



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2016



Carefully the leaves of autumn
sprinkle down the tinny sound
of little dyings

And skies sated of ruddy sunsets
of roseate dawns

roil ceaselessly in cobweb greys
and turn to black for comfort

Only lovers see the fall
a signal end to endings

a gruffish gesture alerting those
who would not be alarmed
that we begin to stop
in order simply
to begin
again.

-Maya Angelou

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 November

November 6th Frank Bowie "**Life lessons from across the millennia: The Wisdom of Marcus Aurelius**"

His private thoughts, both simple and sincere, are still a goldmine for modern humanity.

Children's Program



November 13th Ben Dolf "**How Then Shall We Live?**"

From time to time, we reflect on where we stand and where we want to go. But right away we run into a common obstacle: if a new path were obvious, we would have chosen it long ago. Ben Dolf will attempt to bring some new perspectives in the hope of opening new horizons. These may enable us to take a fresh look at how people and organisations of goodwill can support each other and the community in the coming years of upheaval and uncertainty.

(Workshop follows Sunday Service)

Children's Program



November 20th Peter Scales "**The Conversation Project**"

The Conversation Project helps people talk about their wishes for end-of-life care. Too many people are dying in a way they wouldn't choose, and too many of their loved ones are left feeling bereaved, guilty and uncertain. It's time to transform our culture so we shift from not talking about dying to talking about it. It's time to share the way we want to live at the end of our lives. And it's time to communicate about the kind of care we want and don't want for ourselves. The place for this to begin is at the kitchen table—not in the intensive care unit—with the people we love, before it's too late.

Children's Program



(Sunday Services continued on page 2)



Board Notes

The Board Report

As we begin the seasonal slowdown to Samhain (Oct. 31) and the Winter Solstice (Dec. 21), we have the opportunity to turn inwards a little more just as our farming forefathers have. With our Thanksgiving potluck on Oct. 13th, we gathered to celebrate the harvest.

This is now a good time to note some improvements to our services to whitt a new and improved microphone donated by Dana Seaborn. As well, our Sunday Service Committee has lined up a full roster of speakers and topics throughout the next few months.

Two areas we all have an opportunity to work together in as a community are also notable. The first is the kickoff of our pledge campaign begun last Sunday by Treasurer Rita Wittman with a collage of member photos and the soundtrack as a reminder that "We are family." Thanks Amanda. Our second opportunity to provide welcome input into our family goals will come in the shape of a November 13th post-service workshop by Ben Dolf on the topic 'How Could This Congregation Serve Its Members and the Community?' See the Orders of Service for the details.

Just a reminder that we turn our clocks back one hour on Nov. 6th. As well, our next Board Meeting is planned for November 22nd at Rita and Jim's, and of course, all are welcome. Frank Bowie for the Board

CANVASS 2017

Dear Ones,

It is time for our annual canvass! This is when we ask you to pledge financial support for the upcoming year, 2017, so that we can continue to provide services for our beloved congregation and anyone else who chooses to join us on Sunday mornings.

During October and November, we will distribute Pledge forms and you can pledge on a yearly, monthly or weekly basis. The Pledge form contains suggested amounts correlated to income levels.

If you have any questions, please email Rita: wittmanr@gmail.com or call her at 250 382 2169.

Thank you for your much needed support, without it we wouldn't be here.

Rita Wittman
Treasurer



November 27th Amanda Tarling "Tattoos: Ritual. Identity. Obsession. Art."

In February, Amanda was lucky enough to see the Royal Ontario Museum's exhibition about tattoos. Love them or loath them they are rich with symbolism and meaning. The cultural and spiritual history of tattoos around the world is fascinating, join us to find out more.

Children's program



News from FUCV

LEGACY CIRCLE (FORMERLY PLANNED GIVING)

Brooke Taylor

After retirement I decided to make our two congregations the beneficiaries of my RRSP so that funds would go directly to the churches tax free without having to go through probate.

I joined the church 25 years ago after attending a conference for liberal religious groups in Hungary after the opening of Eastern Europe. We were able to meet for the first time members of the congregation from the original Unitarian church in Transylvania. I have enjoyed being in the Victoria congregations and especially travelling to the many conferences in North America and abroad where I have met many new friends and have stayed in touch with those from my young adult days. Blessed Be.

If you would like more information about putting the church in your will, feel free to contact Frances Hancock at 250-477-1310 or visit Planned Giving on the church website. Thank you.



CELEBRATE "SAMHAIN" (CELTIC NEW YEAR)

celtic ceilidh

(Pronounced "KELTIC KAYLEE")

Sponsored by FUCV's very own "JAMMERS"

First Unitarian Church - October 28, 6:00 pm

Join in with your personal Celtic talent

SONG - DANCE - PLAY INSTRUMENT - POEM - STORY

**Your dress (Celtic Style): Breton, Irish, Galician, Scottish,
Cornish, Welsh . . . dress as your favourite animal**

**The Celts were Europe's aboriginal people.
They were found all the way from Turkey & Ukraine in the East
to Spain, Wales & Ireland in the West
and never completely conquered by the Romans.**

Get your tickets now! \$15:00

Bar and delicious finger foods will be available.



Workshop & Capital's First Pub Night!

Sunday, November 13, 2016

Please join us for a wonderful workshop with Ben Dolf.

HOW THEN SHALL WE LIVE?

"How Can This Congregation Serve Its Members and The Community?"

This workshop is free of charge for all members and friends. Ben will give the homily during the service.

After the service, we'll have coffee and convene in the Forum room from 11:30 until 2 pm (or until whatever time you are able to contribute). Let's get together and brainstorm about how we can use our Unitarian principles to effect positive actions within our community and beyond!

We need input from all of you.

(Please bring a bag lunch.)

Questions, comments, suggestions, please email Rita at wittmanr@gmail.com or call 250 382 2169.

Capital UU Pub Night

WHAT: a **Capital UU pub night** - perhaps the first of a regular affair!

WHEN: **Friday, November 4th** at **6:00 p.m.** (first Friday of the month)

WHERE: James Bay Inn, 270 Government Street – <http://www.jamesbayinn.com/food-beverage/jbi-pub/>

(lower level entrance on the left of the stairway)

WHO: all are welcome

HOW: email

Karen.christie8@gmail.com

by the end of the day on Nov 3 to reserve a place, or take your chances on an available chair if you prefer spontaneity



Photos of Capital people from the Thanksgiving Potluck.

Birthdays in November

Nov 4th Eileen Crawford

No 25th Dana Seaborn

If your birthday is missing please let Amanda know 250 418-0887



One Love - by Naomi Kasten (nee Enkin)

(from attending a public lecture by Rev Shana)

I asked Rev. Shana Lynngood about the rhythms of life in a Unitarian Universalist Congregation. I know about the rhythm in a week, with Sunday as a day to gather in community, light the chalice, share joys and concerns, and learn, whether in a rational, cognitive way, or, as Shana made so reverberatingly clear, in a transcendent way, filled with awe, wonder, and a sense of meaning beyond the sensory ordinary. I know about Sunday's "hymn sandwich", as Shana called it, that moving from song to spoken word to song. But what of life's rhythms? Birth, coming of age, entry into the congregation? What about death? The anniversary of death? How does a Unitarian Universalist congregation mark life's passages? Having heard Shana describe the freedom within the Unitarian Universalist community to choose and express in one's own personal way, I knew that this freedom was part of the answer. And so, as part of my question, I asked whether there are those who would seek freedom from that freedom, some desire for a given structure, telling them this is the day we search our souls, this is the day we fast, this is the day we mark as the year's beginning, this is the daily time when we pray.

All of this talk happened at the fourth weekly meeting in a Lunch and Learn series run by the Victoria Multifaith Society, at Christ Church Cathedral. Rev. Shana Lynngood covered in a brief and inspiring way, the basic requirements for her talk: The essence of my faith, a very brief history, core beliefs and key concepts, principle practices and customs, and holy books/texts/recommended reading. Actually, her response to this last was a Universalist one. That there are so many great books to read, she would not impose her recommendations on us. "Salvation by Bibliography", but we will not tell you which book will save you. I'm reminded of a thought from Alan Watts. "I had a discussion with a great master in Japan, and we were talking about the various people who are working to translate the Zen books into English, and he

said, "That's a waste of time. If you really understand Zen... you can use any book. You could use the Bible. You could use Alice in Wonderland. You could use the dictionary, because the sound of the rain needs no translation..."

The participants in this Lunch and Learn who come from faiths where the year is divided into lectionaries or prescribed readings, asked Shana, "How do you decide what to talk about each week?" She told us about monthly themes. October's theme this year in her congregation, in keeping with Thanksgiving and the High Holidays, was "Blessing"; the practice of sharing what is good, and "How do we be a blessing?". November's theme, apt when we think of "no leaves, no warmth, no-venber" is "Letting Go. Loss. Aging". Without a lectionary or prescribed weekly topic, Shana follows Ralph Waldo Emerson's description of a true preacher, who "deals out to the people in his life, life passed through the fire of thought".

It was abundantly clear throughout Rev. Shana Lynngood's talk that awe, transcendence, and the sacred, were as central to her practice of Unitarian Universalist faith, as are the principals of the inherent worth and dignity of every person, justice, equity and compassion in human relations, and respect for the interdependent web of all existence of which we are a part. Rev. Shana uses the word "worship" for what happens on Sunday morning, as well as for what happens in the children's group, out in the forests and by the sea.

(Continued on page 6)





Have your say about Sunday Service Topics

(One Love - continued from page 5)

As to my question about the marking of life's passages, Shana described a most beautiful ceremony for a newborn, where a flower is touched to the baby's head, with the blessing, "May your life unfold in beauty like a flower." Created traditions, new traditions, changing traditions. And as for the craving for freedom from all that freedom, she pointed out that living, truly living by the Unitarian Universalist principles, truly finding the inherent worth and dignity in every single person, is a rigorous and demanding faith. What Rev. Shana Lynngood asks of a religion is, "What kind of a person does it make you? How are you transformed?"



What we want next year on Sundays
November 9th 9-10 and 11-noon

Have an informal chat one-on-one with those planning 2017 Sunday services. Why do you join us Sundays? What makes you leave feeling being here was a good choice? Speakers, topics, music, sound, visuals, timing, duration, philosophy, spirituality, poetry. From the practical and concrete to the abstract and ephemeral. If it matters to you then it matters to us, but we need you to tell us about it.

Not sure what to say? Talk to us anyway! We will bring some conversation starters like these samples to get you thinking:

- Tell me about a Sunday you really enjoyed
- Tell me about something you read in the newsletter about an upcoming Sunday that made you decide you wanted to be here
- Tell me about a Sunday you felt disappointed or frustrated
- Tell me something you would like on a Sunday next year
- Tell me what would make you want to invite others to a Sunday if you read about it in the newsletter

Feedback also welcome to Anna Isaacs
Isaacs.anna@gmail.com or cell 250-472-0117
(text comments or phone or text to arrange a time for a phone conversation)

