dreamed up the idea of hosting our first ever Pop-Up Cafes! Health and Wellness Advocate Kyla and Rev. Shelagh were chatting one afternoon about how to engage the congregation and community once again after so many long months of COVID, when we had an “Ah-ha” moment.

Our vision for the Café was to create an opportunity for *conversation* and *connection*, and of course good coffee! (We approached our Neighbourhood Roastery, Fernwood Coffee, and they provided a donation of three pounds of coffee for the event.) We wanted to welcome the congregation and the wider community to come together and build new relationships as we made our way in these new “COVID times.”

With the wonderful support of our co-op student, Ethan Slogotski, and the Communication Team of Joan and David, we began to dream how to organize and promote the event. The Spiritual Care and Wellness Team stepped up right away to offer support when it came time to prepare for our first event. We had a wonderful team of volunteers, both on the SC&W team and from the congregation at large. We felt so blessed to have such an enthusiastic and welcoming group! The FMUC staff (office, custodial, music and finance) have all supported this new initiative. Kelly Charlton, our Director of Music Ministry, came out to play piano tunes in July!

Each week we have consistently welcomed between 20 and 25 folks from within the church (old friends and new), along with local community members and some folks from the Our Place Society community. This new initiative has been a wonderful success by all measures, and in no small part due to the dedication of the volunteers and participants! A heartfelt thank you to all who have come out to support the First Met Summer Pop-Up Café.

Kyla Morrison-Morgan



First Met's Visitation Ministry

Have you heard about animal therapy? One of our visitors takes a dog to visit homebound people. The person who was visited became relaxed, petting the dog and conversation flourished. People who have PTSD (Post-traumatic Stress Disorder) or other emotional burdens have found therapy dogs helpful to settle situations when their condition is triggered. Dogs and other animals are so therapeutic for us all.

Our visitors try to find the best way to bring the love of God from First Met. At our last meeting in June, we came up many ideas. One of them was reading aloud to those who do not have profound hearing loss: newsletters, Bible passages, etc. It reminded me how soothing it was when our parents were reading a bed time book. Although summer is a quiet season for the church, visiting has continued. Some facilities still require a COVID test, so visitors must wait for 15 minutes for the results before being allowed to visit. We are patient.

In the photo Shirley Tucker is reading our Newsletter brought to her by her visitor. Although she is homebound, she is an amazing person, who taught at a university in California and still takes part in zoom sessions.

This autumn we are looking forward to start the new season. Visitation is such an honour and you learn so much about yourself. If you want to be visited or you know someone who needs to be visited, please let us know. Also, if you are interested in becoming a visitor, please call me.

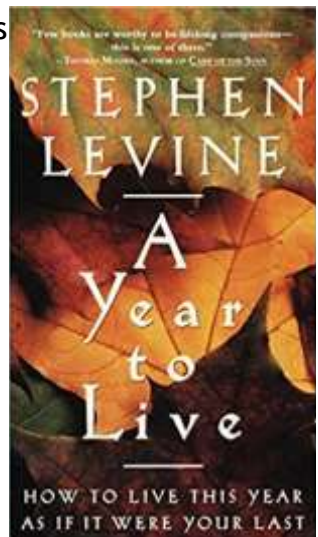
Megumi Matsuo Saunders Visitation Ministry Coordinator (250) 896-3876



One Year to Live Book Study

In his new book, Stephen Levine, author of the perennial best-seller *Who Dies?*, teaches us how to live mindfully—as if it were all that was left. On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year; now he shares with us how such immediacy radically changes our view of the world and forces us to examine our priorities. Most of us go to extraordinary lengths to deny the fact that we are going to die, but preparing for death is one of the most rational and rewarding acts of a lifetime. It is an exercise that gives us the opportunity to deal with unfinished business and enter into a new and vibrant relationship with life.

Shelagh MacKinnon and Kyla Morgan-Morrison will lead an in-person book study starting mid-September, helping us to adapt Levine's program of practical strategies and guided meditations, so that whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon.



Thank you Wally Lazaruk for your many contributions to the Spiritual Care and Wellness committee. Wally has stepped down from the committee, but continues to offer workshops and write articles for the newsletter. Wally was presented with a gift in thanks at a recent service.

Honouring Tammy Lindahl's Ministry



The spiritual care and wellness team initiated a fundraising project in June when we learned Tammy Lindahl would be leaving her ministry in Bella Coola. We asked what her wishes would be for a donation to honour her compassionate and healing ministry. On reflection, she said that because her ministry had mainly been in palliative care, she would like the donation to reflect that area. After talking to staff at the Bella Coola hospital, she suggested funds be donated to refurbish the Palliative Care Room in the Bella Coola Hospital and to provide a resource library on grieving and end-of-life issues to meet needs in the community.

First Metropolitan United Church is partnering on this project with friends in Augsburg-Mackenzie and Emmanuel United Churches in Bella Coola with love and gratitude for Tammy's ministry.

Thanks to the generosity of our congregation, we have exceeded our goal of raising \$3000. Tammy left Bella Coola at the end of July and has moved back to Victoria. She was honoured at the August 21 Sunday service and presented with a certificate recognizing the donation. Our donation will be sent to Augsburg-Mackenzie United Church at the end of August where it will join with funds raised in the Bella Coola community. The hospital staff have identified some improvements and are pricing and locating items. We will keep you informed as we hear about the progress.

Thanks for your support.

Alva Jenson

Ageing to Sage-ing Third Level Course This Fall

Introductory and second level course on Aging to Sage-ing were held between February and April of 2022 via Zoom with Nancy Gray-Hemstock and Annie Klein. Nancy and Annie are both certified international instructors in this program, and the evaluations have been very positive. First Met offers this course through a grant from the Pacific Mountain Region of the United Church. Some of the comments from participants included :

- "I liked the richness and meaningfulness of the material."
- "My only wish is that this calibre of course material and the dynamics of the group could go on."
- "Annie and Nancy were an excellent team - coherent, cohesive, coordinated and gentle"
- "The opportunity to hone/expand/refine our deep listening skills, empathic communication skills - and a very profound opportunity to examine life relationships...."

A third level course will be offered October 6 to November 10, Thursday mornings on Zoom, from 10:00 am to noon . Watch for details on registration in the biweekly First Met Update, website and announcements.

Emily MacDonald



Children and Youth Ministry Update



At a busy summer picnic, filled with learning and fun, we bade a heartfelt bon voyage at Beacon Hill park for our beloved Dube family who have now settled into their new life in Alberta. Faith@Home kits filled with crafts and ideas helped families connect from home, and our Pentecost Dove mobiles with words in many languages added a spark of colour.

Indigenous Day of Prayer brought learning about the medicine wheel and medicine hoops with coloured feathers. Then on June 26th we joined other United churches for the Pride Parade - an amazing community experience!

Sunday school included children's communion with gluten-free cookies and juice boxes, Volcanoes of Love, and a sensory scavenger hunt — part of our learning about Luke 12:32-40 and being aware and prepared.

We continued to unpack the scripture over the summer and made 'ten essentials' personal preparedness kits. And so, we travel on — with learning, play and good buddies.

Our condolences and prayers go out to Kathy (and partner Aaron), Noah and Megan McMillan on the loss of their father and grandfather Reverend Cam McMillan. A great loss but leaving countless wonderful memories for this beloved family.

Condolences and prayers also for the Vowles-Tuey family — Leanne, Brendan, Colin, Amelia, Madeleine and Kaitlyn, on the loss of their mother and grandmother Judy Vowles. Our hearts are with this beloved family as they cherish memories while navigating a new way of living.

Coming up!

- First Met Kids has a book table at the Pop-Up Café! Take a book or puzzle to while away these last beautiful summer days. Voluntary donations will go to our M&S project (to be chosen by the children next Sunday — stay tuned) as well as tentative plans to attend Rendezvous 2023!
- Goldstream group camp - August 22 to 25! Come for all or part of this special First Met community gathering. Hotdogs, s'mores, and the great outdoors!
- And stay tuned for our Blessing of the Backpacks as well as a celebration of First Met high school and university graduates this fall.

Many thanks to all for your continued support of this lively and wonderful ministry.

Micia Kanstrup



Evolving Church Team News

Have you ever wondered about the community in which our church resides? Or wondered if we, as a church family, could engage with our community better? That we could discuss a 21st understanding of scripture as studied and written about by 21st century theologians such as Marcus Borg, John Spong, Phyllis Tickle and others? When Phyllis Tickle was at Epiphany Explorations, she spoke about the church going through an evolution every 500 years. She told us we were at that point again.

The Evolving Church team has been exploring these issues. Our church lives here, in the poorest neighbourhood in the city and yet it is a vibrant community! North Park refers to itself as “Edgy to the Core!” This year, we welcomed Sarah Murray, Executive Director of the North Park Neighbourhood Association, to have an office at First Met.

You have responded so beautifully to our requests for things for the children of the families in the Hamper program. At Easter, we were able to purchase fresh eggs and egg coloring kits; at the end of the school year, Freezies for the children.

We continue to work with Our Place to supply Tenant Support Kits that enable people to get set up in their new home with all the items needed. A new supportive housing complex with 52 units operated by Our Place is due to open soon on Albina Street in Saanich. We have offered five tenant starter kits for tenants moving into the building. While most of the needed supplies are in hand, now is a good time to donate household items. Contact Joan Mickelson at (250) 385-4033 for details on what is needed. Thank you for your help!

In July, we participated in the North Park Neighbourhood Multicultural Festival. We had a canopy and table, with lemonade and cookies (again provided by you) and a big bottle of fish crackers for kids to guess at the number inside (1,110) in order to win the whole thing. The winner, Lana, was delighted when I delivered it to her. With the help of Ethan Slogotski, our co-op student, we created a logo and had it put on T shirts which we wore to the Festival. We had information for people on what the United Church is about, but we weren't there to proselytize. We just wanted to say ‘hello’ and get to know our neighbours. We also made sure we made our space at the festival affirming, with a multicolored umbrella and information.

Our plans for the Fall have not been determined yet, but some ideas include:

- Coffee and Conversation, maybe with a facilitated conversation, such as “How do you conceive of God?”.
- Hold a service for families and friends of people who have died from a toxic drug
- Hold a Repair Café - free fixing of electronics, clothing, jewelry, etc.
- Participate in another Multicultural Festival in October
- Christmas gifts for the children in the Hamper program

We hold our meetings on the first Wednesday of the month in the DMR at 10:00 am to noon. We welcome you to join us at any time.

Emily MacDonald, Team Leader



T-shirt with the Evolving Church logo



Evolving Church booth at the Multicultural Festival

A Few Important Things

What are some important things to consider as we live our retirement years? After some reflection, the following guidelines come to mind for developing our inner strengths:

Live in alignment, in symmetry, with your core values. These values may include personal mastery, achievement, relationships, play and creativity, financial management, life-long learning, search for meaning, compassion and contribution.

Cherish the love in your life. Relax, let go and open to this love. Love is your strength. Love involves letting go of fear. Smile and offer help. Be kind in every encounter. Think loving thoughts and cultivate loving actions. Do no harm.

Let go of the negative patterns in your thinking. Let go of your inner critic. Letting go frees you and allows you to live in the present moment and to let in the positive. Look past the clouds and see the sun. Feel the unity that is always here. Observe the garden, pull the weeds and plant flowers: let be, let go, let in.

Forgive everyone who has caused you pain or who has offended you. Wish or pray that everyone you have hurt has forgiven you. Forgive yourself for all the pain and suffering that you may have caused others and yourself. Everyone has an inherent good nature. See the goodness in every person, including yourself, no matter what happened. Accept and love yourself the way you are and make improvements as needed.

Open your heart and mind to seeing things in a new way. Dwell in possibility and appreciate the value of all things and the many different ways other people and things contribute to the world.

Cultivate healthy relationships. Value and care for people and adopt an attitude of openness and inclusiveness. Take time to listen, to converse and to share. Look for the good in everyone. Share your positive qualities, talents, skills, experience and kindness. Choose words that are positive, practice forgiveness, help others and practice integrity at all times.

Practice compassion and self-compassion. Compassion is your ability to attend to the experience and suffering of others and helping if you can. We all suffer. We all face challenges, struggles, conflicts, illness and death. This is part of our common humanity. Practice compassion by gathering your attention and feeling concern or caring for others. Then consider and sense what will serve others, using your intuition. Finally, engage and do whatever is helpful to relieve the suffering of another. Do the best you can, realizing that you cannot control the outcome. With repeated experiences of compassion and feeling it, compassion can become part of your neural structure or function.

Self-compassion applies compassion to yourself. Treat yourself as a friend. Be kind to yourself. Show yourself respect, care and good will. Encourage yourself and do your best. Through self-compassion, you can enhance your resilience, self-worth, and confidence.

Be humble. Hold an accurate (not over- or underestimated) view of your abilities and achievements. Avoid being self-centered, self-promotional and close-minded. Be open-minded, focus on others and look for ways to contribute, collaborate and help others. Listen reflectively. Value and protect each human life. Each person is unique. Appreciate that others will always be able to teach you something. Know your limitations. Learn from your mistakes and failures. Commit to lifelong learning.



"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."
Marcus Aurelius

Continued from p. 14

Cultivate generosity. Generosity involves giving. Most generosity does not involve money. Non-financial generosity may involve offering your attention, patience, help, or encouragement to others. Financially, generosity may involve sending a cheque to a charity. Appreciate yourself as a giver. Bring an inner stability of calm awareness, of equanimity, along with compassion to the suffering that exists in your community and world. Reflect on what you have already done to help others and on what you are currently doing.

Be grateful. Recognize, acknowledge and be grateful for the good things in your life. Be thankful for your health, family, safety and well-being, friends, community, and the success and gifts of others. Be thankful for a good meal, a sunny day, warm water and a genuine smile. Gratitude helps you to let go of the negatives in your life and embrace the positives with all your heart, mind and body. Gratitude is an immensely powerful force that you can use to expand your happiness, create loving relationships, and even improve your health.

You may wish to select and practice some of these foundational mental resources. May you enjoy success in your efforts. "Focus on progress, not perfection." (Bill Phillips)

Wally Lazaruk, August 2022

Explore Indigenous Issues through NFB documentaries

The National Film Board of Canada has a catalogue of films created by Indigenous filmmakers from Alanis Obomsawin to Gil Cardinal. The catalogue spans the years 1968 to 2022 and includes films in English and many First Nations and Inuit languages including Inuktitut, Kanien'kéha, Cree and Dene. Topics include urban life, biographies of Indigenous leaders and artists, storytelling, history, traditional ways, and much more. Documentaries can be viewed online: <https://bit.ly/3QImfbF>.



New Books in Mountford Library

Did you know the First Met Library has not received any church funding for many years now? We depend on financial donations from library users, and a limited number of book donations.

If you have bought any really good books in the last couple of years that could be of interest to folks at First Met, we hope you will consider donating them to the Library. A couple congregants have donated wonderful books which greatly enhance our Library, and we invite others to do the same. Spiritual/religious books are good, but so are any on topics like Indigenous relations, end of life/caregiving books, books on refugees and immigrants, LGBTQ2S+, climate change and any social justice issues. Both fiction and nonfiction are welcome.

We do have limited space so can only accept books published in the last couple of years on topics related to our church's interests.

Please phone or send a message to Denise Holmen, Library Committee Chair, to discuss any books you'd like to donate before bringing them in: 250-370-5085, dmholmen@telus.net. Thank you!

Denise Holmen



One of the new titles in the Mountford Library. Check the First Met website for other new books.

As Needs Change...

Soon after the amalgamation of First United Church and Metropolitan United Church twenty-five years ago, renovations were carried out at Quadra and Balmoral to meet the needs of the merged congregation. As First Met changes and evolves, so does the building we care for. These Property Team photographs from 1997/78 show renovations to the basement level. The 2022 Property Committee requested copies of these archival records to use in current planning. (First Met Archives / FMUC_2004-0533)

Archives & Heritage, August 2022



Book Launch: *Tea at the Empress*



On Wednesday, September 14 at 6:30 pm, Edeana Malcolm will be launching her latest novel, *Tea at the Empress*, at the new Gorge Pavilion in Esquimalt Gorge Park. Please come early and share a cup of tea!

"Edeana Malcolm's Tea at the Empress is a delight. The character of Edith positively sparkles on the page--a young woman living a life of excitement at a time when women were only beginning to access hard-won human rights. It is this exploration that makes the book so timely and necessary today as those rights are threatened anew in North America. While Edith's story provides plenty of humour, nostalgia, and entertainment, it also serves as an important call to action for this and future generations. A necessary book for a complex world."
— Carleigh Baker, Canadian author of Cree-Metis and Icelandic heritage and winner of the Vancouver Book Prize for her collection of short stories, *Bad Endings*

An Introduction to Subud

(Editor's note: The Subud group has been meeting twice weekly at First Metropolitan United Church since amalgamation. It is one of the groups that regularly use our building. As we have heard many questions about this group, we invited the group to tell us more about Subud.)

The Subud group in Victoria is small, perhaps because they do not try to talk people into joining as it is best that those who are seeking be guided to it, if it is right for them. Have you heard of any group of people who worship One God together and usually get along fairly well who are from many different religions, languages and countries?

I am a Christian who in the 60s, like many others, was searching for meaning, and through a series of events was led to Subud in 1966. After participating in the practice at least twice a week for a half hour, in 1982 I had an unexpected call to ministry in the United Church. I served five congregations in BC before retiring in 2003. Subud helped me to develop a progressive and inclusive understanding of Christianity. It allowed me to meet people of all religions, many cultures and genders, and to visit groups in different countries where I attended meaningful gatherings and congresses.

Subud is an acronym of three Sanskrit words: Susila Budhi Dharma. It originated in Indonesia in the 1920s and its founder, M.S. Sumohadiwijojo, after years of searching for spiritual wisdom, received the practice unexpectedly as a gift from God. He has written about his amazing experiences, which he was encouraged to share with seekers, beginning in Indonesia. Subud, as he named it, spread to many countries in the 1970s and 80s and is now in over 80 countries.

So what is it all about? Basically, it is about being open to experience God through silence. Letting go of thoughts and feelings, and not having to be in control. Now that can be pretty scary for a lot of people. One of my friends responded to my use of the word 'surrender' by saying: "why would I surrender? That's what you do when you lose the war!" Like many, he preferred to feel like he was in control. Subud does not have such a technique; the vibration is passed from one person to another who is ready and wanting to 'receive'. It is experienced as a gentle vibration by most practitioners and can include movement and singing or sound. It changes people and changes lives, mostly for the better, but sometimes members do have to go through some difficulties as they learn and grow. It is not a teaching, although its founder and others have shared their experiences in order to offer guidance and support.

Because I have found it quite compatible with my liberal understanding of Christianity it has been a blessing to experience what Christians call "God" with members of other faiths (or no formal religion). If you would like to learn more, I recommend you start by going to the Subud Canada website and reading the explanation given there. Subud Canada-Home, <https://www.subud.ca>

Rohana Laing



Subud logo and its founder
Credit: Subud.ca



Hungry Hearts 2022 Supports Our Place

You are invited to Victoria's favorite culinary fundraiser, Hungry Hearts. Tickets are now on sale for the 2022 gala on Saturday September 10th at hibid.ca or call 250-940-5064. This year, eight of the region's top chefs will compete for the title of Hungry Hearts champion by presenting their signature dishes to guests of the gala.

The Hungry Hearts auction will be accessible by anyone starting on August 29th by visiting hibid.ca. The Best of the Region Auction has items for any occasion including staycations, restaurant packages, car and bike services, and more!

Unity Church at First Met

(Editor's note: Since early in the pandemic, Unity Church has had an office at First Met in Rm 112B, the base for outreach to their congregation at a time when church services could not be held. Presently their services are held on Sundays at 10:30 at Wood Hall, Victoria Conservatory of Music. Some events are held at First Met and others offered via zoom. Say hello to Mavis Gloeckner if you see the office open.)

While having its origins rooted in Christianity, the Unity teachings bring together ancient wisdom from many faith traditions. You will not find dogma in Unity; they honor all spiritual paths. Unity welcomes all people regardless of race, color, gender, age, creed, religion, national origin, ethnicity, physical disability, or sexual orientation.

Unity was founded in 1889 in Missouri but has grown from small prayer circles in living rooms to the worldwide movement it is today.

Unity runs with five main principles for living abundantly and staying in tune with your own divine nature:

- God is everywhere and always present in every circumstance. This divine energy underlies and animates all of existence.
- Human beings are innately good because they are connected to and an expression of Spirit.
- Our thoughts have creative power to influence events and determine our experiences.
- Prayer and meditation connect and align us to our own spiritual nature and to God.
- It is not enough to understand spiritual teachings. We must apply our learning in all areas of life, incorporating them into our thoughts, words, and actions.

Ethan Slogotski

Orange Shirts for Sep 30

A limited supply of orange t shirts will be available for sale at First Met in September. This is in anticipation of The National Day for Truth and Reconciliation (aka Orange Shirt Day) on Sept 30th. We will be marking this important day at First Met at our service on Sep. 26.

We have a new t shirt for sale this year designed by local artist Bear Horne. Cost is \$25.00. First Metropolitan makes no profit on the sale of these orange shirts. We make them available to 'folx' at First Met as one way to educate about the history and horror of the residential school system.

Starting in September, shirts will be sold after church and will also be available in the church office. Payment can be made with cash or cheque, or through the office, payment can also be with credit or e-transfer. Supplies are limited so shop early!

Robin Breckon (250) 472-3381 or robin.breckon@gmail.com



Mark your calendar!

Our annual Let Not Your Heart Be Troubled service will be held on October 30 at 11:00 am.

Watch for details to dedicate special music selections performed by the Sanctuary Choir and Choral Scholars in mid-September.

Donations to Registered Charities

In 2014, CPA Canada, the umbrella organization representing Chartered Professional Accountants (CPAs) in Canada, identified a need to improve the financial literacy of Canadians and developed a program to do so. CPAs, including myself, were provided with prepared slides, supporting materials and training to give presentations on a volunteer basis. As well, the CPA Canada website <https://www.cpacanada.ca/en/public-interest/financial-literacy> offers free virtual sessions on key topics and links to other financial literacy materials.

Now that I am no longer Treasurer, I have time to contribute a newsletter article on some aspect of financial literacy. Today's article has information for those of you who donate online to your favourite charities and causes.

If you want a legitimate tax receipt for your donation, check that the charity is registered and in good standing with the Canada Revenue Agency (CRA). To do this check, go to the CRA website, click on "Charities and Giving" about half way down the page, click on "List of Charities and Other Qualified Donees" and finally click on "Charities". Enter the name of the charity you are looking up in the "Charity Name" box. If you want to practice, type in "First Metropolitan" and check out both the church and the Foundation's standing.

As an aside, my mother and I used the website once and found out that the charity to which we wanted to donate in memory of an uncle was no longer accepting donations as they were re-thinking their purpose. We were able to check out other charities with a similar purpose and found one in good standing with CRA.

Both the church and the Foundation use Canada Helps as their secure online platform for donations and events management. The United Church of Canada recommends Canada Helps for all its churches. It's a good choice as Canada Helps is a Canadian registered charity in good standing with CRA. It only charges processing fees on donations and event tickets, issues tax receipts immediately and provides the donor information to the charity (unless the donor asks for anonymity).

My final piece of advice is to be wary of GoFundMe appeals unless you personally know the people involved. GoFundMe is a for-profit US company with a profit-making mandate which cannot issue tax receipts.

If you have any questions about this article, please contact Liane Clark at clark.liane@gmail.com or 250-886-5661.



Volunteer Greeters Needed

During the fall of 2020 when the church doors were locked, volunteers sat at a table in the Balmoral entrance, opened the door to visitors and directed them to the correct office or room in the building. First Met's doors are now open but the need for greeters has not gone away. As previous administrative assistants have reported, there is a need to provide more uninterrupted time for tasks requiring a high level of concentration.

We are trialing a greeter program to see if some visitors can be sent directly to the room or person they need instead of stopping in at the office. We are asking for volunteers to work in pairs to spend a two-hour shift in the Balmoral entrance directing people as they arrive. Monday and Wednesday mornings are the busiest times but any shift you can cover is helpful. Training and key contact information will be provided. Free coffee, tea and the occasional treats will be available in the main kitchen.

If you are interested in finding out more, please contact Liane Clark at clark.liane@gmail.com or (250) 886-5661.



NPNA



Sarah Murray, Executive Director of the



In June, we welcomed Sarah Murray, Executive Director of the North Park Neighbourhood Association (NPNA) who now has an office in our building.

The North Park Neighbourhood Association is a non-profit society that plays an active role in improving the quality of life of our downtown neighbourhood. It receives funding from the City of Victoria and other grant funders, and relies on many volunteers to get the job done. Guided by principles of inclusion, respect, equity and fairness, teamwork, and a commitment to stay informed on what is happening in North Park neighbourhood, their main goal is to make the North Park a welcome and vibrant community, inclusive of all people regardless of their age, income, culture, or religion. The NPNA ensures that our surrounding area is cohesive and sensitive to the needs of everyone living and working here, beautiful and healthy with an emphasis on heritage, well planned and sustainable, and has an abundance of recreation options, pedestrian traffic and open and green spaces.

Since 2020, First Met and the NPNA have worked on a major project: the Free Grocery Hamper Program. This operates out of First Met's Fellowship Hall and has delivered over 8000 free grocery hampers to homes in the neighbourhood. Most recipients are folk who have difficulty getting out to shop for groceries for a variety of reasons: seniors, people with disabilities, people who are uncomfortable going to food distribution places where they would have to wait in line, and low-income families with parents who are at work during the daytime. Hampers are made up and delivered by volunteers, working from First Met on Thursday mornings. Other events involving First Met and the NPNA have been the repair café and free movie showings and donations to the Food Pantry featured in the Summer 2022 edition of this newsletter.

Upcoming events include:

- Franklin Green Monthly Garden Party: 1045 Mason St., August 13th, 10:00 am—12:00 pm.
- Community Mosaic Art Project: Royal Athletic Park, August 15th, 5:30 pm—7:30 pm.
- North Park Weekly Craft Social: 1025 Mason St., August 17th, 6:00 pm—8:00 pm.
- UVic Heatwave Study Open House: 1025 Mason St., August 27th, 12:00 pm—3:00 pm.

Ethan Slogotski

Naloxone Training

Drug overdoses are occurring regularly near the church. In the fall, First Met plans to train anyone interested in how to use a Naloxone kit. Contact Shelagh if you are interested in being trained to use the kit for overdose prevention and response training.



Welcome AbbeyChurch!

The AbbeyChurch is excited and grateful to be hosted in the First Met space! You're probably wondering — who are these AbbeyChurch folk? You may see three of the leadership team in the building during the week: Rev. Matt Humphrey, Rev Meagan Crosby-Shearer and Rev. Rob Crosby-Shearer.

We're a creative, liturgical, inclusive and Christ-centred community of faith who welcomes saints, seekers, skeptics and sinners, alike. Beginning in late August, we'll worship most Sunday afternoons at 4:00 pm in the First Met Sanctuary, with AbbeyKids (about 6-13 years old) happening at the same time. You are welcome to worship with us! Please feel free to come or be in touch about ways we can collaborate together in the neighbourhood.

AbbeyChurch started as an 'accidental' new community of faith over 6 years ago. Our 'parent' community, The Emmaus Community, is a new monastic community; that is, a group of ordinary folks who've committed to following a rule of life together: making shared commitments to prayer, presence and simplicity. Our name 'AbbeyChurch' was drawn from our monastic roots. When Emmaus started gathering for communion on Sunday afternoons, we moved to a storefront in Fernwood, then to St. Matthias Church in Fairfield and are now excited to be coming to First Met!

Denominationally, we're a shared ministry of both the United Church of Canada and the Anglican Church of Canada, drawing on elements of both traditions. The AbbeyChurch is also one of the diverse, new(er) Communities of Faith in the Pacific Mountain Region (see all of them at pacificmountain.ca/new) We have a rota of lay and ordained preachers, and communion is officiated by United and Anglican clergy.

Our music is eclectic. We do open table communion weekly (often chanted with an Indian shruti box) and these days are currently using the Women's Common Lectionary though we'll take a break from that lectionary for the Season of Creation. We have an artist-in-residence and a poet-in-residence, ensuring that the dualism between 'church' and 'world' is always challenged!

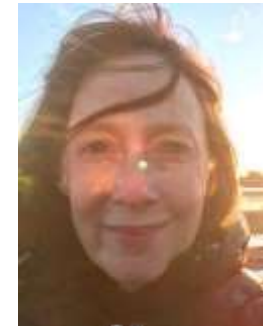
We're doing our annual blessing of the bikes and backpacks on Sunday September 11th (see the poster to the right) This will be our re-launch into the new space. We'd love to have you come along to help us celebrate!

In addition to Sunday worship, The Emmaus Community will be doing liturgical 'monastic' morning prayer in the First Met chapel a couple of mornings a week (likely Tuesdays and Thursdays at 8:00 am and one evening a week. We also do online Centering Prayer on Thursdays. Our evening offerings vary between things such as a 'bluegrass' vespers, Taizé, and the Anglican Book of Common Prayer. Again, all are welcome to join, and we usually have a zoom option as well.

You can read more about AbbeyChurch at www.abbeychurch.ca, and more about The Emmaus Community at www.emmauscommunity.ca. Overall, we're excited to be here at First Met and look forward to ways we can partner for God's kin-dom in the years to come! If you'd like to know more, or meet with one of us, drop us a line at admin@emmauscommunity.ca.



Rev. Matt Humphrey



Rev. Meagan Crosby-Shearer



Rev. Rob Crosby-Shearer

First Met Summer 2022 Pictures



ABOVE: Friendship Club gatherings took place in local parks.



Our July 12th service focused on the effect of settlers coming to what is now Canada on Indigenous peoples.



First Met participated in the Victoria Pride Parade on June 26th.



LEFT: Rev. Allan Saunders was the guest preacher at our Aug 14th service, speaking on need to learn the truth about Canada's history with Indigenous Peoples.

RIGHT: Sharron Higgins admires one of the beautiful dahlias in our Quadra gardens which are so well cared for by our volunteer gardener, Larry Scott.





In Memoriam



Beryl Stark
Died Oct 27, 2021



George Stark
Died June 24, 2022



Shirley Newell
Died June 23, 2022



Judy Vowles
Died July 20, 2022



Rev. Cam McMillan
Died June 9, 2022

Looking for info on
First Met events,
either past or
upcoming?

Check out our
website

firstmetvictoria.com

United Church Women News

The **UCW's Mission** is to love God; foster Christian commitment, faithfulness, spirituality; and promote respect and love for all God's creatures.

At the June UCW meeting we discussed plans for the Fall. In October we plan to hold the Least Coin Service and in November, a special M&S fundraising event. Look for more information in the First Met Update and on the website. Regular Unit meetings will begin in September.

The Mildred Mossop Unit gathered for a summer outing at a Raspberry Social and Quilt Show in support of Sylvan United Church in Cobble Hill.

Marie McKee



EVERYONE IS WELCOME !

*Please
Join Us*

Caregiver Support Group

Meets the 4th Thursday of the month 1:00–2:30 pm. Contact **Emily Macdonald** at (250) 886-9975

First Met Knitters

Meetings second Tuesday of each month Sept to June from 1:00–3:00 pm. For more information, call **Joan Mickelson**, (250) 385-4033 or **Shirley Chatfield**, (250) 388-9401.

Men's Water Into Wine Group

Gathers the 2nd Tuesday of each month from 7:00–9:00 pm at the Bent Mast, 512 Simcoe St. and virtually on the 3rd Tuesday. Email **fmuc.men@shaw.ca** for more information.

Ramblers Hiking Group

Meets the 3rd Saturday of every month at the church for car-pooling. For more information: **Rennie Warburton**, (250) 592-9161, rwarby@gmail.com.

United Church Women:

Mildred Mossop: 2nd Mon, 10 am
Unity: 3rd Thurs, 12:00 pm
Meetings in the Doreene McLeod Rm at the church.

Tai Chi

Meets Mondays and Wednesdays 12:00–1:00 pm in the Fellowship Hall. Call **Edeana Malcolm** at (250) 412-7682 for more information.

Women Exploring Spirituality

Meets 4th Monday of the month from 1:00–3:00 pm from Sep to Jun via Zoom. Contact **Rev. Shelagh MacKinnon** for more information.

Yoga in the Chapel

Gentle Yoga
Mondays 10:30–11:45 am

Chair Yoga
Wednesdays 10:30–11:45 am

Restorative Yoga
Aug 25: 12:30–1:45 pm

NPNA Grocery Hamper Program

Thursdays from 8:00 am–12:00 pm in the Fellowship Hall. Contact NPNA to volunteer or receive a hamper at npna@npna.ca

Friendship Club

Meets 1st and 3rd Wednesdays of each month when COVID and weather permit. Contact **Marlene Campbell** at (250) 382-5954 for more information.

Evolving Church

Meets 1st Wednesday of the month at 10:30 am at the church. Contact **Emily MacDonald** at (250) 886-9975 for more information.

Flatlanders Walking Group

Meets 1st Saturday of the month from 1:00 – 3:00 pm at various locations. For more information, contact **Vicky Attwell** at (778) 433-6061



Begonias along the back entrance

Parking Options

Week Days

- Balmoral Road
- Ground Level ~ North Park St. east of Balmoral Gardens Apartments

Sundays

- Balmoral Road ~ Angle Parking
- Ground Level ~ East of Balmoral Gardens Apartments

Observe the one hour and two hour parking limits when using street parking on Balmoral, Quadra and North Park.