



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2013



When all the people of the
 world love,
 Then the strong will not over-
 power the weak.
 The many will not oppress the
 Few.
 The wealthy will not mock the
 poor.
 The honored will not disdain
 the humble.
 The cunning will not deceive
 the simple.

Mo-Tse

Sunday Services in May

May 5th Peter Scales and Allison Benner “How Unitarians Decide” – Let’s discuss what we think about global warming, Enbridge pipelines, Immigration and Refugee Protection, and electronic democracy, in advance of the Unitarian gathering where the national position will be decided. Allison Benner is a past-chair of Capital and Peter Scales is the current chair of the board.

Children's Program



May 12th Dr. Dana L Seaborn “From Willendorf to Bethlehem; A Celebration of the Divine Mother.” From the Paleolithic to the present, the Mother Goddess has been worshipped and revered. Join us as we explore her myths and traditions which, despite all obstacles, have endured to the present day. Dr. Dana Seaborn, a local Unitarian, began her study of Eurasian goddesses in the early 1980's.

Children's Program



May 19th Rosemary Morrison “Spring into Song” Join Rosemary as we raise our voices together to sing about everything spring.

Children's Program



May 26th Dr. John Pullyblank “The Unitarian Principles and Mental Health” Dr. Pullyblank's homily begins by looking at general issues in mental health and a video clip of a case study. We then explore how our Unitarian Principles influence our understanding of mental health, and how mental health informs our day-to-day adherence to Unitarian Principles.

Dr. Pullyblank has been a Psychologist for 25 years, a Unitarian for 20 years, and a member of Capital for 14 of those years.

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

Birthdays in May

May 3	Gemma Tarling Rosemary Morrison
May 13	Anna Raptis
May 14	Muriel Buchner
May 15	Jackie MacDonald
May 17	Ayat Arif
May 21	Graham Tarling
May 30	Elsie Farr

If your Birthday is missing
Please tell Amanda
250 382-6828



Wiffen Spit Sooke BC

I'm an outsider looking into the workings of the Board and what I see is pretty impressive. I've attended Capital Board meetings for ten years in the capacity of Capital's Administrator. Each and every Board has worked incredibly hard. The Board meets 12 times a year shepherding the Congregation, the committees and the finances. It's a big and time consuming job that can at times be daunting.

Our current Board consists of Dyanne, Muriel, Peter, John, Rita and Rosemary. What a great mix of new members and seasoned Capital-ists (pardon the bad pun). We have Board Members who know the unique history of Capital and others who bring rich knowledge of how other congregations and different organizations steward their groups.

Our current Board has worked diligently in the face of dwindling revenues to ensure that Capital stays vibrant and healthy. One of the Board's ideas was to have a CUC workshop to help us think about strategic planning and the way forward for our congregation.

It was pretty special to witness and take part in the day long workshop with Antonia Won. A number of planning sessions occurred before Antonia arrived. Following the excellent workshop the Board has met twice to work on the budget and get ready for the AGM. These four meetings are over and above the Board's monthly work.

I find this Board particularly inspiring and energizing to work with. Thank you for your dedication, diligence, excellent brainstorming capabilities and the good humoured banter that always accompanies a Board Meeting. Working with you is a pleasure.

Amanda Tarling, Administrator



News

Sunday April 28th All Island Service at First Unitarian Church of Victoria, 5575 West Saanich Road

To Compare is Human

Reverend Shana Lynngood

We often look at our lives and stack it up in relation to the lives of others. This tendency may be natural, but is it helpful? How does comparing our life to the lives of those around us serve to separate us further? Can it ever bring us closer together?

Sunday April 28th at Capital - Flower Communion, You are invited to bring a flower to the service. Dandelions and daisies can be found on the boulevard in front of James Bay New Horizons.

Sunday May 5th Capital's AGM beginning at 11:30 in the main hall of James Bay New Horizons.

Sunday, May 19th, 2013 from 9:00 AM to 1:00 PM at First Unitarian Church Victoria, Plant and Mini-book sale



Amnesty in Victoria is celebrating this event with a **potluck and presentation event on SUNDAY, APRIL 28, from 6-9 pm at The Citadel, 4030 Douglas Street** (just behind the McKenzie/Douglas/Pat Bay access). Our guest speaker will be **Yeshua Moser-Puangsuwan, an internationally renowned nonviolence activist**, who will outline the treaty, its implications and what to expect as terms of enforcement unfold.

Amnesty in Victoria would be delighted if you would **join us**. Just bring your joy, your questions and your own cup or mug. We'll provide snacks, tea and coffee.

LAST CHANCE TO REGISTER is APRIL 30TH The Annual Conference and Meeting, held over the May long weekend, is THE gathering of Unitarians and Unitarian Universalists from across Canada. The ACM is a time to make new friends and renew old connections, to network with others over shared concerns, to pick up new ideas, to learn and grow spiritually, and to discover that your community shares conflict and success stories in common with others.

This year, in Calgary, the theme is "Diversity: Creating a Shared Understanding."

Each of six pools (program streams) addresses a different aspect of diversity. All are intended to encourage participants to look within, ensure that we are acting from a place of good intent, and examine our own attitudes. We suggest that people attend a pool outside of their comfort zone or area of current involvement. The skilled and discerning pool facilitators invite participants to consider some overarching questions: a) What are your growing edges with respect to your understanding and experience of diversity? b) What makes you uncomfortable? c) How does diversity in this area relate to life in UU congregations? d) What can we take home from this pool and share with our communities? Which pool would you like to be in?

1. Racial and Ethnic Diversity: Rev. Mark Morrison-Reed and Rev. Diane Rollert
2. Social and Economic Justice: Carly Gaylor and Deirdre Gardner
3. Sexuality Throughout the Lifespan: Sean Neil-Barron and Samaya Oakley
4. Theological Diversity: UU Ministers of Canada
5. The Challenge of Diversity: Rev. Brian Kiely
6. Musical Diversity: Jane Perry and friends





Hike for Hospice 2013



Sunday, May 5th, 2013

COME **HIKE** WITH US!

Many of us know Marion Pape, she is a Member of the Salt Spring Island Unitarian Fellowship and a film maker. She brought one of her amazing films to Capital as part of a Sunday Service about four years ago. Marion's partner Manfred is currently in Hospice in Victoria and I (Amanda) have joined his team. Marion says

“Manfred is currently in hospice at Royal Jubilee and is receiving high quality compassionate care. We know that the majority of hospice funding comes from donations and the number of volunteers offering a multitude of services boggles the imagination. Victoria Hospice is aligning its role to the community's demographic changes and the increasing need for palliative end-of-life care.”

If you would like to sponsor me you can find the information here:

<http://my.e2rm.com/TeamPage.aspx?EventID=113033&LangPref=en-CA&TeamID=368232>

Or search “Hike for Hospice Victoria BC 2013” then search for “Manfred's Team” and you will see my name listed. Thank you for your support,

Amanda

Hike for Hospice 2013 - Fisherman's Wharf Park (300 St. Lawrence St.)

Check-in: 9 am Walk: 10 am

This year marks the 2nd annual Victoria Hospice Hike for Hospice. After a successful first year, we are energized and excited to make this year's hike even better. Join us on **Sunday May 5, 2013** for a fun, family event. Beginning at **Fisherman's Wharf Park**, the scenic 3.5km loop will take us from inner harbor to ocean as we walk for Victoria Hospice.



May's Monthly Coffee House, Saturday May 18th, from 7:00 - 9:00pm . Sara and John are inviting us to laden their table with dessert while they serve us beverages. As usual for these monthly events we'll gather at 7:00pm, settle around their lovely big dining table and chat. Then we will choose a topic for the evening. Please contact me or Sara to say you would like to come. Elizabeth: 250-472-6262, Sara: 250-360-1784 We'll have fun with mental stimulation and experience community.