



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2013



Happy Birthday Mavis Butlin!

Sunday Services in November

Nov 3rd Susanne Garmsen "The Pursuit of Happiness"

In the history of humankind, most of us have been or are attempting to attain this precious goal in life. However, it is elusive. Come and explore some of the ways we can achieve happiness, and how we might maintain a joyful attitude a little longer!

Children's Program



Nov 10th Anna Isaacs "Remembering for others"

I belong to the last generation who will hear stories from people I love who lived through World War Two. What do these stories mean to me, to those who shared them, and to those I will share them with? *Anna Isaacs is a longtime member of Capital. She loves to hear people tell their stories.*

Children's Program



Nov 17th Peter Scales "Holodomor: the Ukrainian Famine."

In 1932 Stalin committed one of the great crimes of the 20th century, starving millions of "his" citizens including 5 million Ukrainian peasants. The goal of world community with peace and justice for all compels us to look at historical tragedies and prevent future ones.

Peter Scales is a long-time Unitarian who is proud of his mother's Ukrainian heritage.

Children's Program



Nov 24th Rita Wittman "Walking In the Steps of the Ancients: How I Survived Buddhist Boot Camps"

Rita will tell us what happens inside of a Zen Buddhist monastery when she shows up for training. *Rita is a retired teacher and a long time member of Capital.*

Children's Program

May the light around us guide our footsteps,
and hold us fast to the best
and most righteous that we seek.

May the darkness around us nurture our dreams,
and give us rest so that we may give ourselves to the work of our world.

Let us seek to remember the wholeness of our lives,
The weaving of light and shadow in this great and astonishing dance in which we move.

Kathleen McTigue

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

Hello from New Westminster. After the delightful combination last night of road works, fog, and cat-aracts that do not seem to be self-healing, I am happy to be able to “talk” to you today.

We will be having our Semi-Annual Meeting on November 17th where there will be lots of interesting things to discuss. As your Board prepares for this meeting, I am struck by how across the different Boards I’ve been on at Capital (and other organizations) there is always some degree of trepidation when approaching congregational meetings. People who volunteer for Boards and other committees tend to want to do good and get it “right.” Meetings, however, can be a bit of a wild card and no amount of preparation can guarantee a warm reaction or that all issues important to people are covered. Indeed, though, these meetings are one of many opportunities for congregants to participate in stewardship and help to steer the organization that they give their time, money, affection, and commitment to. So, bring it on!

As your Secretary, I have been pondering what it is that good Boards do, an issue I know that they regularly consider at Citizen’s Counselling, where Sara is the Secretary of their Board. The biggest contrast I see is that Citizen’s has a magical and full-time Executive Director (ED). Other UU congregations, in turn, have Ministers (a kind of ED). And we have, well, all of us. We’re, of course, awesome, but wow do we have a task or two to deal with. Actually, we have about 22 to 30 tasks to deal with each Board meeting. Well that is kind of impressive in one way, we hunger for something more, something perhaps where we make a UU mark in the larger community.

We continue to welcome your recommendations for local and overseas charities for Capital Connects. However, we also welcome recommendations for possible projects we can consider that are within our capacity as a small lay led group. Feel free to tell us your ideas and help us to make it happen.

Take care,

John Pullyblank
Secretary



John Pullyblank



Compassionate Resource Warehouse

NEW SOCIAL AWARENESS PROJECT

CUUC's generosity has made Capital Connects the successful social awareness project it is. Recipients of our monthly donations have been most thankful for the monetary gifts and sent letters and cards expressing their gratefulness.

Feeling confident we can continue to succeed, our board has decided to expand our social commitment by initiating a new project. We have chosen Compassionate Resource Warehouse. This centre can best be described by its mission statement, "Our mission is to gather and provide resources for international relief". The CRW is a registered Canadian charity based in Victoria. It is affiliated with the Victoria Church of Nazarene. Membership in the Victoria church or any other Church of Nazarene is not a prerequisite to being a donor, recipient or volunteer.

(Continued)

Since 1999, volunteers have collected, processed, packaged and shipped a variety of donated goods and equipment to responsible charities and other groups around the world. Goods are only shipped on request from a qualified group abroad and sent directly to the named group. To date no shipment has been lost or sold on the black market. This process also ensures unneeded or unsuitable supplies are not sent.

CRW is an all-volunteer organization, neither the Board of Directors or staff receive any pay for their work. Further information is available at:

Compassionate Resource Warehouse
www.cwarehouse.ca

CUUC board member Dyanne
dlineger@telus.net

Full information packages and Instructions on how to donate and/or volunteer will be available at the December 1st Sunday Service.





Coffee House

We have enjoyed many happy events and gatherings over the past few months as a faith community. One of those was the most joyous wedding of Cathy Baker and Dick Jackson in July. Dick and his daughter Holly have been settling themselves into Cathy's family's Esquimalt home since then.

It gives me great pleasure to invite you to a Capital Coffee House in November, with Dick and Cathy as hosts. Please let me know if you would like to come.

As you will remember, we guests bring dessert to share while the hosts provide some beverages, such as tea and coffee. Let us keep in mind that Cathy and Dick observe diets somewhere between vegetarian and vegan. I am sure they will appreciate your consideration. Also, please label any item you are bringing that may contain nuts.

When we have gathered, we do a brief check-in and then launch into our discussions. For a change, we would like to try this: if there is a song that has special meaning for you and would promote discussion among our group, let me know in your RSVP and we will pick a few that we can listen to and discuss.

Date and time: Friday, November 15, 7 - 9pm

Place: #4 - 733 Sea Terrace, Esquimalt

Confirm with Elizabeth at 250-472-6262 or at findlaygirlea@gmail.com

Birthdays in November

Nov 4th Eileen Crawford

Nov 25th Dana Seaborn

If your Birthday is missing
Please let Amanda know
250 382-6828.



John Pullyblank



Events

Capital Coffee Cove. every Thursday morning, 10 to 11:20 at James Bay Coffee and Books

We have been enjoying our time together for well over a year now and I couldn't be happier about the gratifying response. We usually have about 12 people there. We are mostly Unitarians from Capital and First Church and we are encouraging people from the larger James Bay community as well. Last Thursday there were 15 of us.

Usually I have been facilitating but am encouraging others to take a turn. Dyanne, Don, Archie, Lena and Alan have all done a brilliant job.

We choose a topic suggested by someone attending and if we exhaust that topic before 11am we choose another topic. It is easy to hear what is being said because only one person speaks at a time.

Some of the topics we have enjoyed have been; How does Unitarianism effect or work in your life? We have discussed the UU Principles, Should we abolish the Canadian Senate? and many other far ranging subjects.

Please come, when you can and enjoy our fellowship.

Elizabeth

ATTENTION, INTENTION, AND AWARENESS: CREATING MEANINGFUL CONNECTIONS

A course exploring Emotional Intelligence with

Rev. Shana Lynngood

Thursdays, November 7, 14, and 21, 1:00 to 3:00 PM

Location: at the church

and repeated Thursdays, November 7, 14, and 21, 7:00 to 9:00 PM

Location: Garry Oak Room at

Fairfield Community Place,

1335 Thurlow Road, in Fairfield (off Moss).

It is one of the paradoxes of our human condition that we crave a network of meaningful connections in our lives, but often behave in ways that undermine our capacity to do so. The school of thought known as emotional intelligence lifts up the critical importance of self awareness. What is my impact on others? Am I acting in a way that expresses my intentions clearly? Am I attentive to non - verbal cues? Awareness of self and others is strengthened by spiritual practices of meditation, journaling , and other forms of reflection.

We will explore these topics in 3 sessions. You can sign up to attend either the daytime session at FUCV or the evening session to be held at the Garry Oak Room in Fairfield.

There is a \$30 fee for all 3 sessions, but as always money should never be a barrier to participation (contact Rev. Shana directly if you have a financial concern).

Facilitator: Reverend Shana Lynngood

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



Living the New Economy (Vancouver Island)

"Converging ideas, resources and people to help you thrive in the New Economy"



Dates: Nov 29-Dec 5, 2013

Location: [The Car Shop at the Roundhouse at Bayview Place, Victoria, BC](#)

Hosted by: Healing Cities Institute Society and the EcoDesign Resource Society

Event website: neweconomy.ca

Enquiries: <mailto:nicole@healingcities.org>

Tickets: <https://livingtheneweconomy2013.eventbrite.ca/>

Book Review – Still Alice submitted by Dyanne Linerger

Still Alice is a novel written by a first time author. Lisa Genova holds PHD in psychology from Harvard University. Genova takes us into the mind of brilliant Harvard psychology professor and world renowned linguist, Alice Howland.

At 51 years old, Alice Howland has just been diagnosed with early-onset Alzheimer's disease. The story follows the gradual deterioration of Alice's mental capacities and the attendant frustrations of both patient and family caregivers. Told from Alice's perspective it gives us a personal look into the disease and its progression while telling the story of a highly energetic and accomplished professional as she learns to cope with the disease's increasing limitations. The telling of the story in the third person gave me a unique sense of intimacy with Alice.

Alice accepts the reality of the devastating changes caused by the disease when she is reminded by her husband that she used to be very smart. She wants to tell him, *"I used to know how the mind handled language, and I could communicate what I knew, I used to be someone who knew a lot. No one asks for my opinion or advice anymore. I miss that. I used to be curious and independent and confident. I miss being sure of things. There's no peace in being unsure of things all the time. I miss doing everything easily. I miss being a part of what's happening. I miss feeling wanted. I miss my life and my family. I loved my life and my family."* In reality all she could manage to communicate was, *"I miss myself."*

Liza Genova leads us to the realization that all, including Alice, must learn that even as the disease savages the inner parts of her brain she is still Alice, still a living wife and mother, still an associate and friend, still deserves to be treated with honour and respect.

I recommend anyone who works with, lives with or wishes to know more about early-onset Alzheimer's or Alzheimer's in general take the time to read this sensitively written, insightful book.