



# Capital Unitarian Universalist Congregation

## The Capital Letter

VICTORIA, BC

2013



### The Feast of Lights

Kindle the taper like the steadfast star  
 Ablaze on evening's forehead  
 o'er the earth,  
 And add each night a luster till  
 afar  
 An eightfold splendor shine  
 above thy hearth.

Clash, Israel, the cymbals, touch  
 the lyre,  
 Blow the brass trumpet and the  
 harsh-tongued horn;  
 Chant psalms of victory till the  
 heart take fire,  
 The Maccabean spirit leap  
 new-born.

Emma Lazarus

### Sunday Services in December

December 1st Dana Lynn Seaborn "**The Divine Song**" Unitarianism takes as one of its sources "wisdom from the world's religions." The Bahagavad Gita is one of the oldest sacred texts on the planet. What can it teach us today?

Children's Program



December 8th Kelly Newhook "**Together Against Poverty Society TAPS: The Name is the Programme**"

Executive Director Kelly Newhook will talk about the work of this enterprising NGO. Which looks at the social factors that help create poverty, the barriers to joining or rejoining mainstream society, and about strategies the society has developed to assist almost a thousand people every year.

Children's Program



December 15th Michele Favarger "**Compassionate Communication: Four Simple Steps**" Michelle will share these steps to improving Connection with Self and others

Children's Program



December 22nd Amanda Tarling "**Carols and Principles**". This Sunday we will share music from the season while contemplating our seven Principles. Join us in Capital's first celebration of a uniquely Unitarian winter celebration: Chalice!

Children's Program



December 29th Susanne Garmsen "**Do What You Can**"

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

In the northern hemisphere December is a month for heavy blankets, warm soup and artificial light. Many of you know that I came to Victoria nine years ago from snowy eastern Ontario, so you won't be surprised when I giggle at the City of Victoria newspaper notice that begins, "In the event of snow..." as though snow is not a certainty but a potential bother. As the days continue to shorten I ask you all to reach out to neighbours, family and friends so that you have plenty of social light to replace the sun's waning rays. And then, just after the earth tips back toward the equator, come to the Comish-Pullyblank home for Christmas dinner. You can find details later in this article. Let's stick together and get through the rainy season in good spirits!

The typhoon that struck the Philippines last month killed thousands and did tremendous physical damage. Many of the world's aid agencies flew to action to find survivors, re-establish the necessary utilities and help the citizens to get back into watertight homes. We'll do our part in December and January. Your board of directors debated the merits of about ten charities and aid groups before coming to this consensus: for two months Capital Connects -- 20% of the unidentified cash in our offertory bowl -- will go to the Canadian Red Cross specifically for Philippine relief.

In February the Rev Antonia Won helped us conclude that perhaps our little congregation might be ready to call a minister, if only for ¼ time. We have work to do before we start asking for resu-més. Your board would like to commission a Ministerial Feasibility Task Team made of four people from Capital. Team members may be members or friends of Capital. Together with a board member this team can set goals which are SMART: specific, measurable, attainable, relevant and time-bound. If you are interested in being on the Ministerial Feasibility Task Team, please talk, email or text any board member (Peter, John, Dyanne, Rita or Rosemary).

A note about social justice events. We have a banner that Unitarians can hold aloft at marches, parades, vigils and demonstrations. Most UU congregations have a social justice committee but Capital does not. Constitutionally the default is that the board functions as the SJ committee. If you are going to an SJ event like the recent pipeline gathering or the Choice in Dying demo, please let Amanda know. Amanda will inform the board. The board will decide if the UU banner can or should go to the event.

Finally, let us all accept the Christmas Eve (Tue., Dec 24, 5 p.m.) invitation to bring food and drink to the Comish/Pullyblank home at 610 Linden Avenue! Although "the bird" will be provided from congregational funds, we need everyone to contribute to this joyous annual event. By the way, there are two delightful dogs in the home; if you feel a cold nose on your leg, be not afraid. I bring my own cutlery and flatware to this event, and you might consider doing the same, but John and Sara don't require this.

Stay warm and dry this winter.  
I hope to see you on Sunday mornings!  
Peter Scales  
Chair of the Board



## News

"Please join us for the cherished Capital tradition of a Christmas Eve potluck meal at John and Sara's home at 610 Linden Avenue (250-360-1784), December 24th starting at 5:00pm. Capital will provide turkey, but please bring a contribution of food (and beverage if you wish) for yourself and any companions who accompany you."



John Pullyblank



John Pullyblank

As part of a lecture series by Uvic History Professor John Lutz on "Ten Days that shook the world". All lectures will be held at Hermann's Jazz Club, 753 View Street - admission is FREE.

Tuesday, Jan. 7: "Jan. 30, 1933: Hitler is made German chancellor."

Tuesday, Feb. 4: "March 14, 1981: The HIV/AIDS pandemic."

Tuesday, March 4: "Nov. 9, 1989: The day that brought down communism — The collapse of the Berlin Wall."

Tuesday, April 1: "Sept. 11, 2001: 9/11."

The final three lecture topics and their dates will be announced later.

### Birthdays in December

Dec 6<sup>th</sup>      Jim Rogers  
Dec 13      Dick Jackson  
24 Dec      Mary Arif & Allison Benner  
27 Dec      Holly Jackson  
If your Birthday is missing, please contact  
Amanda 250 382-6828

### A Reminder from Your Treasurer

If you write your post-dated cheques on the yearly calendar, now is the time to do it for 2014. Thank you so much for your generous contributions which keep our *Little Church that Can* going.



## Seasonal Music

Sat., Dec 7 at 7:30 p.m. at First Metropolitan United Church:

Starry Night: Songs of Christmas

The Linden Singers of Victoria

Let the Linden Singers get you in the mood for the holiday season with an evening of story telling through music.

From familiar carols (some with unexpected twists), to music of reflection and sounds of bygone times, you will feel the coldness of ice and the warmth of a crackling fire.

Under the direction of Guest Conductor Matthew Howe, who has brought unyielding energy and musicality to this season's rehearsals, Starry Night will be an evening to remember!

Tickets are \$18/\$20 with a \$2 discount if purchased from singers (including Unitarians Peter and Jenni) in advance. This concert is FREE for youth under 25!

[www.lindensingers.ca](http://www.lindensingers.ca)

Fri., Dec 20 at 8 p.m. and Sun., Dec 22 at 2:30 p.m. at UVic Farquhar Auditorium:

Handel's Messiah Conductor Giuseppe Pietrarola leads the Victoria Symphony, the Victoria Choral Society and an impressive group of soloists for this year's annual presentation of Handel's glorious Messiah. Come feel the music and hear the voices ring out!

The Victoria Choral Society and the Victoria Symphony

[www.victoriasymphony.ca/concerts/](http://www.victoriasymphony.ca/concerts/)



Active Pass - Amanda Tarling



2pm January 23rd, 8pm January 24th and 25th

A Night at the Opera with Ellie Higginson

For more information see Ellie's website:

[www.eleonorahigginson.com](http://www.eleonorahigginson.com)



## CUC news and a workshop on Sexuality & Spirituality

Greetings from your CUC Board representative! Below is a quick summary of the results of our meeting this past weekend, with more to come later:

- The Board met from November 20 - 24, 2013 to do some visioning about our future as liberal religious movement; We have felt an increasing urgency to do this as generations change and conventional church-going diminishes.
- The Board came together with selected resource people, including ministers and representatives from the Canadian UU Religious Educators, as well as the young adult community, to examine how the CUC can best envision a vibrant and relevant future.
- We had a very productive meeting, and developed, for consideration, a renewed vision for Unitarian Universalism in Canada. A revised Mission Statement will be presented as a resolution for approval at the May Annual General Meeting in Montreal. A revised set of priorities based on the mission will also be presented to the Council for approval in May at the Annual General Meeting in Montreal. A discussion paper providing details will be forthcoming by February 2014 for congregations and communities to consider and provide feedback.

Please let me know if you have questions or would like to discuss any of this further.  
Kristina Stevens 250-595-5949

Sexuality and Spirituality Workshop with Amanda Tarling - 10 - 3pm Friday Jan 3rd - 964 Newport Ave

Earlier this year I had the privilege of attending the Sexuality and Diversity Pool as well as a workshop on Queer Ritual at the Canadian Unitarian Council's ACM. It became clear to me that because our sexuality is integral to our lives that it is important for us to discuss sexuality in our spiritual community.

During this day long workshop we will reflect on sexuality and think about how it informs spirituality.

We will also address LGBTQ and sexual justice issues. We will look at how our congregation can engage in dialogue around sex, gender, and sexuality. We will consider the spiritual, emotional and social aspects of sexuality throughout our lives. Over a decade ago we voted to become a Welcoming

Congregation. Let's explore the changes of the past ten years and discuss what it means to be an inclusive community in 2014. This workshop will deepen our understanding of sexuality and spirituality and strengthen our community. Please join us.

Register with Amanda 250 382-6828



# Thanksgiving Potluck

