



# Capital Unitarian Universalist Congregation

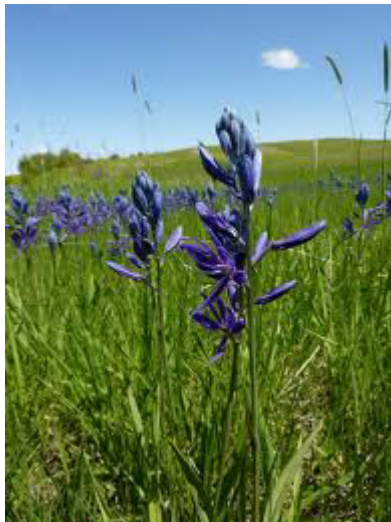
## The Capital Letter

VICTORIA, BC

2013

And I have felt a presence that  
 disturbs me with the joy of  
 elevated thoughts;  
 A sense sublime of something far  
 more deeply interfused,  
 Whose dwelling is the light of  
 setting suns,  
 And the round ocean and the  
 living air,  
 A motion and a spirit,  
 that impels  
 All thinking things, all objects  
 of all thought,  
 And rolls through all things.

William Wordsworth



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 April

April 7<sup>th</sup> Dr Andrew Rippin "**Islam in the Modern World**" Dr Rippin is a Professor of Islamic History at the University of Victoria, he is a specialist in the Qur'an and the history of its interpretation. Dr Rippin authored the textbook "Muslims: their religious beliefs and practices".

Children's Program



April 14<sup>th</sup> Karina Strong "**Bringing Joy to Burmese Refugee Children**" As part of SPARK! Circus, Karina Strong, founder of VestaFire Entertainment, travelled to Thailand in 2012 with her family (Kevin, Jenna (8) and Caden (3)) to bring a circus experience to Burmese refugee children. Using multi-media, Karina and Kevin will share the stories of this mission to bring a little joy and playfulness to underprivileged children they met and the impact it had on her own family. Karina is a member of First Unitarian Fellowship of Nanaimo.

Children's Program



April 21<sup>st</sup> Peter Scales "**When Unitarians Gather**" We make community on Sunday mornings. Unitarians also make community at dinners, regional gatherings, summer camp, and the national gathering each May. Come and learn more!

Children's Program



April 28<sup>th</sup> Amanda Tarling "**Flower Communion**" Dr Norbert Èapek founded the Unitarian church in Czechoslovakia and created the flower celebration service in 1923. Dr Èapek was born in 1870 and was murdered in 1942. The impetus for writing the flower communion came from his feeling that his church needed a symbolic ritual that would bind his congregants more closely together. Come and join us in this beautiful service.

Children's Program





## Board Notes

### Board Message – The CUC Workshop

The Board and other members of our Capital community came together on February 23, 2013 for a workshop led by Rev. Antonia Won of the CUC and paid for by our CUC dues. We were not entirely sure what to expect, but what we ended up having was a pleasant, helpful, and in a number of ways surprising experience. Across the day, we were led through a variety of exercises to tap into some of the key issues facing Capital.

In the end, the overarching goal discussed for Capital was sustainability, the continuation of a congregation that means a lot to a growing number of people. Within that goal were identified 4 areas of discussion: (a) sustainable human resources; (b) communicating and problem-solving effectively and with respect; (c) more explicitly exploring our identity and “theology” as Unitarian Universalists; and (d) building our membership. Within human resources, we discussed the challenging differential between people and tasks, and facing the challenge of burnout. Working within a 5-word limit, Communication and problem-solving was identified by Tarling and Pullyblank (2013) as “Calmly communicating our evolving diversity.” I know, its beautiful, isn’t it? This was meant to summarize a theme that included communicating effectively, being less reactive, clearly sharing decision-making, recognizing the diversity of experience and views in our congregation, and making it more safe to have the inevitable disagreements of a human group.

As a cranky atheist, there were surprises for me as we explored these issues. With regard to UU identity and “theology,” we discussed how our shared adherence to the Principles can be a kind of magnet that draws liberals together in a community like Capital. We discussed reveling more in the Principles and sharing this perspective with others.

The biggest surprise of the day was the degree to which Ministry came to be seen as a possible consideration for Capital, not only in the eyes of Rev. Won and those inclined towards having a Minister, but among others, such as myself, who have been adverse to this for Capital. So, what has changed? For me, it was the recognition that running a lay-led congregation has become more difficult and that it would be nice to have the drawing power and organizational skills, among other aspects, of a trained Minister. It seems like a possible route to building sustainability.



Back: John, Rosemary, Dyanne, Peter  
Front: Amanda, Antonia, Muriel (Rita was in Calgary)

Continued on page 3



## Board Report - Continued from page 2

So, does this mean that a Minister is imminent for Capital? No, not at all. It would be a long, careful road to getting a quarter-time Minister. This would include the many discussions we would have among ourselves around deciding if this would be something we would want to do, as well as being clear on what it is that we would expect from such a person. A part-time (or even full-time) Minister cannot do everything and works in collaboration with the congregation. So what might we most like to do alongside a Minister? I would like the Organizational Development piece, others might want pastoral counselling, and so forth. Financially, we would have to decide to take the risk that paying for a quarter-time Minister would be offset by increased Membership and attendance at services. This risk would initially be reduced by funds we have in our savings that are designated to Ministry.

Part of acquiring a Minister that I did not fully appreciate, is preparing the congregation to receive one, rather than just throwing a Minister in and wishing them the best. In larger congregations, such as First, this is done by an Interim Minister who comes in first to smooth the bumps in the congregation. In our case, Rev. Won was clear that our human resources practices have to be shipshape. Whether it is the congregation, paid staff, or both who strive for excellence, this has to be done in a way that is fairly compensated and has clear, respectful boundaries. In other words, we cannot work our staff into the ground, nor permit them to. This fit into the larger insight from the day of making a Capital Congregation that is sustainable and enjoyable for all who participate.

So quite a day. Board time right now is consumed by forming a budget for the coming year, and preparing for the May AGM. For the future, the February CUC Workshop has left us with many ideas to explore for Capital and certainly was time well spent.

John Pullyblank  
Board Secretary



Antonia Won and her magic wand



## News

Greetings to you all!

You are probably aware that the Canadian Unitarian Council's Annual Conference and Meeting will be held in Calgary this year, over the May long weekend. The Annual Meeting will take place on Friday, May 17, and the Conference will be on Saturday and Sunday, May 18 and 19.

Because Calgary is much closer to BC than last year's meeting (in Ottawa), and because a number of people expressed interest in the Conference program last year but could not afford the cost to attend, we have arranged for a chartered bus to go from the Vancouver area (including picking people up at the Tsawassen Ferry terminal), stopping in Kamloops, and on to Calgary. The cost of the bus, \$100 one-way, \$200 round trip, is about half the cost of flying.

The bus will go on **Thursday, May 16**, so delegates can attend the meeting on Friday. (Note the change from Friday to Thursday.) It will pick up passengers at the ferry terminal around 9:00 am, stop at the Vancouver church and probably stop in Burnaby. It will stop in Kamloops for lunch, to change drivers, and to pick up any passengers from the Okanagan (a lower cost will be arranged), and arrive in Calgary for a late supper. The bus will return on **Monday, May 20**, getting to Tsawassen in time to catch the 9:00 pm ferry. Sign up for the bus on-line, when you sign up for the ACM ([www.cuc.ca](http://www.cuc.ca)).

Can you please pass this information to members in your congregation who might be interested? Please also let your Youth Advisors and any youth who might want to attend know about this. We need to know how many are interested in this bus by early April, to ensure there are enough to cover the cost.

Let me know if you have further questions. Thanks!

**Kristina Stevens**  
Canadian Unitarian Council Board  
[kristina@cuc.ca](mailto:kristina@cuc.ca)

### Birthdays in April

April 10      Jan Greenwood  
April 29      Phil Kasten

If your Birthday is missing  
Please let Amanda know.  
(250) 382-6828

**Monthly Coffee House**, Saturday, April 13, 7:00pm Allison and Anna are inviting us to their place on April 13. Allison is inviting 20 of us so we will probably divide into two groups, one in the Family Room and one group in the Living Room. That way we will all get to participate in whatever topic each group chooses.

As you will remember, we guests bring the dessert and the host provides tea and coffee, to keep our "whistles wetted". Please email Allison if you can go or myself (Elizabeth) [abenner@uvic.ca](mailto:abenner@uvic.ca) or [findlaygirlea@gmail.com](mailto:findlaygirlea@gmail.com)

You may also phone Allison: 250-385-4048, or Elizabeth at 250-472-6262 but emails are best.

1738 Mamich Circle, (parking on the street but not in the round-about at the end of the street)  
I hope to see you all there next month.  
Elizabeth Atchison, facilitator.



Lichen that looks just like a shell off of the Secret Trail in the Sooke Hills

tarling