



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2016

Summer Meditation

Now blows the wind with soft, relaxing warmth.

The sun beats down.
The schools are out.

Children swarm in the playgrounds and the streets, and eager city folk, vacation-bound, crowd highways.

The lakes and seashores lose their solitude and all the world seems turned to carnival.

What of ourselves. There could be, now, deep peace, a time for soul-searching.

We might turn to examine our own lives, to sort and probe our tendencies of thought.

To shift the true from false in the things of doubt,

The beautiful from ugliness unmarked.

The sun beats down; it is a time for pause.

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Sunday Services in June

June 5th Rosemary Morrison "**Connection: We're All in this Together**"

It is through connection that we can learn to be our best selves. Alternately, a lack of connection can lead to depression and difficulties. Looking through the eyes of sages and scholars, this service will explore connection to help us understand connection more fully and to help us connect deeply and with intention.

Rosemary has been a member of Capital for six years. She was very active in the leadership of this congregation until she moved to Vancouver to attend school. She will be entering her third and final year of a Master of Divinity program at Vancouver School of Theology next fall. She is a Candidate for Ministry with the Unitarian Universalist Association. Rosemary lives in Vancouver and is the proud parent of two amazing adults.

Children's Program



June 12th Ray Travers "**Spirituality and the Carbon Cycle**"

Children's Program



June 19th Marion Pape "**Following the Path of Soto Zen in Japan**"

Children's Program



June 26th Dana L. Seaborn "**When the Drummers were Women**"

Join us as we explore the history of goddess culture and the use of rhythm from the palaeolithic to the present!

Dr. D. L. Seaborn has worked as a professional musician, and has travelled through Europe researching ancient cultures. Her studies include the writings of percussionist Layne Redmond.

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

'When June comes dancing o'er the death of May
With scarlet roses staining her fair feet,
My soul takes leave of me to sing all day
A love so fugitive and so complete.'

Claude McKay

Welcome to June, the first month of the summer season and the most popular month to marry. This latter will likely keep a certain lay minister of Capital quite busy!

That's not to say that our Amazing Amanda has not been busy in May especially with the CUC AGM May 20-23 in Vancouver where she and Dick Jackson were preparing a surprise i.e. a website of UU ceremonies for all occasions. Be sure to take a look at this at 'The Ceremonies Project' or www.ceremonies.ca and point out the value of it to both other members and non-members alike. The concept and site have so impressed the UUA that they are anxious to support it (to the tune of \$10,000.). Thanks are also due to Peter, Brooke, Anna and Rosemary for so ably representing Capital.

Jan Greenwood has resigned from Capital's Board for personal reasons related to her health. She moves on with affectionate feelings for the Board members and committee members for their dedication. As well, she sees the opportunity to continue as a member of the congregation.

For the Board
Frank Bowie

Summer Meditation (Continued from page 1)

Even the trees seem
resting for a time as if
to meditate and gather
strength for the more
strenuous times that lie
ahead.

And shall not we. Here's
the unfinished clay,
half-moulded, that still
waits on us.

To think what we have
been and as we are still
yet to become.

-Robert T Weston
Unitarian





News

A note from the Kitchen

Two of our wonderful kitchen workers resigned during the last week, so we are in really desperate circumstances. We have the fifth Sundays covered, however there is one Sunday a month when Eileen is alone in the kitchen plus we have absolutely no spares in case of illness or other unavoidable absence.

If you are able to help please speak to Carole or a member of the Board.

With gratitude,
Carole Smith



Birthdays in June

June 1	Margo van Steveninck
June 14	Kathryn Poirier
Jun 20	Audrey Woodward
Jun 22	Peter Scales
Jun 24	Winnie Cooper

If your Birthday missing...please let Amanda know 250 418-0887



Last year at the Canadian Unitarian Council's Annual General Meeting and Conference I presented a day long workshop that I had created called "Ceremonies for Lay Chaplains; more than just Hatch, Match and Dispatch." Following the workshop Liz James, a Ministerial Candidate, approached me with an idea. She asked if I would consider creating a website and fill it with ceremony templates for anyone to use.

I was overwhelmed at the prospect but Liz and I kept talking... Last weekend at the CUC's AGM in Vancouver I was very proud to launch the ceremonies.ca website. It was received with much excitement.

I must thank Dick for creating the website, he has been very supportive and had some fantastic ideas. I must also thank the CUC who have given the project \$2000, the Northern Lights Unitarian crowd funding group which has donated \$1000 and the Unitarian Universalist Association has fully funded the project, all \$7,600 that Liz and I asked for. Needless to say we are thrilled!

The website is just the beginning, we have a grand plan that will be rolled out over the next few years. In the meantime have a look...

www.ceremonies.ca

Amanda Tarling



Attending the CUC's ACM



The photo above is of the group “Women of the drum”, who opened the Sunday Service at the Chan Center in Vancouver. While I adore all things at the CUC ACM this year’s closing ceremony was extraordinary. The “Women of the Drum” invited us to sing with them. We sang to the earth, the directions, to each other and to ourselves. Joyce Poley led our singing during the service including teaching us a new song of hers written especially for the ACM. The Sermon was presented by four Unitarian Young Adults giving their perspective on what is it to be a Unitarian Young Adult. (heads-up - they do not feel welcomed in our communities and feel there is no programming for them! Let’s brainstorm on how to change this at Capital.)

I was lucky enough to have attended the day-long workshop on Truth, Healing and Reconciliation. It was a life-highlight. I am writing a sermon about it for Salt Spring Island next weekend and I’d be delighted to share it with Capital.

On Sunday I was part of the Multi-gen workshop called Diversity Dive in which we created a big circle and we were asked questions - such as “Have you ever been scared to walk home at night on your own?” (If so take a step forward). “Do you own your car? (If so take a step back) The exercise was to help show us the amount of privilege we have. It too was a very powerful experience, especially the discussion we had afterwards on how people felt during the exercise and where they ended up placed in the room.

The CUC will be posting videos of the Sunday Service and I will let you know when they are available. In the meantime you can go to this YouTube link (<https://www.youtube.com/watch?v=oUk3LpEpYS4>) to see Rev. Melora Lynngood’s Confluence lecture. Every year the Ministers of Canada choose one amongst them to give the Confluence lecture and Rev Melora was chosen last year. Rev Melora spoke about volunteer burn out and the difficulties of wanting to participate in our communities without finding ourselves shouldering the entire burden of keeping our congregations going.

The next CUC ACM will be held in Hamilton in 2018. Attending these events is truly inspiring. The programming is incredible, the Sunday Service and Confluence lectures are remarkable but it is the incredible feeling of being with hundreds of other Unitarians that is uplifting beyond words.

I hope some of you will consider coming to Hamilton. I know I will be there. With my thanks to the Congregations of Vancouver and the Staff of the CUC who made the event such a success. - Amanda