



Capital Unitarian Universalist Congregation

The Capital Letter

VICTORIA, BC

2017



Sunday Services in February

February 5th Kristina Stevens "A vision from Sea to Sea"

As Canadian Unitarian Universalists, we envision a world in which our interdependence calls us to love and justice.

Children's Program



February 12th Alan Dawson "Kenneth Leo Patton"

Some of you probably come to the conclusion that I look a lot to the past, well, I like to look at our forebears in Unitarianism to see what they have to offer us today. Patton was very influential on Unitarianism during the last century. Here is a quote from Minister and scholar, David Bumbaugh as he summed up Patton's work: "It was he who taught a monotone rationalism how to sing; it was he who taught a stumble footed humanism how to dance; it was he who cried 'Look!' and taught our eyes to see the glory in the ordinary."

Children's Program



February 19th Dr. Sara Comish and Dyanne Lineger "Care and Concern; the role of compassion within our community."

Many religious traditions can turn to their scriptures for their inspiration to be compassionate. Without scripture, what do Unitarian Universalists do? Dyanne and Sara from the Care and Concern Committee will speak to the the issue of compassion in our community.

Children's Program



In the end it won't matter how much we have,

but how generously we have given.

It won't matter how much we know,

But rather how well we live.

And it won't matter how much we believe,

but how deeply we love,

John Morgan

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.

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Services in February (cont'd) & Board Notes

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February 26th Charles Card "Caring for Victoria's most vulnerable children and their care-givers: the story of MiMi's House."

MiMi's House is a small residential care facility in Saanich that provides short-term care to children with severe cognitive and physical impairments, allowing their families to obtain a brief respite from the challenges and demands of providing for their children's on-going care.

The story of MiMi's House, from the crisis that led to it's creation nearly 14 years ago to the provision of care that continues today, will be told by Charles Card, one of the founding directors of Children's Respite Support Society, a small charitable organization that works to augment the respite care given at MiMi's House.

Children's Program



Board Report

Last autumn Capital UU felt it was shrinking. With people moving away or dropping out, and capped by the death of Mavis Butlin, we were at 28 members and a dozen or so 'friends', with fewer than 40 adults at some services. The board is happy to note that the shrinkage has been reversed lately! The Membership team of Elizabeth and Karen has been growing our numbers, and there's a renewed vitality in our Sunday services. Yay team! If you are a 'friend' of Capital and you feel that the time is right to make a formal commitment, please talk to Elizabeth, Karen or any board member.

Capital's annual general meeting (AGM) will be in early March. One plump agenda item will be a new set of Bylaws that will make us compliant with the 2016 BC Societies Act. The board would like to thank clerk/admin Amanda for tackling the project of revising our entire constitution and bylaws. We will all have a chance to review those changes, before our AGM. Stay tuned.

Finally, many of us are watching the construction of "Capital Park," the office complex that is going up just two blocks from our Sunday meeting location. Maybe someday it will have an accessible, rentable, 75-seat activity room that we could fill.

Peter Scales, for the CUUC Board





News

Faith is like a walking stick - By [Gary Kowalski](#) from the UUA website <http://www.uua.org/worship/words/sermon/faith-walking-stick>

How many of you like to go hiking? I have a number of walks nearby that I like. Hunger Mountain, Snake Mountain and others. Or if we don't want to drive, my wife and I just go down to our local park where in just a few steps you can forget you're in the city. Sometimes we bring our dog Smokey along and Smokey isn't as strong or fast as he used to be. But that's okay because I'm not as young or fast as I used to be either. And Smokey reminds me to slow down.

A walk in the woods isn't a race, after all. It's not all about seeing how fast you can go, or how quickly you can get to the end of the trail. A walk can be like a meditation, a series of moments to be aware of all the sights and sounds along the way. If you're in too big a hurry, you forget to hear the birds sing and might not see that little mushroom growing under the tree, the one with the yellow cap.

But even when you take your time, a walk can sometimes be tough going. What if it starts to rain? And what if there's a wet, soggy, boggy place where the stepping stones are few and far between? Well, in those cases, I've found a couple of things that help. First of all, it helps to have a friend or two along, because then even if it starts to pour and the raindrops are trickling down your nose, you can always sing a song together, and it's hard to feel sorry for yourself when you're singing an old Beatles song. And for those soggy, boggy places, if you can't have a friend along, there's nothing like a walking stick, which helps you keep your balance, and whether you're walking up hill or down makes you a little steadier on your legs.

Walking sticks make me think about our faith, Unitarian Universalism, which is a little different from other religions. Because for us, life is like a long walk, or a journey. It starts when we're little children and just learning about our world, and then grows as we grow. With each step, we're always gathering more (cont'd)

information and gaining more experiences, finding out about ourselves and as we explore our beliefs change. The things we imagine might be true when we're six years old are different from the dreams we have when we're sixty. And none of us is just certain where or how the trail ends, or what we'll find when we finally reach the mountain top. But we know that other people have walked this way before and that gives us the hope and courage to continue on the adventure.

Now just like on a long trail, life sometimes gets a little tough and can even be scary. And that's why it helps to have friends, and a spiritual community like this one. And at times we start to lose our balance and begin to fall down. And then it's handy to have a walking stick along.

Unitarian Universalism, our religion, is like a walking stick. It's not a religion that solves all our problems. It's not a religion that can magically lift us over the muddy places. It's not a religion that spares us the necessity to dig deep and struggle when there's a big boulder we have to climb over or other challenges come along. But it is a religion that can help us keep our equilibrium, that helps us keep our feet on the ground, which reminds us when the going gets hard that each of us is strong, each of us is resilient, each of us is capable, however we identify our gender, our ethnicity, our race; whether we're big or little. And Unitarian Universalism is a faith that encourages each one of us to find and make our own beliefs—not a one-size fits all religion—but one we constantly tool and re-tool as we go. So this is my personal walking stick. (Show kids my stick.) each of you have the opportunity to make your own stick to help you go wherever you need to go. And as Unitarian Universalists, you too can find and make a religion you can call your own.



News



CUUC Constitution Plenary

February 16th - Noon - Amanda's House 964 Newport Ave.

BC Society's Act has brought in new rules about the format and content of the Constitution and Bylaws of all Societies in BC. As a society CUUC must comply with the act. We have until Nov 2018 to comply. Amanda has been studying the Process and would like to present her findings in a Constitution and Bylaw Plenary in advance of Capital's AGM on March 5th. All are welcome.

Hello Poets and Artists.

The next issue of The Canadian Unitarian is due out mid-March. Do you have a poem that might fit with spring, renewal, the new Vision of Interdependence, or Love and Justice? Please send short poems.

The deadline is Feb 8th.

best wishes

Janet Vickers
poetry@cuc.ca



Capital's AGM is March 5th from 11:30am at James Bay New Horizons

Everyone is welcome

AGM

Annual General Meeting

Pub Night Friday Feb 17th, 6pm at the Bard and Banker.





In honour of the United Nations' [World Interfaith Harmony Week](#), the first week of February, UVic's Multi-Faith Services and the Victoria Multifaith Society are joining together to present

***Healing the World:
Appreciating Diversity, Creating Community***

A panel of local leaders from 8 world faiths will discuss the tools & spiritual teachings that are most needed for humanity to heal and flourish.

Join us for a joyful and informative afternoon celebrating interfaith harmony through the arts, song and social discourse!

The event will open with displays and refreshments at 1:00 p.m., with the program following from 1:30 - 4:00 p.m.

Sunday, 5 February, 2017
[David Lam Auditorium](#)
Maclaurin Building A144
University of Victoria

Sponsored by UVic's Multi-Faith Services and the Victoria Multifaith Society

PROPOSED PANELISTS From 8 faiths include Rev. Shana and Rabbi Harry Brechner.

For further information, contact Sheila Flood, 250-818-9099 or Christine_johnston@telus.net.





Sara and John's Christmas Eve Potluck

