



# Capital Unitarian Universalist Congregation

## *The Capital Letter*

VICTORIA, BC

2016



Straightway my olden heart returns  
And dances with the dancing burns;  
It sings with the sparrows;  
To the rain and the (grimy) barrows  
Sings my heart aloud -  
To the silver-bellied cloud,  
To the silver rainy arrows.

It bears the song of the skylark  
down,  
And it hears the singing of the town;  
And youth on the highways  
And lovers in byways  
Follows and sees:  
And hearkens the song of the leas  
And sings the songs of the high-  
ways.

So when the earth is alive with  
gods,  
And the lusty ploughman breaks the  
sod,  
And the grass sings in the mead-  
ows,  
And the flowers smile in the shad-  
ows,  
Sits my heart at ease,  
Hearing the song of the leas,  
Singing the songs of the meadows.

Robert Louis Stevenson

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.

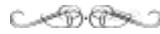
Website: [www.unitariancongregation.org](http://www.unitariancongregation.org)

### ***Sunday Services in April***

April 3 Sara Comish PhD “**Wisdoms**”

We all know wisdom when we see it, but what is it? And how can we build in more of it into our lives?

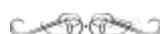
Children's Program



April 10th Colonel Jim Kempling “**War and Remembrance**”

Jim Kempling, a retired Canadian Army colonel, is now a PhD candidate in History at UVic. He is a principal author of the website, A City Goes to War: Canadian Cities in the Great War 1914-1918, <http://acitygoestowar.ca/>

Children's Program

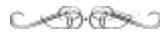


April 17th Christine Johnston “**Dr. Joseph Workman: father of Canadian Psychiatry and a founding father of Canadian Unitarianism.**”

A true story told by Christine Johnston of a fascinating doctor from Northern Ireland who helped to create the face of Eastern Canada in the mid-19th century. In the process he helped develop public schooling, public health, asylums and occupational therapy.

Christine, a member of First Victoria since 1997, was for 28 years the official historian of First Unitarian Congregation of Toronto.

Children's Program



April 24th Lisbie Rae “**Solidarity in the Grandmothers to**

**Grandmothers Campaign**” Since the Campaign began in 2006 as part of the Stephen Lewis Foundation, solidarity has developed as a key strategy and a unifying force to turn the tide of AIDS in Africa. As we celebrate our tenth anniversary by reflecting and renewing our commitment, solidarity emerges as a crucial element of the Grandmothers Campaign.

Children's Program

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email: [contact.capital@unitariancongregation.org](mailto:contact.capital@unitariancongregation.org)



## Board Notes

We are a religious community that is lay-led, with no minister, rabbi or pastor. We debate what it means to be “religious” and “spiritual” but the board hears feedback that we like to hear inspirational and/or informative speakers on Sunday mornings. Here are snippets of online biographies of our April speakers:

**“Dr. Sara Comish:** My counselling style is compassionate and caring while remaining focused and practical. I use a cognitive-behavioural approach embedded within a humanistic framework, as well as using mindfulness-based approaches and relaxation. I am registered with the College of Psychologists of B.C. and have a Ph.D. in Counseling Psychology from UBC.”

**Colonel (retired) Jim Kempling,** a PhD candidate in History at UVic, attended Royal Roads Military College and then joined the PPCLI, and did a couple of tours with the Airborne Regiment, including a deployment to Montreal during the FLQ Crisis and a time as commanding officer of 2 Commando, which he took to Cyprus.” “In his opinion, officers and others responsible should be held legally responsible.”

Born in Malawi and educated in Scotland, then a social work manager/teacher in Toronto, **Christine Johnston** joined Toronto’s First Unitarian Church in 1966. There she was Director of Religious Education, then Chair of the Ministerial Search Committee, President of the Board, and for 28 years the Historian. This latter role led to her writing about their founder, "The Father of Canadian Psychiatry: Joseph Workman." Following early retirement, she and husband Mel volunteered for 6 months in Nepal with Child Haven. Christine served on the Canadian Unitarian Council (CUC) and the Canadian Unitarians for Social Justice (CUSJ), and has been president of First Unitarian Church of Victoria.

**Lisbie Rae** came to Canada from her native Scotland 43 years ago. There's still a warm burr to her speech, and a steely look in her eye. She's always been a go-to person when people want to make things happen. As an actress and director, she helped form Village Theatre Waterdown in 1973. Rae has taught theatre history, theory, criticism and drama. She's taught at McMaster, the University of Toronto and Guelph University. She joined Grandmothers of Steel in 2007. During May 2010 she took a two-week trip to Swaziland and South Africa with the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation. Rae and her husband, Mike, moved from Ontario to BC in 2014. “I’m an activist from way back when. I’ve marched for feminism and environmental issues. I was born outside Glasgow to a mother who was an atheist and an activist for freedom of belief. You could say some of that has rubbed off.”

Peter Scales, for the board

Chalk messages  
for Brussels following  
this week's attack.





## News

### Care and Concern Workshop Presented by Dr Sara Comish

Sunday April 24th 1:15 - 3:15, James Bay New Horizons, Room 5

A stay in hospital can throw out a number of unexpected, and sometimes unpleasant, surprises. Are you ready for them? Come and join the Care and Concern committee for a workshop on preparing for, and coping with, a stay in hospital.



Lena, Rustom & Durga at Capital's 20th Birthday celebration



Ben Dolf accepting his Lifetime Membership



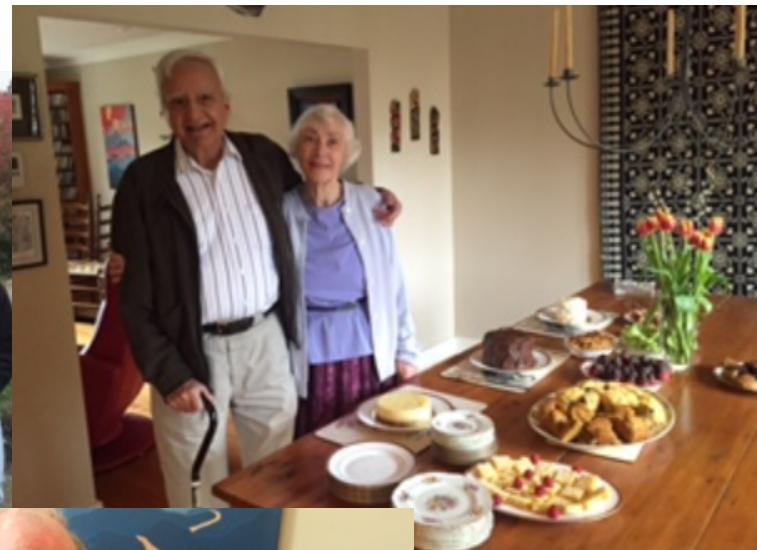
Rustom receiving his Lifetime Membership

### Birthdays in April

April 10	Jan Greenwood
April 16	Mike Riess
April 19	Michelle Poirier
April 26	Janet Yonge
April 29	Phil Kasten



## Farewell Tea for Maureen and Max



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ntact.capital@unitariancongregation.org



## Child Haven Dinner



The Cappuccinos

APRIL 2, 2016

6 pm at the Ukrainian Cultural Centre, 3277 Douglas Street. Indian dinner, including butter chicken or vegetarian. \$35 per person including entertainment. To obtain tickets email Christine Johnston [Christine\\_johnston@telus.net](mailto:Christine_johnston@telus.net)

Child Haven International homes accept children who are disabled, parentless, or from socially disadvantaged situations – and who are destitute, i.e. do not receive even one good meal a day.

Girls and boys are treated equally, and without regard to race, caste, colour, religion or culture. Living is simple and meals are vegetarian. Child Haven attempts to raise children according to the highest ideals of their own cultures. We respect the heritage of each child, whether Hindu, Muslim, Jain, Sikh, Christian, Buddhist, secular or other.

Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven has five homes in India, one in Nepal, one in Tibet in China and one in Bangladesh. The homes assist children and women who are in need of food, education, health care, shelter and clothing, emotional and moral support.



### Pollinator Garden Open House

234 Menzies St ~ Room 5, Thursday March 31, 2016, 4 – 6 p.m.

Come and find out more about our community pollinator Garden. We welcome public comments and suggestions about our proposal to connect the front flower garden with the bee hive apiary. We are recommending that an access gate be installed for easier public access between the two with pollinator friendly plantings and landscaping connecting them. Drop by and meet CHRIS ADAMS, our bee-keeper, and welcome our newest beehive.



## CUC ACM in Vancouver!

The Canadian Unitarian Council's 2016 national conference will take place in beautiful British Columbia. The conference will be hosted by the four Lower Mainland BC congregations: Beacon Unitarian Church, North Shore Unitarian Church, South Fraser Unitarian Congregation, and the Unitarian Church of Vancouver.

Building on themes and Confluence Lectures from the last few years, Conference 2016 will focus on better connections among UUs, greater public awareness, and deepening spirituality – on *Bolder Ways of Being*. Over the weekend of May 20 – 22, 2016, Unitarians will explore sharing, the risk (and rewards) of telling our stories, and connections.

A different way of coming together: Conference 2016 also marks the end of the CUC's annual conferences, and the beginning of conferences held every two years. In a 2013 survey, participants stated that they would prefer the CUC to hold conferences every other year. The reasons for this include more effective use of CUC staff time and resources, helping congregations to plan financial support for delegates and participants, and decreasing the environmental impact.

The CUC's Annual General Meeting will still occur every year, but holding a conference every two years will affect other events held in conjunction with the conference – CanUUdle (the concurrent youth conference), ministers' meetings, as well as the gatherings of musicians, religious educators and CUC affiliates. CUC staff and the conference planning teams will be in conversation with these groups as plans are developed.

### CUC National Conference

hosted by Beacon Unitarian Church,  
North Shore Unitarian Church,  
South Fraser Unitarian Congregation,  
and the Unitarian Church of Vancouver

**May 20-22, 2016**

at the  
University  
of British Columbia

# BOLDER ways of being

Être et vivre avec plus d'audace



UBC's new Student Union Building, "The Nest"

Building on themes and Confluence Lectures from the last few years, Conference 2016 will focus on bringing UUs together from across the country, creating greater public awareness, and deepening spirituality – on *Bolder Ways of Being*. We will explore sharing, the risk (and rewards) of telling our stories, and connections.

Registration and additional information at:

**<http://cuc.ca/conference-2016/>**