



# Capital Unitarian Universalist Congregation

## The Capital Letter

VICTORIA, BC

Summer 2013



Quilt by Janice Beall

“Forest Compost Dreams”

This leaf trembles to leap  
Before it becomes a sad  
skeleton of itself

It believes in the strength of  
air

But doesn't know the ground

It lives in the hope of humus.

Sue McKenzie,

Inspired by Rev Shana's

Sermon on Atheism

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.

### Summer Sunday Services

July 7<sup>th</sup> Jan Greenwood “**The Transformative Power of Classical Music**” via TED talks, with Benjamin Zander. Benjamin Zander is a conductor, composer, leading interpreter of Mahler and Beethoven. He is known for his charisma and unyielding energy -- and for his brilliant pre-concert talks. His two infectious passions: classical music, and helping us all realize our untapped love for it -- and by extension, our untapped love for all new possibilities, new experiences, new connections.



July 14<sup>th</sup> Ben Dolf “**Time to Write a New Story**”

The old economic order is discredited, but it has not gone away. People vote for it, even though it no longer benefits the majority.

Ben Dolf will argue that we must do more than offer a critique, build alternative models or suggest remedies. We must write a story. A story to help us escape the present deadlock and to enable the majority to embrace a better and more democratic system. Ben believes that our story will evoke principles such as those embraced by Unitarians, but also virtues that enabled older generations to create satisfying and healthy communities.

We can and must help write that story.



July 21<sup>st</sup> Rosemary Morrison “**Living Wholeheartedly**” Rosemary will present a Ted Talk by Brene Brown. Brene is a research professor at the University of Houston Graduate College of Social Work. She studies vulnerability, courage, authenticity and shame. The questions she answers through this talk are: How do we learn to embrace our vulnerabilities and imperfections so that we can engage in our lives from a place of authenticity and worthiness? How do we cultivate the courage, compassion, and connection that we need to recognize that we are enough - that we are worth of love, belonging, and joy?

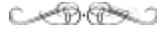




## **Summer Sunday Services - Continued**

July 28<sup>th</sup> Robert B. Taylor, "**Holy Service: Pro Patria et Pro Libertate**"

Unitarianism has historical roots in Transylvania. Today's experiential worship service will be in the style of the Hungarian Unitarians whose Protestant Christian worship includes holy communion. Our speaker, Robert "Robi" Taylor, is a long-time Canadian Unitarian who regularly visits Kolosvar, a partner church.



August 4<sup>th</sup> Dr Dana Lynn Seaborn "**Turn the World Around**" Join our circle of song as we celebrate music of inspiration and commitment. Dana Seaborn is a musician and singer/songwriter with three CDs of original songs.



Aug 11<sup>th</sup> Peter Scales "**A Home for Humanists**" Humanism is among the largest spiritual identity groups within Unitarian Universalism. Is our congregation a home for humanists?



Aug 18<sup>th</sup> Susanne Garmsen "**Religious Demographics**" Our congregation was formed and maintained by people from the Silent Generation (those born between 1925 and 1942). Like many congregations across North America we have a significant number of Baby Boomers but few who were born since 1964. Who will carry the flame?



Aug 25<sup>th</sup> Ben Dolf "**Building the Story**" We continue our efforts to help write a better story for our future. Some senior members and friends of our congregation will talk about the good things in the lives of their parents and grand parents. What made life healthy and satisfying? What traditions can we revive to adjust to a new economy? We will also ask attendants to send us their own stories of life in times and places where people made things, told stories and worked as a community.





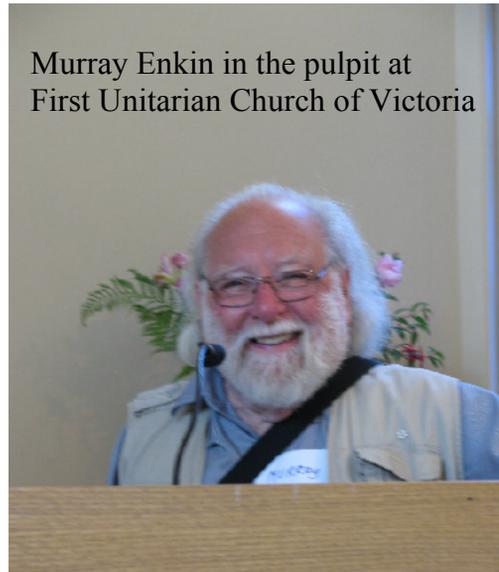
# News



No coming, no going  
 No after, no before  
 I hold you close  
 I release you to be free  
 I am in you  
 And you are in me.

Thich Nhat Hanh

In memory of Declan Thomas Long  
 Grandson of Jim Rogers and Rita Wittman



Murray Enkin in the pulpit at  
 First Unitarian Church of Victoria



## Birthdays in July and August

- |         |                  |
|---------|------------------|
| July 5  | Juan Comish      |
| July 19 | Doyne Kasten     |
| July 26 | Brian MacDonald  |
| Aug 1   | Jason Ellis      |
| Aug 18  | Lynda Mazerolle  |
| Aug 26  | Lena Toneff      |
| Aug 28  | Ted Harrison     |
| Aug 30  | Shurly Mazerolle |



Rosemary's Installation as Lay Chaplain, Dana Lynn Seaborn, Peter's Scales' Retirement

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



## VI Summer Camp

### Vancouver Island Unitarian Summer Camp, August 9 to 11, 2013

Come spend a wonderful weekend at Camp Pringle on the shores of Shawnigan Lake with fellow Unitarians. The theme for camp this year is:

**Reconnect with Camp  
Rejuvenate your Spirit  
Rejoice in Community**

Besides being fun, the weekend offers a chance to forge deep, meaningful relationships and feel part of the larger Unitarian community. All this while taking in the relaxing natural setting and breathing in the clean air. Campfire, a meaningful ingathering ceremony and Sunday worship service, delicious food, programming for all ages, the infamous talent show and a fabulous waterfront are included with your registration.

Although it is often referred to as a “family camp,” you are welcome on your own, or with friends and family. It’s only children and youth that need family to come with them. It’s a great way for grandparents to spend special time with grandchildren!

There are three streams of adult programming to choose from, a youth program, children’s program, as well as wee care during program time on Saturday morning.

Registration forms and brochures are available on line at  
<http://www.unitariancongregation.org/capital/viuc/>





## Board Report

### SPEAKING TRUTH TO POWER and STRESS. STRANGE BEDFELLOWS?

On Saturday May 25<sup>th</sup>, I and sixteen other Capital congregants gathered at a workshop to share our thoughts about the stress we often experience in our roles as volunteers, members of the congregation and in our personal lives. The workshop was sponsored by our Membership Committee and Conflict Resource Team and facilitated by (Dr.) Sara Comish. At one point during the afternoon we were asked to give examples of situations which cause us personal stress. One of the most interesting responses for me was the idea that participating in anything we did not fully agree with in principle or action and had ceased to enjoy could and probably would create stress. Immediately, I thought well that's simple to rectify, just step up to the plate and state your case or withdraw from the situation. 'There solved,' or maybe not.

Not long after the workshop I heard the news regarding Nelson Mandela's current, health issues. With his name in the headlines many references were made to Nelson Mandela, the man, and his life which is inseparable from the history of the Antiapartheid Movement in South Africa. For me the Antiapartheid Movement in South Africa is a perfect example of the often used phrase 'Speaking Truth to Power'. 'Speaking Truth to Power' draws on a well established Quaker tradition that calls us 'to speak out with integrity, regardless of powerful injunctions from party, state or society to remain silent'. The Quaker tradition states that 'the primary function of a religious society is to speak the truth to power'.

How does this relate to CUUC, its congregants and stress related issues? When I transferred the concept of 'Speaking Truth to Power' to our congregational and personal lives I realized who and what we perceive as power influences how we respond to awkward situations. For example a congregant thinks, "I would like to share with the Kitchen committee my feelings around the use of paper napkins and plates. Such waste of our resources is a true vexation to my spirit. Then again, I'm not on the committee. I don't want to hurt anyone's feelings and who will validate what I believe is of any importance, I'm rather new here. I'll just swallow it and if it gets too much move on to the other Unitarian group. Sometimes all this gives me a headache." Just how much do we leave unsaid because we fear speaking out of turn, rocking the boat, hurting someone else's feelings or experiencing criticism and rejection? What's left unsaid leads to participating in something we do not agree with in principle or action and have probably ceased to enjoy. As we heard in the workshop this could and most likely would be a source of stress.

(Continued on page 6)



## Board Report - continued from page 5

It's here in our congregation that we can try to be in community with each other and where we have the opportunity of living and practicing our truth, of speaking truth to power (real or perceived) and giving power to our truth. It's here in our honesty and openness that we are vulnerable as we share our humanness. It's here we have the opportunities for huge blessings as well as being open to misunderstanding or hurt. Staying centered in our own truth and our own power takes practice it is a learned skill which takes patience and courage. It takes the ability to engage in healthy communication. By promoting healthy, open conversation we are endeavouring to create a stress free community filled with passion.

If we are mindful of each other in a supportive and caring way, allowing and encouraging each other to be who each of us is, in his or her own truth, we then begin to live a truth that is powerful, that is authentic and has integrity, that is compassionate and also generous in spirit.

Submitted by  
Dyanne Lineger

BC Fall Gathering - Friday October 4th - Sunday October 6th  
For more information <http://cuc.ca/wp-content/uploads/2013/06/BRFG.pdf>



**Save the Date!**  
**BC Fall Gathering 2013**  
**Friday Oct 4th** (evening) to  
**Sunday Oct 6th** (after church)  
At the Holiday Inn Hotel & Suites  
North Vancouver, B.C.  
*Registration and Accommodations  
Information Coming Soon!*

Amanda Tarling will be presenting the day-long Saturday workshop at the BC Regional Fall Gathering. The workshop theme is "Creating Meaningful Ritual".