

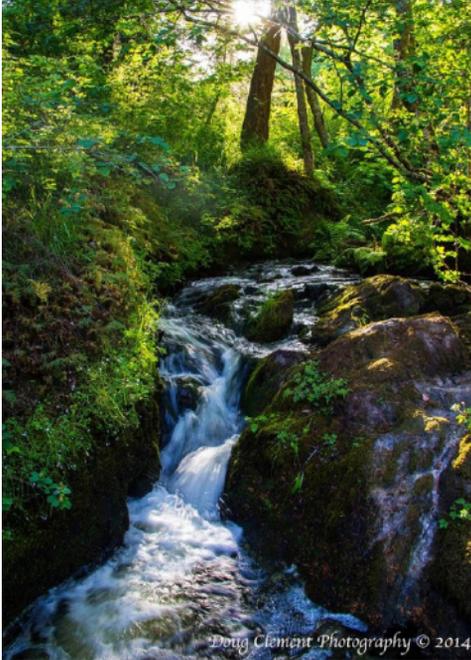


Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2014



Waterfall along Galloping Goose

Because of those who came before,
we are;
in spite of their failings,
we believe;
because of,
and in spite of the horizons
of their vision,
we,
too,
dream.

-Barbara Pescan

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.

Sunday Services in June

June 1st Amanda Tarling **"Building Beloved CommUUnity, Sacred Spaces Beyond Walls."**

Amanda spent the weekend immersed in Unitarianism in Montreal at the Canadian Unitarian Council's Annual Conference and Meeting. She is very enthusiastic about all of the messages she is bringing home to Capital.

Children's Program



June 8th Rosemary Morrision **"My Spiritual Journey"**

As Rosemary prepares to leave Victoria she wishes to share with Capital the different stages that have brought her to her decision to answer a call to Unitarian Universalist ministry. Capital has been instrumental in this decision, and this service is with gratitude and dedicated to Capital Unitarian Universalist Congregation.

Children's Program



June 15th Rev. Shana Lynngood **"Where's the I in We?"**

You have likely heard the adage, "there's no I in team." In a community such as our church there are many I s in our We. How do we balance our personal opinions and hopes for the community of the whole with the collective desire of the community? When should I assert my I, and when might it be best to allow the we to lead?

Children's Program



June 22nd Dana Seaborn **"The Inconvenient Indian"**

In acknowledgement of National Aboriginal Day, June 21, Dana Seaborn will share readings from Thomas King's award-winning book, The Inconvenient Indian. Dana is Red River Metis.

Children's Program

(June 29th next page)



Christine Johnston wins Knight award

VICTORIA, BC

2014

Christine Johnston – 2014 Knight Award Recipient

Posted on May 20, 2014 by CUC

EVERY YEAR, the Knight Award is presented to a living person who has, as a volunteer, contributed at the national level to furthering the principles of Unitarianism in Canada. Christine Johnston has made a distinguished contribution to Canadian Unitarianism for many years and at all levels from the local to the international. Her work in preserving our history has included many years of service as archivist of the First Toronto congregation, the writing of a full-length biography of Joseph Workman, one of the leading nineteenth-century pioneers, and serving as secretary of the Canadian Unitarian and Universalist Historical Society. She also facilitated the publication of the writings of former Toronto minister John Morgan. As a long-time member of Canadian Unitarians for Social Justice she continues to remind us of our social obligations to implement our principles. She has served on the board of the Toronto First congregation, eventually becoming chair, and served on the CUC Board from 2002 to 2006.

Usually a familiar figure at CUC meetings, Christine was unable to be present at the Annual Conference and Meeting to receive the award in person because she is this year's CUC delegate to the Congress of the International Association of Religious Freedom, in which she has been active for many years. Christine asked Frances Deverell to accept the award on her behalf, and to say a few words.

Funds were received in 1996 for the purpose of establishing a perpetual fund to honour the ideals exemplified by the lives and work of Nancy and Victor Knight. As an encouragement for others to follow their example, an award is made annually from the income of the fund to a living person, who has made a notable contribution to the furthering of liberal religious principles in Canada.

Unitarian Universalist Pub Night
Monday June 2nd at Canoe Club
Brew Pub.

Come anytime between
7:30 and 8:30.

Join Unitarians from both Victoria
congregations for a fun evening of
great conversation in a relaxed
setting.

June 29th Celine Trojand "Dogwood Initiative "

Children's Program





Board Notes

We have had a very exciting month at Capital! Amanda and Rosemary attended the CUC AGM in Montreal. We are looking forward to hearing about their experiences and learning. By all reports it was a truly inspiring and invigorating event.

We had two coffee evenings, one hosted by Frank and Dave and another by Eleanor and Murray. Many wonderful discussions were had and delicious desserts consumed. Thank you very much to them for hosting. If you would like to host or attend one of these evenings, please speak to Elizabeth Atchison.

Ben Dolf presented a very well attended and informative workshop entitled Facing the Upcoming Ecological Crisis Together. We learned how to create systems that will support us into the future. More workshops on this topic are upcoming. We look forward to them.

Thanks to Dyanne for organizing the Advanced Planning presentation on May 26th. This will be very informative and helpful for many of us.

Dyanne Linegar and Rosemary Morrison are leaving the Board and we wish them heartfelt thanks for their contributions over the past years.

Our own AGM will take place June 8th. Committee reports will be given and the budget for next year will be presented. Any questions regarding congregational life may be asked. We look forward to seeing you there. One of

the wonderful gifts of being a small congregation is that every single person's involvement is vital and appreciated.

We are so blessed to be a part of such a loving community.

- Rita Wittman





Potluck & UU Women's Retreat

Potluck Supper at Sara and John's on June 21, from 5:00pm

Counters for the Month of June

June 1 Frank and Audrey
June 8 John and Dyanne
June 15 Kimiko
June 18 Dana and Rosemary
June 29 Rita & Jim

Thanks so much to our diligent volunteers. Please note that we need another counter for the third Sunday of the month. Please contact Rita if you're interested.



The 17th UU Women's Retreat will be held over the weekend of September 19-21 this year at the Bethlehem Retreat Centre. The Saturday AM Workshop will be "The Labyrinth-a Metaphor for our Lives" and there is an outdoor labyrinth at the Centre. The workshop begins at 5PM on Friday evening and ends after lunch on Sunday. The cost is \$225.00 and this includes meals. Space is limited to 23 women. If you are interested email Janice Hocking at tjhocking@shaw.ca or Patricia Hofstrand at phofstrand@shaw.ca for further information and/or registration.

First Unitarian Fellowship of Nanaimo is planning a celebration of the 10th anniversary of our buying our building September 28th and want to invite our UU neighbours to the celebration.

Invitation
to celebrate 10 years at
595 Townsite Road

Our Home gives us Roots
Our Faith gives us Wings

Please join Nanaimo Unitarians
for a celebratory service on
Sunday, September 28th, 2014
at 11:00 am

Reception to follow the service

First Unitarian Fellowship of Nanaimo, 595 Townsite Rd. 250-755-1215

Birthdays in June

June 1	Margo van Steveninck
June 6	Bel Paul
June 14	Kathryn Poirier
Jun 20	Audrey Woodward
Jun 22	Peter Scales
Jun 24	Winnie Cooper



Book Review and a thank you to Brooke

BOOK REVIEW

The Year of the Flood
by Margaret Atwood

The year is 2025. The world is being trashed by the “Corpsi-Corp” who appear to be in charge of everything. The social compact has broken down. The scientists, having no restraints, have gene-spliced many of the earth’s animals. This has led to many weird hybrids. They have also inadvertently let loose a virus which is travelling the world at an incredible speed, killing millions in its path.

Opposing the “Corpsi-Corp” is a small religious environmental group called “God’s Gardeners”. They try to keep under the radar, as they are not in any way favourites of the “Corpsi-Corp”. Their leader, Adam One, is a kindly, philosophical man who is intent on teaching the children of the group ways to survive. They learn to grow gardens on rooftops abandoned by the original owners and forage for wild herbs.

The story follows a small group of gardeners, who as things deteriorate are breaking up into still smaller isolated groups. No, all is not lost. The ending leaves the reader with a note of new hope.

Submitted by Muriel Buchner

RUN FOR BIODIVERSITY
Going **WILD...** for Food and Farmers!
Are you a Runner or a Walker?
VICTORIA OCT 12
GoodLife FITNESS VICTORIA MARATHON
Run for Biodiversity...
and help farmers grow more food for their families.
Join us for the marathon, half-marathon, or the 8 km race. Donations to support USC's work with seed-saving farmers in Nepal.

On behalf of the Child Haven International committee of First we would like to thank Brooke Taylor for his many hours of volunteer help on both this past Sat and Sunday. He was the only member of Capital to attend and we thought some mention of his work could go in your newsletter. We do not know yet how we did but 100 folks were out at the luncheon event.

Cheers, Christine (Johnston)



Facing The Environmental Crisis Together

Capital UU Congregation sponsored an environmental workshop, “Facing The Environmental Crisis Together”.

On May 3, 2014, Saturday a workshop was held in the meeting room of the Nellie McClung Library in Saanich.

It was a valuable learning experience for all of us. Ben Dolf donated his skill as a facilitator, leading us through a talk, visual and group experiences to a greater understanding of ‘Systems’ or ‘Ecological Thinking’ based on the book “Thinking in Systems. A Primer” by Donella (Dana) H. Meadows.

We started at 10 am, took a 3/4 hour break for a bagged lunch and were ready to continue at 12:50 pm. A few people had to leave after lunch but most (27 participants, of which 6 were not Unitarian) were eagerly waiting to continue for the afternoon session until 3 pm when Ben true to his schedule of 10 am to 3 pm finished the program.

The workshop was comprised of an introduction by Ben then two group sessions in the morning and two in the afternoon, before each of which Ben reviewed the ideas which the groups would discuss. For the main introduction and each group session Ben had developed a visual presentation which was very compelling and very succinctly expressed those ideas which we were able to hold in our minds as we talked about them.

The Workshop Team met about a week later for a debriefing session, we were feeling quite pleased with how the workshop had evolved and ready to plan further events after a summer break to expand on the ideas and commitment that came out of the workshop. We hope to present our next event in the Cook Street Village area.

The workshop team were, Elizabeth Atchison, Adelyn Blair, Alan Dawson,, Judy Gaylord, Jan Greenwood and Jackie McDonald with Ben Dolf guiding us as the facilitator and originator of this environmental workshop.

- Alan Dawson



Ray Travis was so impressed with Ben’s Workshop that he donated \$200 to Capital on the spot.



CUC ACM



Amanda leading the Lay Chaplain's Outreach Workshop



Rev Brian Kiely in his Montreal Hockey jersey with Rev Meg Riley from the Church of the Larger Fellowship



Banner that Unitarian Church of Montreal hung outside to counter the "Quebec Charter"



Closing ceremony and awards banquet





CUC Staff

The Montreal ACM was the third I've attended and I have vowed not to miss another one. There is quite the unique feeling being in a room full of hundreds of Unitarians. We filled the hotel, its meeting rooms and restaurants were overflowing with Unitarians having amazing discussions and sharing much joie de vivre!

There were so many options of workshops and lectures you just couldn't fit it all in. Some of the highlights were the keynote address by Rev. Meg Riley and the Confluence lecture by Rev Jeff Brown and Rev Carly Gaylor. The Saturday Workshop Streams included "Bricks and Mortar: how can our buildings support the interdependent web of life.", "Imagining New UU Communities: a day of church improv" and "Building beloved CommUUnity" which looked at Covenants and compassionate communication, "Connecting to Community through music" and "Theme based ministry" which I attended.

On Sunday, as well as the worship service, there were options to make mandalas, do yoga, drum, meditate or join in sacred circle dancing plus four multigenerational workshops.

Highlights were the new lyrics to "In the Year 2525" which had the Sunday Service Congregation laughing out loud. Not to mention the hilarious antics of Sean Neil-Barron and Chris Murphy, two Unitarian divinity students, who hosted the awards ceremony. At times they pushed humour to its boundaries saying that as the Unitarian church had so much money that we should actively discourage new members and play a game of Survivor to see who gets the \$46 million that is invested on behalf of Canadian Unitarian churches. They also taught us to sing a round that poked fun at the banner parade - "why does the banner parade always go around and around"?

Next year the CUC's ACM will be in Ottawa from May 15th - 17th. I encourage you to think about traveling to be a part of this unique gathering. I know I will be there!
-Amanda Tarling