

# First Met News

Fall 2019 Newsletter



Community members enjoying one of the three lunchtime barbeques in July and August.

## Volume 19 Issue 3

- 2 Welcome Betty Anne Dempsey
- 3 **Shelagh's Message**
- 4 Strategic Planning Continues
- 5 First Met hosts Summer BBQs
- 6 Mid-year Financial Update
- 7 Women Exploring Spirituality  
Sales of Jams and Jellies
- 8 Mission and Service Update  
Hospitality Sign up  
Prayer Connections
- 9 Legacy Circle  
Introducing Ronan Schutte
- 10 Upcoming Music Ministry Events
- 11 **Introducing First Met's Choral  
Scholars**
- 12 Be a Christmas Angel!
- 13 Radical Kindness
- 14 Children and Youth Ministry
- 15 Sunday School Leaders  
Congregational Camp  
Victoria Pride Parade
- 16 Christmas in July  
Thank You Moira Nasim
- 17 Thank You to Our Gardeners  
Summer Strollers Nearing End of  
Season
- 18 In Memoriam
- 19 The Challenge of Paul Study  
Group  
Weird Church
- 20 Everyone is Welcome!

## First Met Hours of Operation

### OFFICE HOURS (Sep—Jun)

Monday—Friday  
9:00 am —3:30 pm

### CHURCH HOURS

Monday—Thursday  
8:30-3:30 and 5:45-9:30  
Fridays :8:30-3:30

### 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 Betty Anne Dempsey!

*“The place God calls you to is  
the place where your deep  
**gladness and the world’s deep  
hunger meet.**”* — Frederick  
Buechner

Thank you so much for the  
privilege of this opportunity to  
share in your lives and your  
work at First Met! As a semi-  
retired minister with a passion  
for Spiritual Health and Well-  
ness, I feel blessed to walk  
with you!

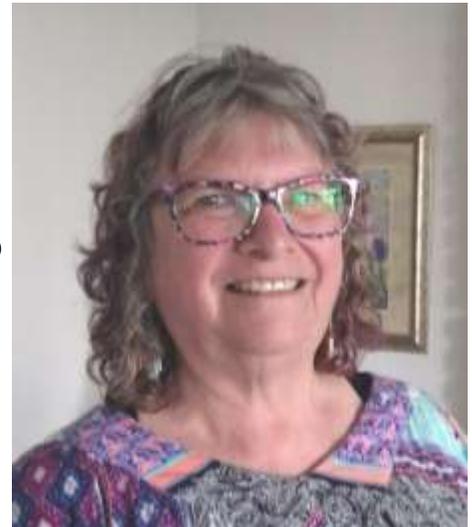
I will be connecting with the  
congregation by attending worship once a month, joining the  
Spiritual Health and Wellness Team for their regular meetings,  
and visiting.

**I’d love to get to know you better! Please introduce yourselves  
and share your stories!**

We have all been called to this ministry to work together to  
love and serve each other in the name of Jesus. May we find  
commonalities, respect each other, our community and our  
**world, and create right relationship...**

**May it be so...**

Shalom, Betty Anne Dempsey



## 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

Good Autumn Wishes to everyone!

**It's been over a year now, that I've been coming to work at this historic red brick church. I am beginning to know more places in Victoria and I am relying on Siri less to direct me block by block to my various destinations! These are all good markers, don't you think? I am so appreciative and grateful to the Sacred Spirit and to this congregation for the opportunity to be here in ministry at this exciting time! May our ministry together be blessed and a blessing, I pray....**



The summer of 2019 is worthy of being included in our history books: For all the best reasons. Usually, my summers have been full of weddings: Friday rehearsals and Saturday gatherings. This was not the case this year. I officiated at one glorious mountaintop wedding at a private house, when the beautiful bride was a granddaughter of two members of this congregation: Pam Shemilt and Marie McKee! It was not my own wedding, but the freshness and warmth more than compensated. It was a pleasure to see them make their vows.

Here at Fisgard and Quadra (or is it Balmoral, Oops!) We also had something old; something **new....The Old I guess was the dependable continuity of worship and the core Yoga and Healing Hands programs, the Strollers down by Willows Beach, the friendly visit and pastoral care calls of our Visiting Team... The "Something New" would be our 3 community BBQs. We had great help from 4 students from St Aidan's Church and we are so grateful to them! Thank Josh and your team: Jesse, Chanel and Lexie. The fabulous volunteers from our congregation came out and we actually got a chance to meet our neighbours! I do believe some are already looking forward to the next summer offerings!**

**Christmas in July is covered elsewhere in this newsletter, but I want to say a huge 'thank you'** to Joanne Linka and the Cridge Centre for the Family, and to Shirley Chatfield, Joan Mickelson and the Knitters Group. The fund raising aspect for the little ones who will get hand knitted sweaters at Christmas was WAY OVER THE TOP!! Thank you and bless you for your generosity.

A number of our families have suffered significant losses this spring and summer and our prayers continue to be with them. It is an important gift we bring - being a community that can be honestly sad and misty eyed together in safety and compassion. Some said good bye to loved ones, others experienced life changing illnesses and life circumstances. We are a diverse community and one of the gifts a church family brings is that sense of every area of human **experience is here, tucked into someone's heart.**

After Easter I travelled to Seattle and Portland to see, first-hand, what other churches are doing in situations similar to our own. It was a great week, I saw a church run pub!, and closer to my heart, a coffee shop! The changing demographics in the Pacific Northwest are impacting us all, and we are learning together and acting together in response. The whole *Weird Church* movement resonates with many of our colleagues and their congregations. We will continue to **explore some new ways for us in the months ahead... I pray the Sacred Spirit will help us be strong and brave to try new things, honest in our evaluations of them and energetic in making the changes necessary before we try it again.**

(Continued on page 4)

# Strategic Planning Continues!

*“Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it’s the only thing that ever has.”* -

Margaret Mead

On June 15, 2019, we had a full-day of Strategic Planning attended by the Lead Minister, members of the Board and individuals in lay leadership positions in the church. Nichola Manning of NM Consulting Inc. chaired the session and wrote the results in a Strategic Planning Session Report. We have **appreciated Nichola’s expertise throughout this process. She was very impressed by all of our accomplishments in 2018, and it was inspiring to see our church through her eyes.**

The Board is now taking the suggestions and feedback from that Planning Session into consideration as we work on a Strategic Plan. This is a tall order and one that will take time, thought and discussion. Nevertheless, we hope to complete it before the end of 2019. At our last Board meeting, Liane Clark mentioned that, in the past, we have been very good at writing plans but not so good at implementing them. This time we hope to have goals with attached dates and responsible teams and/or individuals to ensure that actions are taken in a timely manner.

I would also add that, in the past, we have not been very good at communicating our plans either. This is one thing we hope to improve on in the future. As a first step, I have asked David Bray to publish the **20-page Session Report on the website. You will find it if you click on ‘Church Board’** and follow the link. We will make a hard copy available to anyone who requests it at the Office.

**As for other ongoing accomplishments since the last newsletter, we have established a “Weird Church” team responsible for innovative ideas. Thank you to them and to all those who** participated in the three neighbourhood barbecues which were so successful this summer. Also, we have appreciated the wonderful work of our Sunday School leaders, Hayley Henderson and Micia Kanstrup, so much so that we have extended their contracts until June, 2020.

One of our continuing challenges is finding a new Hospitality Chair. The chores involved in this position have been greatly reduced. The only responsibility will be providing refreshments and **volunteers for coffeetime after the 11 o’clock service on Sunday. This will now be held in the Doreene McLeod Room** instead of the Fellowship Hall except for Soup Social Sundays. If this is an activity you appreciate and want to see continue, please consider volunteering.

Edeana Malcolm, Board Chair



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## Shelagh’s message continued from page 3:

I want to welcome Betty Anne Dempsey to the First Met Team!! She will be staff support to Spiritual Care and Wellness, including Hospital visiting and worshipping with us once a month.

**Finally, I am personally so thrilled to see Allan and Megumi’s names back on the outside Quadra St Sign** and look forward to the Emeritii celebration on September 22<sup>nd</sup>, which will be a real highlight for us all.

**May God’s blessings be on us all as we travel into this new season under amazing Grace and Love.**

In gratitude, Shelagh

# First Met Hosts BBQs for North Park Neighbours

First Met was blessed to host successful community barbeques July 24, 31 and Aug 7, serving up more than 100 burgers, veggie bugers, buns and outdoor snack each day for neighbours in the North Park community.

Lexi, Chanel, Jesse and Josh from the **st. Aidan's United Church summer students program** provided energy, guidance and experience in staging the barbeques for large groups. They also provided attractive posters and information on top of their know-how and sense of adventure.

**“It was wonderful to meet people from our ‘hood in this settings, says Rev. Shelagh MacKinnon.**

Thanks to all the volunteers, especially Penny Bond, who did lots of shopping and communicating. Thanks also to **St. Aidan's and Rev. Cheryl Black** for their generosity. Many people generously contributed so that we were able to freely invite folks to come as our guests.



# Mid-Year Financial Update

As described in the previous newsletter, the main budget concern for 2019 is the almost \$200,000 coming out of the Foundation in 2019. The 2018 Foundation results already show encroachment on the Foundation capital. While the June numbers below show that First Met is about \$10,000 over budget in drawing the almost \$200,000 by year end, the Foundation results to the end of June 2019, even with withdrawals of funds by the church, are positive.

## 2019 Operating Revenue / Expense Summary to June 30, 2019

	Budget Jan to Jun 2019	Actual Jan to Jun 2019	Actual Jan to Jun 2018
Revenues			
Givings	\$131,500	\$133,028	\$151,566
Letting	\$163,000	\$162,957	\$180,103
Program	\$ 46,858	\$ 44,911	\$ 47,312
Miscellaneous	\$ 7,000	\$ 12,770	\$ 16,918
Total Revenue	\$348,358	\$353,666	\$395,899
Expenses			
Program	\$ 79,833	\$ 76,028	\$ 68,510
Staffing	\$226,195	\$ 200,469	\$298,671
Administration	\$ 41,058	\$ 33,830	\$ 37,050
Buildings	\$ 92,598	\$ 116,415	\$110,913
Letting & Other	\$ 4,950	\$ 2,223	\$ 5,002
Total Expenses	\$444,634	\$ 428,965	\$520,146
Net Income / (Net Loss)	(\$ 96,276)	(\$ 75,299)	(\$124,247)
Foundation Withdrawals	\$ 96,276	\$ 106,500	\$ 126,500

As seen in the table, Givings are trending slightly above budget and that good news continues into July, traditionally a month where givings drop due to holidays and lower church attendance. Revenues continue slightly above budget and expenses are below budget in most categories except building expenses. A very high-level projection to year end shows withdrawals from the Foundation being slightly under budget as long as staffing remains at its current level. Under \$2,000 of the \$5,000 capital budget (which is also drawn from the Foundation) has been spent to the end of July.

What can you do to help (and not just with money)?

1. Volunteer your knowledge, expertise and time. Your help, even on a short-term project, means that First Met does not have to pay for that work and/or can reduce the workload on other volunteers.
2. Submit any ideas you have for generating more revenue or reducing expenses into the **suggestion envelope coming to your Board's bulletin board. Please consult that board regularly to know what your Board is doing.**
3. Have you put First Met in your will or as a beneficiary of a life insurance policy, RRIF, **endowment...? Let the Finance Office know (if you have not already) so you can be listed,** anonymously if you wish, as a member of the Legacy Circle and help support First Met for many years to come.
5. **Remember the Raise the Roof and the Womens' Washrooms projects? First Met continues to accept tax-receiptable donations towards these projects to repay the loans from the Foundation, giving it more cash on which to earn income for First Met for the following year.**  
(continued on page 7)

(Financial Update continued from page 6)

- If you have not already contributed to them, please consider the 2019 Special Appeals for World Development & Relief (March), Music Bursaries (April), Children's programs (June) and Outreach coming up in October. The name of the appeal on the memo line of your cheque or on an envelope containing cash is sufficient to ensure the money is correctly recorded.
- Start thinking about your 2020 pledge amounts as pledge packages will be available starting September 15.

Liane Clark, Treasurer

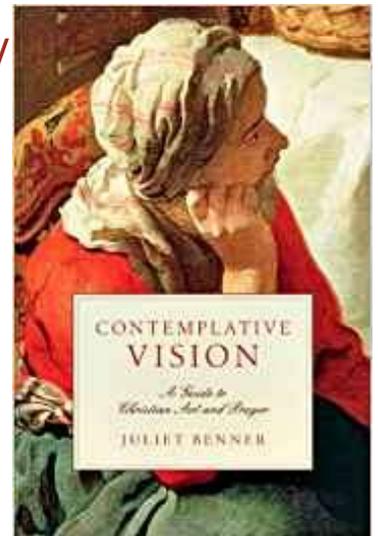


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## Women Exploring Spirituality

We meet the last Monday of each month from 1:30 to 3:00 pm. The next meetings are Sept 23, Oct 28 and Nov 25.

We are continuing our student of *Contemplative Vision: A Guide to Christian Art and Prayer* by Juliet Benner. Juliet Benner teaches a way of encountering the Word behind both the words of Scripture **and the artist's meditation on Scripture. The art pieces discussed** are meaningful and lead to greater discussions. For more information, contact Joyce Clugston at 250-360-1941 or Anne Sikstrom at 250-383-0172.



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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. On Sept 15th before the 11o'clock service and after the service there will be Jams and Jellies for sale by the Doreene McLeod room. They are \$6 for each 8 oz jar.

The following types are available:

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

Thanks for your support!

# Mission and Service Update

First Metropolitan United Church recently received a certificate (posted on the bulletin board near the Balmoral entrance) from the Mission and Service fund thanking the church for \$59,752 in donations in 2018. That total included the \$20,000 matching amount from 2017 that had been missed in 2017. Donations in 2019 to the end of July are \$19,524 and are on track to reach \$33,500 before matching by year end.

Because of changes to the Mission & Service Fund structure effective January 1, 2019, all of those donations only fund mission and ministry related endeavours, with about 10 percent of **donations going to Embracing the Spirit, General Council's "learning network and innovation fund," meant to help communities of faith adapt, change and thrive. In the past, some mission and service fund donations were used to cover governance and shared services costs at the denominational, conference and presbytery levels.**

These governance and shared services at what are now the denominational and regional levels are being financed by assessments paid by all communities of faith, based on a revenue-linked formula. The total income from these new assessments will be less than in prior years as a maximum increase of 10% from the 2017 and 2018 assessments will be in place for three years (2019 to 2021). Therefore, the denominational and sixteen regional levels have been told to expect a lower income within which they must live.

Once again, thank you to all those who have given and continue to give to Mission and Service Fund.

Liane Clark and Forrest Nelson



## Volunteer for Hospitality!

Can you help with our hospitality time and/or soup socials?



Click on the link below for coffee hospitality times on Sundays Sep 1, 8, 15 and and 29. Many hands make light work.

[volunteersignup.org/9LX9T](http://volunteersignup.org/9LX9T)



Click on the link below to assist with Soup Socials - which is Sep 22 this month but will usually be the third Sunday of each month. So mark your calendars.

[volunteersignup.org/HBJ93](http://volunteersignup.org/HBJ93)

## 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.



# First Metropolitan Legacy Circle

In 2012, the First Metropolitan Foundation established the Legacy Circle to ensure a sustainable ministry for years to come. By remembering First Met in their estate planning and through gifts of **various kinds, people are helping to "pay it forward" and to ensure this spiritual community is here** for the following generations.

You can join the First Met Legacy Circle by leaving a lasting gift and know that what it supports today will continue in the future. Your giving can be in the form of:

- a bequest in your Will
- gift annuities
- life insurance policies
- RRSP/RRIFs

Positive personal tax implications may include:

- charitable tax receipt
- reduction in probate fees payable by your estate
- savings in capital gains tax

The role of the First Metropolitan Foundation is to hold trust funds, invest these funds, make grants, and assist the work of the church. Your Legacy Gift will be distributed through the Foundation as follows:

- 50% long-term ministry through the Memorial Endowment Fund
- 25% capital projects
- 25% operating expenses

Our Legacy Circle reminds us of the words of Sir Winston Churchill: "*You make a living by what you get, but you make a life by what you give.*"

For more information about the First Met Foundation and the Legacy Circle, contact the church Finance Office at 250-388-5188, extension 224. If you wish your intentions to remain completely anonymous, you may contact Jane Harding, Financial Development Officer for the United Church, BC Conference at 604-761-1677 or email [jharding@united-church.ca](mailto:jharding@united-church.ca).



## Introducing Ronan Schutte

Ronan Schutte is originally from Dublin, Ireland, and spent several years working in England before arriving in Victoria earlier this **year. He joined First Met's staff in late June and we are very pleased to have him join the First Met team.**

Ronan has provided vacation coverage for the Building Supervisor in August. He will move into the regular schedule when the church goes back to regular opening hours in September.

# Upcoming Music Ministry Events

Mark your calendars for these upcoming music events!

- Thursday 5 Sept. Sanctuary Choir practices resume Room 200, 7 pm. New members welcome.
- Friday 27 Sept. Pringle Bells practices resume Room 200, 10 am.
- **Sunday 3 November 'Let Not Your Heart Be Troubled'**  
Sanctuary, 230 pm. Our annual service for the All Saints/All Souls season. Special music from the Sanctuary choir and guest soloists. Light a candle to remember a loved one at this very moving service. Reception with light refreshments following in the Doreene McLeod Room.
- Sunday 10 November Remembrance Sunday. Guest musician Merrie Klazek, trumpet
- Sunday 24 November Bursary Recital Mary Byrne, flute; Kelly Charlton, piano. Sanctuary 230 pm. A one hour concert of music for flute and piano. Admission by donation, proceeds to the Music Bursary Fund.
- Sunday 1 December Pringle Bells at 11 am Sanctuary worship.
- Sunday 15 December Community Carol Sing Sanctuary, 230 pm. Come and raise your voice in our first carol sing of traditional Christmas favourites, both sacred and secular.



## Downtown Taizé Services



Prayer and music in the style of Taizé  
Fridays, Sep 20, Oct 18, Nov 15  
James Bay United Church  
511 Michigan St.  
Doors open 5:30 pm  
Service 6:00 pm

*Let us enter together into the mystery of  
**God's Presence***

## Broadview Subscribers

Broadview (formerly the United Church Observer) has 60 subscribers through the Group Subscription at First Met! You can sign up for regular email updates by going to the Broadview website: [Broadview.org](http://Broadview.org). If you are not already a subscriber to this timely and informative magazine, you can view some of the articles in recent issues on the site and add your subscription next Spring!



# Introducing First Met's Choral Scholars



Amber Dayton has been singing as the alto scholar for First Metropolitan Church Choir since September of 2017. Her primary instrument is actually piano, started at the age of 13. She is a piano performance major at UVic entering third year. Throughout her post-secondary education she has been placed on honour roll every semester of study as well as awarded numerous scholarships, such as the Wood International Piano Scholarship of 2017 from the VCM. In addition to a passion for classical piano, Amber enjoys playing jazz, song writing, and singing at open-mic nights. Following an undergraduate degree in music performance, she wants to get her master's in the study of how kinesiology and psychology relate to and influence the playing of an instrument and singing.

Annalysa Tylor is an Honours student in the post-secondary program at the Victoria Conservatory of Music, currently studying voice with Nancy Argenta.

**Annalysa recently sang the role of Papagena in VCM Opera Studio's production of Mozart's *The Magic Flute*.** She has won several scholarships and awards, including the Royal Conservatory of Music Gold Medal for Voice, the Vanhall Fund for the Arts, and the Friends of Camosun Award. Before joining the First Met choir, Annalysa sang in the Red Choir at St John the **Divine Anglican Church, in a performance of Bach's *St John Passion*,** featuring the Victoria Baroque Players, as a soloist with the James Bay United Church choir, and at Evensong services at St Barnabas Anglican Church. Upcoming performances include singing in the POV Opera Chorus **for their production of Puccini's *Il Trittico*.** Annalysa is delighted to be returning to First Met for her second year as soprano choral scholar.



Our bass choral scholar William Wang has been a student at the Victoria Conservatory of Music since 2012. He is studying voice with Cathy Lewis and piano with Robert Holliston. He is interested in variety of genres, which includes classical, country, and popular music. He is a graduate from the Diploma in Classical Music and the Diploma in Music Performance. William now is working on becoming a classical musician and pop song writer. William has performed with various organizations, which include VCM Opera Studio, Victoria and BC Performing Arts Festival, and the chorus of Pacific Opera Victoria.

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## Volunteers Needed for Ecumenical Service at Mt. St. Mary's

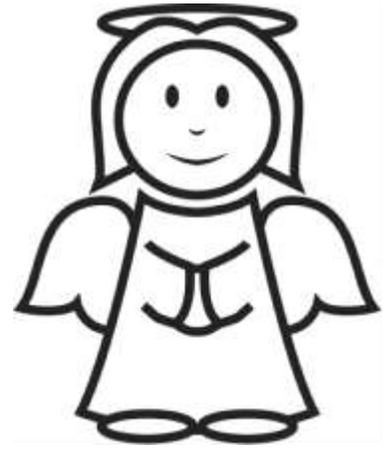
Could you lend a hand as a porter to escort care residents at Mt. St. Mary's to a monthly ecumenical church service? Upcoming services are Sep 16, Oct 21, Nov 18 and Dec. 16 at 11:00 am. Volunteers are asked to arrive at 10:20 am to help bring residents to the MSM chapel. For more information, please contact Vanessa at [islandpilgrim@gmail.com](mailto:islandpilgrim@gmail.com) or 250-415-9272.



# Be a Christmas Angel!

As the Christmas approaches, we think of exchanging gifts and sharing special seasonal traditions with our friends and families. For those who are part of the Our Place family, Christmas is not always a joyous time. Many of these folk are not in touch with their own families and can find the Christmas season a cold and lonely time.

The *Angel Gifts* program allows us to share some warmth and friendly greetings with the Our Place family. The *Angel Gift* that you give might be the only gift that person receives. Those who have received *Angel Gifts* in past years have been very moved by the generosity and caring that come with the gift.



We hope some First Met folk will step forward to help with the gifts at our church. One of the benefits of working on the *Angel Gifts* program is that it is a project of short duration, requiring a time commitment of only one month, during the mid-November to mid-December period. With **several volunteers, each person would need to take on only one task, requiring only a few hours' time.**

There are various ways that you can participate in the *Angel Gifts* program. Individual tasks are:

- **Copying recipients' names from a list onto the individual Angel cards** - requiring someone with good eyesight and legible handwriting.
- Overseeing the pick-up of the Angel cards on one or two Sundays. On one of those Sundays someone needs to be in the Sanctuary early, while someone else is giving out cards in the Chapel - a regular attender of the 9:00 am service would be ideal for that role.
- One or two people are needed to sort the gifts as they come back to the church on two consecutive Sundays - this takes place before and after the 11:00 service. This is a good job for a detail-oriented person.
- **Two or three people who are able to transport gifts to St. Aidan's United Church on the Monday morning after the final gift collection Sunday.** This requires someone who is able to stay for a little while after the 11:00 service until the sorting process is finished and who can keep the gifts stored securely in their car overnight.
- It would be wonderful if two or three youth members of the congregation helped with the loading of the cars on the final Sunday of the project. I look forward to hearing from some of you who feel able to take on any of these tasks! Contact me, Penny Bond, by email at [moneypenny@shaw.ca](mailto:moneypenny@shaw.ca), or by phone at 250-384-2538.

And, of course, the greatest help of all is from those of you who are able to extend your Christmas generosity by giving gifts to the members of the Our Place family!

These are suggestions for those of you who are donors of gifts:

- Gifts should be new clothing, such as a hooded sweatshirt, sweater or fleece vest.
- Possible supplements could be gloves, mitts, a chocolate bar, movie tickets, a gift voucher for a downtown store or coffee shop.
- In order that gifts are equitable, suggested value is about \$40.

*Penny Bond*

# Radical Kindness

**“Kindness is the language which the deaf can hear and the blind can see.”** - Mark Twain

The book **“Radical Kindness: The Life-Changing Power of Giving and Receiving”** by **Angela C. Santomero** has a number of suggestions for practicing kindness. Some of the key points are summarized below:

- **Angela Santomero defines kindness as “seeing with one’s heart”.** We learn to see ourselves, others and the world with respect, patience, compassion and humility. We infuse what we think, say and do with warmth, understanding and care.
- When we are kind to ourselves, we take care of ourselves. Self-care includes exercise, eating quality food, practicing fulfilling hobbies, spending time with supportive friends and believing in ourselves. Self-care means addressing our personal physical, emotional, mental and spiritual needs.
- When we are kind to others, we ask for help when needed, we foster our social connections and we give our full attention to people we interact with. We really listen and remember something about them. We treat everyone as important.
- When we are kind for a better world, we get involved, we buy local, we treat the environment with care and we volunteer for a cause or causes close to our heart.

**Remember: “Kindness is always a gift. Whether we are giving it to others or to ourselves, it elevates both the giver and the receiver. In a world where anxiety, loneliness, and suffering are all too familiar, we always have the capacity to act with kindness.”** - Aviva Romm, MD

*“You can never do a kindness too soon, for you never know how soon will be too late.”* - Emerson

Reference

Santomero, Angela C. (2019). *Radical Kindness: The Life Changing Power of Giving and Receiving*. New York: HarperCollins.

Wally Lazaruk



# Sunday School Starts September 15

Micia Kanstrup and Hayley Henderson are pleased to be partnering/working with the spiritual and helping areas of our church family. Plans to encourage families to be a part of the many First Met programs are underfoot, including *Potluck Church*, the GO Project, Evolve, Rendezvous 2020, etc. For the first time, this position is being filled by two members of the church community who were children in the First United Sunday School. In fact, some of our teachers including Shirley Chatfield are still here. Everything about First Met says we are a welcoming community who want to work with our community to create space for projects like our summer barbeques. First Met Sunday School is home to many families that live in this area.



**The church's commitment to the children's ministry continues to be strong as Micia and Hayley have been asked to lead the children/youth program until June 2020. The Lord's Prayer, Psalm 23, John 3:16 and 1 John 4:11 are just the beginnings of the scriptures that our young people are learning in a fun way with each other. Children's Time on recent Sundays have featured 'Pooh Parables', stories based on the characters of the Winnie the Pooh books, that illustrate the message of the Scripture readings. Building boats and kites have been projects completed over a period of weeks. This allowed for summer getaways, while still staying connected to the Sunday School.**

Micia and Maya attended the GO Project in Toronto. Our youth at the GO Project at Islington United in Toronto discovered bee hives and solar panels on the church roof. The congregation cares for the environment by producing clean, green energy - **since October 2011 they've produced over 105 megawatt hours of electricity for the Toronto Hydro grid!** Our youth had tons of energy too - **below they're getting ready to make beds and do laundry at the Good Shepherd Shelter in downtown Toronto.** We are keen to work with our Victoria congregations to possibly host the next GO Project in 2 years. We are also looking to attend the United Church Youth Conference, Rendezvous, next year.

White Gift Christmas Service this year will be on December 15th. The Sunday School will be working on a play, with scenery, that encapsulates the meaning of Christmas. This is again a project that will connect the students over a period of weeks.

September 15th is our enormously fun Start-up with lunch provided, a bouncy obstacle course, fish pond, hockey shoot and curling on the floor! See you then!

*Hayley Henderson and Micia Kanstrup*





## Sunday School Leader

On Aug 21, the Church Board approved an enhanced Sunday School Leader job description with some youth activities included for 10 hours per week. The Board also approved having Micia Kanstrup and Hayley Henderson continue their job share of this position until June 30, 2020. This gives the Board time to complete, get approval of and implement the new strategic plan and associated staffing.

Scenes from the Congregational Camp, June 21-23, 2019



First Met participants in the annual Victoria Pride Parade July 7, 2019

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

Check out our website

[firstmetvictoria.com](http://firstmetvictoria.com)

# Christmas in July: Adopt a Sweater

First Met welcomed Joanne Linka from the Cridge Centre for the Family on Sunday, July 21, as we celebrated Christmas in July - or 'Knitmas' - introducing an adopt-a-sweater campaign for Cridge Centre families. The campaign is organized by the First Met Knitting Group. The **Knitters** sold **"Adopt-A-Sweater"** certificates designed by David Clark for **\$10.00**. These **"sweater certificates"** will pay for the purchase of yarn and buttons.

The First Met Knitters would like to express their gratitude for the very generous response to the campaign. Members are working to produce the **children's sweaters for the Cridge Daycare Toddlers** Group of 30 children in time for Christmas. The Knitters will meet Tuesday September 10 and Tuesday, October 8 from 6:30 to 8:30 pm. The Nov 12th and December 10th meetings will be in the afternoon from 1:30 to 3:30 pm.

For more information, please contact Joan Mickelson at 250-385-4033.



## Thank You Moira Nasim!

Moira Nasim is stepping down as Chair of the Hospitality Committee, one of the many hats she has worn as a volunteer at First Met. Her unflagging energy, her compassion, and her willingness to step in when needed are an inspiration to us all! Thank you!





## Thank You to our Gardeners!

Thank you to our volunteer gardeners Larry Scott and Russ Delaney, who have done such a wonderful job of keeping the flowerbeds and planters at First Met full of beautiful blooms. They are a delight to congregation members and passers-by alike.

## Summer Strollers Nearing End of Season

For 14 weeks this summer, fifteen strollers with their drivers, enjoyed wonderful weather strolling Willow's Beach and gathering in the Tea Room, for coffee and conversation. This summer we were blessed with wonderful weather for the full season. We were blessed with wonderful weather for the full season.

Our last walk is Sep 05; on Sep 12 at 10 am, we will gather at First Met for light refreshments.



Thank you to our drivers for providing an outing for our seniors and home-bound folks week after week: David Bray, Joyce Clugston, Ann Maffey, Jacquie Medland, Cyril Nasim, Ruth Ratzlaff & Shelagh MacKinnon. Thanks also to our spare drivers who responded where needed: Barbara Avery, Arlene Anderson, Patti Buchanan, Shirley Chatfield. Thank you to those who checked in with folks weekly and called on drivers, as needed.

*Irene Baddeley, Coordinator*



# In Memoriam



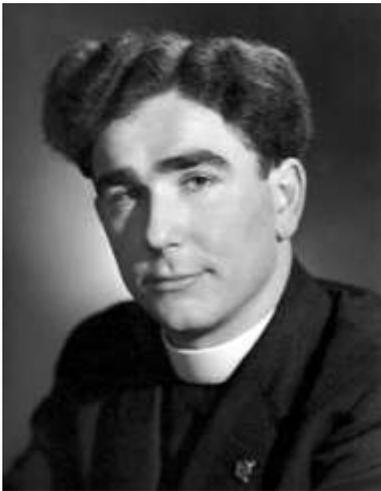
Kenneth Leighton, died Jan 20, service held Feb 7, 2019.



Victor Tong Yuen Chan, died Jun 9, service held Jun 16, 2019.



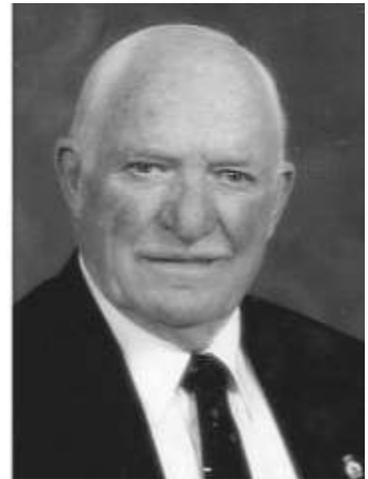
Patricia MacKinnon, died June 28, service held July 18, 2019.



We are saddened to hear of the passing of Rev. David Lovewell, former Minister at First United Church on Aug 16. His service was held on Aug 29, 2019 at St. Aidan's.

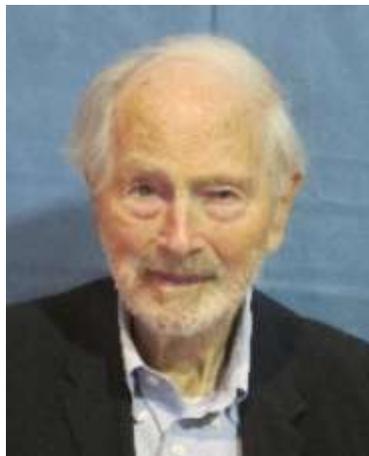


Karen Jenson, died July 21, service held Aug 8, 2019.



Art Flesher, died June 23, 2019 in Prince George.

Thank You from the Jensons!  
Thank you for a beautiful Celebration of Life for our daughter Karen. So many people came together to help. With gratitude and blessings, Earl and Alva Jenson



Tom Lane, died Aug 31, service Sep 5, 2019,



Ann Cann, wife of Rev. Gordon Cann, died Aug 22, service TBA.

# The Challenge of Paul, theme 4, Paul and God

## John Dominic Crossan Study Group

Dates: September 25 - Oct 16<sup>th</sup>, 4 Wednesday mornings at First Met. (Time: 10 - 11:30 am)

Room: 200 - second floor. (Elevator next to Sanctuary to get to second floor)

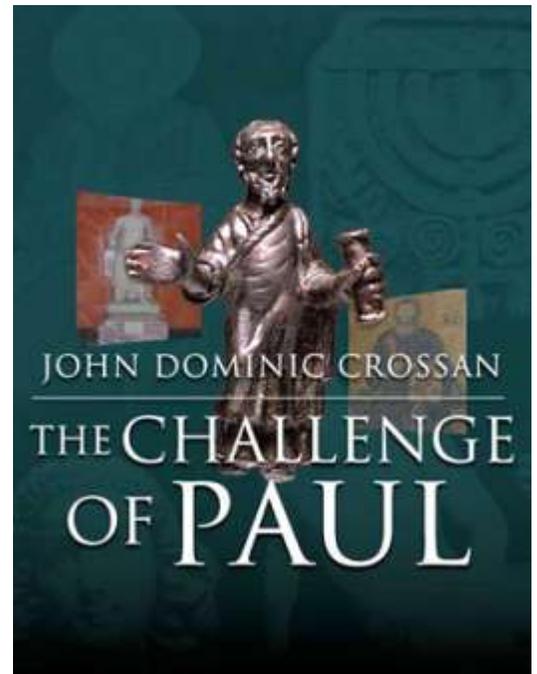
Facilitator: Emily MacDonald

**“Traditional Christian notions about the relationship between God and Justice have tended to convey the meaning that God will ultimately reward the good and punish the bad.**

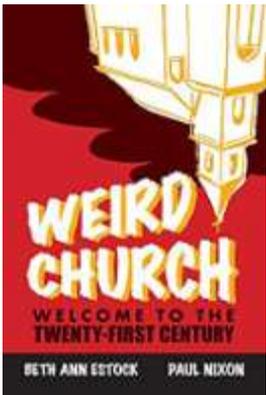
**To Make A Just World”, Dom Crossan, in his inimical way, turns old ideas upside down”.**

Join us for these interesting sessions! We have coffee and goodies as we watch the video followed by a discussion. Please email me ([emilymacd@telus.net](mailto:emilymacd@telus.net)) if you plan to attend, so I can print enough study guides.

*Emily MacDonald*



## Weird Church: New Expressions of Faith



This past winter I attended the Weird Church study led by Emily MacDonald. **One of the topics we explored was “The church as part of the neighbourhood”.** I came to understand that many in our church community at First Met commute from some other place than North Park. I am one of those people and realized that I knew little about North Park. I learned that North Park is a busy multi-cultural and diverse community and one of the lowest income neighbourhoods in Victoria.

As a goal to start making connections with people in the North Park neighbourhood, I decided to collect admission passes to Butchart Gardens through the Times Colonist newspaper spring contest. My intention was to distribute

these to folks in the North Park neighbourhood who would enjoy seeing the Butchart Gardens in all their spring glory but would not have the means to purchase a ticket. I sought help from the congregation at First Met and with their help was able to collect fifteen passes.

Distributing these passes proved to be a successful way of connecting with people in North Park. It resulted in an interesting, delightful and heartwarming experience. I spent several days walking about the North park neighbourhood meeting people. As a result fifteen deserving folks were able to visit a local attraction. I am grateful that I, along with our First Met congregation, was able to make another connection with the North Park community.

*Heather Querengesser*

# 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

Meetings second Tuesday of each month Sept to June from 6:30 –8:00 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 Thursday 10:30–12 noon till Sep 5. Call Irene Baddeley at 250-382-1550 for information.

## 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 and Wednesdays noon–1:00 pm in the Fellowship Hall. Call Edeana Malcolm at 250-412-7682 for more information.

## Women Exploring Spirituality

Meet 4th Monday of the month from 1:00–3:00 pm, starting Sep 23. Contact Joyce Clugston 250-360-1941 or Anne Sikstrom 250-383-0172 for information.

## Yoga in the Chapel

Gentle Yoga  
Mondays, Fridays, 10:30-11:45 am

## Gentle Yoga Plus

Wednesdays 10:30–11:45 am except 1st Wed of month. For students with yoga experience and ability to take a gentle step up with some flow yoga, strength training and a little dance.

## Chair Yoga

Wednesdays 12:30–1:30 pm

## The Friendship Club

Sep 4, 11:30 Royal Roads Restaurant

Sep 18, 11:30 Jewish Com. Centre

**Oct 2, 11:30 Romeo's Pizza (Hillside)**

Oct 16, 11:30 Apple Tree Restaurant

Oct 30, 11:30 Wilkins (Potluck)

Nov 6, 11:30 Cedar Hill Golf Course

**Nov 20, 11:30 Mary's Blue Moon Café**

Dec 4, 11:30 Four Mile Pub & Grill

## Movies at the Met

7:00 pm

Tues, Oct 15—Chapel

Tues, Nov 12—Chapel

Film titles to be announced.

## United Church Women:

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)