



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2015



Sunday Services in February

February 1st Peter Scales “The History of Capital and Remembering Bel Paul.” Peter will briefly describe how -- and more importantly why -- this congregation was formed back in 1996. In the second half of the service we will remember Belsonia "Bel" Bogatin Paul, one of the leaders of our little group.

Children's Program



February 8th Jan Greenwood “Integration in Diversity” It is not who or what you believe in that is important, but rather, how you live your life. Based on an event in our congregation and a homily by Unitarian Minister, Rev. Mathew Johnson - Doyle.

Children's Program



February 15th Dr. Robert Dalton “The Importance of Arts Education in Child Development” Associate Professor, Art Education at the University of Victoria, he received his PhD (Art Education), from Ohio State University And his MFA (Painting), University of Washington.

Children's Program



February 22nd Rev. Meg Roberts “Everyday Spiritual

Practice” Many of us want to deepen our spiritual lives but are not sure how to do it. Having a regular spiritual practice helps you connect with what inspires and challenges you---whether that is a divine power, inner wisdom, and/or nature. Rev. Meg will explore what is involved in creating such a practice and benefits that come as a result.

Children's Program



Come out of the dark earth
Here where the minerals
Glow in their stone cells
Deeper than seed or birth

Come into the pure air
Above all heaviness
Of storm and cloud to this
Light-possessed atmosphere.

Come into, out of, under
The earth, the wave, the air.

Love, touch us everywhere
With primal candor.

-May Sarton

All services are held Sundays at 10:00 a.m. at The James Bay New Horizons Centre, 234 Menzies Street, Victoria, BC. Child care is provided free of charge with our Children's program.



Board Notes



We are mourning the loss of two treasured members :

Bel Paul - 1920 - Dec, 2014. Remember when Bel used to attend Capital – when told she was looking well she would say “flattery will get you everywhere.” Bel would also say she went about her day “carefully and pray-fully”. She was always keen on us telling people in James Bay about our congregation. Bel was a generous patron of the arts in Victoria supporting many theatre, dance and musical companies. Capital will be remembering Bel on Feb 1st, as part of the Sunday service.

Ted Harrison - 1926- Jan, 2015.

Ted used to tell the children`s story with his little dog Maggie sitting by his feet. Ted designed the first pamphlet for Capital UU Congregation. He had a wonderful sense of humour and often had musical gatherings at his house. Ted`s celebration of life will be held on April 4 at 1:30 pm at the University Club at the University of Victoria.

As we express best wishes for the next part of their journeys, we take care of ourselves. An important way we might do that is by “**Everyday Spiritual Practice**” – the title of Rev. Meg Roberts workshop in February. (Please see page 8 for more details.)

Thrifty`s Smile Card program is now available.

The purpose / goal is to raise funds to cover materials cost for the new CUUC banner and design which we all approved, to be handmade by Amanda. You can participate in the smile program by talking to Amanda or Jan Greenwood on Sundays for the next few weeks.

The Nominating Committee is still searching for someone who would like to sit on the Board. If you have a suggestion, please contact Ben Dolf or Jim Rogers.

-Jan Greenwood



John Pullyblank



News

Dear friends,

On Tue., Jan 6 I visited Shurly Mazerolle in her daughter Lynda's apartment. Shurly looks the same as last time I saw her (maybe 3 months ago), and she still smiles and laughs. She has not taken food or drink by mouth for many months; she is tube fed directly into her stomach, and she gets to taste coffee by spritzing a mist onto her tongue. She sleeps most of the day. She takes a lot of pain meds. She does not want to hasten her death but neither does she want to prolong it. She told me that she is ready for death when it comes.

Sincerely,
Peter



(following the caroling I had many people ask me for this recipe:)

Amanda's GF Peanut Butter Sandies

6tbsp Earth Balance
½ cup creamy peanut butter
½ cup canola oil
1 cup brown sugar
1 egg
1 cup Namaste GF "perfect flour"
1 cup Kinnikinnick GF All Purpose flour
1 teaspoon GF baking powder
Pinch sea salt
1/3 – ½ cup roughly chopped chocolate

Melt butter and then add peanut butter and oil, mix. Add sugar and then egg. Add remaining ingredients. Gently combine.
Bake for 15 minutes in a 350 oven.

What: MLA Town Hall Forum –
Poverty and Homelessness:
The Difficult Conversation

When: February 4th,
from 7pm to 9pm

Where: David Turpin Building,
Room A120, University of Victoria

Details: Join MLA Andrew Weaver and panelists Andrew Wynn-Williams, Charlayne Thornton-Joe, Bruce Wallace and Bernice Kamado, and moderator Cairine Green, for a difficult but very necessary conversation about poverty and homelessness, its causes and cures.

Donations of non-perishables and cash welcome for Mustard Seed Food Bank and Our Place.

Birthdays in February

Feb 12 Anna Isaacs
Feb 17 Barbara Spencer
Feb 21 Alan Dawson

If your Birthday is missing please let Amanda know 250 382-6828 or tarling@shaw.ca



More images from the Christmas Potluck





Canvass 2015 and Membership News

CANVASS 2015

Dear Ones, It is time for our annual canvass! This is when we ask you to pledge financial support so that we can continue to provide services for our beloved congregation and anyone else who chooses to join us on Sunday mornings.

At the beginning of February, we will distribute Pledge form and you can pledge on a yearly, monthly or weekly basis. The Pledge form contains suggested amounts correlated to income levels. This year will be a ‘Stub Year’ of nine months as we are aligning our financial year with the calendar year, therefore this year’s pledge will be for nine months. The suggested amounts reflect the shorter year.

If you have any questions, please email Rita: wittmanr@gmail.com or call her at 250 382 2169. Thank you for your much needed support, without it we wouldn’t be here. -Rita



Jim and Granddaughter Em counting the collection

Membership

Sometimes when I invite people to become a member they ask me why. Happily there are as many reasons as there are people. A reason which we might all have in common is simply this. When Alan and I first met at the Vancouver Unitarian Church, we dated a few months and then in February decided we would like to try living together. This continued for four years. It was exciting and loving. Then I felt a need to burrow a little deeper into our relationship within the security and sanction of a stronger bonding. I proposed and Alan accepted so we were married 38 years ago on February 14. It has continued to be a wonderful exploration of our lives on parallel paths. Joining our little family-like congregation can be a similar deepening and exploring experience. We offer emotional support and belonging to each other and listen to each others thoughts and discoveries as we go along on our many converging pathways through all of life.

We hold out our hands to you. Please accept our invitation to become a member of Capital.
Elizabeth Atchison



Joe Jencks in Victoria





Spiritual Retreat



'Our Spiritual Journeys'
Vancouver Island Unitarian Spiritual Retreat
Friday evening to Sunday afternoon
April 24-26, 2015

At the beautiful Cowichan Lake Outdoor Education & Conference Centre (1h30 from Victoria)

Take time away from the busyness to reflect on your spiritual journey: where you've come from, where you are now, and explore what your next steps might be. We offer opportunities for small group sharing, contemplative practices, worship services, time for your own rest and renewal, as well as time to play and get to know one another better.

For registration information: Rosemary Morrison (rsmrymorrison@gmail.com)

For more program details: Meg Roberts (mroberts@uuma.org)

Sponsored by the Vancouver Island Unitarian Committee





Rev. Meg Roberts' Workshop



"Service as Spiritual Practice"

A Workshop on Sat. Feb.21, 2015 James Bay New Horizons

9:00am – 3:00pm

How do we live our values and principles in ways that renew us, not exhaust us?

This workshop offers practical ways to discover how you want to be of service---living your values---and how to do it as a renewing spiritual practice. Spiritual practices are those intentional activities that more deeply connect us to the interdependent web of being. We will explore how to cultivate those kinds of activities both in the congregation and in your own life.

This workshop is facilitated by Rev. Meg Roberts. Meg has been a Unitarian minister for the past 12 years. She has served congregations in Edmonton, Montreal, Calgary, and now is in her third year as the quarter-time consulting minister with Comox Valley Unitarian Fellowship. Meg lives in Vancouver where she is doing her own spiritual practices and ministry in Spirit Arts: using the arts for spiritual exploration.

Please bring a bag lunch, a mug, utensils and a bowl. Coffee and Tea provided as well as soup and cookies.



John Pullyblank



Rosemary's Notes from Seminary



Even though it sometimes seems like just yesterday I moved to Vancouver to attend seminary full time, I'm already into a new semester. Time is measured in semesters here, the beginning is full of excitement and resolutions to get assignments done ahead of due dates.

Last fall I completed four courses, Synoptic Gospels (Matthew, Mark and Luke), Hebrew Bible (1 of 2), Introduction to Theology and Spiritual Foundations in Pastoral Leadership. All very interesting and as a Unitarian I had less trouble than most of my classmates. Folks less liberal than me in their theologies were struggling to come to terms as their faith and beliefs were being shaken and questioned. I too struggled with my theology and beliefs, (as I need to do in this ministerial incubator), however, my Unitarian Universalist beliefs were not shaken or stirred. In fact, I would say, my desire to become a UU minister has only intensified.

This semester I have a much more eclectic line up of courses: Hebrew Bible (2 of 2); Clothed in God – Women Mystics; Foundational Traditions in Judaism, Christianity, and Islam; Nurturing Strong Youth; and Pastoral Identity and Practice. I'm very excited about my courses and the really exciting thing is that after this semester is over, I am about half way through the Master of Divinity degree requirements.

Personally, I am finding my place here, making some friends and feel very happy. I have a work-study position that helps me with my tuition and am enjoying my (very) little apartment on campus.

I miss being at Capital very much. It has been strange to go to church and not know many people, or have a role in the Sunday service. I have been attending Unitarian Church of Vancouver and am beginning to fit in. It certainly takes some time to get to know people in a big congregation!

Much love to everyone at Capital, I look forward to being with you soon!!

Rosemary



Vancouver School of Theology