

TIDELINES

Cadboro Bay United Church

February 2011

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From a Minister's Desk

The Pilgrim Journey - Mark Green

The Exodus story (contained in the book of Exodus - the second book in the bible) is key to the identity of the Jewish community. It is out of this experience that the identity, rules of community, perspective on justice and core beliefs about the nature of God are formed. Jesus, as an observant Jew, would have had his identity formed out of this context as well. So were the Gospel writers influenced by this paradigm. While many of the elements of the Exodus story have grown in mythological proportion, at the core of the narrative we find universal truths about the human condition, our struggle to be grow in community and our reaching to understand just a little bit more about our relationship to the holy. Over the next 5 weeks we are going to explore the themes that arise out of this story of pilgrimage and searching. Together we will explore the ways in which our lives intersect with the struggles and insights of the Israelites as they wandered in the wilderness in search of an identity and a place to call home. This journey required courage, risk, commitment, a willingness to venture into the unknown and the acquisition of some new skills and ways of doing things.

Continued on Page 2

Minister's Message continued...

All of these struggles and challenges are also ours as Christians in the 21st Century as we continue to try and name what it means to be faithful, spiritual, religious and/or Christian in a society that has shifted and changed dramatically in the last 50 years. What was once assumed about the general population and about church membership is no longer true. This presents both dilemmas and huge opportunities to reinvent ourselves in ways that are relevant and life giving to our day. Building on both the insights and the questions from our January series, we will attempt to explore a bit more about what it might mean to be a spiritual pilgrim in our time.

Join me on this journey for the next 5 weeks as together we see what unfolds.

Sunday School in February

Theme: Travels in the Desert



Trust is natural for children but once broken it is hard to learn . . . and how quickly we forget it. While focusing on the main story, the Golden Calf, we will learn about power that the people believed came straight from YHWH. We will ask: What made the children of Israel so discouraged? Why did they wish to return to Egypt? How do we celebrate God each day?

Other Stories: Bitter Water becomes sweet, Manna and the Quails, Water from the Rock, The Ten Commandments. Many thanks to Talita Stumpfer, Karen Johnsson and Gillian Johnson for teaching and to Heather Schiedel and Mary and Rob Scott for resourcing this unit together with Ross.

Refrigerator Yeast Dough – Beth Brathwaite

2pkgs (4.5 tsp) Yeast ½ cup water & 1 tsp sugar – dissolved together
 1 ½ cups scalded milk 2/3 cup butter/margarine
 4 eggs

Put butter or margarine into milk to melt. Beat 4 eggs and add milk when cooled.

6 cups flour 1 tsp salt
 1 cup sugar

Mix together. Make a “well” in the center, stir in eggs/milk mixture. Add yeast & stir well. Refrigerate overnight. Take out and warm up. Knead on a board and shape into buns, coffee cake, etc. Bake at 375 degrees, yields 2 coffee cakes (35 mins) & 1 dozen buns (15mins). Watch carefully

Youth Group Update!

The Cadbay Youth group kicked off the new year with some exciting activities, and planning for the fresh start of 2011. In the spirit of health and wellness to get out and about, the juniors had a high energy game of boys versus girls indoor soccer tournament while the seniors took a trip to sharpen our skates at the ice rink! We also enjoyed the following weekend of GAME-OMANIA with a series of running and dynamic hide-and-seek and laughing games with the junior youth, and a copious amount of board game and trivia fun times with the senior youth! We brought back out the Oreo challenge for a second time and definitely enjoyed the results!

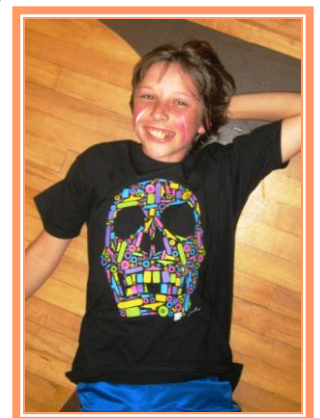
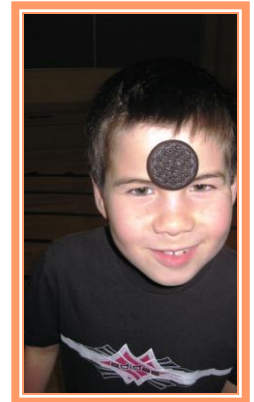
Upcoming activities for the month of February include a Valentine scavenger hunt in the church for the Juniors. Come prepared to eat goodies, work with your group to find "love in the world through the word" with games and some bible trivia to search high and low for some special treats! See you Friday February 5th and 18th for this month if you are Junior Youth.

Seniors will be hanging out for some spiritual practice time to help deal with the busy season of midterms! This will include some meditation, music appreciation, art projects and discussions, as well as some rock band and hang out time in the sanctuary! Come enjoy a casual and fun environment on a Sunday evening. If you are a senior teen from grade 9 and up, Confirmation weekend will be happening February 19-20th. Please contact Alex or Mark for more details.

**The youth group has started a family rotation for the Bottle recycling initiative, where one family of the youth group per month will take the collected bottles to the depot and money returned will be put towards the youth fund. Please contact Alex with more details on how to sign up at alex@cadbayuc.org. **

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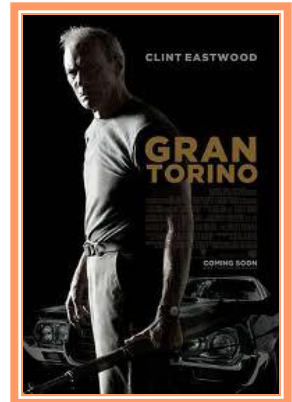
Movie Night – February 11, 2011

You are tired. You've had a bunch of hassles. You don't know what's for supper. You want to just space out. That's when you need **Movie Night at CBUC!** Friday February 11, 2011

5:30 PM: Walk the Labyrinth (*if you've never tried you can receive an introduction by Ross White to this ancient spiritual practice if you come at 5:20*)

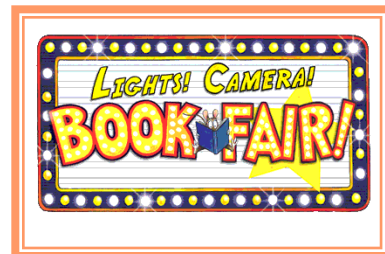
6:00 PM: Simple Soup (*gather in the church kitchen*)

7:00 PM: Movie - Gran Torino (2008). About that crusty uncle you couldn't get close to, did you ever get to understand him? What about that teacher that commanded respect from grudging students? What kind of God did you think they ever prayed to . . . or is that too hard to imagine? Clint Eastwood imagines what war vets, spurned lovers, everyday dropouts and the like hope for deep down. Join the conversation to discover what it is. Everyone is welcome!



Book Fair – February 13 & 20, 2011

Your ever vigilant and enthusiastic library committee has undertaken the initiative to host a book fair following church on two Sundays in February. We have partnered with Naramata Centre Book store (The Mustard Seed) to provide a selection of books that might continue to nurture and uplift members of CBUC on their journey of faith. It is our hope that once you have finished the book that you might consider then donating it to the Library to expand our collection and make the insights of the author available to many. AND, if the book is one you really want to keep for your own library but still think it would be an important addition to our library, let us know - we are always open to suggestions. If you have any questions or would like some help choosing, members of the Library committee will be on hand to help as will our Minister Emeritus, Rev. Irvine Hare.



Centering Prayer Wednesdays- 4:00-5:00- Youth Room

The recent series "Learning to Meditate" brought together people interested in continuing their group practice. Open to all, we will meet Wednesdays. For information please contact Barbara Hansen at barbara@cadbayuc.org

Teen Confirmation Retreat Weekend – February 18-20, 2011

Date: February 18 - 20th, 2011

Time: 6:00 pm Friday to 2:00 pm Sunday

Place: Camp Pringle - New Branter Lodge

Leadership: Mark Green and Alex Harned



Beginning Friday, February 18 until Sunday afternoon Feb 20, teens in grade 9 and up will be gathering together in community to spend the weekend exploring questions of faith and discerning for themselves what it means to be a member of the United Church of Canada. If you or a teen you know might be interested in joining others on this engaging weekend away, talk with Mark for more information and to register.

Family Nite – February 25th, 2011

January found 43 of us enjoying our time at the Salmon Kings Game. February 25th will find us returning to be at the church for our regular format of a shared meal and family activities at the church. Our meal will be Mexican and feature burritos, salad and dessert. Our games and activities will continue our theme of Pilgrimage that we will be engaging in throughout the month of February. Family Nite is open to anyone wishing to gather to share a meal and conversation. You are welcome to bring a family you think might be interested in a faith community as it's a non-threatening environment to interact with others. An RSVP to the office or Mark helps us know how much food to prepare.



INTERFAITH PHASE ONE CLASS..... February 12th & 13th

Rm 134 - Continuing Studies Bldg - University of Victoria.
Instructor: Leslie S. Black, Holistic Healer & Spiritual Teacher



This course serves as an introduction to Healing Pathways developed by Naramata Centre and to the kind of treatments offered here at CBUC; to register email chaplain@uvic.ca or call 250-721-8338

Annual General Meeting for 2011 – March 6

Our congregation's annual general meeting to review the work of the board and its committees for 2010 and to set a budget for 2011 will occur after church on March 6th, 2011. This is an opportunity to celebrate where we have been and be a part of setting some of our direction as a congregation for 2011. The Annual Report will be made available to the congregation online starting on February 13th. If you would like a hard copy of the report, please sign up in the Narthex on the sheet provided. Please mark this on your calendar and plan to attend. Child care will be provided. The meeting should last approximately 60-70 minutes... If you have any questions or wonder about the agenda, please feel free to speak with our Council Chair D'Arcy Wingrove.



Wills, Bequests & Personal Directives – Tuesdays in March

- March 8 - Session 1 – Wills, annuities & bequests
- March 15 - Session 2 – Personal Health Directives
- March 22 - Session 3 – Power of Attorney
- March 29 - Session 4 – Planning your own memorial service

Each of these sessions attempts to address the practical aspects of Death and Dying. Some of these aspects are surrounded with mystery or misinformation. Jane Harding, Director of Financial Planning BC Conference, will begin the series exploring ways you can ensure your values are honored long after you die. These sessions will enable you to sort out what choices are available to you and your family. Each session is independent and you may attend one of them or all of them.



Other presenters include Lois Ross from the Victoria Health Authority who will address the subject of Personal Directives. Victoria-based Notary Public Tom Anderson will address issues regarding Power of Attorney issues.

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Celebrating International Women's Day – March 8, 2011



Celebrating International Women's Day with the Women of Cadboro Bay
Tues. Mar. 8, 6:30pm

Dessert & Conversation with Jacquelin Green and Jeannie White.

How does Fashion show the changing attitudes toward women over time? Let's share photos of ourselves at 16, dressed to go! Even more fun, bring a photo of your Mum in her youth too. It's an opportunity to reflect on changing attitudes toward women over the years, get to know each other a bit and have some fun and laughter.

Please SIGN UP in the Gym to give us an idea of how many desserts to bring, or call the church office, (250) 477-2715 - Cost \$5.00.



Pancake Supper – Wednesday March 9, 2011

Shrove comes from the word "shrive" meaning "to hear confession". It is a precursor to the season of Lent which historically was a time of abstinence, fasting and preparation for Easter. To confess to a priest and cleanse one's soul before entering the season of Easter was highly recommended.

Shrove Tuesday marked the beginning of the 40 day Lenten fasting period when the faithful were forbidden by the church to consume meat, butter, eggs or milk. However, if a family had a store of these foods they all would go bad by the time the fast ended on Easter Sunday. What to do? Solution: use up the milk, butter and eggs no later than Shrove Tuesday. And so, with the addition of a little flour, the solution quickly presented itself in... pancakes, and lots of 'em!

The day following Shrove Tuesday is officially the start of Lent and is called Ash Wednesday. This day gets its name from the practice of marking the forehead of worshippers with ashes as a sign of repentance and fasting. In the biblical record, we find stories of the Israelites putting on sack cloth and covering their heads with ashes as a sign of repentance. So it is that we lift up this custom and bring to it new meaning.

On Wed March 9, 2011 the youth group will be hosting a delightful pancake supper starting at 5:00pm and running until 6:15pm at which time we will move into the sanctuary for a brief service and sharing of this ritual of being "marked" for Lent. This family friendly evening has become a tradition at CBUC and we hope you will join us for it. Adults are \$8.00 each, Children \$5.00 and a family is \$25.00.

21st Century Dilemmas – Euthanasia Mondays March 14 & 21



Euthanasia . . . a series of two discussion circles on 21st Century dilemmas
What are the ranges of issues about choosing to end life? How do I think and feel about it? Does my heart say one thing and my head another? Where does my understanding of God fit? Isn't mercy killing against the Ten Commandments? Is it compassionate? What ought to be our guidelines? What are mine?

March 14 & 21, 2011, 7-9 PM with leaders in the field of medicine and ethics. To register email office@cadbayuc.org or call 250-477-2715

Spring Break Musical Camp 3 – March 14-18

It's a Musical World!

Spring Break Camp 2011:

March 14 - 18, 2011: 9am - 3pm each day

Performances:

Friday March 18 *and* Saturday March 19: 7pm each night

Take an exciting musical journey of folk song and dance traditions to all corners of the globe. We've got lots of miles and music to cover, so join us for the first week of Spring Break 2011!

Together we will:

- learn the musical score
- practice dance steps and choreography
- learn about the countries and their folk song/dance traditions
- assist in set design and completion
- *and as always*, have time for games / activities and swimming
- snacks are provided
- bring your own lunch



Space is limited to 40 children

Register online at www.cadbayuc.org

Call 250-477-2715 for more information

Leadership: Mark Green, Christine Chepyha and friends

Cost: \$140 per child

Sing Your Joy!

Ever noticed how quickly friends form when they sing together? Ever noticed how the energy in the room rises as we discover a common song? Come join us for the next 3 months as we sing up a storm. A storm of JOY.

Here is your opportunity to sing with friends - old and new. A group of young people (high school and through university) will meet weekly to sing their joy, share their songs and grow together.

Join Christine Chepyha and Gordon Miller on Monday nights:

February 7 - May 9th: 7pm

AT: Oak Bay United Church (corner of Mitchell and Granite Streets) in Victoria, BC

Questions?

Email: singyourjoy@gmail.com

Text: 250.532.6834

Facebook: [Sing Your Joy](#)

Cost: Nothing!

Refreshments provided

AND THEN: We'll perform at 2 concerts:

Friday, May 13, 2011: 7pm @ Oak Bay United Church

Saturday, May 14, 2011: 7pm @ Cadboro Bay United Church

Sponsored by Victoria Presbytery, United Church of Canada



PROCESS THEOLOGY COURSE AT Cadboro Bay United Church

Process Theologies with Dr. Sharon Betcher from Vancouver Theology School will be hosted by Cadboro Bay United Church starting Thursday Mar 3rd (6-9), Friday Mar 4th (8-5) and Saturday Mar 5th (9-12) . Process thought breaks with the modern science of mechanistic materialism and poses a worldview that is relational, holistic, and creatively open. Liberating the physical realm from the dead weight of mere matter, process thought celebrates the energetic liveliness of the cosmos. Course available for: Audit/Certificate/Diploma Credit or Degree Credit: Basic and Advanced.



SPRING BREAK MUSICAL CAMP: MARCH 14-18, 2011

MONDAY - FRIDAY: 9AM - 3PM DAILY

PERFORMANCES: FRIDAY, MARCH 18 / SATURDAY, MARCH 19, 7PM EACH NIGHT

AGES: GRADE 1 - 7 / COST: \$140 PER CHILD

CADBORO BAY UNITED CHURCH - 2625 ARBUTUS ROAD, VICTORIA BC

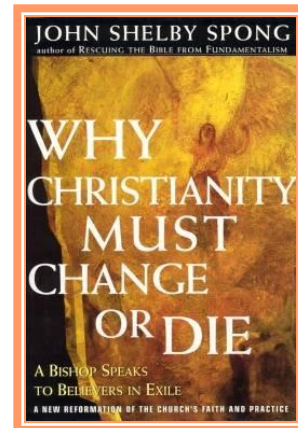
DETAILS AND REGISTRATION:

ONLINE: WWW.CADBAYUC.ORG / EMAIL: OFFICE@CADBAYUC.ORG / PHONE 250-477-2715

Library News for February

Our church theme for February revolves around embarking on a life journey or pilgrimage, both which often entail making changes and living with ambiguity. Mark has suggested the following books as support reading for this theme.

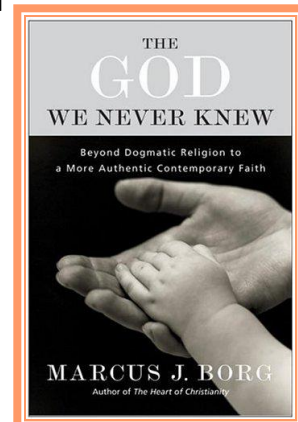
Why Christianity Must Change or Die by John Shelby Spong. Karen Armstrong, author of *A History of God*, states that 'the book is an important contribution to the Christian dilemma of our time. With reverence, courage, and compassion, Bishop Spong helps his readers to articulate their difficulties with the conception of God, and in so doing, to take the first step to a creative resolution'.



The God We Never Knew by Marcus Borg. 'In this book, renowned author Marcus Borg reveals how to embrace an authentic contemporary faith that reconciles God with science, critical thinking and religious pluralism.'

A children's book dealing with the exodus of the Jewish people from Egypt and their struggles on that journey that is available in our church library is highlighted below.

Moses in the Wilderness retold by Catherine Storr, pictures by Jim Russell. This book tells the Old Testament story of the struggles that Moses and the Jewish people faced after their flight from the oppression of the Egyptians. It depicts their fears and weaknesses when faced with the uncertainty and hardships that their uncharted journey bestowed on them.



The Library Committee is holding a book sale after church on February 13. The books are from the Naramata Bookstore and should be of interest to any readers in the congregation. Our hope is that you will find one you like, purchase it, read it, then donate it to the Library in return for a tax receipt. This way we can build up our library with books that people find interesting and would recommend to others. There will be books for children and adults so don't forget to bring your cheque book on the 13th.

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It's a Musical World – Spring Break Camp 2011 - UPDATE

Travel agents are busy developing the itinerary for this year's big Spring Break Camp tour! *"It's a Musical World"* takes us on a journey across the globe, visiting 7 countries. Children will learn songs and dances and stories from each area, and on Friday and Saturday, March 18 and 19, will present their efforts in two fabulous concerts.

We need your help! To enhance the experience, we are looking for costumes, musical instruments, fabrics, art pieces and great photos from these countries to use in displays during the concerts. So, knowing how well-travelled you all are please let Christine or Mark know if you have items of interest from the following countries:



West Africa – Israel – Austria – Russia – China – Brazil – Canada (west coast and east coast specifically).

Once again we will need many cookies to serve the children during the camp. Please let the office know if you can bake a few dozen to add to our supply. And if you're curious and want to know more about the camp, potential volunteer positions, or other ways to help, please check with Mark or Christine.

Get Connected: Join CBUC's on-line Outreach Community!

If you're a person who would appreciate more information and analysis about the most critical issues of our time-

If you're looking for local events that will help you connect with others who are trying to walk the path of justice and peace-

If you want to participate in on-line actions designed to produce change and transformation- then [click here](#) or email Meghan at meghan@cadbayuc.org and let her know you're interested in joining this new on-line community at CBUC.

Once you've subscribed, you will receive approximately 2 or 3 articles/actions/event notices a week about all kinds of outreaching issues.

Another way we walk the talk at CBUC!

Council Update for January 2011

January has been a busy month for those on council and the nomination committee as budget decisions are finalized and vacant positions are filled. Speaking from experience I can tell you that taking a position on a committee is an easy and fun way to get involved in the church. Committee chairs are careful that newcomers do not get overwhelmed with tasks but rather slowly work alongside others, learning as you go. So, if you feel you have an interest or gift or talent you'd like to share, please speak with me or Marilyn or one of our ministers.



This month afforded many of our council members an opportunity to hear Anthony Robinson lecture United Church folk in Victoria. We were able to hear his wisdom on leadership and discerning the purpose of one's church. Many of you will remember our Dream Weaver's process and the outcome which laid out a large number of goals. The good news is that we have achieved almost all of those goals ahead of schedule and now need to look ahead to plan where we want to be and what we need to do to get there. As we chart this course, further discussions will need to occur, but Anthony was able to help us begin to think critically about what it is that God has called us to do. Exciting times are ahead as the Cadboro Bay United Church family continues to focus on our purpose and how to fulfill it.

And finally, I look forward to seeing a good representation of families at the AGM on March 6th after church. This is our one meeting a year to share our budget (available on the website starting February 13th) and make important decisions about the life of this church.

D'Arcy Wingrove
Chair of Council

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Prayer Shawl Ministry

A few weeks ago, during the worship service, a collection of prayer shawls was presented to be dedicated and blessed by the congregation as an acknowledgement of our prayer shawl ministry. Ross asked the congregation to imagine their hands on the shawls and to bless them and fill them with love from our church family.

This ministry was introduced to the Pastoral Care Committee almost two years ago as an opportunity to reach out to those who were grieving the loss of a loved one, ill or recovering from surgery. They are also a wonderful gift to new mothers, to celebrate retirement or a new job or any other reason to express our love and caring. The Pastoral Care committee and craft group embraced the project and became very passionate about it. Others, upon hearing about this ministry became excited about this symbol of compassion, and joined the group. We met as a group initially to establish how we would proceed but most of us knit on our own. The Sunday of the dedication inspired three more knitters to begin their ministry.

The shawls remind us of the love of the divine, the power of healing that happens when people are wrapped in something created in love and prayerfully knitted. When encircled by this shawl one is comforted to know they are being held in prayer in the hearts of our church family.

If you would like to be involved in this project, please feel free to ask Coleen Pearce, Jane Bosworth, Joan Bazeley or Bonnie Hetherington for information. Sherry Ridout dedicated a book to the library *Knitting into the Mystery* by Susan S. Jorgensen and Susan S. Izard which is a guide to the shawl-knitting ministry. It is a beautiful book to read and perhaps will inspire you to become a prayerful knitter. We will be happy to provide you with the pattern details. It is suggested that you use 3 balls of Lions Homespun (on sale periodically at Michaels) and needle size 6.5 or 7 depending on your tension. May you feel the peace of blessed knitting as you enfold someone in love and grace. If you are unable to knit yourself and would like to support this ministry, the group would greatly appreciate your contribution of yarn to the knitting circle.

Sincerely, Coleen Pearce



Unitarian Interfaith Bridging Open House – Feb 20th

Sunday February 20th, Service 10:30 AM, Reception Noon

The Inter Cultural Association (ICA) is sponsoring an Interfaith Bridging Project, coordinating as part of it a series of Interfaith Open Houses to be hosted at the locations of eight faith groups including:

- * Christian
- * Jewish
- * Baha'i
- * Muslim
- * Buddhist
- * Sikh
- * Hindu
- * Unitarian



Members of other faith groups are invited to attend the First Unitarian Church of Victoria's annual Diversity Service, Sunday February 20th, 10:30 AM (5575 West Saanich Road opposite the Red Barn), and remain for a 12noon reception, with an introduction to Unitarianism and an historical exhibit. Those with other Sunday morning commitments are welcome to come at noon for the reception.

For those without transportation, a bus will leave James Bay New Horizons Centre, 234 Menzies Street, at 11:15 AM, car transport will return about two hours later.

The Capital Unitarian Universalist Congregation services are at 10 AM at James Bay New Horizons Centre. The February 20th service is Muriel Buchner "Echoes from the Past - Warnings for the Future". All around the world traces of ancient civilizations have been found long since abandoned and forgotten. What happened to these people?

It would be a pleasure for the First Unitarian Church of Victoria to welcome guests to its wooded church campus. If you are planning to attend, or need transportation, please notify Ms Fran Pardee 250-384-7426 fpardee@shaw.ca

Welcoming Celebrating Diversity Committee, First Unitarian Church of Victoria

Church Recycling Update

Thank you to everyone who is conscientiously trying to put the recycling in the proper bins. There has been very little misplaced plastic in the last two months and this makes it so much easier for me when I get the bags ready to go to Pacific Mobile Depot stations.



A reminder, the Styrofoam trays do not go in the Styrofoam block bin. One suggestion: all the juice cartons and plastic juice containers (not the plasticized paper containers which can go in the paper recycle) can go in the Youth recycle bin so they can recover the deposit return to help finance their activities.

Our tally this month was: 1 bag of soft plastic, 1 bag of gable top cartons, 1 bag of foil lined plastic bags, etc., 1 bag of Styrofoam blocks and 1 bag of Styrofoam trays. Edguardo puts the hard plastic out at the curb on our recycle day which saves us a considerable amount of money.

Keep up the good work!
Eileen Campbell

Action on the Environment . . . Given the 50 plus who attended Cancun Report with Stephen Tyler there may be some who want to carpool to the following events at First+Metropolitan

Films are Monday evenings January to May, 7-9pm. Films are free and tea and cookies are available to nourish our discussion. Everyone is welcome.

February 28 Dirty Business *Can coal really be made 'clean'? Can renewables and efficiency replace coal? Goodell seeks answers in a series of stories shot in China, Saskatchewan, Kansas, West Virginia, Nevada and New York. This documentary reveals the true social and environmental costs of coal power and tells the stories of innovators who are pointing the way to an alternative green energy future*

March 28 Chemerical *Chemerical follows a family's three-month journey to live without chemical-based household and personal care items. "The message is that the revolution starts at home".*

April 18 Fresh *Fresh is a fresh look at the problems and consequences of our current industrialized food system, something that affects us all. But more than just a critique of the ills that accompany mass production on the farm and mass marketing in the food chain, Fresh focuses on the farmers, thinkers and business people who are re-inventing food production.*

May 16 Gaslands *"The largest domestic natural gas drilling boom in history has swept across the United States. The Halliburton-developed drilling technology of "fracking" or hydraulic fracturing has unlocked a "Saudi Arabia of natural gas" just beneath us.*