



# Capital Unitarian Universalist Congregation

## The Capital Letter

VICTORIA, BC

2013



John Pullyblank

May the glory of autumn  
 lie about us  
 fresh gold  
 for a time.  
 And when dark comes, and  
 the cold  
 may we remember how today  
 we stand in glory,  
 how we walk in bounty  
 heaped upon earth's dark carpet,  
 how we move knee deep in  
 Abundance  
 flung against night's winter  
 Curtain.  
 We are thankful for its coming  
 and for its passing.

Let it be.

Barbara J Pescan

### Sunday Services in September

Sept 1st Amanda Tarling "Spirit of Life" and our seven Unitarian principles". "Spirit of Life" ends our services but how often have we really thought about the words we sing especially how those words echo our principles. This morning we will also share in Homecoming.

Children's Program



Sept 8th Sara Comish "Evil" What is it? Where does it exist? This service will take a look at some recent conceptualizations of evil and look at whether there are ways to protect ourselves from it.

Children's Program



Sept 15th Peter Scales "Lessons from Torah" Jewish scripture forms the basis of three major faith traditions in Canada, and Unitarians continue to take lessons from Torah, the foundational narrative of the Jewish people.

Children's Program



Sept 22nd Rosemary Morrison "Learning About Compassion." From Karen Armstrong's bestselling book, "Twelve Steps to a Compassionate Life, an exploration about ourselves, our congregation and the world around us.

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.

Sept 29th Dr. Dana Lynn Seaborn "Faith for Unitarians: A Pep Talk in 3 Voices" Can UUs embody both faith and reason? D L Seaborn will share the writings of three published authors: a physician, a Buddhist teacher, and a Unitarian, who explore the concept of 'faith'.



## Board Notes

In the last edition of *The Capital Letter*, Dyanne wrote about Quaker practice of “speaking truth to power” as being among the highest aims of a religious organization. In Canada, a country which is more and more humanist or secular than religious, I like to think that religious leaders are still often given room to say uncomfortable truths to politicians and to the public. This deference is likely from a long-held realization that clergy might be the only citizens who are professionally moral (we hope) and that these are people who ponder questions of power and authority (the good and bad kinds), right and wrong, and ethics. Unitarian congregations in Canada have “congregational polity,” which means that we are responsible for what happens in and to our local religious community, and no bishop or national organization is going to bail us out or tell us what to do. Unitarian congregations also have “freedom of the pulpit and freedom of the pew,” which means that our ministers are free to speak their conscience and to “speak truth to power,” even when the power emanates from the congregation, and also that congregants are free to believe what they want to.

Where do this deference and these freedoms come from? Among the sources of our Unitarian-Universalist (UU) tradition are Jewish and Christian teachings, and recognition that while no religion has all the answers, many religions hold some answers for our individual and collective questions. We want to be a safe place for people who seek answers in their spiritual quests; we call this “the free and responsible search for truth and meaning.”

The board and the Sunday Service Committee continue to think about a surprising revelation from Antonia’s workshop several months ago: that Capital UU people don’t know much theology...UU or otherwise. So in the past few months we have learned about Zen Buddhism (March 31), Islam (Apr 7), Mother Goddesses (May 12), atheism (Jun 16), Hungarian Unitarianism (Jul 28), and humanism (Aug 11). In September we will hear about ‘evil’ – a central problem that religions often wrestle with, and homilies about Judaism, Christianity and Gandhi’s “spiritual dictionary,” the Bhagavad Gita. These are more of the traditions that give us the grounding to speak truth to power, and to understand where our tradition comes from. It’s going to be a fascinating month at Capital!

In October there are at least two events to look forward to: the BC Unitarian-Universalist Fall Gathering, hosted on October 4-6 by the North Shore Unitarian Church, in Vancouver. Ask Peter, Rosemary or Amanda for more info. The second event is Thanksgiving on Monday, October 14. Traditionally we at Capital have a potluck dinner on Thanksgiving weekend, and planning is just starting for this year’s!

See you at Capital!

Peter Scales, chair of the board

### Birthdays in September

Sept 17	Susanne Garmsen
Sept 22	John Pullyblank
Sept 24	Maureen Zahir
Sept 29	Forbes Leslie

If your Birthday is missing  
Please tell Amanda  
250 382-6828



Wedding of Cathy Baker and Dick Jackson - July 2013



## BC Fall Regional Gathering



Registration is *OPEN* for the 2013  
**BC Regional Fall Gathering & Fall Youth Con!**

**OCTOBER 4 – 6**

*Presenting:*

*Namgis First Nation speaker Wedlidi Speck*

*Minister and sexuality specialist Samaya Oakley*

*Lay Chaplain Amanda Tarling and others*

*Saturday evening coffeehouse for all ages & Children's Program*

Hosted by North Shore Unitarian Church at the  
North Vancouver Holiday Inn

See the CUC website for registration and subsidy information:

**<http://cuc.ca/regional-fall-gatherings/>**

Registration closes early.

*See us on Facebook!*



## Stewardship workshop & Invitation

### The Joy of Stewardship: Creating Congregational Generosity

Saturday, November 16, 9:30 – 4:00  
Vancouver location TBA

What's the best model for an annual canvass? Stewardship Consultant Mary Gleason is frequently asked this question. The answer: it only matters for organizing purposes. Most important is that people feel aligned with their values.

Explore how to inspire people's generosity for the annual canvass and other things that require people to give of their personal resources. Learn from others and share what you have learned. *Bring as many from your congregation as possible so you can support each other as you apply your new approach.*

Mary Gleason joined UUA Congregational Stewardship Services in 2007 and has served the non-profit community for over 25 years.

\$75 per small congregation team (less than 100 members)

\$150 per mid- and large- congregation team

Online Registration opens September 15 at [www.cuc.ca](http://www.cuc.ca).

Contact: Rev. Antonia Won, [Antonia@cuc.ca](mailto:Antonia@cuc.ca)

*Workshop for BC Region Unitarians and Congregations  
Sponsored by the Canadian Unitarian Council*



Mary Gleason,

UUA Stewardship Consultant

#### AN INVITATION TO THE ORDINATION CEREMONY OF DEBRA DOROTHY THORNE

*Beacon Unitarian Church is honoured to invite you  
to the Ordination Ceremony of Debra Dorothy Thorne  
To the Unitarian Universalist Ministry*

*3 PM, Sunday, October 6th, 2013  
Sapperton Hall - 318 Keary Street, New Westminister, B.C.*

*There will be a reception following the ceremony.  
RSVP to [bc.ordination@gmail.com](mailto:bc.ordination@gmail.com) (Please indicate if billeting is needed)*

*Ministers, Religious Educators and Participants in the ceremony  
are welcome to gather for refreshments at 2:00 PM with Robing at 2:30 PM*





## Forum on aging at UVIC on September 26th

**Aging well: What you can do today!**  
**A free forum sponsored by the Lafayette String Quartet.**

Do lifestyle factors delay, or even prevent, age-related declines in memory and health? How will aging look in the future? Will recent generations have more health risks than earlier born generations? We know from a number of longitudinal and intervention studies that engagement in physical, mental, and social activities have important influences on cognitive aging and overall health. Recent developments from daily diary studies show that these same factors are associated with daily variation in well-being and cognitive functioning within individuals. While physical and cognitive activity, social engagement, and other health behaviours are important factors in maintaining cognitive and physical functioning over the long term, these same factors matter on a daily basis. Being physically active today is related to your cognitive functioning and well-being today. In this sense, aging well is something we can do on a daily basis.

**With guest speakers:**  
**Scott M. Hofer, PHD Dept. of Psychology, UVic**  
**Stuart MacDonald, PHD, Dept. of Psychology, UVic**  
**Dr. Dorothy Williams, Chief of Staff for South Island at VIHA**

To reserve a seat, contact [lafayettehealth@shaw.ca](mailto:lafayettehealth@shaw.ca)

**Related Website**  
**Location MACLAURIN BUILDING**  
**David Lam Auditorium, Rm. A144**  
**Times 19:00:00 to 21:00:00**

**Pricing Free admission**

**Sponsor School of Music**  
**250-721-8634**  
**[concert@uvic.ca](mailto:concert@uvic.ca)**

### Capital Connects

Every month Capital gives 20% of the unidentified Cash in the donation basket to a different charity. We support local, national and international charities with an emphasis on charities in our community.

If you have a charity you would like to suggest for Capital Connects please speak to any board member. (Peter, John, Rosemary, Rita or Dyanne.)



Holly Jackson's drawing of what to wear to Pride, created in the CRE program with Gemma, June 2013



# Unitarian Men's Retreat

## Unitarian Men's Retreat

Sasamat  
Outdoor Centre,  
Belcarra BC,  
Canada

Oct 4-6, 2013

*For a weekend...  
Disconnect from the World  
to Connect with Life*



### 2013 Theme: What's the Punch-line of Your Life?

Since 1990, men of varying backgrounds and faiths have gathered for a weekend of respect, camaraderie, sharing, good times, shared meals, music, humour, campfires, workshops and strongly connecting with real people. This event is a rare opportunity to reflect on your quality of life, work with and learn from other wise, witty and strong gentlemen, to discover more of yourself, and build relationships both new and old.

*My Wife Made Me Go. She Was Right"*  
"As soon as the weekend ended,  
I registered for the following year"  
"I've made life-long friends"

\$130 (early-bird or first-timer) or \$170 for the weekend includes lodging and food at a great facility reserved solely for our group from Friday Evening to Sunday afternoon.

Register and More Info at:

[www.hevuu.ca](http://www.hevuu.ca) or [admin@hevuu.ca](mailto:admin@hevuu.ca)

