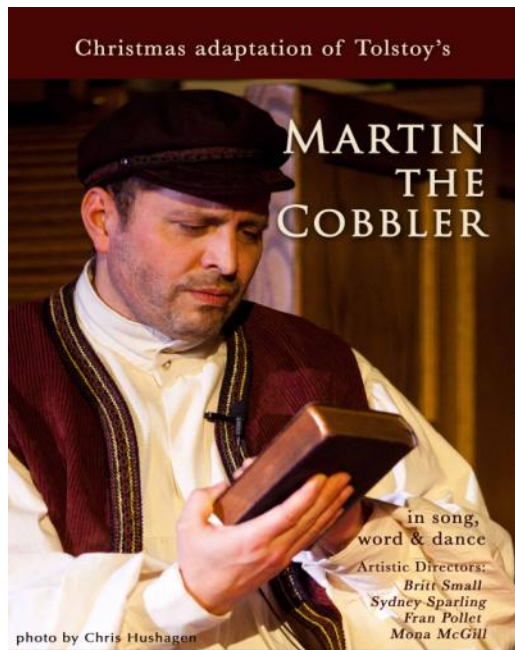


Check out back page
 for the Advent/Christmas
 Schedule ~ 2011

December & January ~ Newsletter

Interest

- 9:00 am Worship with Communion in the Chapel
 - 11:00 am Worship in the Sanctuary
 - Live Streaming 11:00 am service see page 17
- Church Building
 Holiday Hours
 see page 16



**Fri Dec 23 &
 Sat Dec 24 at 7:30 pm**

Entry by donation, all proceeds to benefit

Our Place

also join us for...

Sat Dec 24 - 4:30 pm
 Family Christmas Eve Service

Sun Jan 1 - 2:00 pm
 Music for Meditation

Denis Donnelly, harp Lanny Pollet, flute

First Metropolitan United Church
 Quadra at Balmoral 250-388-5188
www.firstmetvictoria.com

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Join Us
Christmas Eve, 4:30pm
 for our
Family Service

Dress up as an angel, shepherd or Magi, or just be yourself!

Candlelight Animals Drama
 Don't have your own costume?
 We'll provide one for you!
Nativity Story Carols

First Metropolitan United Church
 932 Balmoral at Quadra
 250-388-5188 ext.235
www.firstmetvictoria.com

FirstMet Kids

Office Hours
 Monday to Friday
 9:00—12:00 noon
 1:00—4:30 pm

First Metropolitan United Church
 932 Balmoral Road Victoria BC V8T 1A8
 Phone 250-388-5188 Fax 250-388-5186
www.firstmetvictoria.com

Volume 9
 Issue 10

Longest Night "Blue Christmas"



Wednesday, December 14th, 7:00 pm

*As the nights grow longer,
sadness and emptiness, loneliness and pain
wrap around the hearts of many.
In this season of longest nights,
some struggle to put into words
that which causes them to feel blue rather than joyful.
For some, a loved one has died.
For others, a friend has moved away.
Still others have lost a job,
a cherished dream,
or a sense of hope.*

*We might be feeling worried, trapped, insecure, adrift or alone.
We may be grieving what might have been but will not be,
or grieving over what used to be, but cannot be anymore.
We may simply be in need of a place of
quiet and calm
in an otherwise busy season.*

The Longest Night "Blue Christmas" service provides a safe space for tears, for mourning, and for finding glimmers of hope amongst the glare of Christmas commercialism and false cheerfulness. It is open to all who struggle as Christmas approaches as well as those whose loved ones have died.

Please join us in the chapel on **Wednesday, December 14th at 7:00 pm**. You may wish to attend the service then sit quietly in the chapel for a time. Or you may wish to join us in the Doreene MacLeod Room afterwards for refreshments and conversation. Come as you are; all are welcome.

News from Chair of Council

As the 2011 draws to a close, we can look back on several major accomplishments:

- Our new Minister of Pastoral Care, Leanne Benoit
- The establishment of the Redevelopment Task Group
- The establishment of the Mission & Service Committee
- Amazing and exciting new programs, initiatives and connections
- The report from the Disaster Preparedness Task Group



The Disaster Preparedness Task Group has made the following recommendations:

- to identify & implement safety measures to reduce & prevent harm
- to prepare response & recovery strategies
- to identify post-emergency community recovery strategies

An action plan will roll out in 2012 under the auspices of the Property Committee.

Looking ahead, we can see that 2012 promises to be a very significant year as the 150th Celebrations unfold, the Redevelopment Task group prepares its' recommendations and the various Committees work on their Objectives for 2012.

We all have gifts to share to meet the challenges of the years ahead. As members of the First†Met community, we can all serve-as trustees, as leaders, as stewards, as servants to be the hands and feet of Christ to one another, to our community and to the broader world. I would like to take this time to wish all of you a wonderful Christmas season and New Year. You are all part of what makes First†Met so special.

Thank you, ANN MAFFEY !!!



Please join us in celebrating over 10 years of Health & Wellness ministry, when Ann retires at the end of December.

On **Sun Dec 4th**, an informal "Tea" will take place after the 9:00 am and 11:00 am worship services.

Donations for a "Thank-you" gift can be left at the church office.

A Journey Circle with Ann

I met Ann shortly after she became our Health and Wellness Parish Nurse at First†Metropolitan and this was the beginning of our shared journey. During the past ten years there have been times that I wandered aimlessly and painfully through the wasteland of chronic illness. I am truly grateful that I had the privilege of sharing these trials and tribulations with a trustworthy, reliable, caring, resourceful, patient, and dedicated nurse who possessed the best bed-side manners!

With her knowledgeable medical expertise and steadfast guidance, she gently and carefully helped me to navigate through some challenging lifestyle changes. It was always reassuring and comforting to know that I had an exceptional and confidential advocate who willingly and graciously acknowledged the agony of pain and suffering. Occasionally, she would take the time and make a concerted effort to sit with me when all I had left were tears of sorrow. She didn't pick up the pieces of my life as I stumbled; instead, she helped me recharge and reassemble my shattered dreams caused by living with the uncertainties of illness. We often brainstormed medical options and shared new strategies of how to incorporate and/or adapt various health and wellness ideas. She gave me confidence to select what was most suitable and appropriate for my unique medical conditions.

Because of Ann's compassionate and nurturing heart, I felt safe to be myself! Yes, she has witnessed deep sadness, but she also experienced great joy as we have journeyed together. She was my teacher as I learned how to embrace and befriend a body that had unexpectedly changed in ways that were unimaginable and disappointing. We have shared the joy of many unexpected blessings and the spontaneous laughter was always hearty and good medicine! It reminded me that happiness is within reach. Her "gentle nudging" and other healing modalities helped me reach for those places that are waiting to be reawakened and rekindled such as living delightful moments of real joy! I am learning to indulge in the beauty and love that surrounds me!

My journey with Ann has come full circle. Ann, thank you for being a soulful companion. How fitting that you started the Summer Strollers program at Willows Beach! As you continue your life's journey, I wish you blessings of joy and all the comforts of peace and love. May your footsteps be light and playful as you explore your interests, desires, and needs. It is, now, your time to indulge in our Creator's beauty and lavishly immerse yourself in the true meaning of self-nurturing care that you have modelled for us throughout your ministry at First†Metropolitan.

One of your favourite sayings is "Bless your heart!" Ann, thank you for blessing all our hearts.

Submitted by: Wilma Housty



Children, Youth, Young Adults, and Family



Minister—Megumi Matsuo Saunders, 250-388-5188 ext 235
firstmetkids@firstmetvictoria.com

Our December & January Schedule

Please check out website: www.firstmetvictoria.com

Advent - waiting & preparing—as Christmas approaches we remember Jesus came as a vulnerable baby and how he loved children. This Christmas – ponder and see the children around you and in the Global community. How can we follow Jesus as we face the reality of the world, which continues to be challenging for children? What is

your action? What is your commitment?

Read and reflect the United Nations Right of the child.

All children have the right:

- To a name and nationality
- To a home and care by parents
- To an education
- To express an opinion and be listened to
- To be involved in decision-making in issues that affect children
- To have religious freedom
- To live without fear
- To have enough food to be healthy
- To get medical treatment when sick
- To be protected from harm or danger
- To be protected from violence
- To rest and play
- To fair and equal treatment
- To be protected from war

November Happenings

Evolve Youth & Young Adults Conference in Vancouver ~ 12 youth & Young Adults and 2 parents attended this wonderful conference, Nov 10 to 13.

Special thank you to parents Kat Rainsberry and Imogen Glover, who chaperoned youth and slept at the basement of the church with youth! Aaron Kanstrup, Alec Xu, CJ & Mika Rainsberry, Evangeline Wagner, Pablo Joiner, Colin Vowles Tuey, Samantha Jones, Gwyneth Faulkner, Owen Vaags, Sarah Prestwich & Tanissa Martindale attended.

Evangeline Wagner says: *Evolve was an amazing experience. Activities included dance, workshops, streams, and fun swimming. We learned a lot about how we can make a better connection with God during worship and every day life. I especially liked that during worship when we sang lots of songs. I met a whole bunch of new people and I hope to see them next year.* **Alec Xu** says: *Evolve was a place of song, dance and celebration. I learned many new songs, and pioneered a deeper, more spiritual side of Harry Potter.*



Congregational Advent Turkey Dinner

Thank you for your wonderful support for our Advent Turkey Dinner on Nov. 20. It was awesome! This fundraising event is for our youth program and was attended by 245 people. Almost 80 youth, parents and volunteered were involved at this dinner. Sr Youth worked on potatoes and turkeys in the morning and Jr. Youth set the tables. Late afternoon, Jr & Sr Youth and their parents cooked & served Turkey dinner. Silent auction and



Sing-along with Christmas carols and violin solo by Isobel Glover. A big Thank you to all the people who helped with this Turkey dinner!

Children, Youth, Young Adults, and Family ~ cont'd

December & January Schedule

- Dec 2 (Fri) Mothers Morning Out 9:30 am to 11:30 am Baking Bee (Mothers, please come earlier)
- Dec 4 **Ann Maffey Retirement Party**, A short rehearsal for White Gift service, Confirmation class 2:00 pm to 4:00 pm
- Dec 6 **(Tues) National Day of Action on Violence against Women** service at 7:00 pm (See bottom of page)
- Dec 9 **(Fri) Family Fun Potluck (Christmas theme)** at 5:45 pm (usually people start to eat at 6:00 pm) to 8:30 pm. 6:30 pm Programs for K to G3, adults program
Jr Youth group G4 to G7, & Sr Youth Group G8 to G12. Child care is provided for 0 to 4 yr.
We are having a great church family time getting to know each other. Please bring main dish, salad, or dessert. Also bring your own plates and cutlery. Coffee & tea will be provided.
- Dec 11 **White Gift Sunday at 11:00 am**
Children & Youth focused service with Story of Christmas and its' meaning. **Llama** will be coming. Toddlers to Grade 4 please come at **10:30 am**. Grades 5 to Grades 11, please come at **10:00 am**. Please bring non-perishable items: canned goods (ham, vegetable, beans, etc.), toiletries items, warm socks, mitts, toys, etc. to share with people who need them in Victoria. Please wrap with recycled wrapping paper (inside out-white) or newspaper. We also appreciate monetary donation for White Gift so that we can give food vouchers. We will let you know more details later.
- Dec 16 Mothers Morning Out, Rhythm Band, and Jr. Youth Group "IMAX"
- Dec 24 Christmas Eve Services - All the offering goes to Our Place programs
Family Service at 4:30 pm **see front cover - invite friends!
Candlelight & Pageant at 7:30 pm * see front cover
Candlelight Carols & lessons service by Young Adults at 11:00 pm
- Dec 25 Christmas Day Community Christmas Service with Louise Rose/Open Door Choir at 11:00 am
- Jan 1 Sunday Service and Music for Meditation
- Jan 6 Mothers Morning Out in the morning, Family Fun Potluck Jr & Sr Youth Group-
Special music with Louise Rose (every month) from 6:30 to 7:00 pm
- Jan 8 Confirmation class
- Jan 12 Meg Hickling "Sexual Health Education for Families"* See details below
- Jan 19 to 23 Epiphany Explorations Conference
- Jan 27 Mothers Morning Out, Jr Youth Group at 6:30 pm

More about Coming Events

Dec 6 Service—7:00 pm ~ Remembrance & Hope, Inter-Spiritual, Interfaith, Ecumenical Service of worship ~ **The National Day of Remembrance and Action on Violence Against Women in Canada**, Guest Speaker: Charlayne Thornton-Joe & Chris Coleman, both from City of Victoria. Established in 1991 by Parliament, this day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal. Since 1999, we have been organizing to have a special inter-spiritual/interfaith service to commemorate, not only 14 young women, but also many women in Canada and around the world who have died or still suffer with violence against women. They include aboriginal sisters and victims of human trafficking, domestic violence and wars. It is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls.



Fri Jan 6 at 6:30 to 7:00 pm – Special Music with Louise Rose (once a month!)
Our Potluck Supper is at 5:45 pm and the youth groups meet at 7:00 pm

Thurs Jan 12 Meg Hickling's "Sexual Health Education for Families" For 3 years old to 16 years old & parents, guardians & educators Author of *Speaking of Sex More Speaking of Sex Boys, Girls & Body Science* Meg Hickling is a well known sexual health educator, member of the Order of Canada, and has the ability to convey difficult material with sensitivity, gentle humour and warmth.

4:30-5:10 pm Children (ages 3-7 yrs) and guardians
5:40-6:20 pm Children (ages 3-7 yrs) and guardians
7:00-8:00 pm Youth (ages 8-17)
7:00-9:00 pm Youth (ages 15-17) 7:00-9:00 pm



Cost is only \$12/Family, Books and DVD's will be available for sale

For full details and registration will be announced on our Website www.firstmetvictoria.com

Music Highlights

The Christmas Pageant production of *Martin the Cobbler* will be featured once again this year on Dec 23rd and 24th, at 7:30 pm. This beautiful, radiant presentation is repeated from last year. Those wishing to participate or assist are invited to give Fran a call now. Sydney Sparling, Britt Small, Mona McGill and our recent addition of Sherri Richet will all be involved in the direction. Aline Dumalski will join us on violin. Cam Culham will once again share his dramatic vision of The Cobbler with us. Lively prelude music begins at 7:00 pm and includes Klezmer, Balkin, and Russian stylings. All proceeds from this event are ear-marked for the Our Place community.

Costume call ~ Do you have Ukrainian blouses, boots, shawls, scarves that you would be willing to loan or give to us? We're desperate! Talk to Mona at 250-589-5108. Also, we are pleased to accept donations of fabrics that would be appropriate for costume-making. To be useful, these should be 2.5 yards or more, not small scraps. Curtain fabrics can also be useful if in nice texture and complex colourings.

Christmas Day Community Christmas Celebration – our 11:00 am worship service that day will be a very special celebration with Louise Rose, and friends from the Open Doors Choir and Good News Choir, our own Sanctuary Choir and instrumentalists. Louise will include her own special gift of improvisation and will also draw on her rich background of Christmas carols. Allan will give the Christmas message that day. There will be no 9:00 am service on that day or Jan 1. However, folks wishing to celebrate Communion are invited to make their way to the Chapel at 10:45 am.

Sunday, January 1, 2:00 – 4:00 pm ~ Music for Meditation Denis Donnelly, harp and guitar, and Lanny Pollet, recorders and flutes, will once again bring in the New Year with their lovely reflective music-making. Their music programme is based on folk melodies from around the world. This concert progresses without applause. Folks are invited to pop in for 2 minutes or stay for two hours! Refreshments are available throughout the afternoon in the Chapel. This is a lovely way to hold the final moments of Christmas in a beautiful, candle-lit Sanctuary with friends.



Stocking Stuffers from the Music Programme

The Vocal Ensemble has two lovely CD's: "When the Skies Fall" and "Canticle" available at \$15.00 each. These make lovely gifts, as do the two CD's from Lanny Pollet/Denis Donnelly. These are all available in the Front Office.

Celebrating and Remembering with Flowers

Would you like to celebrate a special occasion or honour the memory of a loved one by gracing our worship space with flowers? Here is some helpful information.

- Please call a florist and order the type of arrangement or bouquet you would like. Many grocery stores have excellent floral departments.
- When ordering ask that no scented flowers be used. Many people are allergic to strong fragrances.
- Request that the flowers be delivered on Friday. They will be placed in the Chapel for the 9:00 am service, and then moved to the Sanctuary for the 11:00 am service. Our whole congregation will enjoy them!
- If you will be in church Sunday morning you may take the flowers and vase home following the service.
- If flowers are left in the church after a memorial service they can be picked up after church on Sunday or at your convenience. Please contact the church office.

If you aren't able to order the flowers yourself, then we would be delighted to help you. The Worship Committee thanks you for contributing to the beauty of our worship together. If you have any questions please call Marion Denton (250-478-1800) or Gail Thompson (250-590-3597).



Epiphany Exploration 2012



Epiphany Explorations 2012 – our tenth anniversary!

Check out this conference on our website! www.firstmetvictoria.com

The tenth Epiphany Explorations conference will be held January 19 to 23, 2012 and features Marcus Borg, Richard Rohrbaugh, Mary Jo Leddy, Martin Brokenleg and Elizabeth May as well as other speakers, workshop presenters and musical presenters.

Volunteers

As in previous conferences, there are many opportunities for volunteers to take part to make our 10th annual conference a success. As well as taking away some learnings from the conference, there are opportunities to meet many people from across Canada, get to know more about our own church and the people who attend it, and feel part of the excitement of this unique event at First+Met.

If you would like to volunteer or would like to find out more about the volunteer opportunities, please contact one of the following people to explore how you might be part of the volunteer team of the conference:

Epiphany Explorations 2012 Team Contacts

Arlene Galloway Ford (Chair): 250-384-5403; make@shaw.ca

Ron Hunter & Carol Fedrau-Ens (Hosting):

250-920-0149; cfedrau@telus.net, ronnhunter@yahoo.ca

Moira Nasim (Hospitality): 250-383-0400; mnasim@shaw.ca

Richard & Marketa Mellows (Information Desk):

250-656-0186; rmmel@shaw.ca, marketam@shaw.ca

Vanessa Hammond (Billeting): 250-415-9272; vanessa@ownership.coop

Registration and On Line Ticket Sales

If you are interested in registering for the conference you can find information about this at <http://firstmetvictoria.com/epiphany>. Even if full time registration may be filled, there will probably still be an opportunity to purchase tickets for individual sessions. You can find out about the different sessions by scrolling through the conference brochure. Please join us at the conference!

Digital projectors needed

If anyone has a digital projector they could loan to the church for the use of presenters during the Epiphany Explorations conference, please contact Brian Shields (support@firstmetvictoria.com).



Raise The Roof



So far
\$ 87,361.00

Memorial Poinsettias

Memorial Poinsettias ~ During the Advent Season memorial poinsettias grace our Sanctuary. If you are interested in making a donation for this, please leave a cheque made out to First+Metropolitan United Church with Sharon in the office. Deadline is **Dec 15**.



United Church Women's Group

We are committed to the UCW purpose - To unite the women of the congregation for the total mission of the church and to provide a medium through which they may express their loyalty and devotion to Jesus Christ in Christian witness, study, fellowship, and service.

UCW MEETINGS

First†Met has two UCW groups - Mildred Mossop Unit and Unity Unit.

December Meeting schedule:

Mildred Mossop - Dec 19

Unity - Dec 15

No Executive Meeting in December

January Meeting schedule

Jan 9. This will be a joint meeting to conduct our AGM.

Executive Meeting on Jan 23.

Meetings are held in the Doreene McLeod room at the Church.

We welcome new members and visitors!

UNIT NEWS:

The UCW collects complete Campbell soup labels, Island Farms product codes, eye glasses, tabs from pop cans, and stamps. Did you know that we collect unused machine stamped envelopes - the ones that come in your "junk" mail? Save them and leave them in the box across from the Office. We thank Anne Walkey for her years of dedicated service to our Church and Society Committee (collecting and distributing these items).

FINANCIAL NEWS:

In appreciation of the support of First†Met staff we give Christmas blessings and gifts to show our thanks.

SPECIAL EVENTS

First†Met UCW is part of the South Island Presbyterial. Next Presbyterial meeting is on January 27 at Brentwood or Shady Creek United Church. Look for news in the Bulletin.



Mark your calendars for the Ecumenical Advent Service on Dec 5. We hope to see you there. All are welcome. We have invited women from 17 churches to a coffee party in the Fellowship Hall at 10:00 am followed by an Advent Service in the Chapel at 11:00 am. The theme this year is "**Come Visit the Stable**". We would love to have you join us as we begin the Advent season.

Women Exploring Spirituality



Women in the congregation are invited to join in exploring Joyce Rupp's book, *The Cup of Our Life*. Rupp shares how the ordinary cups that we use each day can become sacred vessels that connect us with life and draw us ever closer to God. The cup is a rich symbol for life, with its emptiness and fullness, brokenness and flaws, and all its blessings. Each month, we'll engage in prayer, song, discussion, and other spiritual practices.

Please contact Leanne Benoit 250-383-5188 ext 225 for more info:

Next afternoon sessions are from (4th Mon, 1:00 pm – 3:00 pm):

Dec 12 (119) and Jan 30 (124)

Deadline for Annual Reports and Newsletter

The deadline for the next newsletter will be **Jan 15th, 12 noon**. This newsletter will be for **February** items. If you have items anytime now or before I would love to have them sent to me as you know I always like working ahead. Deadline for the Annual Report is **Jan 3rd ~ 12 noon**. Many thanks Sharon.

Stewardship Committee for December 2011

We are at the end of our 2012 Stewardship Annual Appeal. Results are not final and won't be for a little while. In general, the Appeal was successful with about one quarter of circulated Pledge Cards being returned. Compared with the two previous Appeals, it is a smaller return but does help budget building for next year.

For those interested in statistics here are the numbers:

Mailings: 566	Responses: 137	Increased Givings: \$45,209
% of Goal: 90%	Average Increase: \$356	Total Pledged: \$271,646

This is a good result considering economic conditions, deaths, health, moves (both within the region and out of it). The response to the Appeal, while lower than anticipated, shows a commitment on the part of our Congregation to keep First+Met in the forefront of spiritual development and community support.

With progress towards the 150th Anniversary celebrations now gathering steam, it may be time to consider a "legacy" gift to the Church. This could be in the form of a bequest, memorial donation, special project funding and others. Contacting the Finance Office (250-388-5188 ext. 223 and 224) is an easy way to start confidentially ensuring long term funding for the Church. This will keep the legacy of both our founding churches alive and flourishing for many, many years to come.

Your Stewardship Committee of Carol Fedrau-Ens, Kim Kanstrup, Robin Krause and myself THANK YOU for your support and wish you GOOD HEALTH and A BLESSED HAPPY CHRISTMAS SEASON.

Sincerely, Herb Pitts, Chair

News from the Finance Office

FIRST METROPOLITAN UNITED CHURCH Summary Statement of Revenues and Expenses For the Ten Months ended October 31, 2011

	<u>2011 Budget</u>	<u>2011 Actual</u>	<u>2010 Actual</u>
Revenues	655,289	579,424	585,759
Expenses			
Staffing Costs	518,419	506,922	454,055
Administration	78,167	42,353	42,661
Building and Grounds	104,167	116,600	87,648
Programs	24,551	6,973	45,502
Restricted Funds	(18,567)	(49,759)	(9,122)
	<u>706,737</u>	<u>623,088</u>	<u>620,743</u>
Loss for the Period	<u>51,448</u>	<u>43,664</u>	<u>34,984</u>

The Church is slightly under budget to the end of October. However, we are moving into the busy season so we anticipate higher monthly expenses to be incurred over the next two months. Overall, the Church is forecasted to be within budget for the year.

Health & Wellness



The Better Bones Blog

By Dr. Susan E. Brown, PhD

[Dowager's hump and vertebral fractures — what can we do about them?](#)

As a society, we're slouchers — we hunch over cell phones, hover over our keyboards, and slump in our comfortable sofas and chairs. All this slouching diminishes both the alignment of the spine and the muscle strength in the back, and over time, it alters the physical structure of the spine.

In a recent blog post, I mentioned the video I'd done regarding kyphosis (what many of us call "dowager's hump" or "hunchback") and how changing posture to align the spine properly could help people prevent or alleviate kyphosis. Doing this video also gave me some insight on the connection between spinal fractures and kyphosis.

Many people associate kyphosis with osteoporosis because they think that kyphosis means they have vertebral fractures — **when it most often does not**. Back in 2009, I [wrote about a 2007 study](#) showing that even severe kyphosis has limited value in predicting fractures. But other studies have shown that while many people with kyphosis do not have vertebral fractures, quite a few have degenerative disc disease — that is, the soft pads between the vertebrae are worn down or damaged. And among people with more extreme kyphosis (that is, whose backs were bent at a sharper angle), there is a greater likelihood of fracture.



This tells me that kyphosis alter both the spine's shape and function. We're meant to carry the weight of our upper body using our back muscles, our pelvis, and our legs — all constructed to withstand this kind of pressure — while the spine provides alignment and flexibility. In someone whose spine is improperly aligned, the downward pressure of the upper body's weight shifts from the legs and pelvis onto the vertebrae. Moreover, the angles involved mean that these forces don't press uniformly downward on properly stacked vertebrae — instead, with the spine tilted forward, the forces press on each vertebra at an angle. And that increases the chance of fracture.

In a person with kyphosis and thinning, weakened bones, the upper body's weight represents a load the vertebrae may not be able to tolerate. This is why some people experience spinal fractures simply by bending over — a fear of so many people with osteoporosis. And unless you have good postural alignment, most forms of exercise may not help to strengthen the bones of the spine. In such circumstances, exercise may actually hurt your bone health!

So what can we do about it? For people with mild to moderate kyphosis, or for those who simply want to prevent it, there are plenty of steps that can be taken to help maintain the strength of your spine. I've talked at length about how to support your bones with an alkaline diet, exercise, detoxification, and stress reduction — and of course I would recommend these steps to anyone concerned about vertebral fractures, with or without kyphosis. But if you're showing signs of developing kyphosis (or even if you want to prevent the possibility), here are some other tips:

1. If you don't exercise currently, work with a physiotherapist or a Pilates instructor to develop a routine that addresses any posture or alignment issues. If you already exercise, a session or two with a personal trainer might be helpful to make sure you're using correct technique with proper spinal alignment.
2. Mindful exercises like t'ai chi and yoga emphasize good posture and promote the gentle stretching of muscles, so they can be very helpful.
3. If you have kyphosis, or even if you just habitually slouch, the muscles in your back may have weakened or atrophied. You may need specific exercises to stretch and strengthen these muscles to prevent further deterioration.
4. [A weighted vest](#) like the one we offer in our store makes routine movement weight-bearing while helping to enforce correct posture (it is very difficult to slouch while wearing a weight vest!).

Those who already have mild to moderate kyphosis should review any new exercise program with their health care practitioner and may also want to talk with a physician about degenerative disc disease, particularly if standing straight causes pain. For people with severe kyphosis who want to exercise, it's essential to talk with your physician or physical therapist before you start. I encourage people who are concerned about spinal fractures to visit Natural-PosturalSolutions.com and learn more about correct posture — especially if you already suffer from kyphosis. The [video that Kathleen and I made](#) is a great starting point too (but remember to sit up straight when you watch it!)

References:

Schneider DL, von Mühlen D, Barrett-Connor E, Sartoris DJ. 2004. Kyphosis does not equal vertebral fractures: the Rancho Bernardo study. *J Rheumatol.* Apr;31(4):747-52. URL: <http://www.ncbi.nlm.nih.gov/pubmed/15088302> (accessed 09.02.2011).

Healing Touch



Do you feel overwhelmed by the challenges in your life? Do your mind and body crave peace and quiet? Consider a RETREAT DAY that includes a free session with the Energy Practitioners of First+Met's Healing Ministry. Hour treatments are offered on the hour between noon and 6:00 pm every Monday afternoon. (Please call if you can't keep your appointment). Sessions include a short meditation, 30 minutes with a Practitioner, and grounding time. Call Susan Walma at 250-361-0964.

THE SUMMER STROLLERS

On Thursday in summer we meet by the ocean.
At various speeds we get into motion.
The scene is a picture, a joy to behold.
The weather is rarely unusually cold.

After smiles and greetings outside the tea room
You'll see us set off on our stroll very soon.
Some bring their walkers and sometimes a dog.
One brought a daughter with time off her job.

We're led well by Joan, Carol and Pam,
Aby directed by Parish Nurse Ann.
They arrange it all, especially the driving
And do their best to keep us all thriving.

There's Shirley and Sherri, Gordon, Diane.
Doug and Janet and Patti and Al.
Fleming and Chick, May and Eileen, Ilse,
Vera, Phyllis, Doreen.

Elizabeth, Gloria, Bill and Catherine,
Linda and David: all part of the scene.
If I knew all the names I would mention others,
But perhaps their best called our sisters and
brothers.

After strolling the Esplanade as far as can be
We look forward to coffee or maybe it's tea,
With goodies or sandwich or soup for some folk
And lots of good chatter; sometimes a joke.

We all love the strollers. They're part of our life.
We look forward to summer, especially my wife.
So let's all be merry and never forget
That we strollers are blessed to be part of First
Met.

Rennie Warburton



Life's Challenges

*Do you wonder how to support someone
who is ill or dying?*

*Are you angry with God about suffering
or loss in your life?*

Is Christmas a challenging time for you?

Do you suspect your loved one has dementia?

You are not alone! That is the first thing you should know. Your First+Met community is here to support you. Please talk with one of us so we may walk this journey with you:

Leanne Benoit – Minister of Pastoral Care
250-388-5188 ext. 225

Ann Maffey – Health & Wellness Director
250-388-5188 ext. 233

Linda Mulhall – Spiritual Guide
250-479-8410 or l.mulhall@shaw.ca

Karl Ireland – Counsellor
karl_ireland1@hotmail.com or 778-433-4022

Prayer Connections Team
prayer@firstmetvictoria.com

Healing Touch Team
Susan Walma 250-361-0964

Check our Care Notes in the hallway by the Doreene McLeod Room for print materials such as:

- Finding a Way to Forgive
- What Everyone Should Know About Dementia
- Coping When Someone You Love Is Dying
- Easing the Burden of Stress
- Journeying Through Loneliness
- When the Healing Isn't Happening

"We are not alone, we live in God's world...
In life, in death, in life beyond death, God is with us.
We are not alone. Thanks be to God."

(A New Creed, United Church of Canada, 1968)



Heritage Stories

If you would like to write or share stories about a group or activity you have been involved with before amalgamation at Metropolitan or First United churches, we would like to print them in the newsletters over the next 14 months. Articles are to be 50 words or less. Sharing the past and planning the future are important. Call Marion at 250-478-1800.

I would like to thank Janet Harper as she has written about her joining the UCW.

I am not sure of dates. I started in the Gleaners (the young women's) Mission Circle a branch of the Women's Missionary Society until they formed the UCW units. I was in the "Uniters" then when we amalgamated UCW was reorganized with some units changing their name. I was in the Harmony and now the Unity.

Thank-you Janet

Many of our women have belonged to formal UCW groups and some have not but we want all the women of the church to know we are extremely grateful for the many hours of work they have done and their willingness to share their faith. God bless you.

First United Church Choir

Always a leading force in the hymn singing, the choir was once almost 60 strong, filling the old choir loft to overflowing. In the 1930's and 40's, it competed in the sacred music section of the Victoria Music Festival, and along with Metropolitan, won many firsts. In the 1950's, under the leadership of Mary and J. Roberto Wood, "Carols in the Candlelight" began, and the Sanctuary was filled--even to bringing extra chairs at the end of pews. We have been blessed with many outstanding leaders, including Bill and Evelyn Gregory (a student of Mary Wood), George Schran, Dale McIntosh, and Ekhart Seeber. Our leadership continues under the able guidance of Fran Pollet--with a much smaller number! Sharon Stennes

Why is it called The Mildred Mossop Unit?

This particular unit of the First†Metropolitan U.C.W. has an interesting history. It was originally formed in 1942 as part of the Women's Missionary Society (WMS), with six members - one member is still involved, Mrs. Peggy Clark. It was known as "The Young Women's Auxiliary to the Women's Missionary Society of the Metropolitan United Church"! Mildred Mossop was a United Church worker with the Chinese in Nanaimo, Victoria and Vancouver. She came to tell the group about her work and a long standing friendship began. At that time the group was searching for an identity so it was decided to use her name. Mildred was thrilled with the interest of the group and on her retirement and residence in Victoria she joined the group. The membership rose and fell for various reasons and when the women of the United Church became the "United Church Women" the Mildred Mossop unit opted to continue with the same nucleus of members. Over the years the members have continued to serve in many capacities not only in the U.C.W., but also in many programs of the Church, yet always keeping a keen interest in 'missionary' work.

The Doreene McLeod Room

Room 119 was named the Doreene McLeod room after the wife of Hugh McLeod. The Reverend Hugh McLeod was inducted as minister of First United church in Victoria on October 2, 1938. He was called from Robertson United church in Edmonton and came with his wife Doreene and three small sons to begin a ten-year tenure at First.

Those were the difficult years of the Second World War and its aftermath, and both the minister and his wife worked tirelessly to keep things going. Doreene was active in organizing women's groups - she began a group for younger women called the Doreene McLeod W.A., and couple's clubs in the bleak war-time years.

In July of 1948 the Rev. (now Dr.) McLeod and his family left Victoria to accept a call from Knox church in Winnipeg and he later became Moderator of the United Church of Canada. Doreene, as always, accompanied and encouraged him.

When Dr. McLeod retired from active ministry, he and Doreene returned to Victoria and again became part of First United. Doreene continued her active interest in women's activities at the church, attending meetings and socials in what is now the U.C.W., even into her old age.

When she died in 1942 Hugh was devastated. In her memory he agreed to pay for the conversion of room 119 into a social lounge, with the proviso that it be named "The Doreene McLeod Room" in perpetuity. Doreene's picture, taken before her marriage to Hugh, hangs in the hall, a constant reminder of her devotion to the church ---and Hugh's devotion to her.

Worship Committee News

There are many events happening in December and January so please read your bulletin and newsletter so you do not miss out.

If you are planning to attend church Christmas and New Years morning, for those who wish to have communion it will be provided in the chapel at 10:30 am. It is not part of 11:00 am service.

I would like to thank all the people who bought the jams and jellies and that will help some youth to attend Camp Pringle. We raised \$440.00. I hope you all enjoy the jams and jellies and if you do not need the jars please bring them back to me. God bless you.



I hope many of you folks have registered for Epiphany or at least some of it. It truly will be an exciting venue.

We are always interested in feed back from the congregation. May you have a blessed Christmas and a wonderful New Year.

Submitted by: Marion Denton

Information Needed for Young People's Union (YPU) First United

Did you ever belong to the Young People's Union (YPU) at the former First United Church between the years of 1950 and 1965?

A few of us are thinking of having a Reunion in April 2012. If you are interested, please call or email Sandra Roodenburg at 250-479-1434 or jsroodenburg@telus.net;

Important Information for our User Groups

The church has a great booking system but we rely on user groups to provide information necessary for access & set up.

- It is important for staff to know the access time as well as the start time, end time and exit time for the event.
- Daily sheets are printed out for custodial staff so furniture can be set up for each event, so please fill in the set up details when you make your booking – we don't always retain setups from previous bookings.
- As you may be aware, the Redevelopment Task Force is currently trying to assess church use of the various rooms in the building. One element we are having trouble quantifying is the number of people using each room, so please include an estimate of attendance when you make your booking.

Something to keep in mind: furniture used for your event may be needed for another event. Please check with the duty custodian before asking volunteers to put things away – we value their contribution but want to make the best use of their enthusiasm.

Out of The Rain



“They are not those kids, they are our kids” - a quote from the late Jim Wilton reminds us we are all family in community. Jim was a counsellor for the Out of the Rain program, who helped our street youth succeed in their lives. Tailored just for their needs, the shelter is a life changing service for our street youth. The volunteers here at First+Metropolitan make it all happen. Now into the second month of the fifteenth year of operation, we are thankful for new and returning volunteers. Special thanks to Carol and John Newhouse who are retiring as Food Volunteer Coordinators after many years of excellent service. A small army of young people have benefited from your dedication and diligence. A big thank-you and welcome to our new food volunteer team headed by Wendy May together with Gail Thompson and many talented gourmands!

November is appeals month for Out of the Rain and we invite everyone to help continue this vital service by using the marked or yellow envelopes provided. Thanks to all those who have already responded especially our UCW. Donations of socks, mitts, toques, backpacks and toiletries are much appreciated and can be dropped off at the main office. Any questions or requests for information can be directed to us, Bob and Leslie Wilson, Volunteer Coordinators of OOTR @ 250-590-4586 or lslova@shaw.ca.

Inner City Dinner

Please make a note on your calendars of the following ICD dates in 2012

January	January 13
February	February 17
March	March 16
April	April 20
May	May 18
June	June 22
July	No dinner
August	No dinner
September	September 21
October	October 19
November	November 16
December	No dinner



The Inner City Dinner ministry continues to meet an important need in our community. This fall, our dinners have operated at full capacity – 252 diners were fed in the Fellowship Hall and approximately 100 takeaway dinners distributed. We have had a very good volunteer response so far and we encourage volunteers to continue supporting this ministry in 2012. We are usually short of volunteers in Feb/Mar when many people are away on vacation.

Volunteers for the evening shift please come to the Fellowship Hall at 4:15 for orientation and job assignments. To volunteer call Robin Breckon at 250 472-3381 or email at robin.breckon@shaw.ca.

Many thanks to all the people who support this ministry with their gifts of time, talent and treasure. So we, being many, are one body in Christ... (Romans12:5)

Western Canada Enneagram Conference – February 17 – 19 in Victoria

Focusing on aspects of our lives: personal inner journeys, health, family, work, health, community and spiritual practices – Location: Goward House, 2495 Arbutus Road, Victoria, BC. **Cost: \$150;** however, Allan has arranged that **First+Met** people can register for a **group rate of \$100 per person.** Open to anyone, and an excellent follow-up to our Sept session on Discover Your Spiritual Style.” If interested, contact Allan at allan.saunders@firstmetvictoria.com

Jan 23 ~ 3rd Annual Climate Action Film Series ~ Room 200/7:00 PM

			
<p>Jan 23 ~ <i>The Economics of Happiness</i></p> <p>Far from the old institutions of power, people are starting to forge a very different future...</p>	<p>Feb 27 ~ <i>The Dark Side of Chocolate</i></p> <p>Is the chocolate we eat produced with the use of child labour and trafficked children? Award winning Danish journalist decides to investigate the rumours.</p>	<p>Mar 26 ~ <i>The Business of Gold</i></p> <p>Documents one struggle, the resistance of the Mayan-mam people against the Canadian company Goldcorp Inc.</p>	<p>Apr 23 <i>Schooling the World</i></p> <p>Calls for a "deeper dialogue" between cultures, suggesting we have at least as much to learn as to teach, and that these ancient sustainable societies may harbour knowledge that is vital for our own survival.</p>

Mountford Library

Borg, Marcus J. *Speaking Christian: Why Christian Words Have Lost Their Meaning and Power, and How They Can Be Restored.* HarperOne, 2011.

Call number: 230 B732s

"Christian language has become a stumbling block in our time. Much of its basic vocabulary is seriously misunderstood by Christians and non-Christians alike." (Introduction: opening paragraph). In the 25 chapters of this book, Borg discusses the language and concepts of Christianity familiar to us. Examples are: God, salvation, redeem, repent, redemption, sin, and more. Concepts are contrasted and compared (e.g., belief and faith) and the meanings of Christian creeds and festivals are explored. As the author says in his introduction (p. 2), "This book's purpose is to exposit an alternative understanding, one that draws on the Bible and premodern Christian tradition. Again and again, it compares and contrasts the contemporary meanings of Christian language with their often very different biblical and traditional meanings. Again and again, it names the effects that literalization and the heaven-and-hell framework have had upon the meanings of Christian language. Again and again, it reveals the more ancient and authentic meanings of "speaking Christian" and tries to connect these reinvigorated meanings to the realities we face in the twenty-first century."

The author's discussions are concise yet complete and cover those Christian concepts and ideas that are most familiar to us. Indeed, the book can also be considered "a Christian primer". "It is about learning to read and hear the language of our faith again." (Intro p. 3).

Marcus Borg is one of the featured presenters at *Epiphany Explorations 2012* where he, with Richard Rohrbaugh, will present a five part series called, *Culture, Text and Context, Speaking Christian Then and Now*. Some of the topics that will be presented there are also presented in this book.



Kiss a tree on Christmas day and Care for Creation

Is it not true...many of us have more stuff than we could possibly ever use! Where does all that stuff go when we are finished with it? What does it cost our planet to make it? Are we giving from our hearts? Or from our pockets? What gifts bring us and those around us the most pleasure? The Christmas season is good at stirring up many of these questions and we often struggle with how to respond.

The beauty of Christmas is that it comes year after year, so we can try different approaches to gift giving each year and always know that there are many ways in which to be generous. The opportunity to give and receive is always there no matter what the season. Generosity is truly one of the underpinnings of not only our Christian path but of all the world's religions.

What alternative Christmas gifts will you be giving this season?

Here is a small list of alternative gifts that we have put together that may appeal to you or those around you this Christmas. They all shift us away in varying degrees from material stuff for ourselves, to necessities for some, activities to share, support of important work, fun, learning and caring for our planet.

- Make a donation in someone's name to a charity or organization: Mission and Service fund, Inner City Dinner, Out of the Rain, Sierra Club, David Suzuki Foundation, Stephen Lewis Foundation, etc.
- Offer a walk and tea or hot cocoa to a friend or family member, passes to a museum or music concert or talk. Invite someone younger (or older) over to make cookies and watch a movie together. Offer to do a job for someone – (lawn cutting, odd jobs, hair cut, etc).
- Buy second hand or gently used items for gifts instead of new. This supports local businesses, makes for a better price and reuses.
- Books – always a good gift, used or new. Books about nature walks, birding, wildlife and fauna. Binoculars and magnifying glasses encourage getting to see the details we often miss.
- Surprise letters or notes during advent with quotes, poems, or drawings. Awe and wonder all ways bring about a feeling of love and goodwill.

How will you 'kiss the christmas tree' and care for creation this Christmas season?

Submitted by Tom Lane and Janet Gray

Building Schedule for Christmas



The building will be closed on the following days

December 25 to January 3rd
except for Sunday Services ~ December 25, and January 1
and Music for Meditation on January 1

Church office will be closed from December 23rd noon
until January 2nd and will reopen on the 3rd of January.

Another way for people to make donations to First+Met United

People with "smart phones" such as iPhone and Android phones can scan the QR (Quick Response) box below with their smart phone and make a donation to First+Metropolitan United Church. If you have a smart phone and have the free QR app loaded on to your phone, check it out!!!!



FirstMet Paypal Donations

ICA 's 40th Anniversary

New Live Streaming



The Inter-Cultural Association of Greater Victoria (ICA) is celebrating 40 years of building cultural connections. As a thank you, we are asking anyone who has been involved with ICA over the past 40 years to *Reunite, Reconnect and Recreate* at ICA's 40th Anniversary Celebration on December 4th at the Crystal Garden (713 Douglas Street).

The celebration is a free, family-friendly event with a Fun Zone featuring giant puppets, face painting and a photo booth. Featured performers include Uzume Taiko, Canada's premier taiko drum group, Chikoro Marimba and their songs from Zimbabwe, the Saffron world music quartet, the rhythms of Masala, the Lion Dancers from the Wong Sheung Kung Fu Club – and last, but not least – a Global Dance Mob! Colourful exhibits detailing ICA's fascinating history will also be on display.

Please join us! ICA's success is a result of the hundreds of volunteers, clients, community partners, board members and donors who have been strong supporters over the years, and we want to reconnect with you during our 40th year to say thank you.

11:00 am Worship at First+Met



Some comments from those watching our worship on their computers:

I was thrilled to be able to use the live streaming service today. Thank you and your team SO much for everything that you do at First+Met. I know how hard you all work and people do appreciate it more than you know.

I am spending 7 weeks in Florida and just wanted you to know how great it was to get the live streaming of this morning's service with Martin Brokenleg.

To view the services go to www.firstmetvictoria.com and click on "Events" in the main Menu Bar.

Please be patient re any "bumps" as this is still in the early trial stages.

Comments can be sent to Brian Shields at bshields@islandnet.com.

Riverstone Hearth—Music from World Traditions



Do You Need Stocking Stuffers?



Denis Donnelly and Lanny Pollet
are happy to offer their second collaboration:
Riverstone Hearth,
Music from World Traditions.

It features music performed on guitar, harp,
Flutes and recorders;
new repertoire from
First†Met's traditional New Year's Day
Music for Meditation Concert.

Both of their CD's,
Riverstone Hearth and By the Hearth,
are for sale at \$20 each, at the Church Office
\$5 from each CD supports the
First†Metropolitan United Church
Music Program

Prayer Requests



Do you ever wonder who would be praying for you if you made a prayer request to First†Met's Prayer Connections Team? It has been awhile since I published our group membership list, so I thought I would let you know who our current members are - all busily praying away in their own homes for the needs of the congregation. In alphabetical order (no favourites!) we are: Ted Bristow, Laura Butler, David Chamberlin, Gillian Chamberlin, Janet Harper, Nancy Leal, Phyllis Pond, Helen Sanderson, Anne Sikstrom, Bob Wilson, and Leslie Wilson. Our staff partners are Leanne Benoit and Ann Maffey.

PRIVACY: Prayer Connections Team members and our staff partners all treat your name and information as confidential. However, if for any reason you ever wanted a prayer request to be prayed for by the prayer team only, without the information being passed on to our staff partners, please make that clear in your written or email prayer request. Likewise, if you are in touch with a staff partner over a difficult situation, they may ask you if you would like to be prayed for by the Prayer Connections Team. If yes, Leanne or Ann would pass your name on to the prayer team. If no, they would keep your information confidential, to themselves only. Also, for prayer requests to the Prayer Connections Team, the requester's name is optional, or a first name only may be given, so if you don't feel comfortable with anyone knowing your situation, you would be prayed for anonymously. God knows who you are! We welcome all requests - give us a try. We pray each request for a month.

More Events

Knitting Group

Meeting in Room 200
From 6:30 pm until 8:30 pm



We have wool, needles, patterns, fun, and fellowship to share.

Please join us if you are interested!

**Dec 13, Jan 10 ~ Room 119
every 2nd Tue of the month.**

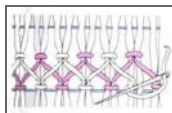
Joan Mickelson 250-385-4033

Listening Heart

An exploration of a variety of meditation practices from Christian, Buddhist, Jewish, Sufi and First Nations traditions, these sessions are held in the Chapel at 1:30 pm on Mondays. No previous experience is necessary. For more information, please contact the facilitator, Linda, at 250-479-8410.

**First and Third Mondays in the Chapel
Dec 5 & 19th
Jan 2 (*building closed*) and Jan 16**

Smocking Craft Group



Every 2nd and 4th Monday of the Month

Room 102

9:30 am to 11:30 am

**Dec 12 cancelled, next gathering
Jan 9 , Feb 13 & 27**

PLEASE NOTE: As some of our church family are highly allergic to nuts and/or peanuts, baking and other items containing nuts or peanuts should not be brought into the church at any time. We continue to appreciate any contributions of cookies, etc., but, **if brought**, kindly check the ingredients to ensure that there are no nut or peanut products.

Many thanks, Hospitality Committee



Actimets Couples Club

The Actimets will celebrate Christmas in The Lakes Restaurant on **Fri Dec 16** from 12 noon at the Howard Johnson Hotel, Elk Lake.

No meeting in January

Our next regular meeting will held

on Feb 17

at 12 noon

Check your bulletins for more information.

Ecumenical Advent Service

on **Dec 5**. Sponsored by the *Women's Ministry Network* and prepared by the *UCW*. We hope to see you there. All are welcome. We have invited women from 17 churches to a coffee



party in the **Fellowship Hall** at **10 am** followed by an Advent Service in the **Chapel** at **11 am**. The theme this year is "**Come Visit the Stable**". We would love to have you join us as we begin the Advent season.



Original Painting,
Linda Mulhall

Retreat Day, Sat Dec 3 "The Call" from 9:30 am to 3:30 pm. Lunch included. Facilitator: Linda Mulhall, MEd. Fee: for First+Met Members \$45, non-members \$ 75. To register online www.firstmetvictoria.com or call the church office at 250-388-5188 ext 221.



Tai Chi

Mondays & Wednesdays

12 Noon Fellowship Hall

Newcomers Welcome!

Advent/Christmas Worship Schedule 2011/12

November 27	
	9:00 am and 11:00 am Advent 1 Communion will be celebrated at both services.
December 2	5:15 pm Celtic Vespers focusing on our spiritual preparation for the Holy Child.
	4 9:00 am & 11:00 am service—Advent II with Advent Service of Lessons and Carols presented by the Sanctuary Choir.
	5 11:00 am UCW Ecumenical Advent Service. Refreshments served at 10 am in the Fellowship Hall.
	6 7:00 pm National Day of Action on Violence Against Women organized by Megumi Matsuo Saunders.
	11 Advent III 9:00 am & 11:00 am service— White Gift Sunday with Children & Families emphasis.
14	7:00 pm Longest Night (Blue Christmas) Service in the Chapel with Leanne Benoit and the Pastoral Care Team giving leadership. Tea/Coffee will follow in the Doreene McLeod Room.
	18 Advent IV 9:00 am & 11:00 am service with special Christmas music provided by the Sanctuary Choir and guests.
23	7:30 pm Carols in the Candlelight Pageant ~ Tolstoy's "Martin the Cobbler" Fully dramatized with costumes and special music. Created by Britt Small and Sydney Sparling. All proceeds to be forwarded to <i>Our Place</i> .
	24 4:30 pm Family Christmas Eve Service. Child friendly! 7:30 pm Carols in the Candlelight "Martin the Cobbler" 11:00 pm ~ Christmas Eve Communion in the chapel ~ a quiet service including scriptures and carols.
25 <i>Please bring some food towards a Community Christmas Lunch!</i>	11 am Community Christmas Celebration Are you without any Christmas morning traditions? We invite you to join with us and Louise Rose, the Open Doors Choir, and Jazz Combo in carol singing. Allan Saunders will provide the message. There is no 9:00 am Worship on Dec 25 or Jan 1. However, those desiring Communion may gather informally in the Chapel after 10:30 am.
January 1	11 am worship in the Sanctuary. Celebrate 150 years of First+Metropolitan. 2 – 4pm New Year's Day Music for Meditation with Denis Donnelly, harp and guitar; and Lanny Pollet, flutes, recorder. Savour the last moments of our Christmas celebration in candlelight. Suggested donation: \$10.