



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2011



Transcendent mystery,
brief glimpse of the sacred.

The path to love and connection
forged not found.

So fleeting this life,
love elusive,
to capture
is letting go.

The landscape morphs
with a blink.

- Rosemary Morrison

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 December

Dec 2 Amanda Tarling "**Unitarian Advent**" Christians call the four weeks before Christmas "Advent", a time of waiting. Amanda will explore Advent from a Unitarian perspective.

Children's Program



Dec 9 Ben Dolf "**What Makes a Good Democracy?**" Democracies in North America and Europe are stressed. Abuse of power, concentration of wealth and environmental destruction threaten a harmonious social existence. Ben Dolf will present the Swiss political system which could offer useful ideas for a more democratic system.

Children's Program



Dec 16 Dyanne Lineger "**Christmas Celebration**" Can a Unitarian celebrate Christmas, and if we do, what meaning does it have for us? Is there an answer in the stories, traditions and music, or even in the philosophy of "Dear old Mr. Scrooge"?

Children's Program



Dec 23rd "**Christmas Hymn Sing**" Come and celebrate the season as we fill the hall with carols and seasonal songs.

Children's Program



Dec 30 Dana Seaborn "**Getting to know UU**" At today's service, everyone gets to be interviewed and everyone gets to play journalist! We'll all enjoy an opportunity to share our proudest moments! If you're a visitor, this will be a great Sunday to get to know someone in the congregation. Join us!

Children's Program

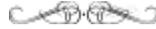




Services in January & Birthdays

Jan 6 Joe Jencks "**The Mundanity of The Sacred Journey**" In story, song, and reflection, international touring performer, songwriter, and itinerant preacher Joe Jencks will explore what it means to embrace the everyday as sacred, to embrace others with compassion, and to seek healing for ourselves, and others through our daily practices. Joe weaves wisdom and teachings from several world religions into a message about personal growth, recovery, social justice, and community.

Children's Program



Jan 13 John Slattery "**The Remarkable Life and Turbulent times of Michael Servetus, a Unitarian Predecessor**" Michael Servetus was an early 16th century anti-Trinitarian. He founded no religion, established no churches, and spent much of his life in hiding. Why was he condemned to death by three separate religious establishments? Come and hear his story.

Children's Program



Jan 20 Susanne Garmsen "**Canada's Tibetan Resettlement Project**" Canada has undertaken to resettle a number of Tibetans here from third countries. Susanne will share the significance of this project.

Children's Program



Jan 27 Sue McKenzie "**Meaningful Travel**" Touring Croatia with an ethical travel company: an ESL teacher's perspective.

Children's Program



Birthdays in December and January

Dec 6	Jim Rogers
Dec 13	Dick Jackson
24 Dec	Mary Arif & Allison Benner
27 Dec	Holly Jackson
Jan 11 th	Kimiko Hymans
Jan 12 th	Margot Garmsen
Jan 15 th	Alex Campbell
Jan 23	Rustom Patel Rita Wittman

Christmas Eve Potluck



John and Sara are again looking forward to your joining them for **Capital's Annual Christmas Eve Potluck** starting at 5:30pm, Monday December 24th, at their home at 610 Linden Avenue. Please bring a dish for you and yours, a beverage if you wish, and join us for one of our lovely traditions.



Board News & Membership

CAPITAL COFFEE COVE

Every Thursday morning at 10:00, in James Bay Coffee and Books, 143 Menzies Ave. All are welcome.

Hi to All,

We have been having wonderful, stimulating conversation in the Capital Coffee Cove. Usually, there has been 8 or 9 of us. We seem to settle mostly on philosophical topics. The past month we have spent a couple of Thursdays talking about and in the end, validating most of our Unitarian Principles. There is still room for more people to participate, so please, come join us. We gather at 10am every Thursday in the cosy cove at James Bay Coffee and Books, 143 Menzies Ave. We do a little check-in to see how people are feeling. Then we have general conversation for 10 or 15 minutes, before launching into the topic which has been suggested by one of us.

I hope to see you there, soon.

Elizabeth Atchison

MONTHLY COFFEE HOUSE

Rita Wittman and Jim Rogers have invited us to come, with desserts in hand, to their place on Saturday, January 12, at 7:00pm. As hosts, they will provide tea and coffee. We eager participants can provide the desserts, the companionship and topics for the evening. Come and relax with us as we get to know each other better. As well as members, newcomers to our congregation, are especially welcome. Please let Jim and Rita know you intend to come by phoning them at: 250-382-2169 or email them at: wittmanr@gmail.com

Hope to see you there.

Elizabeth and Sara,

Co-chairs of
Membership
Committee



House Concert

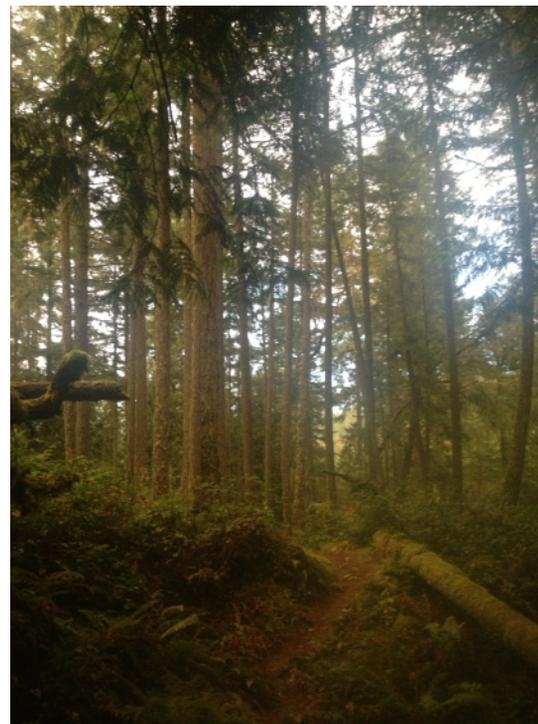
Everyone's welcome to enjoy an informal concert from 7 to 11 on Saturday, Dec 1st, in James Bay. Several professional-level musicians will be jamming on jazz standards, show tunes and popular music from the past 70 years.

Bring your own snack or beverage if you'd like, and come have a listen!

2-storey building behind cedar fence, just east of 21-storey octagonal condo at 620 Toronto St.

(Toronto St. is only 1-hour parking!

Park on Douglas or another adjacent street.)



Endurance Ridge Trail, East Sooke Park, A. Tarling

**Kim Cousineau to
be our guest
Accompanist -
Dec 16th!!!!**



Carolling

CAROLLING

A group of Singers from Capital will be hosting our annual Carolling evening on Friday Dec 14th. We will be visiting members of our community to sing for them and then gathering at Mavis' Building at 7pm to sing for anyone who would like to come and listen.

There are two opportunities here - the first is to come and add your voice to our a capella choir. If you are interested please call or email Amanda (250 382-6828 tarling@shaw.ca). We'd loved to have you join us.

The second opportunity is to come and be an audience at 7pm at Mavis'. We will meet in the common room - please look for the sign on the door in order to be buzzed into the room. As an added enticement we will have hot chocolate and cookies.



<http://www.surreywellness.com/chiropractic/go-for-red>

And from Dana - An excellent video from Surrey Wellness about the signs of heart attack in women. Please go to the web address above to watch it. It's well worth 4 minutes of your time.



Amanda and the group of Lay Chaplains from the Prairies who attended her Outreach for Lay Chaplains Workshop in Winnipeg. The course will be offered to Chaplains from Vancouver Island on January 12th at First Unitarian Church of Victoria.





Social Responsibility Committee

cUUC Board Report for Dec 1, 2012 Capital Letter

Murray Fraser died on November 9, 2012. Murray, a talented linguist and polymath, has been coming regularly to Capital for at least four years. Many of us remember the cancer that took over his right ear last summer. Recently he was told that the cancer had spread to his brain. On November 9th he decided to enter palliative care at Royal Jubilee Hospital (RJH), and he died peacefully a few hours later. During our Sunday service on November 26 we celebrated Murray's life briefly; a full celebration of life is being planned for a later date. All who knew him – including speakers of Russian, Finnish, Gaelic, Japanese, Greek, and German – will miss Murray!

On November 19th Dr. Steve Arif told the congregation that as soon as his dad, Ayat, is strong enough to leave RJH, Ayat and Mary will move to a retirement home in Invermere, BC, near Steve's clinic. The Arifs have been treasured people in our congregation for many years; how shall we celebrate them in advance of their move?

Members of First Unitarian Church of Toronto would like support for a resolution at the CUC ACM in Calgary in May 2013. The resolution is for the CUC to formally oppose the construction of the Enbridge Northern Gateway Pipeline and to the related passage of oil tankers through the Douglas Channel. The proposers are seeking signatures from members in good standing from congregations in all regions of Canada. The president of the Toronto church has asked me to circulate this proposed resolution so members can consider the implications and offer support. To support the proposed Resolution, members should copy the "Therefore be it resolved...." section into an email or letter, add the statement that they support this, and give their full name and the name of our congregation, and

send to Kate Chung, electronically or by Canada Post.

Since support must come from members in good standing, I (as Chair of Capital's board) would have to confirm this for each supporter in the congregation. If sending by post, include your signature and your name clearly printed. (Audrey Woodward will help) Addresses for Kate Chung: katechung17@gmail.com, or 235 St Clair Ave West, Apt 106, Toronto ON M4V1R4.

Rev. Antonia Won, our CUC Congregational Development person (her CUC webpage helps us with pronunciation: anta-KNEE-ah), was ready to lead a workshop for us on Nov 17 but your all-volunteer board decided to delay her visit. Not only were we internally unclear of our aims for the workshop, but there was good discussion of Capital's mission at a Day of Dialogue last year and we need to re-capture those notes before we go forward with outside help.

I want to extend a public Thank You to the search committee that is diligently giving local pianists a chance to audition in front of us all, for the job of accompanist. I understand the process to be fair and exhaustive/ing but I know that this is the only way to 'get' the right person. The pianist search continues.

Soon it will be Hannukah (Dec 8-16), solstice (Dec 21), Christmas (Dec 25), Kwanzaa (Dec 26-Jan 1), and New Years. Many of us will be shuttling to parties.

Darkness falls in the early afternoon. If you are walking or bicycling, please wear reflective strips or light colours

I'd hate to see the Festive season marred by someone getting hit or even scared by a car driver. (cont'd pg 6)





Board Report - cont'd

--(Continued from page 5)

Proposed Resolution Opposing the Construction of the Enbridge Northern Gateway Pipeline and the Related Passage of Oil Tankers Through the Douglas Channel

Whereas our principles call us to affirm and promote justice, equity, and compassion in human relations, and respect for the interdependent web of all existence of which we are a part; and

Whereas the living tradition which we share draws from many sources, including:

- **Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;**
- **Wisdom from the world's religions which inspires us in our ethical and spiritual life;**
- **Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;**
- **Spiritual teachings of Earth-centred traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature;**

and

Whereas the Enbridge Northern Gateway Pipeline threatens the air, the food sources, and the water upon which the people and all other living creatures of the land, rivers, coastal areas, and ocean depend for their life, health and well-being; and

Whereas on Sept 24, 2012, the President of the Canadian Unitarian Council sent a letter to the Prime Minister of Canada stating the CUC's support for First Nations' rights, and

the CUC's concerns about the dangers posed by the construction of the Enbridge Northern Gateway Pipeline;

Therefore be it resolved that

- 1. The Canadian Unitarian Council opposes the construction of the proposed Enbridge Northern Gateway Pipeline; and**
- 2. The Canadian Unitarian Council directs the Board and/or Executive-Director of the Canadian Unitarian Council to communicate this decision to all member congregations, to the governments of Canada, Alberta and British Columbia, to Enbridge, and to all Canadians via a media release to major media outlets.**

Peter Scales, Board Chair

14th Annual IEOA Truck Light Parade- Dec 1st

Owners decorate their trucks and heavy equipment to create this exciting annual spectacle of light. The parade starts in Ogden Point and heads to the Western Communities via Douglas and Government Streets. The convoy is expected at Yates and Douglas at approximately 7:00 pm. Drop off points along the route will collect food for the Mustard Seed Food Bank.



For more information see:

<http://ieoa.ca/?q=2011convoy#overlay-context=>