



About Us



A Newsletter for "The Comox Valley Unitarian Fellowship"
250 Beach Drive, Comox BC V9M 1P9, Phone 250 792-4027 Website: www.cvuf.ca

Volume 30

Number 10

We respectfully acknowledge that we meet on the unceded traditional territory of the K'ómoks First Nation.

The Comox Valley Unitarians' Community Gatherings

We gather as a community weekly, at 250 Beach Drive in Comox. All are welcome!
We are pleased to offer a variety of topics for your spiritual and intellectual exploration.

Sunday Gatherings

Zoom room opens as of 3:45 pm, Gathering starts at 4:00pm

Join Zoom Meeting: copy and paste into your browser

<https://us02web.zoom.us/j/84819009373?pwd=OWIkWVJXYWxhMjNFZ2xPeDJrR0JmZz09> CVUF Sundays

Meeting ID: 848 1900 9373 Passcode: Sunday

in BC, you can dial in by phone with +1 778 907 2071 then Meeting Number then #, again # for participant code (since not required)

Masks are required inside the building. We will be singing with masks on.

Please join us on Zoom if you are ill, have been exposed recently to contagious disease, COVID among them, or are not comfortable yet being in the physical presence of several people.

Tara Bonham has kindly offered to anchor a small group to rehearse songs for CVUF gatherings. She is asking anyone willing to participate in such a small "choir" to join at 3:00 pm prior to services. Great fun for those who like to sing!

Sunday June 5th, 2022 at 4:00 in the Hall and on Zoom

Arran Morton is officially our new minister and will be with us this weekend

Stay after the service for an informal circle of welcome with Arran.

Guest Speaker: Caila Holbrook, MSc , Manager of Fundraising, Outreach and Mapping of Comox Valley Project Watershed Society (projectwatershed.ca) will present information about watersheds and stewardship in the Comox Valley. She will also touch on the different projects Project Watershed is involved in, including the Kus-kus-sum project. There will be time for questions.

Facilitator: Arran Morton and Barbara Huhn

Children's Program: Caroline Shannon

Tech Assistant: Heather Gatland, website@cvuf.ca

Sunday June 19, 2022 at 4:00 pm in the Hall and on Zoom Join us for an intergenerational **Flower Service**.

Our final service of our usual worship year. Bring a flower to exchange.

Facilitator: Caroline Shannon

Tech Assistant: Heather Gatland website@cvuf.ca

Jan. - June 2022 'Transforming Our World' Offering Will be donated to the Comox Bay Care Society - Care-A-Van.. This organizations' work is in line with our Unitarian principle affirming and supporting justice, equity, and compassion in human relations. Care-a-van

On Board

Greetings one and all. Here we are, at the end of another year. Spring sprang, flower bloomed and summer is just around the corner. We did it, gathering together again, singing, reconnecting a little more in person. It's all been missed. We continue to honour all in this precious community, both for those who feel safer staying close to home to join us on zoom, and for those who feel moved to meet in person. There is room for us all to be together. Much gratitude to our techies Heather Gatland and Greg Olynyk who make it all possible, AND WITH SMILES ON THEIR FACES.

The coming year for the Fellowship is looking very promising and exciting.....

.....we are **very happy** to announce that we have accepted the recommendation from our Ministerial Search Committee to engage quarter time minister, Arran Morton, for the coming 22/23 CVUF year. He has been invited to do the opening for the first Sunday gathering in June and has kindly offered to stay afterwards for questions and conversation. Please join us as we welcome Arran into our Fellowship.

We have filled 1 of our 2 vacancies on the Board. Ranan Garfinkle has volunteered to stand for election for the position of Treasurer. **THANK YOU THANK YOU THANK YOU**, Ranan. Of the 3 of us remaining Board Members, Liz Goodger has agreed to stand for election as President. **THANK YOU**, Liz. As of the writing of this On Board we are still in need of and hoping to confirm the election of another Board Member. Our door is open to anyone who is curious about what we do. **New Board Members are welcome and needed!!!** Please reach out to any one of us on the Board if you'd like to sit in for one of our monthly Meetings. You'll see first hand what goes on behind the scenes...we don't bite, there is always support, and it's good and valuable work that our caring community needs.

It is with deep, heartfelt **THANK YOU'S** that we say farewell to **Dan Leahy** and **Arlene Bell** who are leaving our board after many years. The commitment you've shown and the service you both gave so generously to this community is inspiring and will be missed. We wish you all the best.

The Brain Storming session, offered by the Community Gathering Team at the end of April, was well attended and was rich with vision, ideas and conversation. **THANK YOU** to all who participated via email, zoom and in person. The effort to contribute was very deeply appreciated. Proof that it takes a community.

One of the ideas, that was reinforced at the Brain Storming session, was to meet informally, outside, at the Comox Marina, for one Sunday, at the usual time of 4pm. Our lovely Caroline offered to 'hold the space' for us to meet up and 11 people gathered for a lovely afternoon together. The time was relaxed and nourishing. Stay tuned for more of these kinds of gatherings in the future.

LAST BUT NOT LEAST, get your pic-a-nic baskets out and mark your calendars for Sunday, July 10. Come join our annual CVUF Beachside Picnic at Kin Beach from 12-4. There is high hope that we can share the food we bring. **HOWEVER**, should covid restrictions apply, we will still gather but simply keep the food we bring for ourselves.

Have a wonderful summer, beloved community. We look forward to seeing many of you at the Picnic in July.

And we are especially excited to be welcoming our Minister, Arran Morton. We look forward to the coming new year together and experiencing the many wonderful ways we inspire and support each other.

With much gratitude,

Your CVUF Board (Liz Goodger, Ranan Garfinkle, Barb Huhn, Juliana Leahy, and one more who has not as of yet been confirmed at the time of this writing)

Email us: board@cvuf.ca and we will happily answer your questions and invite you to our next meeting.

Care and Concern

If you need some emotional or practical support, the Care & Concern Team is available :

- Robyn Rushford – robynr@shaw.ca, 250-941-7001 (home)
- Keith Wallace - keith.wallace@shaw.ca, 250-941-7001 (home)
- Lynda Campbell – larrylynda@hotmail.com, 250-871-4143 (home)

If you know someone in the congregation who is struggling, ask them if they'd like a call from the Care and Concern Team – if so, please let us know. We are all in this together.



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Soul Matters Sharing Circle – A Place to Find Inspiration, Meaning and Connection

Come join our Soul Matters Circle, a small group that meets once a month to explore how the congregation's monthly theme can be woven into our lives. Our group welcomes new members at any point – come once to see what it's like and see if it is a fit for what you're looking for. Soul Matters meets Saturday, June 4, 2022 between 2 and 4. Our Theme is 'Nurturing Beauty'. Please contact Allen at 250-890-4123 or email: allenprosser@hotmail.com.

If anyone requires information, or intends to join, please contact me first.

Newcomers welcome! We hope you'll join us.

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Mark your Calendars: Picnic at Kin Beach Park

Sunday, July 10, 2021 from 12:00 - 4:00 pm.

Summer Fun and Fellowship!

This is our Fellowship's special time to get together in the summer. We will meet by the covered brick and concrete barbecue area for our annual picnic.

Don't turn in at the park sign, but continue a bit further on Astra Bay Road to

the parking lot on the right hand side.

Last year you were asked to just bring food and drink for you and yours; this year we hope to have an actual POTLUCK once more. If covid restrictions become necessary again this summer, we will simply return to last year's picnic procedure.

To enhance your beach experience, you may want to bring lawn chairs, blankets, sun hats, umbrellas, balls, frisbees and swimming gear. Some years either wasps or wind, so be prepared.

Kin Beach is a dog-friendly park on the beach now with port-a-potties available, temporarily replacing the outhouses.

We'll meet clouds or shine. There is limited shade and 2 long, covered picnic tables. We will not use the BBQ itself, just the space.

Got questions? Phone or email Donna at 250 338-6844, dmziner@yahoo.ca



The CUC is a beacon for Unitarian Universalist communities across Canada, providing them with leadership, support and connection as they strive to foster a just and sustainable world and to enrich the spiritual lives of their members

CUC information about all upcoming CUC events can be found on our [Events page](#) on the [CUC website](#).

UU IBPOC Space Saturday June 18, 2022

9:00 am PT | 10:00 am MT | 11:00 am CT | 12:00 pm ET | 1:00 pm AT (1.5 hours)

This is a space for Unitarian Universalists (UUs) who are Indigenous, Black, and People of Colour, ages 18 and up, to gather safely to share experiences, stories, and be change-makers. Meets on the third Saturday of each month. Join on [Zoom](#).

Connect and Deepen Sundays, June 12 and 26, 2022

1:00 pm PT | 2:00 pm MT | 3:00 pm CT | 4:00 pm ET | 5:00 pm AT (1.5 hours)

Connect and Deepen is a regular small group ministry. We gather, virtually, for meaningful discussion, connection and reflection. If you are not connected to a local congregation, or just want the opportunity to explore spiritual topics within a guided small group, we encourage you to join us.

More information and registration is available [here](#).

Elder's Circles Topics will include decolonizing our spirituality, decolonizing ourselves, being in community, embracing elderhood, and more.

Elder's Circle No. 4: Stephen Paquette Wednesday, June 1, 2022

4:00 pm PT | 5:00 pm MT | 6:00 pm CT | 7:00 pm ET | 8:00 pm AT (1.5 hrs) More information and registration is available [here](#).

Rising Together: UU Youth and Emerging Adults of Colour

Saturday, June 4, 2022

1:00 pm PT | 2:00 pm MT | 3:00 pm CT | 4:00 pm ET | 5:00 pm AT (1.5 hrs)

Saturday, July 2, 2022

1:00 pm PT | 2:00 pm MT | 3:00 pm CT | 4:00 pm ET | 5:00 pm AT (1.5 hrs)

Join us for Rising Together—a welcoming space especially for Black, Indigenous and other people of colour (BIPOC) Unitarian Universalist (UU) youth and emerging young adults (ages 14-24).

More information and registration is available [here](#).

Gathered Here

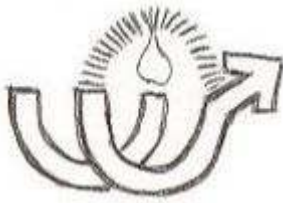
Monday, June 13, 2022

5:00 pm PT | 6:00 pm MT | 7:00 pm CT | 8:00 pm ET | 9:00 pm AT (1.25 hours)

Gathered Here is a monthly online check-in for Canadian Unitarian Universalist (UU) young adults. Join other 18- to 35-year-old UUs on Zoom for sharing of joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community. Each month we are joined by a member of the Young Adult Pastoral Care Team.

More information and registration is available [here](#).

2022 HeyUU Men's Gathering - Registration is open!



Greetings!

Jason here, one of the volunteer organizers working handsomely behind the scenes to produce this year's HeyUU Men's Gathering at Lake Sasamat. Can you believe this is the 32nd time that we've (collectively) managed to pull this thing together? :)

Last year's event was a huge success, thanks largely to everyone who stepped up to help out in small and big ways. Even though it was only 7 months ago, we're ready to open up registration for this year's event!

32nd annual HeyUU Men's Gathering
Fri, Sept 30 - Sun, Oct 2, 2022
Sasamat Outdoor Centre
Registration is now open!

<https://heyuu.us15.list-manage.com/track/click?u=a173429e5e3f68d0c96347096&id=3f390325a0&e=599c1b85df>

The Comox Valley Unitarian Fellowship

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Minister: Arran Morton: minister@cvuf.ca

Administrative Coordinator: Lorna Tutte cvufcoord@gmail.com

YPSE Program Facilitator: Caroline Shannon cvufcomoxkids@gmail.com

If you no longer wish to receive this Newsletter please email cvufcoord@gmail.com and let me know.