



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2015



John Pullyblank

The bell is full of wind
though it does not ring.

The bird is full of flight
though it is still.

The sky is full of clouds
though it is alone.

The word is full of voice
though no one speaks it.

Everything is full of fleeting
though there are no roads.

Everything is fleeting
toward its presence.

-Roberto Juarroz

Sunday Services in September

September 6th Murray Enkin **"A history of religion."**

How did religion start, and why? How did it develop, and where is it going?

Children's Program



September 13th Michelle Brown **"Elevation and Awe: Building Blocks of Religious Experience."**

In our Universalist roots lies a conviction that humans are naturally religious -- whether believers or unbelievers. Recent scientific studies show the role of human emotions in the religious impulse.

Children's Program



September 20th Peter Scales **"Belief-omatic as Spirit Guide."**

Children's Program



Amanda Tarling **"What is it to be a community of Promise?"**

There is power in a promise and it is a foundation of being a Unitarian. We keep our seven principles and we make commitments. As we start this new year of Sunday Services what commitments do we need to renew to ourselves and our community. We will explore promises as part of our journey as a faith community.

Children's Program



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 hope you had a wonderful summer and we are looking forward to hearing about your adventures either in Victoria or afar.

The Board thanks Elizabeth Atchison for all of her work as Chair of the Membership Committee and we welcome Winnie Cooper as her replacement. Winnie has worked with the committee for many years and her sunny smile has always given visitors a warm welcome. Thanks for taking on this post, Winnie.

As well, we wish to thank Dyanne Linegar who has been the stalwart leader of the Kitchen Committee but is now stepping down after many years of service. We really appreciate your great organizational skills and ability to ensure that tasty refreshments were always provided for us following Sunday Service.

With the federal election coming up, many of us are suffering from 'election fever.' As Unitarians we have a strong commitment to the democratic process. No doubt, there will be many interesting discussions over coffee and at the Thursday conversation group as we struggle to present our points of view. Please bear in mind our principles while participating in these discussions, especially the first one: **To affirm and promote the inherent worth and dignity of every person** and the third one: **acceptance of one another.**

Our congregation is cosponsoring an all candidates forum on September 21st at First Metropolitan United Church, 932 Balmoral Rd at 6:30 pm. We hope to see you there. As well, volunteers are needed for this event. See Jan Greenwood if you can help.

Let us keep these words from Jack Leighton close to our hearts:

Love is better than anger

Hope is better than fear

Optimism is better than despair

So let us be loving, hopeful and optimistic.

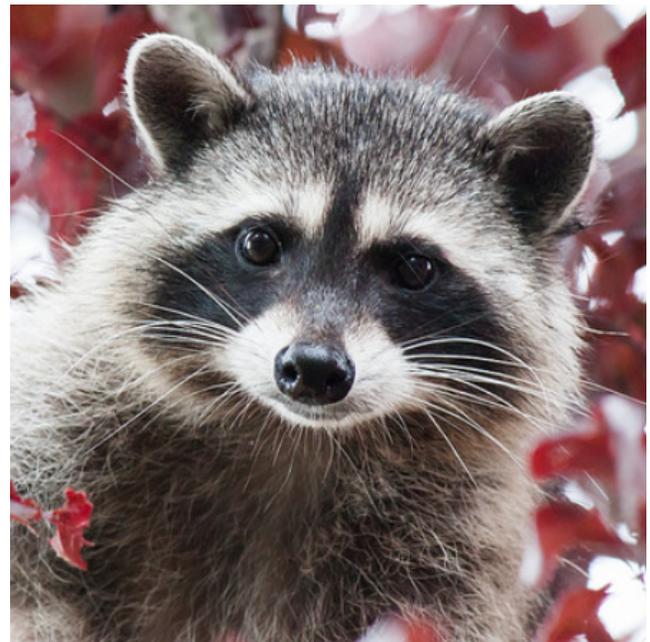


Photo by John Pullyblank

For the Board,

Rita Wittman



UUIN - and Pictures from UU Summer Camp

Are You In?

Did you know that the former VIUC, Vancouver Island Unitarian Committee or Vancouver Island Unitarian Council is now the UUIN, the Unitarian Universalist Island Network? This group has representatives from each congregation on Vancouver Island and the Gulf Islands and has been creating opportunities for Island Unitarians to connect for more than 10 years. This year they plan to increase communications with short, monthly informational newsletter items.

The UUIN meets by teleconference 4 - 5 times a year and will have a face to face meeting with its congregational reps following the Fall Gathering in Nanaimo on Oct 4th. If you are interested in meeting us or learning more please consider dropping in! Time and place will be posted at the Fall Gathering. Are UU IN?



Sunset the first evening of UU Camp



Outdoor Sunday service led by Amanda



Camp band with Cathy, Dick, Paul and Dana



UU Summer Camp

This year UU summer camp had a new home at the Easter Seal's Camp on the east side of Shawnigan Lake. The situation was much more picturesque featuring a beautiful big lawn that rolled down towards the water. Upon arrival on Friday night it was so energizing just to see the sparkling lake spread out before us.

Camp opened with a BBQ and head chef Rosemary made some delicious burgers catering to all diets. (Rosemary was also the co-organizer) Then, as the sun started to get low in the sky, we got together on the shores of the lake for a peaceful ingathering service. As darkness drifted over us we moved from worship to camp-fire songs and sang our way into community with the help of Cathy and Dick and a multitude of voices.

Saturday brought stellar weather and a host of fun workshops not to mention swimming in the lake.

Later an amazing sunset provided the backdrop to an impressive and hilarious talent show. The youth shared a number of "jokes" one of which was: "What is red and smells like blue paint?????" Answer: "red paint!" Dana shared a marvelous song about her ukulele that stole the show while Dick and Cathy sang such a poignant duet that there wasn't a dry eye in the house.

The next treat was the Camp Band. Lots of music from the 1940's through to last year's "Happy" by Pharrell Williams. We danced the night away under Dick's amazing direction.

Sunday morning brought an optional yoga class on the dock and a hike up Mt Baldy. Followed by the outdoor Sunday Service. As a bonus we got a second chance to enjoy lake swimming and suddenly it was time to pack up.

If you haven't gone to UU camp before I recommend you give it a try. You will meet UUs from all over Vancouver Island, the food and programming is amazing, you can bring a tent or chose a room with a bed and the feeling of community is quite incredible. A summer highlight! - Amanda



Camp Band with Dick, Cathy, Paul, Penelope, Amanda & Dana

Mark your calendar... Next year's camp dates are August 26-28th.

Interested in hearing more about camp then please speak to Dana, Cathy, Dick, Holly, Anna, Rosemary, Paul or Amanda.



At the top of Mt Baldy with Anna Isaacs



First Church Potluck in James Bay

Tuesday Dinner with . . .

Anne Moon, long-time member of the Raging Grannies
Anne is animated and most articulate. She's been a member of the Raging Grannies for many years and edited a book about the Grannies. She'll give us a little history of the group which started in Victoria and tell us new stories.

Tuesday, September 15th at 6 PM at

Cook Street Village Activity Centre, 380 Cook Street Victoria

Please enter by the parking lot door on the South side. Parking is available in the adjacent parking lot, on the right side only, and on surrounding streets.

Please bring:

- some pot luck dinner food to share
- your preferred beverage (no alcohol)
- a small financial contribution (as able) to help cover the cost of the room

Plates and cutlery are provided

Tuesday Dinner with . . . events will consist of a pot-luck dinner followed by a speaker and are also planned for October 20th, November 17th and December 15th with guest speakers to be announced later.

NOTE: If you plan to attend in September it would be helpful if you email hopewell@telus.net so we'll know about how many to expect.

Here is the public (new studio produced) version of "Take Back This Land" by Salt Spring's own (actually BC's own) Bill Henderson (From the band Chilliwack) and members of his family and friends. A nonpartisan plea for Canadians to VOTE in the upcoming election.

<https://youtu.be/S5sgOWXsiLU>

Please share with all your friends in Canada and encourage them all to vote!

-From Marion Pape





Dianne Baker's Jerusalem

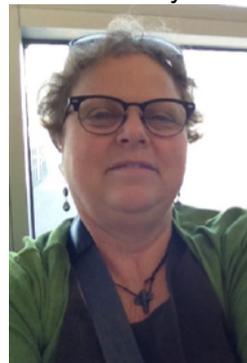
Cathy Baker's sister Dianne Baker is an Ecumenical Accompanier with EAPPI, www.eappi.org. On July 28 Dianne emailed Cathy and many friends, about her last night in Jerusalem. Cathy would like to share it with her Capital friends:

Oh Jerusalem..... What a city of tears and joys, contradictions and creativity. Again, I have this striking sensation of being in a vibrant, international city with a lovely cacophony of the languages and inflections of many people. Every shop sells items of cultural significance to Jews, Christians, Muslims and others. Two favourites I have seen: 'Shalom Y'all!', and an exquisite tapestry with a strikingly blue-eyed Jesus, which I can only hope was woven with a degree of irony. The old city of Jerusalem has so many charming features, punctuated by garbage, tricky shop-keepers, armed soldiers, and juice and falafel stands. The road down from the Damascus Gate is a delight and a hazard; elderly Palestinian women sit on the ground selling *miramii* (a form of sage) and grape leaves, figs and cucumber. Wheeled carts filled with bread and other produce are driven down the slick stone steps and the cart drivers shout to clear the way and stand on the dragging rubber tire as a make-shift brake. It astonishes me that people are not injured more often. There is good-natured shouting and sincere greeting and occasional flat-out argument. It is both exhausting and exhilarating to be in this mish-mash of humanity.

I had a delightful meeting this afternoon with an Israeli woman who is seeking ways to bring Courage & Renewal work to Israelis -- both Palestinians and Israelis, Arab and Hebrew speakers. She and I talked for two hours while drinking pomegranate juice in a shaded courtyard steps from the Jaffa Gate, as harp music wafted up from a small alcove in the gate itself, played by a waif-like woman busking among the tourists and pilgrims. Judy and I recognized one another as companions of a journey of peace and integrity, and it will be a joy to explore with other Courage colleagues how this beginning conversation might evolve into possibilities.

I then met two other dear people -- long-time friend Jonas Schaefer and his *habibi* (dear one) Sharon Dolev, who is a founder of the Israeli Disarmament Movement. We ate under the waxing moon on a terrace, and spoke of the work of our hearts and souls, and they were also moved to explore the possibility of Courage & Renewal work, inviting me to connect them with Judy, whom I met this afternoon. How lovely to know again that authentic conversation can give rise to connections previously unseen. Who knows what might emerge.

I felt called to respond to the invitation to serve with EAPPI out of engagement with my own heart's longing for the ways of peace nearly five years ago. The effect that 'Circles of Trust' work has had in shaping how I am with others has made me, this time, a more integrated Ecumenical Accompanier. My heart feels more spacious and my sense of standing 'at the gates of hope' is much stronger on this journey than when I was here four years ago, and I am immensely grateful.



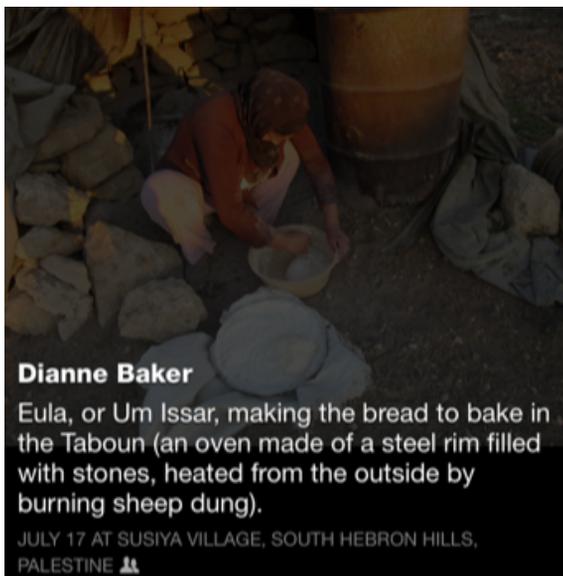


Dianne Baker's Jerusalem (cont'd)

It has been a privilege to live so closely and intensely with the people of Susiya over these past weeks, and to witness to leadership of these courageous villagers, speaking to delegations of diplomats and international media and to the Palestinian members of the Knesset who have visited them. The struggle of Susiya has become a symbol for the struggle of all the Area C villages in the West Bank/Palestine. The leaders of this village have grown over the years to be able to speak their story to the world community. One bright light is a young woman named Fatme Nawajah, who has been working to empower women of rural Palestine, in the South Hebron Hills. On September 19th, as a result of the international advocacy done with Susiya and connected with Fatme's development of "The Rural Women Association", Fatme will speak on the floor of the US Congress to respond to the recent State Department statement demanding that Israel not engage in the demolition of Palestinian homes in Susiya and other Area C villages.

I have the intense feeling of having been here at a pivotal point in history, and I am moved and grateful. It remains to be seen what other challenges will arise for Fatme, and Abed and Abu Jihad and little Dyalla, and Nassar and others from Susiya, but I believe that change is coming.

On Monday, at the EAPPI handover ceremony, Jonas accompanied me as I sang, in the heart of Old Jerusalem, in the chapel of the Lutheran Church of the Redeemer.... "And I believe that one fine day the lion and the lamb will lie down in peace together in Jerusalem." Tears rolled down my cheeks, my voice cracked a little... but I ended strong and with hope! In sha'Allah! May it be so.



Dianne Baker, B.A., M.Ed., C.C.C.
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emergingwholeness@gmail.com
Certified Mediator Facilitator prepared by
The Center for Courage & Renewal –
www.couragere renewal.org



Saturday morning Chat-In

SATURDAY CHAT-IN

Thursday morning's Coffee Cove has been such a success that Elizabeth has come up with a new idea... especially for people who are not able to make it on a Thursday morning... how about coming to a Saturday morning conversation group at 10am in the community room at VANCITY, on Cedar Hill X Road and Shellbourne. You can bring something from home or pick up a tea or coffee and maybe a snack from the very handy Tim Horton's next door. You have a lot of parking spaces there in the shopping mall or better still ride your bike or catch the 27 or 28 Gordon Head bus we will start very close to 10am however you are welcome when ever you can make it into us.

Alan and I will be there to welcome you.

All are welcome!

Any questions? Phone Elizabeth at [250-472-6262](tel:250-472-6262)



Sara and Juan Comish
at the rainbow crosswalk
Pandora Street.

Photo by John Pullyblank

Birthdays in September

Sept 17	Susanne Garmsen
Sept 22	John Pullyblank
Sept 24	Maureen Zahir & Don Hume
Sept 29	Forbes Leslie

If your Birthday isn't listed please let Amanda know
250 382-6828