

# First Met News

Summer 2019 Newsletter



Rev Shelagh MacKinnon wearing the shawl presented to her at the conclusion of the Covenanting service between her and the First Met Congregation and Pacific Mountain Region.

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## First Met Hours of Operation

OFFICE HOURS (Sep–Jun)  
Monday–Friday  
9:00–12:00 and 1:00–3:30

OFFICE HOURS (Jul–Aug)  
Monday–Thursday  
10:00 am–2:00 pm

CHURCH HOURS (till June 30)  
Monday–Thursday  
8:30–3:30 and 5:45–9:30  
Fridays :8:30–3:30

CHURCH HOURS (Jul 2–Sep 3)  
Mon–Thurs 10:00–2:00

SUNDAY HOURS  
8:30 am - 2:00 pm

Office Contact Information  
Phone: 250-388-5188

Need pastoral care after hours? Please call the church at (250) 388-5188, press 4, then wait on the line.

## Welcome Allan and Megumi!



The Board has approved the appointment of Rev. Dr. Allan Saunders and Megumi Matsuo Saunders as Ministers Emeriti in recognition of their long service to the congregation. Allan and Megumi came to First Met in 1999, shortly after amalgamation of the two founding churches, and retired in 2016 - Allan as Lead Minister and Megumi as Minister of Children, Youth, Young Adults and Families.

Board Chair Edeana Malcolm says: “We are absolutely delighted that we can honour Allan and Megumi in this way, and that they have accepted.” A recognition ceremony is scheduled for Sept. 22.

## Regular Sunday Services

9 am - Communion in the Chapel

11 am - Worship in the Sanctuary

**If you can't attend the 11 am service you can**  
always see us on live streaming.

<https://www.firstmetvictoria.com/live/>

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



Friend us on Facebook



Follow us on Twitter

# Shelagh's Message

***“There’s a season for growing and a season for scaling back.  
A season for going and a season for staying.  
A season for moving and a season for standing still.***

***There’s a season for creating and a season for taking it all in.  
A season for leading and a season for following.  
A season for singing and a season for listening.***

It can be subtle, that line in between. Is this a season of *leading* or one of *following*? Are we *creating* or *recreating*? Are we *moving* or *standing still*, with the world spinning around us?



**It's hard to tell, sometimes.”**

Those are the opening words from a blog by Ashley Danyew. I have shared them a couple of times this week. This re-imagining of the beloved passage from Ecclesiastes spoke to me about the many seasons we are experiencing here at First-Metropolitan!

It is thrilling to see the continuing numbers in the Sunday School as the school year comes to a close. Thanks Hayley and Micia and the team of volunteers who are steering this program. I hope to see many of those smiling faces at the Camp Weekend at Camp Pringle the weekend of June 23<sup>rd</sup>. I have yet to see this magical camp, and so I am looking to exploring it!

Some members of the redevelopment team and I went up to Nanaimo to visit Breckin United, and talk to their minister and redevelopment team. Thanks Ross for driving and Peter for organizing this. It was a very helpful time of sharing promising practices and lessons learned. The building site is currently a massive hole in the ground, as they rent a small house for offices and worship in a funeral home. They are resilient and encouraging!

Thanks to Emily MacDonald for preaching while I was on study leave in Seattle and Portland. I have heard wonderful things about her worship leadership, which was never in doubt. The *Weird Church* philosophy is one that several island churches are working with, and I am grateful to Emily and her whole team for all they have done and are doing on that here. I had a quick visit with Beth Ann Estock, the author of the *Weird Church* book, when I was in Oregon. She is inspirational!!

Over the summer, our wonderful choir will be enjoying a well-deserved break. Thanks to them each and all for the many, many hours of beautiful rehearsing and offering music in worship. Also, to Kelly for his leadership of both the choir and the Pringle Bells. We look forward to their return in September.

Rev. Shelagh MacKinnon

# Message from the Board Chair



When I introduce myself as the Board Chair it sounds as though I'm a tired piece of furniture. To be truthful I sometimes feel that way!

What we name our ourselves is important. Though I don't like my title, I do like the name of our church. My husband David and I met many years ago at a United Church. I wish it had been this one; then I could say it's where we First Met.

But that's enough humour. I don't believe it's in my mandate. As Board Chair I have serious and important things to do. Right now, the Board is working on a Strategic Plan. I must admit to being totally intimidated and daunted by the process. Fortunately, we have engaged an outside expert to help was us through it, Nichola Manning of Manning Consulting. I believe it will be good to have an outsider's perspective to help us focus and clarify things.

By the time you read this we will have had a one-day Strategic Planning Session on Saturday, June 15. The Board will be in the middle of sorting through all the ideas and opinions to come up with a coherent and workable plan for First Met for the next three to five years.

To cut through all the forest of words and to simplify things for myself, I'll try to keep in mind three key questions about what I want to learn at the session.

- Who are we?
- What are our values?
- Where are we going?

Simple questions perhaps, but not such simple answers.

Submitted by Edeana Malcolm, Board Chair

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## I saw it on your website!

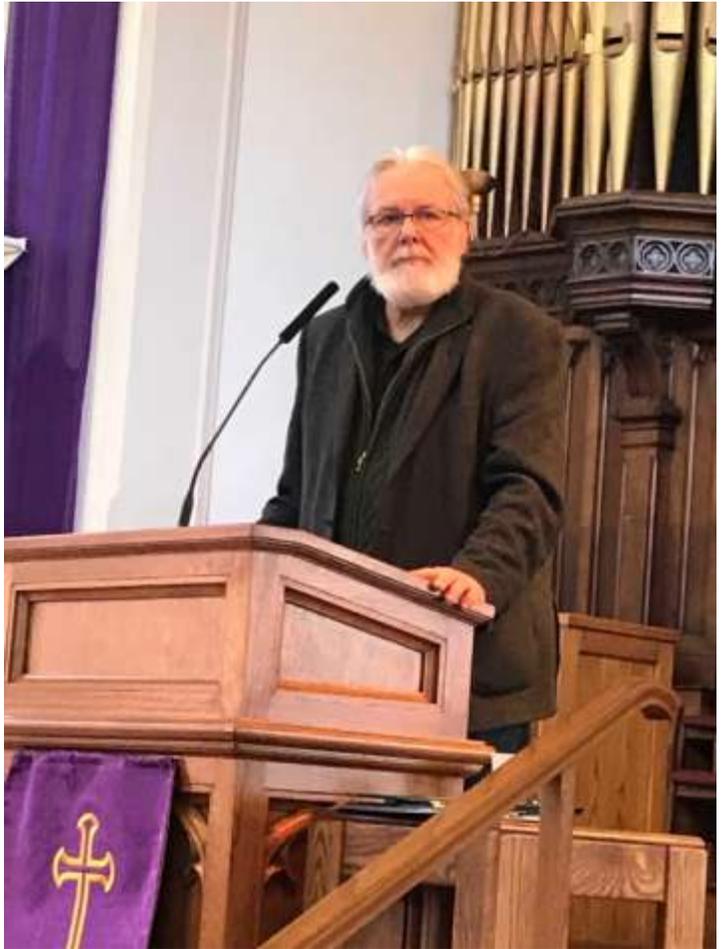
Visitors from Ontario came to *Movies at the Met* in April after seeing the listings on our website. They were looking for something to do and being United Church folk they checked local church websites, were impressed that we show movies and came for the matinée. And they liked it so much they came back in the evening!

How does anyone know we're here? They look online. Hundreds of folks check our website every month - more than half of them from outside First Met. A website is where people go to check things out and first impressions count. Not having a website these days is bad, and having a poor one - it never changes, has outdated information, low quality pictures - is almost as bad as not having one. People spend less than 30 seconds on a first-time visit so that first impression has to hook them in quickly.

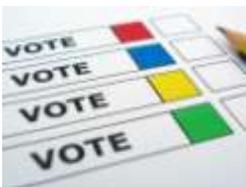
A website is the first contact for most people. It's always open. There are no office hours and it can be used anytime by anyone from anywhere. Want to know who we are, what we do, what's going on, check that date, listen to the sermon, see the Sunday service, hear the anthem? It's all there - and there's more. If you haven't looked, it's time you did: [www.firstmetvictoria.com](http://www.firstmetvictoria.com)

# The Christian Left and Canadian Politics—Mar 17

Former MP and Manitoba provincial cabinet minister Bill Blaikie headlined a March 17 discussion titled: *The Christian Left and Canadian Politics*. Discussions included how Christians (and non-Christians) interested in politics should act and think and whether activists should prioritize dire global situations such as climate change, more local challenges like homelessness or international crises such as refugees in Europe. The event was held in collaboration with UVic's John Albert Hall Lecture Series and sponsored by the Anglican Diocese of British Columbia, Uvic's Centre for Studies in Religion and Society and First Met.



The session was facilitated by Paul Bramadat and panellists included Lisa Helps, Patricia Lane, Mary Louise Meadow and Alex Nelson.



# Thank you, City of Victoria!

The City of Victoria exempts registered charities and other non-profit organizations providing services in certain categories defined by the city from paying property taxes for a period of three years upon approval of those organizations' applications. **First Metropolitan United Church** has submitted its application for the 2020 to 2022 taxation years which was due May 31, 2019. First Met will receive the result of its application in the fall of 2019.

First Met still has half a year left on the full three-year exemption from property taxes it received from the City of Victoria from 2017 to 2019. As per the table below, this exemption is worth almost \$32,000 per year.

Type of Tax	2017	2018	2019	Total over 3 Years
Municipal	\$19,476	\$20,060	\$20,662	\$60,198
Other	\$11,423	\$11,766	\$12,118	\$35,307
Total	\$30,899	\$31,826	\$32,780	\$95,505

So once again, a big thank you to the City of Victoria!!!

Submitted by Liane Clark, Treasurer

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## Grandmothers for Africa Fundraising

On May 4th, a number of us from First Met attended a fundraising dinner for the **Stephen Lewis Foundation "Grandmother to Grandmother Campaign."** Since 2006, the local group 100 member VG4A, (Victoria **Grandmother's 4 Africa**) has raised over \$1M to support the work of grandmothers in sub-Saharan Africa who are caring for children orphaned by HIV/AIDS.

We enjoyed a delicious African dinner prepared by Chef Castro and staff in the colourfully decorated da Vinci Centre. Over \$11,000 was raised with the sale of silent auction items and surprise bags. The total from ticket sales and donations will be announced after the bills are paid.



Upcoming events to add to the fundraising efforts are the **10th Annual Stephen Lewis foundation "Stride to turn the Tide" walks** to be held across Canada on June 8-9 and the **VG4A "Island Cycle tour"** to take place September 5-8th. Riders are welcomed back with banners and cheers at the Parliament buildings. Look for information on the Stephen Lewis Foundation and sales of crafts at local summer markets. With appreciation to all who continue to support this important work.

*Never doubt that a small group of thoughtful committed citizens can change the world.* M. Mead.

More info: [www.victoriagrandmothersforafrica.ca](http://www.victoriagrandmothersforafrica.ca)

[www.grandmotherscampaign.org](http://www.grandmotherscampaign.org)

[www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

Submitted by Alva Jenson, Member VG4A

# The Coldest Night of the Year

For the second year, walkers from First Met participated in Canada's National Walk for Homelessness. Coldest Night of the Year is a family-friendly walk that raises awareness and raises money for charities serving hungry, homeless, and hurting people in our community.

Walkers in Victoria raised money for Our Place and for the Mustard Seed. First Met joined with Cadboro Bay and St Aidan's United Churches in a group called the 'Holy Walkamolies'.

Last year, community partners helped Our Place to raise over \$40,000, and this year over \$57,000 was raised! There were 363

walkers, 49 teams and over 65 volunteers to support Our Place and our community! The money raised will go directly to the Out of the Cold Campaign which extends the hours of Our Place on **919 Pandora. Our Place's goal this year is to be open whenever the shelters are closed so that nobody is left out in the cold.** This means opening our doors for breakfast at 6:30 am and staying open until 9:00 pm, seven days per week.



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## Sale of Jams and Jelly Supports Youth Campers



Marion Denton prepares jams and jellies each year, with the proceeds going to send youth to camp. She plans to have the jars available by the end of summer. The following types are available:

- Jams: pear, raspberry, plum
- Jellies: blackberry, grape, apple (Yellow), plum, blueberry

Please order as soon as possible as jam season will soon start. The price of supplies has increased; the jams and jellies will now be \$6 per 8 oz jar.

Thank you for your support!

To order, please contact Marion Denton at 250-478-1800 or [junodigger@gmail.com](mailto:junodigger@gmail.com)



# UCW News

Join us for a meeting: a brief business meeting, a devotional, a program and a time of Fellowship!

UCW Supports the Work of FirstMet and Beyond:

The UCW made a \$600 donation to Hospitality.

We send \$720.00 to sponsor two Elders in Uganda, Africa. This is done through the ReachOne-TouchOne Ministry (ROTOM). We presented Melanie Ihmels with the gift certificate to the Christian Book Store.

## UCW Events

\*Watch the next Newsletter for details of our Fall events: the Least Coin Service in October and a M&S fund raising event in November.

All are welcome to join the Vancouver Island Presbyterian Women at Camp Pringle for Day Apart on June 27 from 9:30 to 3. Registration fee and lunch for \$20. Registration forms from the Office or Marie at [emarie@shaw.ca](mailto:emarie@shaw.ca)



UCW Executive Members

## Hospitality: A Vital Part of Radical Welcoming!



The Hospitality Team is looking for new members and a new team leader. The team organizes refreshments after church services and for other events. This refreshment time is an important part of building community and welcoming new people to our congregation. If you would like to be a part of this ministry, please contact Edeana Malcolm at [edeana@shaw.ca](mailto:edeana@shaw.ca) or 250-412-7682.

## Prayer Connections

Would you like the Prayer Connections Team to pray for you or those you care about? To make a request:

- Fill out a prayer request form available from the church office or the sanctuary.
- Email [prayer@firstmetvictoria.com](mailto:prayer@firstmetvictoria.com)
- Via the church website; click on the link on the bottom menu bar.
- Ask a staff member to pass on your request if you are unable to get to church and do not have email.



# Children and Youth Ministry News



Melanie Ihmels being presented a cake on Easter Sunday.

Hello to our wonderful First Met children, youth, young adults, families and supporters! One month ago we wished Melanie Ihmels farewell - amazed by what she brought to us, and grateful for the cherished memories she left with us. With gratitude we see the legacy of her teaching and tender care in the faces of the kids; in their wise and unexpected comments, their infectious spirit, and their love of First Met Sunday School! We are blessed. Our new Sunday School Coordinators are Hayley Henderson and Micia Kanstrup.

**The month of May was busy with learning about Paul's dream and Lydia's baptism, about listening, and about taking wisdom from bible times to the new millennium!** We also welcomed three new families! **We've built boats, staffed them with intrepid wooden sailors, and hoisted cool tie-dyed masts.** Come to the 11 am service on June 16<sup>th</sup> (**Father's Day!**) for the inaugural First Met Swiftsure!

Sunday school curriculum binders are in the office, classroom, & craft storage room - browse when you have time. You can reach Hayley & Micia at [children@firstmetvictoria.com](mailto:children@firstmetvictoria.com) or 250-388-5188, ext 225.

Our Sunday school vision statement: **To teach and nourish God's transformative love in an inclusive spiritual community, to share stories of Jesus and the Bible to enable children and youth to develop a spiritual framework for life, to involve and encourage all in worship, outreach, and community engagement, to give and teach tools to our children and youth, core beliefs, and practices of the United Church, and to witness children, youth and families happily engaged in church activities.**



Boats ready for the First Met Swiftsure



Hayley Henderson and Micia Kanstrup

# Reconciliation Matters: “So, what are you going to do about it?”

This was one of the responses that The Right Rev. Bob Smith, former Moderator of the United Church, received in 1986 when he delivered the first apology to Indigenous Peoples during the 31<sup>st</sup> General Council. One of the elders, to whom he presented the apology, wanted to know what we were going to do now. The full text of the apology can be found at <https://www.united-church.ca/social-action/justice-initiatives/apologies>.

*“We tried to make you be like us and in so doing we helped to destroy the vision that made you what you were.”*

Three members of First Met, Jean and Paul Jenkins and Melanie Ihmels, participated in a two-day “Reconciliation Matters” workshop at Pacific Spirit United Church in April. The event was sponsored and funded by the United Church and presented by a group of dynamic Indigenous facilitators. This powerful experience involved over 100 persons, almost half of whom were Indigenous.



Source: United Church of Canada

We spent time being introduced to Coast Salish welcoming protocols and sharing our stories in small clan groups where we heard how **Canada’s colonial history shaped the lives and relationships in indigenous communities.** During the second day, we imagined a more positive future together and started the tough work of **developing action plans in response to the Truth and Reconciliation Commission’s Calls for Action** for churches.

That work continues as we have formed a small group at First Met that is examining what all of this means to us and *what we can do about it*. We have explored our own backgrounds as they relate to indigenous people and are in the midst of doing research and planning, with a view to education and engagement as we move ahead. There is still much to learn, several events have



been organized in recent weeks and more are planned for the future. Keep an eye on our Web Site and Facebook as many of these events are community based.

Interested? Want to participate in the planning group? Contact Janet Gray (250-478-5066 [janet.gray@homehere.ca](mailto:janet.gray@homehere.ca)) or Paul Jenkins (250-727-7974 or [pandjjenkins@shaw.ca](mailto:pandjjenkins@shaw.ca)).

Bob Smith, former Moderator of the United Church, discusses reconciliation experiences with Melanie and others.

# A Prayer for Reconciliation

This prayer was adapted from Blessing B, Prayer for the Journey, “From Apology towards Reconciliation 30th Anniversary of the United Church’s Apology to First Nations Peoples”, The United Church of Canada 2016 – L’Église Unie du Canada Worship Service: Repent out of Hope.

Holy One, Creator God, God of many tribes and nations by every name you are known, you bless the earth! By your spirit and imagination light the path to right relationships. Break the stereotypes, banish inaction, bring justice. End the long apathy that has twisted our souls. Help us to understand each other clearly and rejoice in **one another’s strength; help us to listen to each other deeply and join in the friendship dance; help us guard each other’s rights and walk long together in good company.** Help us find your direction for us. Help us risk building right relationship. Accompany us as we pledge ourselves to (insert individual or communal actions decided upon at this point). And give us courage, creativity, and commitment for our journey. Help us keep faith with each other and so with you. Holy One, Creator, God beyond tribes and nations, be with us all. Amen.



Credit: The United Church of Canada

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## Personal Acts of Reconciliation

You can take ‘reconciliation’ into your own hands. Here are a few suggestions:

1. Support emerging artists and musicians by going to exhibits, listening to indigenous music, buying art from indigenous artist and craft fairs and so much more.
2. Watch films and documentaries made by indigenous people and/or about indigenous people.
3. Read books written by or about indigenous people. The Mountford Library has a good selection. Perhaps start a book club reading only indigenous authors.
4. Learn from the history of residential schools and Indian day Schools; participate in a blanket exercise.
5. Attend a cultural event, such as a PowWow, Victoria Indigenous Cultural Festival (Jun 21-23).
6. Explore authentic indigenous experiences by taking a trip to a place you have never been and learning about the history of the land and those who were there. Participate in an indigenous tourism experience: <https://www.indigenoussc.com/>
7. Be an ally, by volunteering at an indigenous non-profit organization or participating in a reconciliation committee, such as the one just started at First Met.

(Adapted from “Personal Acts of Reconciliation: Small things create big changes”, Inspire Donor Update, Spring/Summer 2019, p. 8. [https://indspire.ca/wp-content/uploads/2019/04/Donor-Update\\_Spring-Summer-2019\\_web.pdf](https://indspire.ca/wp-content/uploads/2019/04/Donor-Update_Spring-Summer-2019_web.pdf))

# Refugee Support and Sponsorship

This past year our Refugee Support Group has helped two families adjust to new lives in Victoria. Both families have settled in well and are wonderful to get to know and work with. There are two teams of volunteers, each team helping one family find accommodation, providing furnishing, registering in school, providing transportation and support for medical and dental appointments, practicing English, and navigating the paper work and bureaucracy that they inevitably encounter! For the Ghebremeskel family of 10 from Eritrea, their one-year of financial support will end soon, in mid-July. For the Bilal family of 3, their one year ends at the end of August. While the financial support ends after one year, many volunteers continue to support the families with advice and friendship. Many thanks to the support teams who have been helping the families settle into life in a new country.

The cost of housing has become an increasing challenge, both for the sponsorship group but even more difficult for the newcomer family once they must cover all costs on their own. The Ghebremeskel Family is happy in their rental house and ideally would like to stay there. The landlord is happy for them to do so, but a rent of \$2600 a month is likely beyond their means. If anyone knows of or has a contact who might know of an affordable house/apartment rental with 3 plus bedrooms likely be available in mid-August, please contact Fran McArthur [fran.mcarthur43@gmail.com](mailto:fran.mcarthur43@gmail.com); 250-385-4338.

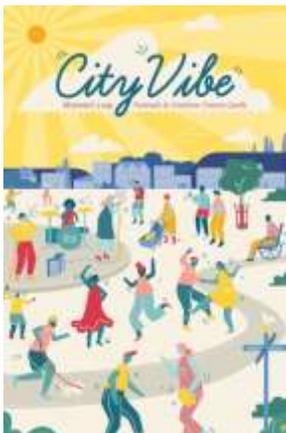


With the two current sponsorships soon ending, our First Met - St John Refugee Support Group will be meeting to discuss plans for future sponsorships. We regularly receive requests for help to privately sponsor family members of people already living in Victoria. We need to determine if we continue to have the volunteer resources and financial support from our congregations to continue in this important ministry.

Submitted by Kathy Cook

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## Free Summertime Cultural Events



Did you know that the City of Victoria sponsors free lunchtime and evening events in Centennial Square (beside City Hall)? Or that afternoon concerts and evening social dance sessions are offered in Beacon Hill Park?

Available in hard copy and online, CityVibe is your free guide to the many spectacular summer festivals and outdoor events happening downtown during summer. You'll also find listings for Victoria's public markets, museums and galleries, free concerts and events at the Cameron Bandshell in Beacon Hill Park, and Summer in the Square programming and free lunchtime concerts in Centennial Square.

Pick up a copy of City Vibe at City Hall or view online.

# “A Red-letter Day” for First Met Archives

“This is a red-letter day!” exclaimed Blair Galston, while helping unload 92 containers of First Met’s church records that arrived by rental van to a pocket-sized loading bay in Vancouver’s Downtown Eastside. Blair is Regional Archivist for the United Church of Canada in Vancouver and, earlier that very morning, had also received the final shipment of records from temporary off-site storage used by BC Conference while waiting for the new archives space to be ready.

Many at First Met have been following Archives & Heritage’s church records project with interest. The conclusion of this four-year project to arrange, describe, conserve and pack the records came on April 24<sup>th</sup>, when all archival records created before 1997 were moved to the new Pacific Mountain Region Archives of the United Church (aka Bob Stewart Archives). Congregational records belong to the larger church according to church policy. In their new home, our records will be preserved and accessible alongside 875 meters of other church records of permanent value from almost 500 separate groups - known as “fonds” in archives terminology.



Reference room at the Bob Stewart Archives, 312 Main



The brand-new archives is located in a beautifully evolving facility known as 312 Main, the new name for **Vancouver’s former police headquarters, municipal court and jail (1953-2010)**. As Blair observes “The new incarnation of the building is symbolic of transformation and restorative change. The building has a difficult past. There are many good people on the police force but 312 Main was undeniably a place of racism and trauma, particularly within the **indigenous community.**”

Renovations to develop 312 Main began in 2015. Within the next few years the facility will realize its full potential as a co-working environment, with social enterprises and community organizations working toward the social and economic good of the Downtown East Side community and beyond.

Left: Blair Galston, Pacific Mountain Region Archivist, with Margery Hadley, Project Archivist, and the First Met records .

Anchor tenants include the Union of BC Indian Chiefs and Simon Fraser University. The VanCity Community Foundation shares the third floor with **the United Church's Bob Stewart Archives** (Pacific Mountain Region Archives). In addition to having an above-ground location, Blair notes **significant benefits for the Archives:** "... the new location holds promise for increased collaboration, exposure, and accessibility. One of the benefits of being at 312 Main is having a shared Community Engagement Advisor, who has already connected us with several organizations that **wouldn't normally think of turning to the United Church Archives as a resource.**"



312 Main Street, Vancouver (Google Maps)

The co-working environment at 312 Main features open, shared reception areas, works spaces, lounges, kitchens, washrooms, equipment and security services, along with equal access to reservable, private meeting and communications rooms. There is a large, multi-purpose space on the main floor for concerts, meetings and displays. In addition to large tenant organizations, 312 Main hosts smaller groups and enterprises involved in areas such as bee-keeping, urban cycling, harm reduction/overdose prevention, environmental activism, binning/recycling, street activism and community engagement. This co-working model is being adopted in numerous communities, fostering collaboration and the sharing of resources, while providing valuable support for small non-profits and businesses.

The First Met records

The records of First Metropolitan contain the oldest documents in the Pacific Mountain Region Archives, those of Pandora Avenue Methodist Church established in 1859. Pandora Avenue became **Metropolitan Methodist in 1891 and was considered to be "the mother" of Methodism in British Columbia.** Similarly, First Presbyterian Church, organized in 1862, was the parent church of Presbyterianism in Victoria and British Columbia.

The records of these early churches extend back to the colonial and gold rush eras and the emergence of British Columbia as a province. They document the entire history of these congregations through the tumultuous 20<sup>th</sup> century. The records reveal many aspects of our history mired in sexist and racist attitudes of the past. We can learn from these. Other parts of our history revealed in archives are recognizable today: worship, music, education, children, youth and young adults, service, support for the disadvantaged, community engagement, activism, and church organizations, as well as buildings, management and financial issues.

The First Met records added nearly 30 meters to the holdings of the regional archives. The transfer contained extensive records from the following: Pandora Avenue Methodist Church, Metropolitan Methodist Church, Metropolitan United Church and First Presbyterian Church, First United Church; also, records from First Congregational Church, Belmont Avenue United Church, Chinese United Church, and the Oriental Home and School.

Some useful links for more information:

<https://pacificmountain.ca/bob-stewart-archives-bc-conference/>

<https://312main.ca/>

<https://coworkingbc.ca/portfolios/312-main>

<https://dailyhive.com/vancouver/312-main-street-vancouver-innovation-centre-police-coworking>

## Preparations

Relocating such a large quantity of archival records out of Victoria involved a long process. We needed to ensure careful handling and safety for the physical records while in transit and into the future. It was also very important that we be able to maintain access to our church history.

Beginning in 2014 with a detailed database established by David Chamberlin, the Archives & Heritage volunteers began adding, improving and consolidating information about the records with the hopes of transferring the materials the following year. However, the sale of Vancouver School of Theology's building at UBC forced BC Conference Archives into temporary quarters and unable to accept transfers for over 4 years. The extra time allowed us to do further work on the records.

With completion of the new archives space at 312 Main early this year, it was finally time to seriously prepare the records for transfer. With the help of several very generous volunteers, we consolidated, packed and labelled boxes, then wrapped and sealed every one of them in plastic in preparation for the next important step. All boxes went into a freezer warehouse for 11 days to eradicate insect pests. The boxes were returned to the First Met archives vault, where they acclimatized for 5 more days. Then they were loaded into a cargo van and driven to Vancouver.

First Met's archival records are in a better place. They are secure and free from pests and temperature fluctuations, conditions we were never able to provide. We still have access through our detailed database, and can get copies whenever we need them. Importantly, they are now available for study to a much larger community.

By Margery Hadley and Don Bourdon, Archives & Heritage; With contributions from Blair Galston



Don Bourdon & Cullen Morton wrap boxes



Heading for the freezer warehouse



Sharron Higgins inspects palletized boxes



Margery Hadley & Don Bourdon sigh with relief

# Featuring Spiritual Care and Wellness

Many hands and venues contribute to Spiritual Care and Wellness at FMUC. The SC & W Team **works in partnership with the ministerial staff and FMUC' Umbrella Groups.** Actually, health and wellness components are intrinsic to all of FMUC's programs and worship events.

Together, we nurture spiritual practices, bring about healing, offer opportunities for social connections and mutual support, enhance physical health through treatments and preventive measures, provide health information and advocacy, and respond to community needs.

## At present all of FMUC's Umbrella Groups

are active, providing their services to congregants and the community at large. Access to the various programs is either free, by donation, or at minimal cost. Together, the Umbrella Groups cover a wide range of services and programming.

Summer Strollers is offered on a seasonal basis. The outings have restarted May 30, and will continue to Sept. 19, 2019.

## FMUC's Umbrella Groups are vital

components of SC & W. In June, the SC & W teams hosts the groups for the annual Umbrella Group Appreciation; an opportunity for recognition and mutual exchange.

The SC & W Team usually invites one or two representatives of each group. However, our gratitude extends to all our volunteers being involved in the various ministries. Their generous gifts of time and talent enable FMUC to sustain its many health and wellness initiatives.

## FMUC's Umbrella Groups:

- Care Call and Visitation
- Caregiver Support Group,
- Gentle and Chair Yoga
- Healing Pathways/Healing Touch
- Knitting Ministry
- Mindfulness
- Prayer Connection
- Summer Strollers,
- Tai Chi

Submitted by Vreny Mathis, Co-Chair, Spiritual Care and Wellness



Strollers outside the Kiwanis Oak Bay Tearoom





David Bray at Strollers tea break



Sweaters knitted for children at the Cridge Centre

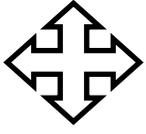
## Three Important Things

What are three important things that will help us to live a meaningful life?

1. Commit to enjoying life, regardless of what happens.
  - Stay engaged in life.
  - Strive to do your best in whatever you undertake.
  - Be optimistic: search for solutions and do not give up.
  - Express gratitude for what you have.
  - Be aware of your negative beliefs.
  - Develop positive beliefs.
  - Participate in simple pleasurable activities.
  - Do now what is really important for you.
  - Realize that you have something of value to contribute.
2. Practice being centered.
  - Let the extremes go.
  - Look inward to cultivate a calm and peaceful mind.
  - Practice meditation, prayer, yoga, stress reduction exercises.
  - Pay attention to your emotions, thoughts, intentions and actions.
  - Relax in the flow of life events.
  - Make responsible choices.
3. Develop your relationships.
  - Value and care for people.
  - Adopt an attitude of openness and inclusiveness.
  - Take time to listen, to converse and to share.
  - Practice compassion by treating others as you wish to be treated.
  - Look for the good in everyone.
  - Share your positive qualities, talents, skills, experience and kindness.
  - Choose words that are positive.
  - Practice forgiveness.
  - Help others.
  - Practice integrity at all times.



Article prepared by Wally Lazaruk, June 2019



# In Memoriam



Mike Moore, died Nov 1, 2018, service held Mar 12, 2019.



Keith Wilkinson, died Jan 4, 2019, service held May 31, 2019.



Cora Lawson, died Feb 24, 2019. Service will be held June 30, 2019.



We are saddened to hear of the passing of Ed Oxamitny, a former member of our congregation and a dedicated Epiphany Explorations volunteer on April 18, 2019.



## Are you in the Online Church Directory?

We have been updating our online directory. If you are not already signed up, you can still go to the website and join our online community. If you have difficulty, contact Joan Mason at 250-886-3420 (phone or text) or email her at [jhmason@telus.net](mailto:jhmason@telus.net).

In September, a limited number of directories will be available in the church office; suggested donation \$5.



The Pringle Bells performing at the Palm Sunday service

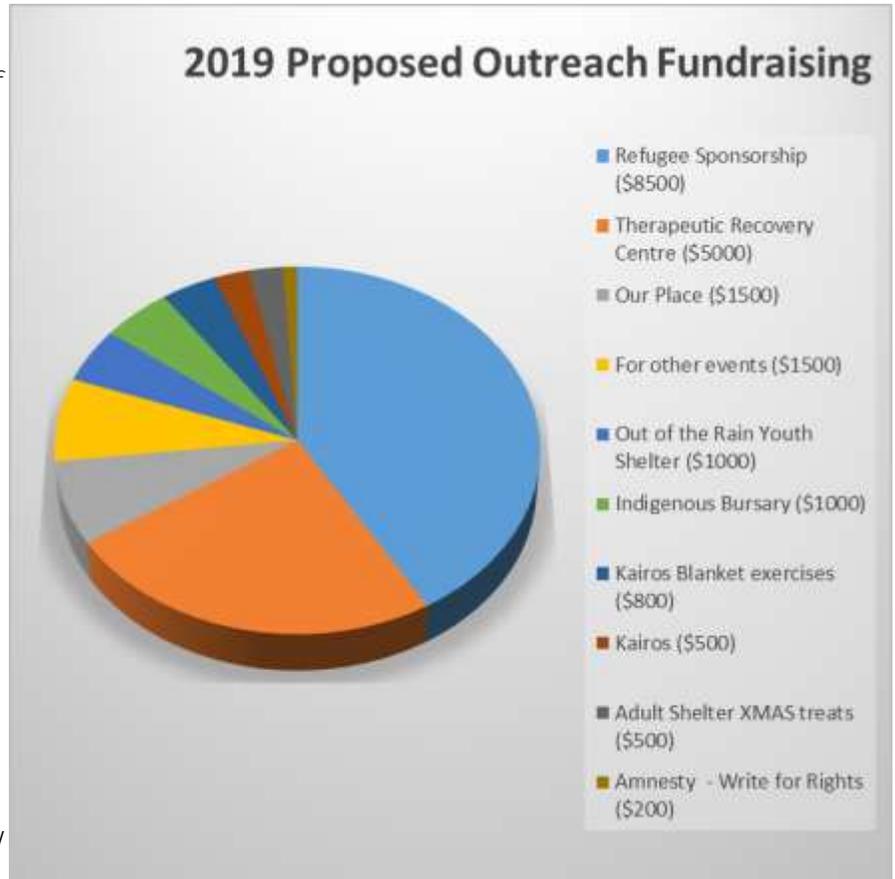
# Outreach Overview

Our Outreach work includes both financial support for a wide variety of projects as well as volunteer opportunities for our congregation. For 2019 we are focusing on financially supporting the Therapeutic Recovery Community, continuing support of sponsored refugee families, providing volunteers to help with Sunday dinners at Our Place, exploring what Reconciliation for First Met community looks like, and supporting groups working on Climate Action. In addition, we plan to continue our support of important organizations, including Our Place and Our Place Adult Shelter, Out of the Rain Youth Shelter, Kairos, and Amnesty.

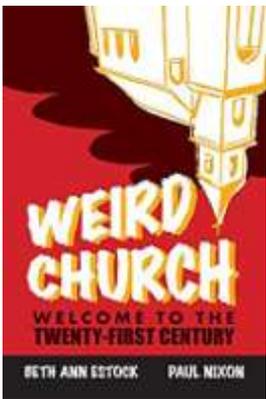
Our proposed budget of \$20,500 for 2019 is listed in the pie chart. The budget is currently entirely funded by individual contributions from

members of the congregation. If you would like to contribute, please make your cheque out to **First Met with "Outreach"** and the project you are interested in listed in memo field. General contributions to Outreach, allow us to ensure that all the projects listed can be fully supported.

For more information about Outreach opportunities, please contact Janet Gray or Kathy Cook.



## Weird Church: New Expressions of Faith



Over eight weeks earlier this year, a study group met at First Met to discuss the book *Weird Church*. A few of the ideas generated by the group include:

- Connecting with the North Park Community Association and neighbourhood businesses to identify their issues and needs
- Offering free coffee in the Narhex on a weekday, to engage passers-by and explore what they care about, what their hopes are, etc.
- Include space in the redevelopment for community needs such as a daycare, cooking class and after school care.

Emily MacDonald presented a summary of the book and the suggestions of the study group in her reflection on April 28. A copy of her text is available at the church office.

# EVERYONE IS WELCOME!

*Please Join Us*

## Caregiver Support Group

Meets the 4th Thursday of the month 1- 2:30 pm . Contact Emily MacDonald 250-886-9975 or Heather Querengesser 250-721-9705.

## Healing Pathways

Monday or Thursday, every hour on the hour from 11:00 am. The last appointment is at 1:00 pm. For appointment call Joan Mickelson 250-385-4033.

## First Met Knitters

No meetings in July and August. Next meeting Sep 10, 6:30–8:30 pm. For more information call Joan Mickelson 250-385-4033 or Shirley Chatfield 250-388-9401.

## First Met Men's Group

Gathers the second Tuesday of each month from 12 to 2 pm from Sept to June. Please contact Cyril Nasim 250-383-0400 or mnasim@shaw.ca for more information.

## Summer Strollers

Meet at Kiwanis Tearoom at Willows Beach each Thursday 10:30–12 noon . Call Irene Baddeley at 250-382-1550 for information or to arrange a ride.

## Ramblers Hiking Group

Meets the third Saturday of every month at the church for car-pooling. Call Rennie Warburton 250-592-9161 or rrwarby@gmail.com for more information.

## Tai Chi

Meets Mondays in July noon–1:00 pm in the Fellowship Hall. No sessions in August. Call Edeana Malcolm at 250-412-7682 for more information.

## Women Exploring Spirituality

Meets June 24, 1:00–3:00 pm; recommences Sep 23. Contact Joyce Clugston 250-360-1941 or Anne Sikstrom 250-383-0172 for information.

## Yoga in the Chapel

Gentle Yoga  
Mondays Wednesdays, 10:30-11:40 am

## Chair Yoga

Wednesdays 12:30- 1:30 pm  
No yoga classes July 1-3. Aug 5-7



## The Friendship Club

Jun 5, 11:30 JJ Morgan Restaurant

Jun 19. 11:30 Royal Scot Restaurant

July 3, 6pm Mini Golf & Dairy Queen

Jul 17, 11:30 Beacon Drive In

Jul 31 11:00 Summer Sail

## Aug 7, 11:30: Petersen's

Aug 21, 11:30 Picnic

Sep 4, 11:30 Royal Roads Restaurant

Sep 18, 11:30 Jewish Com. Centre

## Movies at the Met

7:00 pm

Tues Jun 18–Chapel

Wed Jul 17–Chapel

Wed Aug 14–Chapel

Film titles to be announced.

## United Church Women:

No Meetings in July and August.

Mildred Mossop: 2nd Mon, 10 am

Unity : 3rd Thurs, 12 noon

## Parking Options

### Week Days

- Balmoral Road
  - Ground Level ~ North Park - East of Balmoral Gardens Apartments
- Please register your vehicle opposite the church office.

### Sundays

- Balmoral Road ~ Angle Parking
- Ground Level ~ East of Balmoral Gardens Apartments
- Underground ~ North Park west of Balmoral Gardens ~ 10:15 am to 1:15 pm (September to June)