



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2014



Happy Birthday Lena!

Come into the circle of love and justice.
Come into the community of mercy, holiness, and health.
Come and you shall know peace and joy.

-Israel Zangwill

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 September

Sept 7th Peter Scales "**Albert Schweitzer: physician, theologian, organist.**" Albert Schweitzer brought medicine to west Africa, organ music to Europe, and a new view of Jesus Christ to the west. Come and hear about this inspirational figure!

Children's Program



Sept 14th Ray Travers "**Living Well at Nature's Pace.**" Imagine the good life without runaway climate change, degraded forests, but with a strong economy that can fund our education and health care. Cultures adapted to the natural world, live well at nature's pace, and Canadians must learn how to do the same.

Children's Program



Sept 21st Andrew Weaver MLA "**Intergenerational equity and the challenge of global warming.**"

Following this service there will be a musical picnic in Irving Park starting at noon. (Irving Park is right beside the James Bay New Horizons Centre.)

Children's Program



Sept 28th Susanne Garmsen "**Deaf Culture.**" The Deaf community has its own culture which many of us know little about. Keeping in mind the First Unitarian Universalist Principle: "The inherent worth and dignity of every person", let us learn more about the factual circumstances in which many Deaf community members live; which factors define this community as having its own sub-culture; and the nature of this culture — e.g. who is considered to belong and, surprisingly, who may be excluded; and the positive and negative effects new technology has on this community.

Children's Program





Board Notes

Board Report John Pullyblank August 24, 2014

Your Board is starting a process of planning, which by its nature includes a degree of mystery. As we start this, I have 3 images in my mind. The first, reinforced by the latest CUC Newsletter, is that UU's often do not know how to describe their faith; they have trouble with their "elevator speech." The second image is that of UU's bashfully acknowledging that even after several years, they cannot recall all 7 principles.

The third image that I am working with is this. Let's say that you go away on holiday and a bunch of people come and paint your house purple, and really not a nice purple. They are convinced that they are doing the right thing, they paint it carefully, and work hard but have a lot of fun doing it. They really are nice people, and they really meant well, but you really did not want a purple house, and they are hurt when you say so. The implication is that you are ungrateful and perhaps somewhat mean-spirited or unable to cope with change. I think in this scenario, both the painters and the paintee are nice people, but somewhere along the line there was a lack of discussion and a mismatch of goals.

So, what do I mean by the purple house thing? UU's tend to be liberals, although not exclusively. They also tend to be bright, thoughtful, and determined enough to take a spiritual path outside of the mainstream. They may not be able to easily confine themselves to a concrete definition, or remember all 7 Principles, but you do NOT want to foist something upon them and tell them they have to like it. That's what we have conservative religions for.

So, how do you plan with a group like this? No really, how do you, please call me if you know.

Seriously, though, we have been assembling a list of things we might first consider as a Board as we begin to think about planning. I thought I would give you a sample of some of the items on this list. If you have others, please pass them along.

- Ministry. This issue comes and goes with those who wish to pursue it, and those of us who selected Capital because it was lay led.
- Social Action. What kind of action do we want to take that we can sustain with our human resources?
- Retaining and Building. The Coffee Cove and Coffee Houses are inspired ways to engage existing members. Are there other things we can do? How much do we want to build the numbers in Capital and if we agree that we do, what is the best way to do this?
- Emphasis. What mix or emphasis works best for our members, generalist UU, Humanist, "spiritual?" I am writing this after Sara's talk. Clearly I'm biased in her favour, but she seemed to hit all of these pins with a meaningful experience, so maybe we can have it all. It was a large group that resonated with beautiful music. Is that what we want? I'd go for that.



Board Notes, cont'd and Membership events

(Board Notes continued from page 2)

- The Secular World. While attendance at faith communities is down, normal human beings, including normal secular human beings, need a sense of meaning and a way to explore the important questions. UUism is well-suited to that, but how do we make ourselves accessible and still keep our spiritual definition broad?

Well, nobody said this was easy, and one person's inspired idea may be another's purple house. The key is to keep asking, and keep listening to the answers.

In terms of closing words, the BC Fall Gathering is on from October 24th through 26th at the First Unitarian Church of Victoria. You can see our website for details

(<http://www.unitariancongregation.org/capital/>).

There will not be a formal service at Capital on October 26th so that everyone who wishes to attend the 10:30 service that day at First Unitarian can attend. However, some of us small gathering kind of folks will have the coffee and chit chat on at Capital, for those who want to stick close to home and have some contact.

Take care,

John
Chair



From the Membership Committee

Book Study Group, September 3rd, at the Enkin home. We are reading a fiction to begin with, CAT'S CRADLE, by Kurt Vonnegut, jr. We have room for a couple of more people. Phone Elizabeth at [250-472-6262](tel:250-472-6262) or email findlaygirlea@gmail.com

MEMBERSHIP in Capital Unitarian Universalist Congregation,

DID YOU KNOW, some research studies have been saying that when we belong to a group of people where we feel appreciated and otherwise emotionally supported, we live longer healthier lives.

PLEASE JOIN US and LIVE LONG AND PROSPER.

If you would like to consider the above, Phone me, Elizabeth at 250-472-6262 or email me at findlaygirlea@gmail.com

Loving our little congregation, Elizabeth



CONVERSATION, anyone??

Please join a thoughtful, usually happy and talkative group that meets every Thursday morning at 10:00 am in the James Bay Coffee and Books at 143 Menzies St.. ALL are welcome regardless of other affiliations or faiths. We would like a chance to meet you and say, HI. Look for me, Elizabeth or phone me at 250-472-6262 or email me at findlaygirlea@gmail.com



Palestine and Israel Group



Peace and Justice in Palestine and Israel
(Capital and First Unitarian Church of Victoria)
4 sessions thro'out the year (maybe more)
First meeting Sat Sept 27 at 17 Dock st James Bay 2 pm
RSVP christine_johnston@telus.net or 250-385-5444

"WITNESS IN PALESTINE" DVD by Anna Baltzer

Since 2003 Anna has spent time in the occupied territories documenting the everyday life of Palestinians. An American Jewish girl who had taken the "BirthRight" trip as a student to learn about Israel, thinking all was well in this peace-loving country. She then taught on a Fulbright grant in Ankara. Later her travels in the Middle East showed a very different reality to the "BirthRight" experience. She has spoken across the United States about the American aid to Israel. Her DVD on her experiences is a gently spoken description of real everyday life in the occupied territories, with the frequent query "how would you feel if this was your situation?" Her website is *A Witness in Palestine*. <http://www.annainthemiddleeast.com/>

Birthdays in September

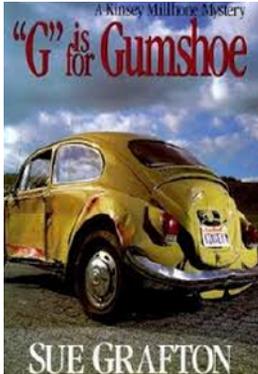
Sept 17	Susanne Garmesen
Sept 22	John Pullyblank
Sept 24	Maureen Zahir
Sept 29	Forbes Leslie



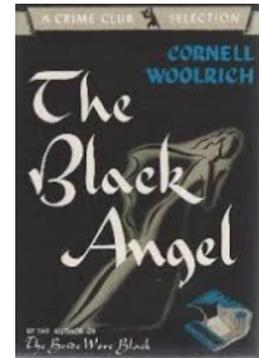
TJ, Shurly Mazerolle and Lynda, at Lynda's wedding in August



Book Review by Stan Evans



THE NEW YORKER



I spend more of my time reading "The New Yorker" than reading books these days. I write crime novels as a hobby and like to keep an eye on what other authors are doing. Recently I've been reading "G is for Gumshoe," by Sue Grafton, "The Black Angel," by Cornell Woolrich, "The Big Kill" by Mickey Spillane, Stieg Larsson's three Scandinavian thrillers and a lot of Lee Child. My bedside reading at the moment is "The Big Book of Pulps," an eleven-hundred-page anthology of early noir fiction edited by Otto Penzler featuring such writers as Dashiell Hammett, Raymond Chandler, James M. Cain and Erle Stanley Gardner. I have read every word written by Chandler and Hammett several times over and will continue to do so I expect. Most years I try to reread some George Eliot, the Bronte sisters, Jane Austen, Joseph Conrad, Thomas Hardy and other geniuses. I am often asked which authors have influenced me the most and am tempted to say Charles Dickens, but actually they are probably Peter Cheyney, Leslie Charteris and Graham Greene. I learned to read quite early in life and have been an insatiable reader since. My earliest trash reading included English boys' pulp weeklies such as "Beano," "The Dandy," and "The Rover," which featured stirring stories of derring-do by immortal characters like "Pansy Potter the Strong Man's Daughter." I also enjoy biographies. This year I have read two Winston Churchill biographies plus "Sailing Alone Around the World," by Joshua Slocum, "The Rise and Fall of the Third Reich," by William L. Shirer, "The Great Hunger," by Cecil Woodham-Smith, and a biography of Ernest Shackleton.

I am looking forward to reading a new Kim Philby biography – the man who died in a squalid Moscow apartment, awash in alcohol, after betraying MI5 secrets to the Soviet Union.

-Stanley Evans

WHAT MOVES US: UNITARIAN UNIVERSALIST THEOLOGY - An adult spiritual exploration course led by Rev. Shana Lynngood

Thursdays, Oct. 2nd, 9th, 16th, 23rd, 30th and Nov 6th, 1:00 – 3:00 pm, at the church, and repeated Thursdays, Oct 2nd, 9th, 16th, 23rd, 30th and Nov 6th, 7:00 – 9:00 pm, at James Bay New Horizons Centre, 234 Menzies Street

This 6 week course will examine the theological convictions and perspectives of both historical figures in Unitarianism and Universalism as well as a few contemporary thinkers. Through shared direct experiences and reflection exercises, readings and lessons, and ethical deliberations, What Moves Us creates an adult faith journey for Unitarian Universalists. Deepen your understanding of the richness of our faith tradition and clarify your sense of your place in it.

There is a \$30 fee for all 6 sessions, but as always money should never be a barrier to participation (contact Rev. Shana directly if you have a financial concern).

To register contact Margot Lods at 250-920-3893 mlods@shaw.ca



Community Investment Fund

When Rupert Downing of the Community Social Planning Council spoke to Capital maybe a year or so ago, he mentioned the development of a local community development fund. Capital people were quite interested and I think they would like to know that they can now become members of this cooperative.

Thanks, Jackie Macdonald



The Inaugural Annual General Meeting of the Vancouver Island Community Investment Co-operative
Wednesday, September 24, 2014 9:30am to 11:00am, Burnside Gorge Community Centre – Education Centre

We are thrilled to welcome as our Keynote Speaker, Rankin MacSween, CEO of [New Dawn Enterprises](#), one of Canada's oldest community economic development corporations and pioneers of community investing in Canada.

RSVP by September 15th. For more information, please contact Tom Berkhout at [250-383-6166 ext 112](tel:250-383-6166) or tom@communitycouncil.ca

The investment landscape on Vancouver Island has just changed. You have another option.

We're very excited to announce the official launch of the Vancouver Island Community Investment Co-operative (VICIC), British Columbia's first locally owned and run community investment fund. After three years of development involving original research on best practices in local social finance vehicles in Canada and other places, we have incorporated the co-operative and are working on our first investment offering for the coming year. The VICIC will create opportunities for local people to make RRSP-eligible investments in affordable market rental housing developments and other community-benefit real estate projects. Investments will also be made in job-creating local businesses, co-ops and social enterprises to strengthen sustainable livelihoods for Island residents and communities. All investments will have to meet ethical criteria for environmental and social impact, and provide a modest financial return to investors.

Sincerely,

Justin Stephenson, President
Vancouver Island Community Investment Co-operative



BC Fall Gathering - in Victoria!



Pathways to the Spirit

BC Regional Fall Gathering

October 24 - 26, 2014

First Unitarian Church of Victoria

Whatever our spiritual perspective, certain paths in life seem to lead us to connect more deeply with that which to us matters most. Some of these paths have shifted and changed, and few have stayed the same. What path are you walking? Is it filled with music? Stories? Does your life path also bring end-of-life questions? How does your path lead you to depth and connection?

During the BC Fall Regional Gathering you are invited to explore and deepen a familiar path or chart a new course. There are many paths to connecting with the Spirit – come, let us walk them together.

Schedule

Friday, 6 – 8:30pm:
Ingathering for all ages
at First Unitarian Church of Victoria (FUCV)
5575 West Saanich Rd, Victoria

Friday 9 pm – Sunday 9:30am: (Sat. evening @ FUCV)
BC Fall Youth Con at Lau, Welnew Tribal School (9 minute drive from FUCV)

Saturday 9am – 9pm:
Adult and Children's Programs
CUC Town Hall, Dinner & Coffee House
at First Unitarian Church of Victoria

Sunday 10:30am:
Worship Service
at First Unitarian Church of Victoria

To register go to www.cuc.ca and click on events



Food Carbon Footprints

If I were a better user of social media, I'd share this article far and wide as Food for Thought and Food for the Soul and Hope for the Planet and as an explanation for some of my more recent personal choices.

Perhaps it's good that I'm not much of a social media user, because I wouldn't want to broadcast something and come across as preachy and judgmental.

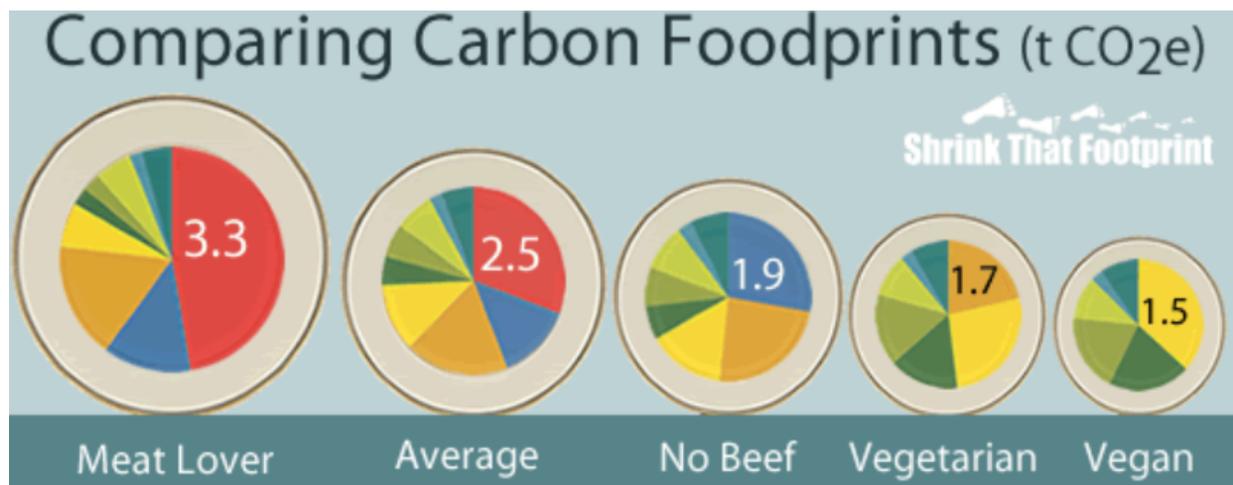
Instead, I'm sharing this with friends who I think will find it not only interesting for themselves, but worthy of passing along to others in the hopes that each of us might learn something and continue to make the positive differences we do, each in our own way.

For those who may not know, I chose to stop eating beef after paddling the Colorado River in 2011 and after learning more about the relationship between beef production and water use. I was shocked to learn that the unimaginably vast volume of that glorious and complicated river system never reaches the sea because it is pumped off for agricultural use, primarily to irrigate ranch land to feed cattle. Before meeting and marrying a vegan, I used to imagine vegans were malnourished, militant vegetarians. My life with Dick and the example set by other friends and family members has changed that impression, and I have migrated more towards veganism myself, for both environmental and ethical reasons.

Diet is typically a product of culture and upbringing, sometimes influenced by personal nutritional needs and occasionally tempered by other kinds of choice. I also understand that a topic as close to home as "thinking about what I eat" can be fraught with complex emotion and can provoke an uncomfortable incongruence when I recognize that my actual behavior doesn't line up with what I now know and what I profess to value. I am sometimes uncomfortable with others' responses to my own choices. I am still learning how to engage the conversation with understanding and compassion. I'd love to hear your response to the article and offer encouragement on your own journey towards a lighter footprint, whatever that might mean for you.

With warmth,
Cathy
(Baker)

<http://shrinkthatfootprint.com/food-carbon-footprint-diet>





All aboard the Unitarian Train for GA in Portland



Interested in riding or promoting a Unitarian train for Portland General Assembly (American annual gathering of about 5,000 Unitarians) June 2015? If you aren't up for reading the rest of this just reply to this email with "yup" and I'll send you more details as they become available.

Could folks on this list share this info with UU contacts (especially ministers, church leaders and younger adults) in BC and between here and Portland? You have my permission to forward on my contact info: Anna Isaacs | 250-472-0117 (cell) | isaacs.anna@gmail.com | skype anna.isaacs | fb isaacs.anna

I will keep a list of people who contact me to let me know they are interested (in riding themselves and/or promoting this to others) while this idea is in the incubation stage and ensure they are contacted when more details become available.

research & ideas so far:

- Amtrack amtrakcascades.com leave Vancouver daily 6:20am and arrives in Portland 3:15pm (8 hours), return leaves Portland 2:45pm and arrives Vancouver 10:50pm (8 hours). If we did it there and back that would give us 2 solid days of community pre and post GA, with the option to just go just one way or the other.
 - Quotes me \$96 for round trip June 2015 Tuesday and Sunday return with vague mention of group discounts.
 - Option to book a group of seat together for groups of 20 or more tickets.amtrak.com/itd/amtrak/grouptavel. There are groups of 4 chairs sitting facing each other to allow for clusters of conversation that people could swap between.
 - Put the idea out to 9 younger adults mostly from Ontario and we are up to 5 probablies. Already have 7 Victoria folk who plan to go to Portland GA. Lisa, can you ask if any are interested in the train?
 - Like the idea of modelling cross border community and inviting UUA folk to participate and join in along the way (Seattle, etc), whether or not they are going to GA.
 - Maybe ask Vancouver Unitarian congregations to offer a floor at a church and/or member home billets for non-Vancouver BC Unitarians the night before leaving early or the night after arriving late.
- anna.



Potluck for Rosemary

