

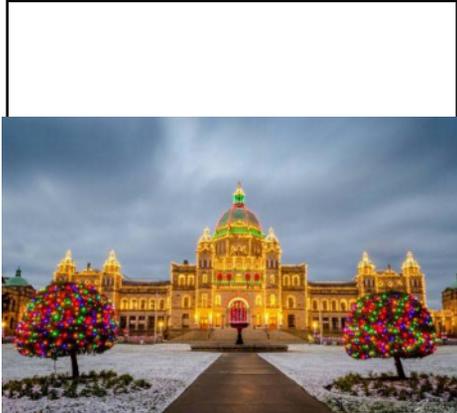


Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2016



Sunday Services in December

Dec 4th Lillie Lentz "Chalica: Celebrating Our Seven Principles"

It's official! We have our words, our ways and our days. Do you have a favourite? Today we'll explore these things.

Children's Program



Dec 11th Brenda Wilson & Dr. Lilli Rosenberg "Citizens' Counselling Centre: Ripples in the Community Pond"

Learn about the origin of Citizens' Counselling Centre, the work they do in the community, the volunteers they train and supervise and the clients who come to them for support.

Children's Program



Dec 18th Phoebe Ramsay "Shukran Habibt: Gifts from the Refugee Trail"

Phoebe Ramsay spent seven months volunteering in solidarity with refugees in Greece, and will return in January to continue her work. In this, the season of giving, Phoebe will be sharing with the congregation some of the gifts that she received while on the refugee trail, and the stories and journeys they hold. Reflecting on our 6th principle, responsibility to the larger community, she will also be sharing the story of her personal journey, and speaking about finding light and hope in the darkest of places.

Children's Program



Dec 25th Dr. Dana L. Seaborn "Songs and Stories of Solstice."

Come join us to explore the various midwinter cultural traditions and sing and have fun!

Children's Program



Help us to be the always
hopeful

gardeners of the
spirit

who know that without
darkness

nothing comes to birth

as without light

nothing flowers.

-May Sarton

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.

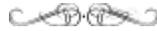


Services in January

Jan 1st Anna Isaacs "Fire Communion"

Gather for a simple ritual of new beginnings. Take this opportunity to reflect on what you would like to let go of and what you wish to welcome into your life.

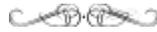
Children's Program



Jan 8th Rabbi Harry Brechner "Teaching from Judaism"

We welcome teaching from the Rabbi of Congregation Emanu-El, the egalitarian Conservative Jewish congregation in Victoria.

Children's Program



Jan 15th Shannon Kirk "Virtues and Principles"

What does it mean to be virtuous, and how does this goal manifest in our Unitarian Universalist principles? Which of the classical virtues match the UU principles and sources and which virtues have we abandoned? Why? Come and share!

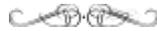
Children's Program



Jan 22nd Nomi Kaston, M.Sc., Speech Language Pathologist "We CAN communicate! Teachings for all of us from the worlds of Autism and Neuro-Diversity."

For all of us, communication sometimes feels impossible. We can all learn from the innovative techniques that give a voice to people with Autism and other communication disorders. An uplifting and hopeful vision for a listening world.

Children's Program



Jan 29th Paige Thombs "The Rise of Secularism in Canada and Its Impact on Freedom of Religion and the Duty to Accommodate"

Trinity Western University's recent application for a law school has been met with incredible backlash, both from the general public and from the legal community, due to its mandatory "community covenant" and the perceived discrimination contained within it. How does Canada continue to protect the rights of all (particularly the rights of women and LGTB community members) while still protecting religious freedom?

Children's Program



Board Report



BOARD REPORT

As the board changed its meeting date to November 29th due to unforeseen circumstances, this will be an abbreviated report. Just a reminder to any congregation members and friends that our meetings are open to all. The coming meeting will be at Rita and Jim's.

We were happy to have excellent attendance for both Ben Dolf's homily and the workshop which followed on the future of our congregation. In the latter, many good ideas were tossed around and recorded for board consideration as well as appreciation for those things which really do work well. We also would like to remind all to fill in the feedback form for the workshop and return it to any board member as this helps us plan further activities of this type.

Here's another reminder. After Peter's homily on the 20th, we passed out Next-of-Kin forms to be completed as soon as possible so that Capital has this essential information on hand. They can be returned to any board member.

Stay tuned for details re: our annual Christmas Potluck next month. As usual, we will offer both organic turkey and a vegan main course. This event is not to be missed!

Frank Bowie for the Board

The Nourishing Dark by Richard Gilbert

We pause in holy quiet of the nourishing dark;
We miss the sparkling daylight hours,
The long days of brightness and activity.
We yearn for their swift return, And wonder if we
can wait,
Or if our patience will at last give out.

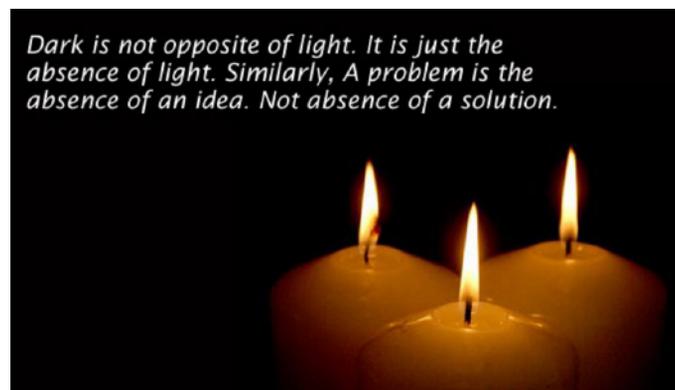
We forget the nourishing dark at our peril.
There is mystery in the dark to be probed.
There is the adventure of that which cannot be
known,
Cannot be seen - can only be experienced in the
soul.
There is deepness in the dark, impenetrable and
inviting.

In the darkness we rest our bodies and our souls;
We escape that which distracts and confuses;
We come face to face with ourselves;
We come into the deep places of our being.

Darkness is not mere absence of light.
Darkness is not simply an interval between days.
Darkness is the softness of things.
The blessed quiet of the night.

May we not bemoan the dark, but relish it.
May we feel its powerful presence
And rejoice in its mystical embrace.
May we celebrate the deep and nourishing dark.

-Submitted by Rita





Canvass for 2017

Dear ones,

Amanda's fantastic video collage of our Capital family was an amazing kickoff to Canvass this year.

Thank you all so much for your generous pledges! As of today, November 22, we have \$20,000 pledged. That is a little shy of our goal of \$25,000, but we still have a few more of you to hear from.

Your generosity keeps our beloved community going.

The board is currently developing our budget for 2017 and we'll have that in place by the end of December.

Rita Wittman

Treasurer





Pub Night, Counters, Birthdays...



WHAT: CUUC Pub Night - let's lift a glass together over some pub grub!
WHEN: Wednesday, December 7 - new time: first Wednesday of the month at 6pm
WHERE: The Penny Farthing Public House, 2228 Oak Bay Ave
WHO: All are welcome
HOW: RSVP to karen.christie8@gmail.com by December 6, or take a chance on getting a seat



Counters for December

December 4	Jim Rogers
December 11	Shannon Kirk & Sheva Spencer
December 18	Linda Marchand & Rita Wittman
December 25	Frank Bowie

Birthdays

Dec 6	Jim Rogers
Dec 13	Dick Jackson
Dec 27	Holly Jackson
Dec 28	Stan Evans
Jan 11	Kimiko Hymans
Jan 12	Margot Garmsen
Jan 17	Brooke Taylor
Jan 23	Rustom Patel Rita Wittman

If your birthday is missing please contact Amanda 250 418-0887



In celebration of Audrey's work...

I took over the creation of the Newsletter in 2005 from Peter Weiss. For the past eleven years Audrey has been the most wonderful and tireless proofreader. Audrey has the eyes of a hawk, catching errors and omission with grace and a marvelous sense of humour.

This Newsletter is Audrey's last as proofreader and I would like to thank her for years of dedication and her always cheerful countenance.

You are a blessing Audrey. We are all grateful to you for your years of work.

With love and thanks, Amanda xo



Holiday Services at First Unitarian Church

December 21 at 7:00 pm Christopher Wulff

Winter Solstice - Journey into Night WA N/A

On the year's longest night, join us as we gather to invite back the light. Let us touch the ground below and find warmth in fire's glow. A contemplative service, we will mark in song and ritual those weights that sit heavy in our hearts and practise their release.

December 24 at 4:30 pm Christmas Eve for All Ages

Reverend Shana Lynngood, WA Dar Gareau-Levy

Join us as we celebrate the arrival of Christmas in the traditional story of the birth of Jesus, carols, and a contemporary lesson. We will have the special musical gifts of Hillary and Braden Young to add to our celebration. Please bring gifts of clothing for the homeless in our community. **See below for suggested items.**

December 24 at 8:00 pm Christmas Eve Vespers

Reverend Melora Lynngood, WA Susan Layng

Come join in this quiet, reflective service in which we consider the Christmas story through the lens of our theme "Expectation: the practice of watchful awareness." We'll sing carols and end with our traditional candle lighting.

WORLD-WIDE CANDLE LIGHTING SERVICE

The Victoria Chapter of Compassionate Friends invites bereaved parents, siblings and their families to the world-wide candle lighting service on Sunday, December 11, 7:00 pm at Cordova Bay United Church, 813 Claremont Avenue.

This non-denominational service features a speaker, soloist, candle lighting remembrance and reception. Please bring a labeled photo(s) of your child(ren) or sibling(s) to be placed on the Table of Tribute.

Contact person: Frances Aknai faknai@shaw.ca

