



# 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](http://www.cvuf.ca)

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Number 5

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 on the 1st and 3rd Sunday 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 Services

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/89001644135?pwd=ZEIjQ0RSU0ZjdjdrWEpyZld1UFlrQT09>

Meeting ID: 890 0164 4135 Passcode: 011990 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 encouraged inside the building.**

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.

### Sunday, Jan. 1 , 2023 at 4:00 pm in the hall and via Zoom

#### Fire Communion

In the words of Rev. Elizabeth Harding, "The fire communion separates the end of the year from the beginning, helping us to put in perspective the joys and sorrows, the changes and transitions, the ups and downs of the year. It's a half-way point in our church year, but a celebration of the outside calendar's year's end and year's beginning." What of 2022 do you want to leave behind? What new energy do you want to invite into 2023?

**Speaker:** Arran Morton, CVUF Minister

**Children's area:** Liz Goodger

**Tech Support:** Heather Gatland [website@cvuf.ca](mailto:website@cvuf.ca)

**Refreshments will follow the service. Please bring a snack to share.**

### Sunday, Jan. 15 , 2022 4:00 pm in the hall.

**Facilitator:**

**Children's area:** Liz Goodger

**Tech Support:** Heather Gatland [website@cvuf.ca](mailto:website@cvuf.ca)

**Potluck meal will follow the service. Please bring food to share.**

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**Our Jan. - June 2022 Recipient of our 'Transforming Our World' Offering is:**

Comox Bay Care Society Care-A-Van. <https://www.cvcareavan.ca/>

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Visitors are welcome to all our community gatherings, other meetings and programs. Thank you for your interest in our community and please let us know if there are any activities you would like to join. If you have been attending the Services and would like to be listed on the CVUF Fellowship List (a directory of those who are involved with the fellowship) please contact [cvufcoord@gmail.com](mailto:cvufcoord@gmail.com) for the necessary forms.



The Comox Valley Unitarian Fellowship Board of Directors:  
Liz Goodger, Barbara Huhn, Tara Bonham, Ranan Garfinkle, George Penfold and Arran Morton wish you a New Year of Health, Prosperity and Happiness.  
May 2023 be full of Rich Experiences.

### Care and Concern

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

- Keith Wallace - [keith.wallace@shaw.ca](mailto:keith.wallace@shaw.ca), 250-941-7001 (home)
- Lynda Campbell - [larrylynda@hotmail.com](mailto: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 Engage in Meaningful Conversation and to Celebrate Powerful Human Connections. Newcomers welcome!

The Soul Matters Circle is a small group that meets once a month to explore how a wide variety of monthly themes are woven into our lives. Our group welcomes new members. Please feel free to drop in to experience what we do and to decide if the fit feels right for you. Soul Matters generally meets the second Saturday of the month. For now, the group has decided unanimously to meet through Zoom. However, we are keen to revisit the possibility of conducting in-person meetings starting next spring (2023).

If you require additional information, or you intend to join our group, please contact Allen at 250-890-4123 or email: [allenprosser@hotmail.com](mailto:allenprosser@hotmail.com). If you would like to drop in for a session, please let Allen know a few days prior to the meeting.

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### Chat with the Minister

Our minister, Arran Morton, would love to learn more about you and your hopes and dreams for this congregation. He will be reaching out to members and friends over the coming weeks. Feel free to schedule a time to meet with him on Zoom, on the phone, or in-person here: [calendly.com/arranm](https://calendly.com/arranm)

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**UPLIFT: Monthly Trans/Non-Binary Gathering Space (all ages)  
4th Tuesdays of the month, 5 p.m. on Zoom**

Join this UUA run multi-generational group to connect with other trans/nonbinary UUs and co-create support and community across our faith. [Find out more](#)

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**Coldest Night of the Year (CNOY) is coming up for February 25th, 2023!**

Our Comox Valley Unitarian team, last year, raised over \$5,000 toward ending Homelessness in the Comox Valley. All the funds raised stay here in our valley! We have raised over \$11,000 in the last 2 years and have been in the top 11 teams in the valley. Please join us again this year, the information about the event is below

<https://cnoy.org/about>

Our team name is Comox Valley Unitarian, and you can go in and join our team as well!

We will plan to meet and walk together as a team in February.

Any questions or comments please call or email Steve Faraher-Amidon.  
250-702-0036 or [rediwat@gmail.com](mailto:rediwat@gmail.com)

[Welcome New Member: Anicca de Trey](#)

I was born in England on Christmas Eve 1943, immigrated to Vancouver in 1967 where I worked as an Occupational Therapist at VGH. We then became part of the "Back to the Land" movement and In 1976 my husband Pierre and 1 year old daughter Jade moved to a piece of raw land on Cortes Island and like many of this movement with no prior building experience we managed to build a home and pottery studio and various outbuildings. Everyone has some particular skill so there were many work parties and barn raising gatherings - lots of fun but also lots of hard work. We made our living mainly as potters. My son Cedar was born on Cortes in 1977 and both kids went to school there until grade 10 so we moved to Courtenay for a few years until they graduated, and I worked for VIHA in community rehab. When they finished school Pierre and I moved back to Cortes but Pierre died of cancer in 2003 so I was left alone with all these old buildings that needed lots of maintenance and repairs - a constant nightmare ! I struggled on for another few years but realized that it was more than I had signed up for, so in 2006 I sold our beloved property and home and moved back to the Comox Valley.

I wanted to live in a place that required no maintenance so I bought a condominium and though it was quite a culture shock I do appreciate the peace of mind of having reliable utilities (someone else's problem if they malfunction). I do miss island living but I have to say that I don't miss the ferry line ups, power cuts, roof leaks, wildlife invasions, septic problems, plumbing and electrical malfunctioning.

## “INDIGENOUS CANADA” WORKSHOP

Beginning in the New Year a cooperative learning opportunity is being jointly offered by Comox United and Comox Valley Unitarian Fellowship. Using the **free** online open access course from U of Alberta through Coursera, "Indigenous Canada" is presented in 12 modules. Participants will independently listen to two online modules of 45-70 minutes in length sometime over a 2 week period. Then participants will meet via Zoom for a facilitated discussion about the content of the two modules. The Zoom discussions will be from 7 p.m. to approximately 8:30 p.m. every second and fourth Monday of the month **beginning January 23, 2023** and ending April 24, 2023.

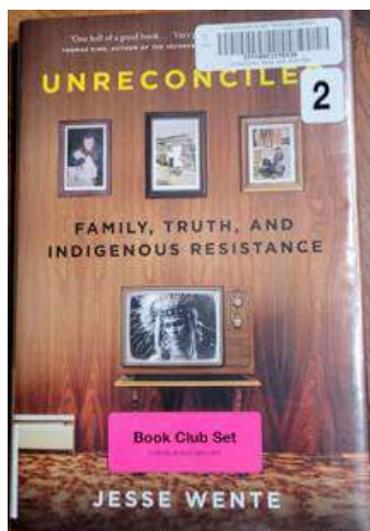
There will be no Zoom discussion April 10, 2023, Easter Monday.

“Indigenous Canada is a 12-lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies, U of Alberta, that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada. From an Indigenous perspective, this course explores complex experiences Indigenous peoples face today from a historical and critical perspective highlighting national and local Indigenous-settler relations. Topics for the 12 lessons include the fur trade and other exchange relationships, land claims and environmental impacts, legal systems and rights, political conflicts and alliances, Indigenous political activism, and contemporary Indigenous life, art and its expressions.” <https://www.coursera.org/learn/indigenous-canada>

Join us in exploring the history and background of Indigenous peoples in Canada. To sign up or ask questions about this joint program between Comox United and CVUF please contact Christy Faraher-Amidon at: [christyfa@gmail.com](mailto:christyfa@gmail.com)

“Indigenous Canada” Working Group

- Wayne Wilson Comox United
- Wanda Harssema CVUF
- Christy Faraher-Amidon CVUF
- Barbara Huhn CVUF



### CVUF book group continues to explore perspectives on “Truth and Reconciliation”

The CVUF Indigenous and Anti-Racism Authors Book Club is still meeting (mostly online) and is open to anyone who would like to join.

This month the club, seven members, met to discuss Jesse Wenté’s book *Unreconciled: Family, Truth and Indigenous Resistance*.

This seminal book begins with a startling assertion: the notion of reconciliation is farcical as you can’t reconcile when there’s never been an honest relationship in the first place.

Wenté argues convincingly that the truth of colonial exploitation of First Nations peoples has to be understood and agreed on before any genuine/effective reconciliation can happen.

While Wenté’s book is severely honest about past failures at reconciliation, he holds out the possibility of building a new encompassing relationship based on truth and mutual respect.

All members of the book club agreed that this is the most moving, deeply felt and informative book on Canada/First Nations relations that they have read so far.

If you are interested in joining the book club or discussing a particular book contact Barbara Huhn at a church service/CVUF members list or through [CVUF.CA](http://CVUF.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.ca](http://cuc.ca)

Registration is now open for the Widening the Circle's Listening Session on January 14th! Here's a link to the registration page: <https://cuc.ca/events/listening-circle-with-widening-the-circle-canada-team-january-14-2023/>

The Widening the Circle Team invites you and members in your congregation to a listening circle. We'll take this time early in the New Year to listen closely to one another's stories - both personal and congregational.

How have you been doing in this time of change and transition? What spiritual and self-care practices have held you through it all? What has your congregational community been experiencing? How has the 8th principle process, or leadership changes, impacted the well-being of the whole community?

This time of centering and sharing is intended to nourish our spirits and help us connect to our larger Canadian Unitarian Universalist community.

**Save the Date: May 19-21, 2023 the CUC National Symposium on our 8th Principle**, Ottawa, Ontario. In the spring of 2023, the Canadian Unitarian Council and First Unitarian Congregation of Ottawa, in collaboration with the Unitarian Universalist Fellowship of Ottawa, invites you to the national symposium. Join Us in person or online.

### **The Comox Valley Unitarian Fellowship**

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Minister: Arran Morton: [minister@cvuf.ca](mailto:minister@cvuf.ca)

Administrative Coordinator: Lorna Tutte [cvufcoord@gmail.com](mailto:cvufcoord@gmail.com)

If you no longer wish to receive this Newsletter please email [cvufcoord@gmail.com](mailto:cvufcoord@gmail.com) and let me know.