

Summer Tidelines

Cadboro Bay United Church

2017

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250-477-2715

Cadboro Bay United Church
2625 Arbutus Rd, Victoria BC, V8N 1W4
office@cadbayuc.org cadbayuc.org

FB: cadborobayuc

Renewing Your Spirit - Mark Green

In the Gospel accounts of Jesus' life, we see communities of people who are always gathering around Jesus seeking wisdom, encouragement, healing, and empowerment for the challenges they each have in life. The disciples, while called to be both learners beside Jesus and helpmates to him, are often as much work as they are a help to Jesus. Wherever he goes, he finds there are people in need. And while the work is mutually empowering at times, there are moments in which Jesus is both exasperated and exhausted in attempting to meet such a diverse group of needs.



In each of the gospels, Jesus takes time away from everyone and everything to regroup, to getre-grounded and to feel renewed for the larger tasks ahead. The same can be said for all of us as well. We all need time to regroup and be re-grounded over the course of a year. Summer is a time when the pace of life seems to shift just a little to make room for that extra walk in the **warm night air. It's a time for gathering with friends to share laughter and stories, a time to visit with** family both near and far. Find a book you can get lost in and commit time to reading over the summer. Summer is a time to soak in the beauty of nature that we are so fortunate to be surrounded by. All of these activities are an important part of what it means to nurture and renew your Spirit.

Some of these activities are solo activities, things that nurture the introverted parts of ourselves. Other intentional spiritual practices one could add to these is the writing in a journal, either random thoughts, or reflections on a larger life question. It could be a dialogue you have with God or a spiritual guide or mentor from your past. There are many outdoor Labyrinths in Victoria and the surrounding area. Locate one and make an intentional inward spiritual journey. Or sit by the ocean and let the sounds of the water become your focus and mantra as you clear away all other thoughts and worries. Simply sit, focused on the sound and be mindful only of the moment. Twenty minutes a day over the summer might start a whole new pattern of spiritual grounding for you in your life as the fall re-emerges.

Some of the activities of renewal in the summer are extroverted ones and they nurture another part of ourselves: our sense of connectedness to the human race and our place in the world. Take the **opportunity to say "yes" to invitations or be bold and invite another person to do something with you** this summer. It could be a long time friend or a new friend. Both can be important to our sense of self and belonging in the world. Remember to listen as much as you talk. Try spending time with different generations from your own and hear how you each see and experience the world differently. Your own world view will be enlarged and wisdom gained. Let yourself laugh and be silly. Find out what gives you joy and pleasure and indulge. These too are spiritual practices that we need in our life.

Continued over next page

Mark's Message Continued...

Summer worship can be either of these things for people depending on how you come and what you seek. For some, worship is a break, away from daily living. A chance to sit and reflect (albeit in the company of others) and be guided in a spiritual discipline. An inward time. For others, worship is a reconnecting time with community, a regrouping with others and a place to share thoughts, feeling and happenings in our lives. Worship is both/and not either/or.

All of these things are what help bring balance back to our lives. And this is truly what is at the core of the Spiritual journey. We need to nurture both the introverted and the extroverted parts of ourselves for we all have both parts. Yet each of us will find one of the aspects easier and more natural than the **other. Respect that, honour that. But don't neglect the other part of yourself either. If you take the** time to monitor your energy level, you will know what the right balance is for you of introverted verses extroverted time. Whatever that balance is, I hope you will take the time to find it this summer so you can be renewed and ready for all that the fall will bring.

Summertime For Kids at CBUC

Kids Konnect happens after children time and is a similar format to what happens for children on any Sunday at CBUC. We meet on the carpet, share any new names and face around the circle, engage in a biblical story and explore what that story means to children in their lives through story, craft, activity, sharing circle and or games. In the summer a new story is shared each week, instead of focusing on a story for four week term. There will be something for everyone in the laid back, welcome, inclusive and adaptive environment. Hannah Green is simply amazing! Come and enjoy a Sunday, or two. I look forward to re-connecting once I am back from Holidays! Before you know it, Start Up Sunday will be here. See you SOON and looking forward to seeing and hearing about your spectacular summer holidays.



Summer Holidays for Jes

I will be away for holidays on the following Sundays July 30th, Aug 6th, Aug 13th and will be back for the action on August 20th. The wonderful Hannah Green will be running Kids Konnect during the time I am away. Kids can be prepared for biblical stories, activities, crafts, bubbles, sidewalk chalk and a whole lot of fun. We hope you can join us for sunshine and fun over the summer. Feel welcome and encouraged to bring family members, friends, or someone knew to all that CBUC has to offer. I look forward to sometime camping in the Okanagan, perhaps some winery visits in Naramata and beach time with the family, and cleaning out her email inbox.



“We are hard pressed on every side”

Palestinians make an urgent call for more support

2017 marks 10 years of Israel's blockade of Gaza; 50 years of Israel's military occupation of the West Bank, East Jerusalem and Gaza;

70 years since the Nakba and displacement of Palestinian people; and 100 years since the Balfour Declaration.

Tens of thousands of Palestinian homes have been demolished. In 2017 alone, 566 Palestinian houses have been demolished by Israel. The Israeli water authority allocates only 3% of the water to Palestinians even though they make up more than 50% of the overall population. Palestinians in the West Bank live under Israeli commanders who impose inhumane laws and prevent people from enjoying the most basic human rights. 7,000 political prisoners now sit in Israeli jails in violation of international law.

When Hamas won the political election and control of Gaza in 2007, Israel declared them terrorists and closed Gaza's air, land and sea borders. Israel maintains control of residents' electricity, fuel, water, and all food and supplies allowed into Gaza as well as the movement of residents into/out of Gaza. Today, approximately two million people in Gaza have no access to clean water, proper nutrition or medicine. There have been massive assaults by Israel on Gaza in 2008-09; 2012; and 2014, causing thousands of deaths, mostly non-combatants, including children.

After 50 years of occupation, enough is enough. Things are beyond urgent. The Palestinians are on the verge of a catastrophic collapse and there are rumours that Gaza could erupt again at any time. The current status-quo is unsustainable. With war waging on so many fronts in the Middle East, the need to stabilize this area has never been more urgent.

What can we do?

1) Sign a solidarity card giving your reasons for wanting 50 years of occupation to end. These will be sent to a United Church partner working in Israel/Palestine as a sign of our solidarity with this struggle. Palestinians need to know that there are people around the world paying attention to what is happening to them. **Let's light a candle in the darkness for them.**

2) Sign on to the letter to our federal Minister of Foreign Affairs urging that Canada:

- lives out its stated policy on Israel and Palestine; and
- calls on the Israeli government to adhere to international law without exception; and to grant Palestinians basic human rights!

Both of these actions can be found on a table in the narthex. Your support is much appreciated. This is what solidarity looks like...



Flowers in Church

We hope you've enjoyed the flowers over the last few months, all of which have been purchased. With so many of you **nurturing amazing gardens, we're hoping there'll be an** interest in providing flowers for 2 or 3 vases for the month of July and first part of Aug.

Please contact Gill Roach at gillianr@shaw.ca or 250 477 0353 **to let her know which week you'd like to cover. If you don't feel you want to spare that many of your "babies", just let me know that also and I'll pair you with someone else. As you're likely aware, we've had the very good fortune of enjoying John Klymak's dahlia's the middle of August for a no. of weeks.**



Thank you in advance for all your generosity.

Parents & Tots

Our sessions are taking a break during July and August but will start up again on September 20th. There are a number of changes that will come to this program in the fall..not the least in that Peggy Morfitt, who has been the coordinator of this program for 25+ years has retired. Christian Development committee is in the midst of looking at what might be the best way to coordinate this going forward. We are looking at a combination of some staff time and volunteers. If you are interested in serving in this way, please contact either Mark Green or Trisha Tonkin (CD chair). We are looking for volunteers who might be willing to help set up a couple of times a month. We are hoping to get a few volunteers so that the work can be spread out among a few. This is a 45 min job of setting out toys and rugs starting about 8:30am.



This outreach ministry to the community is a vital service and we hope to continue to offer it. Parents, Nannies, Grannies, Day Care givers or adult friends are welcomed and there is lots of energy shared during the drop in time. The scene in this photo says it all - free play and exploration in an open, kind and welcoming community. More updates in the fall newsletter.

Library News for the Summer 2017

Come to the Library and sign out some summer reading. We have accessioned 39 new books since January 2017, many of them to augment our First Nations literature. There is no rush to return them, just be sure to put your name and date signed out on the borrowers card so we can track them down in the fall.

We have 2 new children's videos that can be signed out as well, Inside Out and Sing. If your family hasn't seen them they would be good summer viewing.

Have a great summer!!!



Choir News

Come join us in the summer. We welcome all those who like to sing. There are no Thursday night practices during the summer, we just invite those who would like to join the choir any time in the summer to come about 9:30am to learn what the hymns we will be singing are and to go **over any that are unfamiliar. It's fun and you will be sure to have a good time.** What better way to find out who is in the congregation! You have a **bird's eye view.**



Compost Alert!

The church has changed their way of composting to prevent the proliferation of rats. Instead of filling the little beige compost bins that were in the kitchen and dumping them out in the big Black bins by the garbage container we now have a large green bin (like the CRD organic collection bins) just outside the kitchen door.

Please use this bin now (it is under the eaves so you won't get drenched on a wet day). The compost company will come and empty it once a month (or more if needed) and leave us a bag of compost in return.



Pride Parade **Celebration and United Church's** participation: Sunday July 9th

Once again, we will join other United Churches in the Pride Parade this Summer. You can make your way downtown either before or following worship and find our banner. It is bright and bold and will be among the other United Church banners and folks from other United Churches in Victoria. The parade begins at 11am and we will make our way down there quickly following worship on Sunday.

Shirts with LOVE VICTORIA logo are available for you to borrow to wear as a sign of our cohesive nature as a congregation. You are encouraged to wear other outlandish and fun items to celebrate diversity and to be in support of the LGBTQ2 community. Folks from all walks of life are invited to participate. The parade ends at MacDonal Park where from 1-5 pm there will be live entertainment, a beer garden, a food court, multiple vendors and activities for kids.



We hope you can join us either in the parade, along the parade route to cheer us on, at the park for the rest of the festival or simply in the offering of prayerful support. See you there !!

“WHEN OUR CHILDREN GO BACK TO SCHOOL OUR HEARTS GO WITH THEM”

Like most inspirational stories, the annual back to school picnic for Indigenous children started with a situation when a staffer at the Native Friendship Centre saw a problem and decided to do something about it. There was a mom with several kids in the rain, potentially waiting in line for hours, without a promise of school supplies for her kids.



Several years later, the school supplies picnic has grown by leaps and bounds. Ron Rice (Cowichan) works with *Surrounded by Cedar* and other agencies to provide the supplies and a great gathering. Last year, 2706 indigenous students received the support in Victoria, up island and as far away as Prince George and Prince Rupert.

So why am I telling you about all this? I attended in the past and had a wonderful time. I'm hoping you would like to join this wonderful day as a volunteer. Jobs are tailored to differing needs – for instance, if you prefer to sit or walk around, it can be arranged. As a volunteer, you also get to have lunch in the **governor's mansion!**

This year, Alison Gear's book, Taan's Moons, will be included for pre-schoolers! Children receive a reading book each year, and this wonderful book has a double bonus in that they will learn more about indigenous culture at the same time.

There are activities appropriate for different age groups, with a bouncy castle, face painting, “minute to win it” contests for older kids and even a rock climbing wall.

And the quote at the top? It is a quote from a First Nations parent about their concerns and hopes for the kids.

See Lynne Crawshaw for details and to sign up. Ron Rice may join us later in July to talk more about this wonderful event. I hope you can join the fun on August 12th.

Summer Holidays – staffing schedule

Over the summertime, various staff members will be away from the church to find renewal and reconnection in their own lives. We wish them a time of renewal and hold them in our prayers while they are away.

Meghan will be away July 10 – 21st returning to the office on Monday July 24th. Rosita will be filling in the office in the mornings from 9-12pm during those two weeks. Meghan will also be away in Sept for a few weeks.

Mark will be away July 25th – August 25 and will be back in the office Monday August 28th. While he is away, Margaret will cover pastoral care issues and lead worship. She will preach 3 of those Sundays and Rev. Wendy Brown will preach the other two. Margaret took holidays in the late spring to journey to Ireland so she will be around throughout the summer.

Louise will be away Sunday July 30- Sunday August 27th. Jeff will be here to cover that absence and he will be away Sunday July 9th, 23 and Sept 3rd.

Jes will be away on holidays from July 28 to August 16th and be back on August 17th. Hannah will cover **the children's program on Sunday morning during her absence.**

reVisioning starts this fall

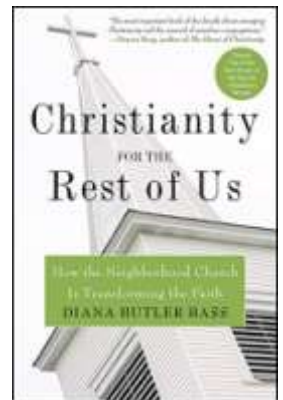
but there are things to be done now to get ready!



In the May newsletter you will have heard that council has committed CBUC to a one year reVisioning **and discernment process with St Aidan's to figure out what our future relationship might be in regards** to vision, ministry etc in this corner of the world. We will be working with a pilot project sponsored by EDGE of the National Church. Our two councils met together in May to hear about the specifics about the project, and met our new coach (Rev. Bruce McAndless-Davis) over a skype connection and pledged to work together on this common goal for the fall and spring of 2017/18.

Part of the goal of this program is to involve 60-70% of the congregation in a process that links head, heart and soul together in this discernment process so that it is truly a shared vision that emerges. To that end, there will be small groups of about 10-12 people who will be meeting in various people homes, coffee shops, churches or even a pub to have conversations together with small group leaders from **both congregations. Each group will be a mix of CBUC and St A's folks. Over the summer and into the** first week of fall you will be invited to sign up for a small group and the leadership team will group people together given the preferences that you have listed on your signup sheet.

Once you've signed up you will get a copy of the book Christianity for the Rest of Us by Dianna Butler Bass. You can begin reading this at any point and if you wish over the summer you can do so. Starting in the middle of September you will get an daily email with a reflection question, pages of the book to read and a spiritual practice suggestion. It is the goal of this program to integrate spiritual practice, spirituality **and the heart into the head process of discernment and listening to the way God's** Spirit is calling to us at this juncture of our lives together. Your assigned group will also meet about 6 or 7 times over the 12 week period culminating in a large congregational gathering (called a summit) on Nov 25. Mark that date on your calendar now as it will be an important time in the life of CBUC.



An online registration form and a paper version will become available toward the end of the summer with an opportunity for you to name some preferences you might have regarding time of day and place for the group you will be a part of. It will be an exciting time for us to be a part of this process and what **the yield and direction will be at the end is uncertain.... Just like the exodus journey toward the** promised land!

I'm amazed and heartened that two congregations, both strong, creative and different, are having conversation together to look for possibilities of how we can mutually strengthen Jesus ministry in our common areas so our next 5-7 years is rich and engaging.

More information on next page

A General timeline for reVision

- Over the summer we will be quietly recruiting the two key lay leaders and about 16-18 small group leaders.
- **On August 31 we will have one or two 'training times' for the small group leaders depending on scheduling.** Our consultant, Bruce McAndless Davis will be with us for the day. We have tentatively booked Aug 31, 12:00 noon to 4 p.m. (beginning with lunch) and 6-9 p.m. as a second group time for people not available in the afternoon
- In the last days of August and intensely in the first two weeks of September you can expect to be asked to sign up for a small group. The times and places will be listed and sign-up sheets will be available at both churches and on line. Groups will be about 10 people with equal numbers from CBUC and SAUC
- **On September 17 both Cadboro Bay and St. Aidan's will launch the 'Be Open' Phase of reVision** during Sunday worship at their respective congregations. A blessing and commissioning ritual of the leaders will happen in both congregations.
- **Over the next 10 weeks our worship time will explore the insights from John Pentland's book, "Fishing Tips", a United Church Ministers reflection on revitalization and renewal. This will give us a Canadian and United Church context to add to the Barbara Brown Taylor book.** Mark and Cheryl will do at least two pulpit exchanges during this time and both congregations will cover the same 10 themes.
- Saturday, November 25 we are asking everyone to book the day in your calendar and plan to **attend a 'Convergence Summit'. This will be a fun, creative, prayerful day of listening to each other speak about all the questions and visions and wonderings that have come into your hearts and minds in the 'Be Open' Phase. This is a critical day and your participation will be important.**
- **The Convergence Summit will be the end of Phase 1 and we'll stop so we have time and energy to celebrate the new life of Christmas in our midst.**
- The second phase will begin in January and will involve a smaller group discerning what was **heard at the Convergence Summit, throughout the 'Be Open' phase and distilling an Action Plan. This phase is called 'Be Bold'.**

What YOU are asked to do:

1. **Come with an open, searching heart and mind about St. Aidan's, Cadboro Bay and your own spiritual gifts and longings**
2. Do a daily devotion and spiritual practice in your own home – this includes daily reading (or re-reading as the case may be) **2-3 pages of 'Christianity for the Rest of Us... How the Neighborhood Church is Transforming the Faith' by Diana Butler Bass. A workbook either online or physical will be provided to guide your devotions**
3. Join a small group that will meet 7-8 times – get to know new people, a different congregation, and have spiritual conversation that will enliven your soul
4. Stop doing non essential things and meetings – esp. church meetings - so your spirit has time to ruminate
5. Come to the Convergence Summit on Saturday, Nov. 25
6. If you are asked to take a leadership role, please consider doing so prayerfully and cheerfully

Our Place Movie Night

Every month a group of volunteers from CBUC hosts a movie and pizza night. A different configuration of volunteers coordinate picking the movie, arranging for the food and beverages and being present to the community during the movie and in the time that follows for conversation and reflection. We take a break from this ministry over the summer months and we wish to express our gratitude to those who so faithfully represent us in this outreach ministry.



If you would like to be on the rotation list for helping in the fall, please let Mark Green or Stephen Tyler know and they will connect you in with that group of Volunteers.



Promissory Note Repayment

Its hard to believe, but its now been 10 years since we renovated the sanctuary and made the changes necessary to worship in the way we are now. Those changes have served us well. At that time, we did a fundraising campaign to pay for the almost \$160,000 of changes and renovations needed. Part of those funds came in the form of donations and some came in the form of a loan from members of the congregation to be paid back over the 10 years. Each year, the Foundation has provided from the interest on its investments, interest to the promissory note holders who had loaned us the money. This June those notes all came due. Council came up with a plan and together with the Foundation we have now retired the debt of those notes and the liability on our balance sheet will look different at the end of 2017 compared to 2016.

A huge thank you to our promissory note holders for your faith in us, your willingness to lend us the money and for the generosity of spirit shown. Both those who donated 10 years ago, those who have continued to donate each year and those who have made recent donations, we thank you all. Such faithfulness is a true sign of health and vitality and a commitment to the ministry of CBUC.

REMITTS 1- 4 Update

Members of CBUC met with the board for an evening workshop and the board then cast their votes at their June meeting on behalf of the congregation. For Remits 1, 2 and 4 , we cast a Yes vote and for Remit 3, we cast a No vote. These were similar to what Victoria Presbytery voted. The results from the General council office were released July 3 and all for Remits were approved and steps will now be taken to start planning to put the changes into place. For more information about what the content of those remits were or to see the complete tally of votes, visit www.gc42.ca/remits

Memorial Garden

In the late 70's a decision was made to create a space on our property for a memorial garden where ashes of loved ones could be scattered or buried in the ground. Names and short biographies were put into a memorial book on display in the narthex for those families who completed them.

Over the years, the garden has undergone a number of changes. When the city water pipes needed to be

changes, the garden was moved slightly to the east. Those changes from the city also meant damage to the large trees growing in the garden and they subsequently needed to be removed for safety reasons. A decision was made to enlarge the garden slightly, build up a retaining wall and add new soil and plants and make it a meditative space for people to come. Other ashes were added over time, in random places symbolic of our return to the earth.

18 months ago, Victoria Presbytery was informed that congregations having memorial gardens and interring ashes were in violation of the changed bylaws of BC and consumer and corporate affairs. A moratorium was placed on any further interments until investigation and discernment could be accomplished and a recommendation reached.

Members from each congregation's trustees were asked to attend a series of meetings with a representative of Royal Oak Burial Park. Last month a recommendation and ruling was made as a result of these meetings and negotiations that all memorial gardens would go through a process of **being "decommissioned" and no further interments would be allowed on any properties of the United** Church in Victoria Presbytery. Royal Oak Cemetery has graciously provided space at their site for the re-interment of the ashes from each congregational site. In addition, those who have loved ones who were interred here may also have their ashes interred at the new site if they desire. They may also wish to remove of their own accord, the interred ashes from our garden and place them in another location of their choosing. Most of the remains in our gardens are long ago mixed in and absorbed by the earth. What we remove will be simply symbolic in nature.

Over the next few months, family members of those whose ashes were interred at CBUC of whom we are aware will be contacted and asked what their preference will be. They will then sign a form to indicate their wishes. A date, yet to be determined, will have Royal Oak remove a symbolic portion of the garden and it will be reinterred in Royal Oak. Mark will lead a ritual as they are removed and as they are reinterred and any one wishing to be a witness to this ritual will be informed of the date and invited to attend.

If you have any questions, concerns or need clarity about this, please call Mark or Margaret and they will do their best to help ease your mind. Each person's family of which we have knowledge, will be contacted by the committee struck to do this task. While this may be hard for some people initially, we hope that through conversation, you can be assured that both your loved ones and you will have a peaceful resting place either at Royal Oak or another place of your choosing. The Garden will remain there as a place for peaceful meditation but be renamed as a Meditation Garden.





A Study Tour to Palestine & Israel

Hosted by: Mark Green
Cadboro Bay United Church

Dates

Saturday April 27 - Sunday May 13, 2018 *

**Subject to slight change depending on final itinerary*

Cost

TBA (airfare will not be included so that people are free to book with points or other stops enroute. Cost will include all ground transportation in the Middle East, hotels, admissions, tour guides, tips and some meals. Travel and medical insurance is not included.

This trip will visit historic and religious sites, and focus on current places of interest and concern. We will meet with both Jewish and Palestinian leaders to hear their stories and perspectives. You will gain a greater understanding to the complexity and the places for hope in the conflict in the Middle East.

To express interest, please email Mark Green at
mark@cadbayuc.org

An application form will be sent to you along with final cost and itinerary as it becomes available.

