Broad View
UNITED



Program Guide 2023/24

Hope for a Weary World

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First Met
United Church

Hope for a Weary World

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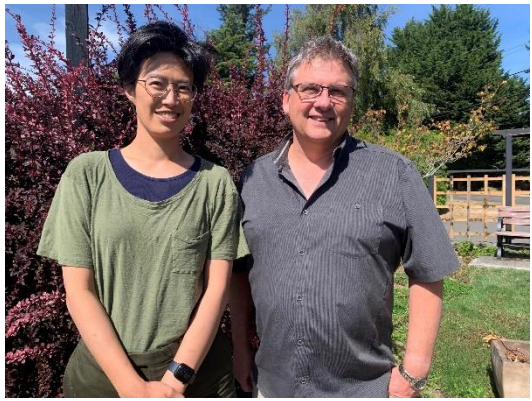
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Broad View UNITED — First Met United Church

Find Us: firstmetvictoria.com
Visit Us: broadviewunited.com

2023/24 Program Guide



Welcome to our 2023/24 Program Guide. You will find within these pages a wide variety of program opportunities for learning, connecting, growing and serving. Some of these groups happen regularly, some happen for just a few weeks at a time. Some meet in person, some are online opportunities through zoom. We have tried as much as was possible at the time of printing to indicate what groups, events and happenings would be available from Sept – June but we know there are things that were likely missed. Some new things will emerge in the year and the newsletter, Friday email (Bits & Bytes) and Sunday Bulletin will highlight those things as well.

What we have also tried to do is offer a wide variety of programs of engagement so that all learning styles and needs might find something of interest to them in these pages. Most of the programs are free and those with a cost are eligible for bursary support as money should not be a barrier to participation.

We are grateful to the many who have offered their time and leadership for these offerings and we hope you will help spread the word about what is being offered. These programs and events are without barriers and are open to anyone.

We look forward to the ways our paths will cross.

Mark Green and Ha Na Park

To register for any of our programs please visit our website.
broadviewunited.com
Most of our programs are free, we do not want finances to ever interfere with your Spiritual Journey at BVU.
If you need financial assistance, please speak to a minister.

ADULT GROUP

BVU offers a wide variety of programs for adults for the purpose of study, faith formation and connecting with others. Each program uses a variety of educational modalities with different leadership styles to enable anyone who is seeking to find an opportunity to explore their questions.

Faith Explorations

Date: Tuesdays Via Zoom starting Sept. 12
Time: 10 am **Leadership:** Blake Ford and Gordon Robinson

Our zoom time begins with a half hour talk about Christianity usually given by professors of religious studies. We have just finished a series on science and Christianity and are currently listening to talks that compare Christianity to other religions. There is no charge or obligation, and you can contact Gordon at gcrobinson@shaw.ca to receive an email with the zoom link should you wish to join or try out the group.



Book Worms

Date: 1st and 3rd Wednesdays of the month starting on Sept. 20.
Time: 1:30 pm **Leadership:** Group members

This group meets twice a month in members' homes to talk about a book chosen by the group as a whole. Discussion is wide and varied and all perspectives are welcome. We will be continuing discussion of 'The Gift of Years' by Joan Chittister, an excellent book, easy to read but deep in its contents. Contact Janis - rjevans1@telus.net for location each month.



Movie Night

Date: Fourth Saturday of each month **Time:** 7 pm
Place: TBA during our transition time **Leadership:** Mark Green

Join us each month for an exploration of our theme through a variety of award-winning movies. Some are funny, some are well known, some are emotional but all of them cause us to think and engage our faith through the magic of cinema. Each month the movie title will be published in the newsletter, and you are invited to join us. Popcorn, beverages, and other snacks provided. Discussion follows the film. For the fall, we will be going to a movie theatre together to watch the film and then discuss. When we are in our new building, we will host it there. Stay tuned.

ADULT GROUP

UCW Group (United Church Women)

Contact: Marie McKee at emarie@shaw.ca

The First Met UCW is an open and welcoming group of women who meet monthly. They would love to welcome new members to join them as a part of the amalgamation process. Their time together includes conversation, study and a short devotion. Historically, there have been two groups who are in the midst of joining into one as they go forward. Date and time of meeting is still being discerned. Contact Marie for more information.

They also host special events throughout the year. October 3 is the date for The Least Coin, a service with an international tradition and perspective. In the Spring, the annual "Ecumenical Service for the Day of Prayer" will also be hosted. All women of the congregation are invited to these special events, and you do not need to be a member to ongoing group to participate. Watch the newsletter for more information.



From Age-ing to Sage-ing

Date: Thursdays Oct. 2 – Nov. 2nd, 2023 via zoom Introductory Level
Thursdays, TBA Spring 2024 Phase 3: Deepening The Sage Within
Time: 10 am – 12 noon
Leadership: Annie Klein

BVU is pleased to offer both the Introductory and phase three of the course "From Age-ing to Sage-ing", facilitated by Annie Klein. Come and find a new way of growing older, aging well and living your life more consciously, more joyfully and more compassionately! The introductory level is a prerequisite for participating in the next levels, but they do not need to be taken sequentially. Annie Klein has been trained in Age-ing to Sage-ing International and has been offering these courses in Victoria for several years.

For those who have taken the introductory phase or any of the other phases at a previous time, phase 3 will focus on relationships. If you are interested in either phase or both, please indicate your interest by registering online.

ADULT GROUP

Exploring the Big Questions of Faith



Date: Tuesday evenings Feb. 6- Mar. 5, 2024 (5 weeks)
Time: 7-9 pm **Leadership:** Mark Green

Join with others who are on a path to explore some of the big questions of Faith and find not answers but perhaps perspectives that shed light on the questions being asked. Bring your questions and as a group we will prioritize what feels most pressing to those attending. Questions like: Why does God allow suffering? Does God have a purpose or plan for our lives? Is there life after death? Does God allow evil to exist or is it beyond God's control? What is the nature of God? Through readings, film clips and discussion we will probe some of the mysteries of life to make peace with them.



Deep Dive Into Death

Date: Thursdays, Feb. 22 - March 28, 2024 **Time:** 1-3 pm
Leadership: Margaret Harper and Guests

Over the course of six weeks, we will have focused conversations around a number of topics related to Death and Dying. Topics will be announced in advance so participants can come to one or all depending on their interest. Each session will include leader input, time for focused reflection and questions, and plenty of time for conversation. Some possible topics: How do I get my affairs in order -practical, emotional, spiritual? How to write an ethical will/What does it mean to leave a spiritual legacy? Medical Assistance in Dying, What does it mean to live fully until I die? How to have honest and open conversations about dying with my family? Spiritual and Religious Rituals to support the Dying. If you have questions or a specific topic you would like to explore, please reach out to Margaret at margaret@broadviewunited.com

ADULT GROUP

Leisure Resurrected:

Rekindling the Fire of Early Christian Communities
Date: Spring 2024

Esteemed author and lecture, Dr. Jeff Crittenden will join us to introduce us to concepts in his new book Leisure Resurrected, an exploration of leisure from Plato through to the Roman Empire. Ever wonder- where did the time go? Or pause and look at your calendar and wonder how crammed it became with activity? Or sat in worship knowing that there is something unique about participating in a worship leisure experience? Leisure Resurrected moves from theory to practical engagement as Jeff demonstrates how an ancient experience is not only vital for our current context, leisure provides meaning, purpose and hope.

Jeff Crittenden, Ph.D., is an Assistant Professor at Huron University, London, ON; CPT's (The Centre for Practical Theology, Canada) Founding Director; Lead Minister at Metropolitan United Church (London, ON)

Beloved and Belong: Baptism and Membership Course

Time: Beginning with the season of Lent, the Celebration of Baptism and Profession of Faith will follow after Easter.
Leadership: Ha Na Park

We invite you to this interactive and group-work-based 6-week long baptism and membership course, meeting six times in the spring. Like well-equipped hikers, we will use Marcus Borg's book, The Heart of Christianity: How We Can be Passionate Believers Today, as our map, and our heart as the compass to find God. Each session will last about 2 hours and will cover the following topics.

Session 1: Beloved and Belong (The Heart of the Matter)
Session 2: Living Scripture
Session 3: Jesus and the Kin-dom of God
Session 4: Social Justice, Prayer, and Spiritual Practice
Session 5: The (un)Official United Church Guide
Session 6: The Journey of Becoming



INTERCULTURAL

English Conversation Circle



Date: Thursdays **Time:** 3:30 pm – 5 pm (via Zoom)
Leadership: Min-Goo Kang

Step into our English Conversation Circle, a welcoming space where individuals from various backgrounds unite to enhance their English skills while learning about cultural differences. Our platform offers a safe and encouraging learning environment, enhanced by experienced mentors dedicated to refining your English-speaking skills. With the company of a vibrant community mastering English becomes an enjoyable journey. Embrace the chance to cultivate not only language proficiency but also lasting friendships. Your presence would enrich our circle, and we extend a warm invitation to you to join us!



Saturday Social: Ping Pong, Games & Karaoke Delight

Date: Saturdays **Time:** 6:30-8:30 pm
Place: Cedar Hill X site (once it's available) **Leadership:** Min-Goo Kang

Join us for a vibrant Saturday evening filled with excitement! Whether you're a ping pong pro or new to the game, our program caters to all skill levels. Discover the joy of bonding through interactive games like ping pong and badminton and delve into the world of friendly competition with various board games. And if your heart craves melody, our karaoke setup awaits your musical talents.

Step away from the screens and plug into an experience that fosters connections, laughter, and healthy fun for everyone. Embrace the intercultural spirit and make your Saturday night truly remarkable!

Note: During the time of transition, before we move to the new site, we will explore various activities including pickleball and hiking. The locations vary depending on activities. Please sign up for our weekly intercultural email newsletter min-goo@broadviewunited.com or check our Facebook page the Intercultural Space @ Broad View United
https://www.facebook.com/groups/197818341820589

INTERCULTURAL

Intercultural Bible Study

Date: 1st Wed of the Month – Starting September **Time:** 7 pm – 8:30 pm
Place: Member's home (until the Cedar Hill X site is ready; contact Min-Goo)
Leadership: Min-Goo Kang

You don't need a degree in the Bible to understand the Word, but you do need a community to be challenged and nurtured by the Word. This Bible study is based on the belief that our lived experiences are the primary resources for us to interpret the Word. Sitting in a circle, we will create a respectful and sacred space where every voice is heard and honoured. We will use the same Scripture passage that you will hear on Sundays during each month. Our methods include, but are not limited to, Mutual Invitation & Kaleidoscope Bible Study Process by Eric Law. (www.kscopeinstitute.org/free-resources) Come and join in feasting on the Word.

Taste of Home – Storytelling through Food

Date: Coming in the Spring of 2024
Place: Cedar Hill X site – Kitchen **Leadership:** Min-Goo Kang

Over 5 weeks, people from diverse cultural backgrounds will teach us how to cook the food of their childhood. Participants will share their own stories inspired by the food and the chef's story. At the end of the five weeks, everyone in the congregation will be invited to join us for the Taste of Home Potluck – an Intercultural Celebration. You will hear stories of how this program made an impact on the participants. You are invited to add to the supper and conversation. Please bring the food of your childhood memories.
'Everyone has a story, and so does every dish.'

Note: This program is for folks who have just come to Canada within the last 5 years.

LGBTQ COMMUNITY

Broad View United goes beyond seeing the Affirming Ministry as just a statement. We're dedicating time to create a safe space within Broad View United for Two Spirit and Lesbian, Gay, Bisexual, Transgender and Queer people, and allies. We aspire to build and transform our community and to engage further in meaningful activities in solidarity with Two Spirit and LGBTQ+ Christians, queer people of faith, and newcomers in the region. With this hope, we're introducing new programs for 2023-24. Whether these are new activities or groups under a year old, **we invite First Met community members to join us**!

Transgender Day of Remembrance Commemoration

Date: Sunday, Nov 19th, with a ritual during Sunday worship



The BVU Affirm Team will commemorate the Transgender Day of Remembrance with a candle-lighting vigil during Sunday worship on November 19th. We invite you to join this service to mourn and reflect on the ongoing violence against transgender individuals. If you have lost loved one(s) due to prejudice, rejection, hatred, and violence towards the transgender community, let us come together to light candles, honouring the luminous lives and contributions of transgender individuals.

Reconstructing Christmas Retreat for LGBTQ+ Christians, Queer People of Faith and Newcomers

Date: Saturday, Dec. 16 **Time:** 4-9 pm
Art, Dinner and Speakers



The Winter Holidays can be a difficult and lonely time, especially for those who are estranged from the family and faith traditions of their youth. The Reconstructing Christmas Retreat recognizes and holds space for that pain, while sharing hope, creativity, acceptance, encouragement, and love to LGBTQ+ Christians, queer people of faith and newcomers this Christmas season.

“What is your story of estrangement? What hurts you most?”
We invite you to an unconventional Saturday night, reconstructing Christmas through community, art, and queer imagination.

LGBTQ COMMUNITY

Affirming Learning Event: Understanding the Transgender Community



April 2024

The Affirm Team of BVU will be hosting a Learning Event in the spring of 2024. With guest speakers and group discussions, we will deepen our understanding about the Transgender Community and talk about transformative possibilities and practices we can develop and engage as an affirming congregation. Stay tuned!

Inter-View: Inter-Spiritual and Queering

When: Every Second Wednesday, on Zoom

Inter-View is envisioned as a safe space for Broad View United's queer and transgender members and allies to connect, learn and support each other. Come as you are, embracing every aspect of your self: faith, spirituality, culture, race, personal journeys (migration, mental health, disability and other topics), and more.

Inter-View offers two main lenses: Inter-Spiritual and Queering. "Inter-spiritual" lets you imbue your Christian faith with wisdom from global cultures and traditions. "Queering" gives freedom to see queer narratives in texts, even the Bible, without heteronormative, transphobic, or harmful biases.

Victoria Pride Parade



Date: Unannounced yet but likely Sunday July 7th, 2024

Each Year BVU is proud to march in the Victoria Pride Parade in support and celebration of LGBTQ2S+ members of our community and Victoria as a whole. We also walk together with other United Churches of Southern Vancouver Island. A planning group will come together in late May. Talk to Mark or Ha Na if you'd like to be a part of this planning group.

Queer Film Festival



Dates: Tuesday – Thursday July 2-4th, 2024 **Time:** 7 pm
Place: Sanctuary

Join us for 1, 2 or all 3 movies that explore and celebrate LGBTQ2S+ context, realities, stories of struggle and triumph. Regardless of your orientation you are invited to this community film festival where such themes are explored and an opportunity to chat afterwards is provided. Concession will also be available.

RECONCILIATION

Broad View United has a strong commitment to the ongoing work of Reconciliation as set out in the TRC report and its Calls to Action. Throughout the year, we will be offering opportunities for engagement with local Indigenous leaders and community to learn from them, listen deeply and work at creating new ways of relating to one another. At times those learning events will occur at the church and other times we will venture to other locations that may cause us as settlers to stretch beyond our comfort zones. When working respectfully with Indigenous leaders and Elders, we need to be mindful that western colonial timelines are different for Indigenous folks. Therefore, many of the learning events will emerge and we will do our best to communicate as we glean a timeline and dates. Watch the newsletter for offerings and details as they emerge.

National Day for Truth and Reconciliation Vigil



Date: Saturday, September 30th **Time:** 11:00am
Place: First Met Chapel

The First Met bells will toll at 11:00 am as we begin a brief vigil on this important day of lamenting, remembering, honouring and re-committing ourselves to the path of reconciliation. Please join us as we pledge ourselves anew to Creator's vision- which has always been that of justice, wholeness, and right relationship. Participants may then wish to head to Royal Athletic Park to attend the 2nd annual South Island Powwow. Grand Entries of First Nations are at noon and 6 pm.

Congregational Learning Event

Spring 2024

The congregation learning event that was scheduled for Spring of 2023 is in the process of being rescheduled for the Spring of 2024 when we are in our new site. Those who registered for the event in 2023 still have their registration fee on hold and it will be honoured when we get the new dates or refunded if those new dates don't work for you. Stay tuned.

CHILDREN & YOUTH

The combined Broad View and First Met United Children, Youth, Young Adult and Families program is an exciting, inclusive, creative, and joyful community. Together we explore ways for each of us to learn and to live a hope and faith-filled life.



Sunday Morning Children's Program

Date: Sundays
Time: 9:30am & 11am
Leadership: Pat McKay, Micia Kanstrup, Emily Anderson

Welcome to another fun filled year of faith exploration through our children and youth program (ages pre-K to Grade 8) that is offered during each Sunday service. After the children's conversation during the first part of our worship the children move to their own space to explore the sacred stories and the teachings of Jesus. The children are divided up into smaller groups by age and we use art, activity, and games to link our faith to finding our way through everyday life.



Drop In Playgroup

Children under the age of 5 come to play, explore, socialize, learn, laugh and develop. Parents, grandparents, and caregivers interact with their kids in a new setting with lots of toys and lots of room to run and play. This is also an opportunity to connect with other caregivers. There is a short circle time followed by snack. Coffee/tea is also provided for the adults. There is no fee or charge for refreshments. Pass the word along to your friends and neighbours with little ones!

In partnership with Saanich Neighbourhood Place our Parents/Caregivers and Tots Drop In Playgroup will run Mondays, Wednesdays and Fridays from 9:30 til 11:00. IT WILL BE STARTING MID NOVEMBER IN THE NEW BUILDING in the HUB or lower hall of the building. Monday's drop in will also add a Mother Goose component (an early childhood literacy development program)

CHILDREN & YOUTH

BVU Youth Groups

Our Youth Groups meet every other week to build community and get to know one another through fun and games, snacks, discussion, and lots of laughter. You do not need to pre-register and friends are more than welcome and encouraged. This is a safe space to meet new people and test out new ways of being with their peers.

Jr. Youth Group – (Grades 6,7 and 8) Meets every second Friday from 6:30-8:30 starting on Friday, Sept. 15th and again on Friday, Sept. 29th.

Sr. Youth Group – (Grades 9 -12) Meets every second and fourth Sunday from 7:00 til 9:00 starting on Sunday, October 8th and 22nd.

Youth Trek



Date: Oct. 20-22, 2023 Friday night to Sunday.
Place: Duncan, BC

This is a Regional gathering for all youth ages 12-17 from all across Vancouver Island. This event will be a fun filled time of games, activities, food and lots of laughter as youth build new relationships and form new connections with a wide variety of youth. Cost is $150 and bursaries are available from BVU/FM funds for any youth interested in going. Talk to Pat or Micia for more information and bursary support.

Kids' Community Choir



Date: Sept. 24th following worship for a meet and greet time
Thursdays once we are at the new site.
Time: 3:15 pm – 5 pm **Leadership:** Cheryl Dennett

Elementary school aged children 5-10yrs are invited to participate in our Kids' Community Choir. This is a free choir for children to come as they are and to experience a musical space where we will have fun, connect, sing, move, and play. Choir time will be 45 minutes with snack and hangout time built in before and afterwards. There will be an opportunity for the choir to share their music with the greater Broad View United faith community during a Sunday service.

Cheryl Dennett, our resident drummer, is a specialist in leading children of all ages. Check out Cheryl's website for more information about her experience and approach to music education. www.cherylmusic.ca

CHILDREN & YOUTH

Youth Confirmation Course: Discover Your Treasures

Date: Starting February - Easter, 2024
Leadership: Rev. Ha Na Park, along with various leaders from BVU and FM

We invite youth from the ages 13-19 for an interactive and activity-based baptism and confirmation course, meeting six times starting in February. Anchored in Jesus' story, "The kingdom of heaven is like treasure hidden in a field, which someone found and hid; and then in their joy went and sold all they had and bought that field." (Matt. 13:44), each youth will follow a treasure hunt format over a six-week journey to find the six treasures that connect them to God. Baptism/Confirmation will be celebrated around Easter.

YOUNG ADULTS

Young Adults

Date: First and third Sundays of the month
Time: 12:15 pm
Place: First Met Fellowship Hall
Leadership: Pat McKay



Our Young Adult community (aged 18 – 29 ish) is an inclusive group that seeks to connect socially and spiritually and build a community that loves, leads and accepts radically. We gather together for lunch after service (around 12:15) in the hall on the first and third Sundays of the month. We also plan outings or activities to gather together in the community. Our first lunch will be shared on Sunday, September 17th then on October 1st and 15th. Lunch is free and you do not need to pre-register. Just show up and bring your friends.

UVic Campus Ministry

Broad View United has a rich history of involvement with the campus ministry at UVic. Rev. Min-Goo Kang, the new United Church Spiritual Care Provider, collaborates with the Multifaith Spiritual Care team to facilitate various programs that young adults from BVU also participate in. For additional information about Min-Goo and his programs, please contact him at mkang@united-church.ca

PASTORAL AND SPIRITUAL CARE

Pastoral Care was at the heart of Jesus' ministry as he walked beside the hurting and suffering and cared for those bowed down with pain of mind, body, spirit and emotion. During the course of the next year, we will seek to bring together the rich pastoral care and wellness traditions of First Metropolitan and Broad View United. We are blessed in abundance with many exceptional folks who offer their love, care and nurture on a daily basis as their commitment to this shared ministry. We affirm that times of transition, such as we have newly embarked upon, can be tough to navigate.

Please reach out to either Shelagh MacKinnon or Margaret Harper, if we can be of any assistance to you or your loved ones.

Prayer Connection Ministry

Both First Met and Broad View have an active, dedicated team of individuals who are committed to praying on behalf of you, someone you love, or any situation that is heavy on your heart. All requests are held in utmost confidence.

To send a request via the First Met team, please contact:
prayer@firstmetvictoria.com

To send a request via Broad View, please contact Jean at:
jean@jampot.ca or Margaret margaret@broadviewunited.com

More detailed information can be found on the websites.
Requests can also be passed along to a staff member.



Circle CHAT

Date: Fourth Wednesday of each month **Time:** 1:30 pm - 3:00 pm
(Starting on Sept. 27, Oct. 25, and then continuing at BVU)
Place: First Met Chapel

A drop-in group for women elders who delight in conversation with each other. Each session there will be time to share our stories, support each other, laugh, visit and of course refreshments.

Come to connect with old friends and make new ones as we take the next steps in getting to know one another. Registration is not required. If you need a ride, or would like more info. please direct to margaret@broadviewunited.com or valbauld5@gmail.com

PASTORAL AND SPIRITUAL CARE

Let Not Your Hearts be Troubled



Date: November 1, 2023 **Time:** 6:30pm
Place: First Met Sanctuary

A beautiful tradition at First Met has been the celebration of All Saints' Day with a special service called Let Not Your Hearts be Troubled. It is a service of readings and poetry interspersed with music and opportunities to light a candle in remembrance. Photos of your loved ones can be shared on the screen during the service. Please watch the October newsletter for fuller details about how you can be involved!

Exploring Grief and Loss Together



Start date and time in January 2024 will be chosen once sufficient numbers have expressed interest.

To be human is to know that inevitably we will all face situations of loss and grief, sorrow and change, heartbreak and despair. Learning to navigate the complexity of emotions as a result of the grieving process is a path that can be lonely, difficult and often overwhelming. Joining with others who are on a similar path can provide tremendous relief and the sense that we are not alone.

If you have experienced a death loss, please know you are welcome to gather with us in a safe and confidential place to process the feelings and phases of grief.

Please reach out to BVU Pastoral Care Minister, for more info. and to register.
Margaret Harper margaret@broadviewunited.com

HEALTH AND WELLNESS

As part of our amalgamation visioning and ongoing commitment to expanding our community support, we will be offering a wide variety of programs that support the health and wellness of not only members of BVU but the communities in which we live. Support for those coping a variety of health challenges, those needing support and advocacy as they navigate the health care system, and those simply wanting to be proactive about their health and safety will find support at BVU as we move forward. We are still in the process of discernment as to what shape these programs will take, what will be offered when and by who, but these are some of the things we are thinking about.

- **Care for the Caregiver:** Support group for those caring for loved ones whose health status requires constant support and energy. A place to share challenges and joys and gain insights with others travelling a similar path.
- **Mental Health First Aid:** a focused program to enable the average person to know how to support those who find themselves in crisis – either acute or sudden.
- **Naloxone training**
- **Addictions support groups**
- **AED and CPR training**



Gentle Yoga: Mondays and Chair Yoga: Wednesdays

Date: Mondays, Wednesday **Time:** 10:30 am – 11:30 am
Leadership: Elaine Duke

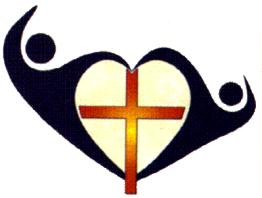
Join us for low-cost Gentle Yoga in the Chapel with teacher Elaine Duke. Beginners are welcome and the cost is $8-$10 per class. You will enjoy this gentle practice which improves strength, flexibility, balance and calms the mind. Our teacher is very knowledgeable and can adapt poses for students with limited mobility.

Gentle Yoga takes place Mondays (except statutory holidays) at 10:30 am (check the *Events* page and calendar for the availability of Thursday Gentle Yoga classes). Chair yoga is held Wednesdays at 10:30 am.

All classes are held in the First Met Chapel. For information on sessions, please send e-mail to elaineduke1000@gmail.com

HEALING PATHWAY MINISTRY

What do we mean by healing?



Healing is a term that indicates the process of restoring harmony and wholeness to body, mind and spirit.

What is the Healing Pathway Ministry?

The Mission of the Healing Pathway Ministry within the United Church of Canada is:

- To renew the Church's role in healing
- To reach out to those in need of healing in body, mind and/or sprit
- To encourage its practitioners in their persona, Spirit-centered healing journey

Healing Sessions

Both distance healing (when recipient not physically present to the healer) and "in-person" healing sessions are offered by the practitioners. Both are equally powerful because the essential transmission of healing energy happens through intention and meditation.

How do I book a session?

Begins on Tuesday, October 3rd in the Chapel at First Met until we move to the renovated building in November. We will meet at 1:00 for the first group session which will include a meditation but will be an information session so we can begin our healing offerings in October . We have booked the room for Tuesdays from 1:00 to 3:00 in the afternoons and 7:00– 9:00 for healing at the present time until we adjust to the new space. People who are interested in joining the group should have taken at least the first level of Healing Pathways or are planning to take the course in the near future. If you would like more information contact Eileen Campbell: ecchome@shaw.ca

CONTEMPLATIVE MINISTRY & SPIRITUAL PRACTICES

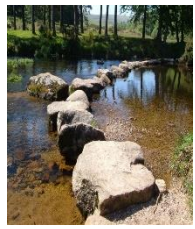
"Spiritual practices are specific activities you do to deepen your relationships with the sacred and the world around you. Practices help one connect to God (or whatever name you use to describe that "something more" beyond yourself). They enable you to become actively engaged with your inner or "true" self — the depth of your being". Here is a sample of what we are offering this year. We would love for you to join us.

Sacred Pause at Day's End

Date: Mondays starting Sept 11 (excluding holidays)
Time: 8:30-9:00 pm via Zoom **Leadership:** Margaret Harper

Living in this world requires much of us. The ebbs and flows of life can leave us longing for a quiet place to simply be with no agenda than to listen to the still, small voice within and to honour the experience of the day that has been. Sacred Pause at Day's End is an opportunity to gather 'together' online. We will ground ourselves with a poem, a reading from a sacred text or an excerpt from a wide body of spiritual literature, and then enter into a brief time of contemplation, guided meditation and silence. NO previous meditation experience is needed, only the desire to enter a space of calm and quiet. To receive the zoom link or to inquire further please contact margaret@broadviewunited.com

Sacred Steps: A Journey to Mindful Connection



Reconnecting, healing, and discovering the Mystery Within
Dates: Mondays (Sept. 18 – Dec. 4)
except Oct. 2 (National Day for TRC),
Oct. 9 (Thanksgiving), Nov. 13 (Reading Week)
Time: 3:00 - 4:00 pm **Location:** in front of UVic Multifaith Centre
Facilitators: Min-Goo Kang (United Church Spiritual Care Provider),
Ruth Dantzer (Anglican Spiritual Care Provider) & Adam Tran (Counsellor)

Join us for "Sacred Steps", a transformative program that invites you to embark on a journey of self-discovery through walking meditation, barefoot walking, and nature walks. Immerse yourself in the beauty of Finnerty Gardens, Mystic Vale, and other enchanting locations around the campus. Through cultivating mindfulness, fostering a sense of wonder, and deepening our connection to the natural world, we will rediscover the Mystery within ourselves and creation. These programs will take place outdoors, rain or shine, so please dress for the weather. All are welcome.

CONTEMPLATIVE MINISTRY & SPIRITUAL PRACTICES

Lectio



Date: Every Thursdays via Zoom **Time**: 8:30-9:30 am
Contact: Eileen Campbell at ecchome@shaw.ca

Lectio is a meditative spiritual practice using a passage (scripture, poem, paragraph. prayer) which is read aloud by individuals three times per set. After the first reading the group identifies a word or phrase that speaks to them. The object is not to try to understand what the passage as a whole is saying but what draws the listener's attention. The passage is read again three times and the members of the group share a feeling or vision that the word they chose invokes. The passage is read again three times and after this set of readings the group shares the invitation that they received for the week invoked by the word they had chosen. The group meets via Zoom on Thursday mornings at 8:30am beginning on Thursday, September 14th and all are welcome to join.

Tai Chi Chih



Date: Every Tuesdays **Time:** 9:30-10:30 am
Place: First Met Fellowship Hall, then move to BVU
Leadership: Eileen Campbell

Tai Chi Chih is a gentle form of Tai Chi which concentrates on health and balance rather that the martial aspects of Tai Chi. There are only twenty positions in this form, so it is easy to pick up. The group meets on Tuesdays at 9:30 starting on September 12th. The sessions begin with a self – massage, a few stretches then followed by the form. The class ends at 10:30 and is free. We are currently meeting in the fellowship Hall at First Met then will move over to the renovated building in November. If you would like more information contact Eileen Campbell: ecchome@shaw.ca



Labyrinth Walking

Labyrinths have been used since ancient times as symbols of pilgrimage.

Upon moving to the renovated Arbutus (BVU) site, we look forward to once again being able to engage the spiritual practice of walking the labyrinth. A new outdoor labyrinth will also be 'an offering' to our community friends and neighbours. Please stay tuned for labyrinth sessions for both individuals and groups!

BUILDING COMMUNITY

Time To Connect



Date: Sundays – Starting Sept. 10 **Time:** 10:00 am – 10:45 am
Place: Chapel at First Met **Leadership:** Min-Goo Kang

As the process of amalgamation between Broad View United and First Met United continues, it remains crucial for us to dedicate time to building a strong sense of community. By bringing everyone together, we aim to foster a deep sense of togetherness. What better way to enrich our Sunday mornings than by creating a dedicated space for connection?

Throughout this program, we will explore various media for storytelling, including photographs, rocks, candles, leaves, and strings of yarn, among others. Through these media, we will engage with one another in meaningful conversations, enabling all of us to experience a profound sense of connection. This initiative is open to all, and we invite everyone to participate.

Note: This program is being offered temporarily until the Cedar Hill X site becomes available



Community Meals

As we navigate the process of combining Broad View United and First Met folks as well as welcoming many newcomers to our community of faith, we will be providing a number of opportunities throughout the year for folks to gather and share food together. Sometimes this will be a Soup Sunday gathering, or a Wednesday night supper, or a Shrove Tuesday International pancake supper. Watch the bulletin and newsletter for invitations and information as they emerge.

Guys' "Water Into Wine" Night

Date: Every second Tuesday of the month **Time:** 7:00pm – 9:00pm
Location: 1550's Pub, Cedar Hill X R
Contact: David Bray davidbray@shaw.ca

Join with men of all ages who simply want a change to connect with other men in the congregation for a time to conversation, sharing of life stories and an exchange of ideas. Order a beverage of your choice, pull up chair and enjoy a time of fellowship and camaraderie. This is a drop-in group, and no registration is required. We look forward to seeing you.

BUILDING COMMUNITY

Family Fun Nights



Date: Fourth Friday of the month Starting Jan. 2024
Time: 5:30 pm -7:30 pm
Place: Commons at BVU new site
Leadership: Pat MacKay and Micia Kanstrup

Join us for a fun evening for families with children of all ages. A time for connecting with other families with children. A child-friendly dinner menu (with choices for all palates and special needs) will be provided. A variety of activities will be organized for parents and children to engage in together. This is meant to be a no-stress and easy family night at the end of a busy week. No preparation or sign up is necessary. Simply join us for a family affirming time.

Visioning Process

Date: Feb to May,2024
Time: TBA
Leadership: Allison Rennie

As we move into our new shared space and combine all the different elements of our programing and staffing, we are at some unique crossroads as a congregation to discern what our priorities and vision might be for the next 5 years. Building on the Vision statements that have guided both BVU and FM over the last 5 years, we will review, update, and change the language and foci of our vision and mission as we set the course for ministry and service to the Capital Region District. We will seek to challenge ourselves and discern what the emerging needs of the world are and ways we can offer support, ally and hope to our surrounding communities to live into what it means to be faithful. Some of our time together will be in small groups, some in large groups, some in a day long retreat style, some with homework and feedback, some online. We will mix up a variety of possibilities to engage as much of our congregation that wants to be engaged. We are blessed to have Allison Renee be our facilitator in the process.

An educator within the UCC for over 30 years, Allison Rennie is a gifted teacher and deeply passionate about nurturing the spirituality of people all ages. The gifts of group facilitation, hosting important conversation, encouraging effective leadership for individuals and groups are all central to Allison's practice of leadership.

MUSIC MINISTRY

BVU Community Choir

Date: Thursdays Sept 14th – Nov. 30th (Term 1) Jan. 11 – April (Term 2)
Time: 7pm- 8:30pm
Place: FM Sanctuary till mid Nov. BVU Sanctuary onward
Leadership: Brian Tate

Our goal at BVU is to create an opportunity for folks to sing together with others as a Spiritual Practice. It is a chance to come together to sing with your whole body and soul, to learn some new music and ways of engaging in group singing that fills up your whole self and leaves you feeling renewed and refreshed. This is a non-audition choir with two terms and a concert for sharing with others at the end of each term (Dec 3 and April 7) but this is not the prime reason to gather. We gather simply to sing and nurture your soul through the text and the tunes sung together.

To help offset the costs of this choir, a $95 registration fee per term ($45 students) is requested but partial or full subsidies are available, and money should not be a barrier to participation. You are welcome to come for a few sessions to try it out at no cost or obligation. We are confident in the spiritual practice we are providing and the high quality of the leadership. If, however, the mix isn't quite right for you, we understand. Please register online at broadviewunited.com

Brian Tate is a popular Victoria choral director and music leader, known for his teaching skills, eclectic repertoire, accessible and fun arrangements, and his ability to have people from all levels and backgrounds singing together.



MUSIC MINISTRY

Kids' Community Choir



Date: Sept. 24th following worship for a meet and greet time
Thursdays once we are at the new site.
Time: 3:15 pm – 5 pm **Leader:** Cheryl Dennett

Elementary school aged children 5-10yrs are invited to participate in our Kids' Community Choir. This is a free choir for children to come as they are and to experience a musical space where we will have fun, connect, sing, move, and play. Choir time will be 45 minutes with snack and hangout time built in before and afterwards. There will be an opportunity for the choir to share their music with the greater Broad View United faith community during a Sunday service.

Cheryl Dennett, our resident drummer, is a specialist in leading children of all ages. Check out Cheryl's website for more information about her experience and approach to music education. www.cherylmusic.ca



Handbell Choir / group

Dates: Sundays Oct. 29 - Nov. 26 **Time:** 12 noon
Place: Sanctuary **Leader:** Cheryl Dennett

Have you ever played a handbell before? Curious to learn? This 5-week opportunity to learn a couple of pieces of Christmas music might just be the thing the tickle your fancy. You don't need to be able to read music, basic skills needed will be taught. This group will then have the opportunity to share at their gift of music a couple of times during the advent season.



Brian Tate
Leading BVU Community Choir



Cheryl Dennett
Leading Kids' Community Choir & Handbell Choir

Opportunities to Serve

There are many ways to get connected at Broad View United. For some it is through worship or programs but for some it is through opportunities to serve others. Each of these volunteer activities will allow you to meet others and build up your sense of connection to BVU. For many of the volunteer positions, training and orientation are provided. If you are interested in any of the opportunities below, please email **office@broadviewunited.com** and your email will be forwarded to the appropriate staff person related to the area of ministry you are interested in.

- **Hospitality**: This includes welcoming folks on Sunday and to other hosted events to make BVU a safe and welcoming place. There is also a core group of folks involved in creating food for congregational events on occasion or serving at memorial teas.

- **Small Group Leaders**: We are always creating new small groups as newcomers move into relationship with BVU. Training and support are provided for leaders of these groups.

- **Ministry Teams:** We have a variety of ministry teams including but not limited to property, worship, pastoral care, LGBTQA2+, intercultural etc. Teams meet quarterly or less and provide both practical support and wisdom for these areas in the life of the church.

- **Broad View United Thrift Store**: There are many ways to volunteer at the thrift store: behind the scenes sorting and pricing, working at the front desk in the retails space, supporting the online sales and so much more. Volunteers are welcomed any day of the week.

- **Gardening**: There are always opportunities to work in the dirt and nurture the plants around the church building.

- **Justice and Outreach Initiatives**: BVU is involved in quite a number of justice and outreach projects and initiatives. Whether the issue is homelessness, refugees, food security, climate emergency, reconciliation, or poverty reduction, you will find ways that BUV is seeking to partner with others to address these issues.

Opportunities to Serve

- **Program Support volunteers**: folks needed to help with hospitality and/or leadership with programs offered to different ages. Speak to Mark or Ha Na if you feel called to this area of ministry.

- **Drivers:** some of our participants are hindered from participation by not having transportation. If you can help in this way, please let Margaret know.

Broad View United – Staff



Rev. Ha Na Park
Co-Lead Minister



Rev. Mark Green
Co-Lead Minister



Rev. Margaret Harper
Pastoral Care &
Small Group Minister



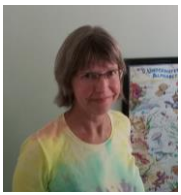
Rev. Shelagh MacKinnon
Pastoral Care &
Transition Minister



Rev. Min-Goo Kang
Intercultural Program
Minister



Pat McKay
Child, Youth, &
Family
Coordinator



Micia Kanstrup
Child, Youth, &
Family
Coordinator



Oscar Mangahas Jr.
Office Administrator

Broad View
UNITED

Broad View United Core Values

Our core values as inspired by the teachings of Jesus and affirmed by this community are:

1. PROGRESSIVENESS: Aligning ourselves with a progressive Christian theology and voice that embraces diversity and emphasizes social justice
    a. Transformative
    b. Innovative
    c. Responsive
2. INTEGRITY: Walking the talk in everything we do.
    a. Safe & Welcoming (Inclusive)
    b. Accessible
    c. Sustainable
    d. Intercultural
    e. Reconciliation
    f. Affirming
3. CONNECTEDNESS: Building strong connections and shared values with others
    a. Relationships
    b. Partnerships
    c. Youth Engagement
    d. Growing Church Community
    e. Combating Social Isolation