

November 2011 ~ Newsletter

Items of Interest

- 9:00 am Worship with Communion in the Chapel
- 11:00 am Worship in the Sanctuary

The church will be **closed Nov 11th for Remembrance Day**

Being the Church Today and Tomorrow

Register online by going to <http://firstmetvictoria.com/5522>



Being the Church Today and Tomorrow

A day event for exploring fresh visions and practical tools for being the church in the world of today and tomorrow.

Saturday Nov. 19
9:15 am – 3:45 pm
Lunch provided

Allan Saunders, Leanne Benoit, Joan Mason, Harvey Benoit, Kate Kimberley and Megumi Matsuo Saunders will share highlights of their 3 day training event with the Center for Progressive Renewal. Andrea Swan will share highlights of the recent Willow Creek leadership conference.

While this event will be of special interest to Council and Committee Members, it also is open all who would like to attend.

- Topics explored include:
- Key factors for the church of the future
- **Asset Mapping: Building with What You've Got**
- Transformation worship in the age of Glee
- Communicating to your community
- Small group ministry
- Change as a catalyst to growth
- Practical steps and guidelines for both volunteers & staff
- Spiritual formation in a globalizing world
- The changing nature of leadership
- Ensuring healthy attitudes and environments
- Prophetic mission: changing ourselves by changing our world

Some of our time will be in total group, while at other times you can choose from 2 or 3 options.

Registration is free. Just let us know you are coming by Registering On-Line (see bottom area) or contacting Sharon at office@firstmetvictoria.com, phone 250 -388 -5188 ext 221.

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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 9

Call for Cast and Helpers – Christmas Carols in the Candlelight Pageant

The Christmas Pageant production of *Martin the Cobbler* will be featured once again this year Dec 23 and 24th. This beautiful, radiant presentation is repeated from last year. Those wishing to participate 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. Stay tuned for a special announcement about special guest musicians for this. We need help in the following areas. Please contact Fran music@firstmetvictoria; 250-388-5188 x 231 or Mona McGill (250- 519-0651).

- Hospitality - we provide a hospitality table of beverages and healthy finger foods for rehearsals Dec 11 to 21, and need a roster of folks to act as hosts/cleaner uppers
- Stitchers – folks who can assist with careful hemming, alterations. Designers are also welcome!
- Errand running – someone with a car who can run and pick up set items. 2 mornings
- Prop preparation – someone to build a 19th century outdoor lamp stanchion. We have a design
- Prop table organization for Dec 18, 19, 23 and 24 (One person)
- Dressers – for 2 of 19, 21, 23, 24. Team of 8
- Decorating – for the sanctuary, including seasonal greenery (One afternoon)
- Set organization and draping Dec 19 – 24 (One person)
- Stage manager to assist with cuing entries Dec 16 – 24 (6 times)
- Candles – folks on Dec 23 AND 24 between 5.30 and 7pm to prepare 350 tapers for the congregation to light
- Actors – younger children for dancing
- Greeters on the doors for Dec 23 and 24
- Clean-up crew for Dec 27 to Jan 27, including tidying up of our costume storage area
- Live Christmas tree donation? Crew to set up. Dec 17th morning
- Sound team and lighting. Folks to help Jim, Jane, Helen. 5 nights - Video recorder



Circle of Courage ~ Sun, Nov. 13, 1:00 to 3:00 pm

Learn about an invaluable program developed by
Reclaiming Youth International

Some adults believe their work is to dominate and control children and teens. Justice work requires adults to see youth as an asset.

The Circle of Courage builds on Aboriginal child rearing philosophy to create a transfigured way of relating to all persons. This workshop introduces participants to a new way of seeing and relating in positive ways.



For more information, go to <http://www.reclaiming.com/content>.

Register by emailing Sharon at office@firstmetvictoria.com or phoning 250-388-5188 ext 221 or in person.

Cost: \$20 adults \$10 First†Met members

\$5 low income and student

The Rev. Dr. Martin Brokenleg, OSBCn is a psychologist, Anglican priest, and retired after 40 years as a university professor, most recently at The Vancouver School of Theology. He is a member of the Sioux (Lakota) First Nation and is the superior of the Order of Benedictine Canons.

The Call

Retreat Day,
Saturday, December 3rd, 2011
"The Call"

*"The Beloved is trying to sell you something,
but you don't want to buy.
This causes you suffering...
your fantastic haggling,
your manic screaming
over the price."* – Hafiz, Sufi Poet and Mystic



Original painting, Linda Mulhall

"The Call" doesn't just come once in our lives. The call comes sometimes quietly, sometimes loudly, usually persistently, in dreams, as well as through people and events. We hear the call in our hearts. We are continually being called to live life more deeply, more freely, more joyfully. We are called to wholeness; to retrieve those abandoned parts of ourselves, which we may have forgotten or suppressed; those parts of ourselves that are longing to be born. At every age and state of our lives, the call comes. The question is, how can we open our hearts to truly hear and respond?

Time: 9:30 am to 3:30 pm

Coffee, tea, snacks and LUNCH (soup and salad) will be provided. Bring a blanket (for meditation on floor), journal, pens,, and be prepared to walk outside.

Facilitator: Linda Mulhall, MEd

Location: First Metropolitan United Church, Chapel, 932 Balmoral Road, Victoria, BC

Fee: \$45.00 First†Met Members; \$75.00 non-members

Register: online www.firstmetvictoria.com or call the church office.

Further information contact Linda or about the workshop call 250-479-8410 or email L.mulhall@shaw.ca

Film Screening: JOURNEY OF THE UNIVERSE, BY BRIAN SWIMME AND MARY EVELYN TUCKER



Butterfly Nebula

Journey of the Universe tells the 14 billion year epic story of the cosmic earth- human experience. Set on the Greek island of Samos, the film weaves scientific discoveries in astronomy, geology, biology and ecology with insights from the world's cultures. Beginning with the universe and the unfolding of life on Earth, exquisite imagery, provocative metaphors and enlivening musical score invite us to embrace a profound participatory role in the flourishing of the Earth community.

Gertie Jocksch (facilitator) coordinates the programs for Earth Literacies. A passion that continues to grow and sustain Gertie is her love for Earth. She facilitates programs in ecology, spirituality and ecofeminism.

DATE: Wed. Nov 23

TIME: 7 – 9 PM

COST: \$5

LOCATION: First†Metropolitan United Church 932 BALMORAL RD

Register: earthliteracies@shaw.ca 250-220-4601 or 250-380-9786

Website: www.earthliteracies.org

Children, Youth, Young Adults, and Family



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

Dear Children, Youth, Parents, Guardians & Friends,

Walking in Beacon Hill Park at dusk, I loved the Beautiful Colours of leaves, especially Japanese maples. Days are shorter, gently reminding us of the changing season. Growing season of Summer becomes maturing season of Fall.



How have you been with your relationship with God? Have you had a time to reflect?

Thanksgivings, All Saints Day, Remembrance Day, all these events are milestones of our lives. I hope you have a time to ponder during your hectic days and to have **conversation with God...** At school, kitchen, work, walking with a dog, just before going to sleep... reconnect with God-what is happening in your life- maturing experience this fall.

Blessings, Megumi contact: firstmetkids@firstmetvictoria.com 250-388-5188 ext 235 or 250-896-3876 (cell/text)

Our November & December Schedule

Please check out website: www.firstmetvictoria.com

- Fri Nov 4 **Family Fun & Potluck**, Jr Youth Group (games, activities and feasting)
 Jr & Youth Group
 Mothers Morning Out (Rhythm Band)
- Sun Nov 6 Remembrance Sunday **Time change! Fall back one hour.**
 Nov 10-13 **Evolve Conference** in Vancouver (Highland United Church): Several youth, Youth leader, Sunday School teachers from G7 and up will be attending this **"EVOLVE 11"** conference. Many workshops to choose, theme speakers, meeting new friends from the United Church across BC.
- Fri Nov 18 Jr Youth Group, Mothers Morning Out
 Sun Nov 20 **Children's Sunday**
 We will explore children living in Victoria and the world as part of the worship service. Youth are involved.
Congregational Advent Turkey Dinner: Last year, we had a great response for **this event and answering many people's requests, we will have another Advent Turkey Dinner** catered by youth, parents and leaders. This is a fundraising event and profit will go to youth programs at First+Met. Tickets will be available now at the office and Sunday before & after the service.
 Includes a Silent Auction. We sell Entertainment books, too cost: \$30
 Date: Sunday Nov.20
 Time: 5:30 to 7:30
 Turkey Dinner (vegetarian and celiac alternative available) with trimmings, pies
 Price: Adults 12 and over \$16 (Youth serving for Turkey Dinner are \$7)
 Children 4yr-11yr \$7
 Children under 3 Free
 Program: Entertainment includes: ~ Christmas Carol singing
 If you would like to donate (pies), please contact Megumi.
 We will have **a silent auction, too.** We love to have donations for items including: Dinner for 4, 6, cottages, home baking, teaching computer skills, cleaning up yards, child care and other items.



If you have any items you would like to donate, please contact Daegan Reimer
daeganr@hotmail.com or phone 250-595 9956

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



10 Oct. 14 Potluck, Jr & Sr Youth Groups Redevelopment



Jr. Youth Gayley Farms Oct. 21

Nov 27 **Advent Event:** Lunch Hotdog & Ethnic/Heritage finger pot luck
After the service, our annual Advent Event with International Heritage Finger Food & Hotdogs will be highlighted. We will celebrate Advent around the world and crafts (nativity craft) for children to start preparing for the birth of Jesus.

Please bring your heritage (International finger food) to share with congregation. Of course I will bring Sushi. Every year, many goodies (oatcakes, chocolate, dumplings, special baking, etc) from around the world give us the sense of global connection of our celebration.

Fri Dec 2 Mothers Morning Out Rhythm Band & Baking Bee (Mothers, please come earlier)

Sun Dec 4 **Ann Maffey Retirement Party, White Gift practice after the service** A short rehearsal for White Gift service

Tues Dec 6 **National Day of Action on Violence against Women** service at 7:00 pm
Remembering 14 women murdered in Montreal and other women victims of Violence against women. Speakers will be City Councilors Chris Coleman & Charlayne Thornton-Joe

Fri Dec 9 **Family Fun Potluck (Christmas theme)** at 5:45 pm (usually people start to eat at 6:00) 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 4yr
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.

Sun Dec 11 **White Gift Sunday** at 11:00 am Children & Youth focused service with Story of Christmas and its' meaning. We will let you know more details later.

Fri Dec 16 **Jr Youth Group "IMAX"**

Sat Dec 24 Christmas Eve Services

Family Service at 4:30 pm

Candle light & Pageant at 7:30 pm

Candle light quiet chapel service at 11:00 pm

Welcome ~ Tanissa Martindale ~ Our New Sr Youth Leader



We have a new youth leader for our Sr Youth. Tanissa Martindale has just started in October (Jeanie Smith is taking study leave to finish her honors Philosophy degree - back in January)

Tanissa Martindale is a Masters student in Dispute Resolution at the University of Victoria. She grew up attending Atlantic-Garden City United Church in Winnipeg, Manitoba, and travelled to Zambia in 2008 to visit church partners. Her past adventures with youth have included outdoor activity-based programs and sports-based community development projects in Canada and abroad. She looks forward to getting to know the youth of First Metropolitan United Church and discussing issues of faith, social justice, and realities of the world today.

Music Highlights

Saturday, Nov. 19, 7:00 pm Christmas Bells and Voices presents seasonal music with special guests the BC Bronze Handbell Choir. This high flying ensemble is made up of experienced players together with bell choir directors from around the province. Typically, these ultra committed folk jump into planes and cars and travel to a central location for intense 2-day rehearsals once a month. In November, they will be practising and performing here at First†Met. They use 5 octaves of bells, not like our lowly Pringle Bells who wield just 4 octaves. Also appearing is our own First†Met Vocal Ensemble who will bring their unique vocal energy into play, and, of course, Pringle Bells will be involved playing and hosting. Have you ever seen a solo handbell ringer? This is almost an Olympian feat, as one player performs an entire piece on her own. If you love bell ringing, be sure to attend this special concert. Tickets available from the office and the door at the usual prices.

The Christmas Pageant production of *Martin the Cobbler* will be featured once again this year Dec 23 and 24th. This beautiful, radiant presentation is repeated from last year. Those wishing to participate are invited to give Fran a call now (see page 2 for more information). Sydney Sparling, Britt Small, Mona McGill and our recent addition of Sherri Richet will all be involved in the direction. Stay tuned for a special announcement about special guest musicians for this.



Celtic Vespers Friday, Nov 4th, at 5:15 pm. Hanne Fair will provide special flute music to accompany this quiet, contemplative service in the Chapel.

Folk Vespers Nov 20th, 4:00 pm Plan to attend this inspiring worship as this is the last one of the this series with Jeff Poynter, Amy Collins and Friends. A simple supper (vegan, gluten free) and friendly conversation follow.

Advent I Nov 27th, 11:00 am worship Special music and readings for Advent will be presented will be presented by the Sanctuary Choir.



Christmas Poinsettias

We will be looking for donations towards the purchase of memorial poinsettias. Each year our Sanctuary is beautifully decorated for Christmas and we require assistance for this. All names (of those being remembered) will be listed in the bulletin the week before Christmas. Please stay tuned and watch the bulletins for more information.



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.

Each year, our participants tell us how much they enjoyed the conference and how much they learned. Lay and clergy participants in the conference describe it as a highlight of their faith journey each year, offering "awe, inspiration, affirmation of gifts and insights, [and a] progressive understanding of Christianity in the world".

Blitz for single ticket registration, volunteer recruitment and billets

On the last two Sundays of November, volunteers from Epiphany Explorations will be in the concourse area between the two services (10:15 am to 11:00 am) and in the Fellowship Hall after the second service (11:15 am to 12:45 pm) to offer the following three opportunities:

Single ticket registration

This will be the last chance for First+Met members and adherents to purchase tickets at half-price for Epiphany Explorations 2012 events, space permitting. Payment can be made by charge card, debit or cash. On-line information about the conference and registration can be found at the church website: www.firstmetvictoria.com/epiphany. When registering, please make sure that you note down any special needs so that these can be planned for ahead of time by the coordinating team.

Volunteer recruitment

You can sign up to volunteer for hosting or hospitality opportunities at the January conference. Representatives will be at the desk so that you can ask them more about what is involved as a volunteer. We will also have contact information for coordinators available that you can take away and contact the coordinators later for further information and signing up.

Billets

Vanessa Hammond will be in e-mail contact with people who have offered billets over the past couple of years to see if you are interested again. If there are others who are interested in offering to billet, please show your interest by giving your name and e-mail address at the desk or contacting Vanessa at vanessa@ownership.coop for more information.

Restaurant recommendations

If you know of restaurants that are in walking distance from the church that you would recommend to the participants at the Epiphany Explorations conference, please contact Richard and Marketa Mellows at rmmel@shaw.ca or 250-656-0186. We will include a list in the conference program and at the Information Desk.

Raise The Roof



So far
\$ 87,361.00

Prayer in the Style of Taizé

Looking for a moment of peace and beauty? Music and Prayer in the Style of Taizé begin our fall rotation, Fri Nov 18 at St Andrew's Catholic Cathedral at Blanshard and View St.

We are an ecumenical community and all are welcome. An open choir practice begins at 5:30 pm and the service is 6:00-7:00 pm.



United Church Women's Group

UCW News

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.

Mildred Mossop Unit meets the second Monday of each month at 10:30 am. Following the meeting, members visit and share a bag lunch. Next meeting: Nov 14

Unity Unit meets on the third Thursday afternoon each month at 12 o'clock. Members bring a bag lunch. Next meeting: Nov 17

Executive Meeting: Nov 28

Meetings are held in the Doreene McLeod room at the Church. We welcome new members and visitors!

UNIT NEWS:

On Oct 20, Unity Unit hosted members and friends of the UCW for a **"Least Coin Ingathering Service"**. We visited over lunch and were treated to dessert. Megumi, dressed in her authentic Indian tunic, pants and scarf, gave the message. She shared the story of Shanti Solomon which challenges us to act for Justice, Peace and Reconciliation by setting aside the "least coin" as the token of each prayer prayed. We collected \$105.89 to be sent to a common fund where the identity of the donor is lost but the oneness of women in their common quest for peace is symbolized. The fund is used around the world to fund special projects supporting women.

FINANCIAL NEWS:

From the UCW Outreach Budget we sent donations to Victoria Women's Transition House Society, the Mustard Seed 'Basic for Babies' program, the Presbyterian Projects fund, the Greater Victoria Coalition for Homelessness for their 'Project Connect' day, and to First†Met for financial support of the Out of the Rain and Inner City dinner projects.

SPECIAL EVENTS

First†Met UCW is part of the South Island Presbyterian. UCW Presbyterian was held at First†Met on Oct 27 beginning with coffee at 9:30 am., followed by a business meeting, lunch, and then a speaker. This year Presbyterian is focusing on the **"Basics for Babies"** program. We collected items for this Mustard Seed program. and presented the lovely knitted items made by the First†Met Knitters group. We thank the Knitters group for these beautiful items for babies and toddlers!

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 at the church:

- for more info:
- to join the afternoon sessions (4th Mon, 1:00 pm – 3:00 pm)
- if you are interested in evening sessions.

Deadline for next Newsletter

The deadline for the next newsletter will be Nov 14th, 12 noon. This newsletter will be for December and January 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. Many thanks Sharon.

Come join us in the Healing Pathway Room

Looking to connect with your higher self, to find your inner child, to release emotional baggage that no longer serves who you are, or want to become. We can assist you making that happen for yourself. Healing Pathways, Reiki, Pranic Healing, Reflexology, acupuncture are just a few of the energy modalities, of which you may have heard.



At First†Met, our Healing Ministry group offers "Healing Pathway" treatments every Monday afternoons from noon till 6:00 pm by certified practitioners. Treatments are free, donations are accepted to the Healing Ministry to cover the cost of bedding, laundry, seminars, etc. For more information or to make an appointment please contact: Susan Walma at 250-361-0964

Coming Home to Your Deep Self

www.spiritcall.ca l.mulhall@shaw.ca



Spiritual Guidance with Linda Mulhall MEd

All of us are on a spiritual journey, whether or not we belong to a particular faith group. In fact, our spiritual journey is ours alone. Our soul longs to be heard and longs to guide us in our lives. In my Spiritual Guidance practice I walk beside people, accompanying them along the way. Without judgment, I help people recognize their own heart's longing, where they feel nourished

and where they feel blocked. Confidential sessions are provided in person at First†Met, or by phone.

We seek spiritual guidance to help us stay in tune with our deep selves, to stay on track. We also seek guidance when we have questions about faith or the next stage of our life.

Below are some typical concerns:

- **"I am getting older, and I don't know how to face all the changes I have to go through."**
- **"I don't believe in God the same way I used to."**
- **"My prayer life feels stale." Or, "I don't know how to pray anymore."**
- **"I have left my work, (or my children have left home) and I am struggling with what to do next. I am not sure where I am being called?"**
- **"My life is so hectic. I need time to sit still, but I have a hard time doing it."**
- **"I want to deepen my own spiritual practice, but I don't know how to do it."**



For more info, contact Linda at: 250-479-8410 or check the website www.firstmetvictoria.com

Mountford Library

Mountford Library: On your way to coffee hour at the Fellowship hall, stop in at the library and browse our collection. You can check books out for three weeks. Renewals are possible if no one has reserved it. Also, download a copy of [suggested readings](#) (PDF) for the Epiphany Explorations 2012 speakers at the following URL: <http://firstmetvictoria.com/4582>



Epiphany Explorations 2012 – First Aid Volunteers



Epiphany Explorations 2012 – First Aid Volunteers

We are looking for people interested in providing assistance with first aid coverage during the conference January 19-23, 2012. Volunteers need:

- current RN registration or physician licensure with first aid experience in the past 3-4 years, or
- a standard first aid certificate with CPR Level C that expires after January 24, 2012.

If you have either of these qualifications and are interested in providing help in return for free registration at the conference, please contact Ann Maffey at the church or Arlene Galloway Ford at 250-384-5403 or e-mail at make@shaw.ca.

Bedtime Prayer of Release

Eternal Friend,
Witness that I forgive anyone
Who hurt or upset me or who offended me -
Damaging my body, my property,
My reputation or people that I love;
Whether by accident or wilfully, carelessly or purposely;
With words, deeds, thoughts, or attitudes;
In this lifetime or another incarnation -
I forgive every person,
May no one be punished because of me.

Help me Eternal Friend,
To keep from offending you and others,
Help me to be thoughtful
And not commit outrage,
By doing what is evil in Your eyes.

Whatever sins I have committed,
Blot out, please, in Your abundant kindness
And spare me suffering or harmful illnesses.

May the words of my mouth and the meditations of
my heart
Find acceptance before You, Eternal Friend, who
protects and frees me,

Amen

Rendered from the Hebrew
by Zalman Schachter-Shalomi © 1991

Definition of An Elder

An Elder is a person
Who is still growing
Still a learner
Still with Potential and
Whose life continues to have
Within it promise for, and
Connection to the future.
An Elder is still in pursuit of
Happiness, joy and pleasure
And her or his birthright to these
Remain intact. Moreover, an
Elder is a person who deserves
Respect and honour and whose
Work it is to synthesize wisdom
From long life experience and
Formulate this into a legacy for
Future generations.

The Live Oak Project
Reprinted by Spiritual Eldering Institute

What's Online ? With United Church of Canada



EDGE: A Network for Ministry Development

We stand on the EDGE of a new day! New forms of ministry are emerging. Adaptive, entrepreneurial, and artistic leaders are coming to the fore. Mission-shaped opportunities to make a difference in the lives of others and participate in the renewal of the world abound. EDGE is a living web focusing on new ministry development and renewal. Come join us!
<http://blogs.united-church.ca/edge> or edge@united-church.ca



United Action for Justice New and Improved!

www.united-church.ca/communications/newsletters/uaj

United Action for Justice newsletter is now available in a colourful new format and will be e-mailed to you more frequently, keeping you up to date on how to be involved with global and Canadian church justice work. Learn more and subscribe now!

Bringing You Up to Date on Truth and Reconciliation Events

www.united-church.ca/communications/newsletters/residential-schools-update

The most recent issue of Residential Schools Update provides the latest information on the United Church's participation in the Truth and Reconciliation Commission national and community events, Remembering the Children commemoration, various "seeking justice" and Living into Right Relations" activities and gatherings, and the work of the Committee on Indigenous Justice and Residential Schools.



The United Church is Social!

The church continues to look for new ways we can communicate and connect with one another. One way is through social media. You can now follow or "like" the United church on various sites, including:



[Facebook.com/United ChurchCda](http://Facebook.com/UnitedChurchCda)

Twitter.com/UnitedChurchCda



YouTube.com/UnitedChurchofCanada

Visuals in the Sanctuary



You may have noticed some changes in the visual presentations at the 11 am services. During the summer we made a major upgrade to our way of presenting the Sunday Visuals. We have installed a new camera that is now operated remotely and Steven has joined us downstairs at the main desk. We are using a software program called Wirecast to manage our visuals. However, **it has taken a bit of "adjusting" to get everything synced and running as smoothly as before.** We are also waiting for new bulbs for our projectors. We thank you for your comments and patience.

The new system enables us to have one person operate both camera and other visuals. This is especially helpful for special events and memorial services. It also will allow us to do video web streaming of services and events. Early in November we will be letting people know how to log on to our Web Site to watch the 11 Sunday Service live when you cannot be with us in person.

Journey Circle

You are invited to join a First+Met **JOURNEY CIRCLE**. These are groups of 5-8 people who get together once a month. Their first hour focuses on an area of shared interest. Their second hour is a check-in reviewing highlights of each participants recent life journey. Areas in which people already have expressed interest include: Books - Writing - Wine Tasting - Cooking - Theatre-Gardening - Music - Bicycling -The Enneagram - Bible Study - Photography - Labyrinth - Butchart walks (for those with annual passes) Contact Sharon to let her know which areas would be of interest to you. Email office@firstmetvictoria.com or phone 250-388-5188 ext 221.

Join us on CHRISTMAS DAY!!!

Sunday @ 11 am

A Community Christmas

Louise Rose & The Open Doors



Communion provided in the Chapel 10:30 am

First+Met Counselling

Counsellor: Karl Ireland

Karl retired here from Kamloops two years ago, with his wife Sheila. Karl and Sheila raised their kids in Haida Gwaii, and then moved to Kamloops where they lived for fifteen years. They have three children and five grandchildren, all smarter and better looking than average. Karl had a private practise in family therapy in Kamloops.

Credentials: Karl has a Master's Degree in Counselling, and he is a Registered Clinical Counsellor. Karl is a retired member of the British Columbia Association for Marriage and Family Therapy

Cost: The fee is varied according to people's capacity to pay, from 0 to \$100.00 per session. Clients are given a tax deductible receipt from First+Met for the fees they pay.

Who is eligible for this service: Anyone who wants to come can come.

Who might benefit: The list includes people suffering from depression or anxiety, couples who are struggling to separate or restore their relationship, alcohol and drug dependence, anger management, conflict resolution and mediation. Karl likes to work with multi-generation families and extended families.

Contact: First+Met Office at 250-388-5188 or contact Karl directly at 778-433-4022



Out of The Rain



The Out of the Rain youth shelter has been part of our Outreach ministry here at First Metropolitan going on to 15 years now. Every Tuesday night our Fellowship Hall becomes a dormitory for homeless youth ages 15 to 25. Many smiles and stories are shared, and many success stories too! The reason being is the program that is overseen by Beacon Community Services, provides a safe, non-judgemental, and confidential space to meet the needs of these young people on the cusp of adulthood. For example, trained counsellors are provided to stay with them through the night. These are streetwise people who can relate well to the youth and provide advice and assistance when it is asked for. Our First†Met volunteers, who prepare and serve good nourishing food, provide the smiles! These dedicated people serve for two hours in an evening or a morning shift, providing for up to 30 youth. Out of the Rain operates 7 days a week, from October to April, rotating among hosts sites in the community in an effort to maximize community resources. Other sites include St. John's, St. Andrews, Congregation Emanu-El, and Boys' and Girls' Clubs. Our clients benefit from being around other young people like themselves, in a way that would be more difficult in an older group. For example, many find jobs and housing through referrals. The shelter is also pet friendly. It is life changing. Oct.23 through November is our Out of the Rain appeal and we ask that you would consider giving in kind or using the yellow envelopes provided. Donations of socks, mitts, toques, backpacks and toiletries are much appreciated and can be brought to the main office. Any questions or information can be directed to us, Bob and Leslie Wilson, Volunteer Coordinators of OOTR @ 250-590-4586 or lslova@shaw.ca.

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The Scriptural Basis for Creation Care

The earth is the Lord's! (Psalm 24:1)

Simple self-interest is one reason to care for creation. As creatures ourselves, our lives are dependent upon our fellow creatures and upon a properly functioning eco-system. But Christians have a reason beyond self-interest for caring for creation. The earth is not ours; it belongs to God. We love and care for creation because of our love for the Creator.



Inner City Dinner

Next Inner City Dinner is on Friday, Nov 18th. Preparations for the dinner start at 8:30 AM and continue throughout the day. Dinner is served at 5:00 pm and the kitchen and hall cleanup is finished around 6:30 pm. We need volunteers for various jobs through the day, but our greatest need for volunteers is during the serving and cleanup of the meal. Volunteers for this shift need to be in the Fellowship Hall at 4:15 pm for orientation and job assignments. If you wish to volunteer and be part of this vital and rewarding ministry, please call Robin Breckon at 250-472-3381 or email at robin.breckon@shaw.ca.

Through the ICD ministry, we feed 252 hungry inner city folks a tasty and healthy hot meal, plus distribute 80 to 100 take away meals, 10 times a year. Our guests are very generous in their appreciation and thanks for this First†Met ministry. We have not yet reached the financial goal set for the ICD ministry this year. If you are able, please consider supporting this ministry financially and help us continue doing this important work.

Please make a note on your calendar there is no dinner in December.

Thank you so much to the UCW for their donation of \$300 dollars to the ICD. We are so grateful for your support.



Puente Theatre

ICA—40th Anniversary Celebration

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PRESENTS
SHARING THE LEGACY
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and in the Performing Arts
Training The Performer in a Multicultural Society
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Canada Council for the Arts / Conseil des Arts du Canada / CRD / BRITISH COLUMBIA ARTS COUNCIL



Congratulations to the

**Inter-Cultural Association
of Greater Victoria
upon its 40th Anniversary!**

You are invited to their
40th Anniversary Celebration!

This will be a fun, free, family-friendly event.

Venue: Crystal Garden, Victoria BC

Date: Sunday, December 4th from 2 to 5pm.

More details soon at: www.icavictoria.org

YOUR NEWCOMERS WELCOMING COMMITTEE

We are gratified to see so many wearing their new name tags, and hopefully you are getting to know each other! Over 200 Name Tags were purchased, during our **'GETTING TO KNOW YOU'** campaign. *So now we would like you to KNOW US.. your NEWCOMERS WELCOMING COMMITTEE.*

Our Committee is made up of two parts. A core team who meets regularly to plan events and prepare materials for Newcomers. On October 23 we had a Coffee Welcome and Information session for about 10 new people. We plan these events about 3 times a year. We also have a group of about 20 dedicated Greeters, who work in pairs every Sunday morning and at special church events, to welcome all who come through our doors. These greeters follow-up with Newcomers at the Fellowship Hour after Sunday Worship, and as much as possible introduce them to our members and friends.

Check our Newcomers Welcome Bulletin Board, for photos of new members. We plan Greeters Lunches and Workshops, and will have one in the New Year. We encourage you all to welcome new folks to our church family, those who might be sitting beside you at Worship, or at the Fellowship Hour following.

Interested in joining our Greeters Team or our Core Team? - we would welcome YOU. Just speak to one of our Greeters on Sunday.

BE AN ANGEL TO SOMEONE IN THE INNER CITY

Once again, as the Advent season approaches, we have the opportunity to put our faith into action by extending greetings to the members of the Our Place inner city family. Please consider including someone from the inner city in your Christmas plans. The *Angel Gift* that you give may be the only gift that person receives, and your message accompanying the gift brings hope and love at a time that can be very difficult for those living in the inner city. The inner city folk who receive the gifts are thrilled that someone is thinking about them and keeping them in their prayers.

Many of you have participated in Victoria Presbytery's *Angel Gift* program over the past 14 years. However, this program will be new to some members of our congregation. Here are some suggestions about *Angel Gifts*:

All parts of the gift should be new. The ideal gift would be a warm hooded sweatshirt or fleece top. This could be supplemented with a pair of socks and a treat such as a chocolate bar. Also acceptable as a supplement would be gloves, tickets to movies or IMAX, or a coffee or restaurant gift card. You could give a gift certificate for stores that sell warm outerwear (eg. Capital Iron, Mark's Work Wearhouse, Sears, The Bay). So that recipients are treated equitably, it is suggested that each person's gift should be \$30 - 40 in value. If some people want to give more, then they might provide gifts for more than one person. Or some people may wish to join together to share the cost of one gift.

Unlike the journey of the Magi, the journey of the *Angel Gifts* follows a very tight timeline. The *Angel Gift* cards are distributed on the last Sunday of November. Gifts must be returned to First†Met within the following two weeks. A sorting process takes place before the gifts can leave First†Met. The gifts are transported the next morning to another location, for further sorting. Two days later, they are taken to Our Place for distribution to the inner city family. If a gift does not come back to First†Met on time, then it is unlikely that it will reach its intended recipient.

Taking a name is really making a commitment, and someone will be disappointed if you don't follow through.

One half of the *Angel Gift* card will provide information about the recipient. The other half includes a drawing of an angel as well as an identification number. You may write a personal greeting on the back of this portion of the card or you may wish to include your own card with your greeting. In either case, the angel picture with the identifying number must be securely attached to the outside of the wrapped gift to ensure that gifts make their way to the intended recipients. Please remove and discard the other half of the *Angel* card before attaching the card to your gift.

With the numerous journeys that the gifts make, they have a tendency to break open and/or to lose their labels if they are not wrapped and labeled securely. Please do not use cloth bags. The labels do not adhere to them well. Boxes wrapped in festive paper work best. If gift bags are used, please close the bag securely at the top. Following these guidelines will ensure that *Angel Gifts* make their way to the intended recipient in the manner in which they were originally (and, no doubt, beautifully) wrapped.

And – the process of sorting and transporting the gifts goes much more smoothly if several people are involved. It is a short time commitment but makes a big difference to the success of the project.

If you can help, please contact Penny Bond at 250-384-2538 or email moneypenny@shaw.ca.



The Green Bible: New Revised Standard Version, HarperOne. 2008

Call number: 220.52043 G798

Environmental issues apparently are a part of everyday life. Every day it seems extinctions, global warming, sustainability, and other environmental issues are in the news. As Christians we ask: what does the Bible say about it? The answer is in the Green Bible, which "...encourages you to see God's vision for creation and helps you to engage in the work of healing and sustaining it" (Preface p. I-15)

Like the more familiar "red-letter editions" in which the sayings of Jesus are printed in red, the Green Bible adapted the practice by highlighting in green those passages that speak to us about how we are to take care of our creation. In addition, The Green Subject Index, The Green Bible Trail Guide, a number of essays by conservationists and theologians and a section titled: 'Where Do You Go from Here?' are included as well as a foreword by Archbishop Desmond Tutu.

See page 10 for more Mountford Library news.