

TIDELINES

Cadboro Bay United Church

January 2011

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From a Minister's Desk

Connecting the Head and the Heart - Mark Green

When it comes to matters of faith and spirituality, an artificial dichotomy is often created. It is often proposed that one has either: discerned with the mind, studied and unravelled historical evidence and brought all the modern tools of discernment to bear on ones faith; or one has come at faith from an intuitive and emotionally based place. Atheistic perspectives particularly push this dualistic way of thinking but they are not alone.

The dilemma is that historically, when it came to bridging the insights of modern science and history with the claims made by the church, the fall-back position was often one of seeking to use the authority granted the institution of the church to trump the contradictions and inconsistencies raised. As the authority waned, then the arguments used were that such questions were outside the realm of the mystical and all knowing powers of God, and if one had enough faith, they too would believe. Such responses further entrenched the dichotomy and did little to address the real questions people had along their faith journey.

Minister's Message continued...

The flip side of the coin of course is that many people have mystical experiences that go deeper than what may appear to be the presenting experience. Many of us come at life from a heart perspective and seek to make decisions that are congruent with what we know to be right and true in our hearts and responsive to the human condition no matter how illogical. Love after all is rarely about logic but rather about something much deeper. And when the primary modality of God is named as Love, we know that science and technology do not yet have the capacity to measure such.

So how, when it comes to matters of faith, do we begin to bridge these ways of knowing... the head and the heart? Is it possible or simply another way in which religious people seek to perpetuate their own illusions? It is, I believe, possible to integrate all that we continue to know and learn scientifically, historically and intuitively. In fact, some of our best discoveries in the various disciplines come when we do integrate those things.

During the month of January, Ross and I will attempt to lift up the issue of faith as we have heard them from you in relation to the head and the heart and then to talk about what gets in the way of making the connections and what can help us as we seek to make those bridges. And we will be doing this as a dialogue series with input from the congregation as well. We hope this method of exploring the connections between the head and the heart will be exciting and engaging for all of us.

I am grateful that our faith community has within it the capacity to support and respect one another in the various places we are each in, relative to the intersection of these two ways of being in the world. I look forward to learning with you and from you in this series. In these matters of the head and heart, may we seek to engage with one another as we journey together.

Sunday School in January



Teaching through story telling was one of the ways Jesus used to help his followers understand his message. Some of these stories – parables – invite us to explore a deeper meaning than what the sometimes-puzzling story tells us. We will be exploring three parables during January as we connect with the overall theme for the month “Connecting the Head and the Heart”. I look forward to being with the children and the leaders through this time of exploration. Barbara Hansen

Climate Change – January 9th post-service

Climate Change: A Cancun update from someone who was there

Speaker: Dr. Stephen Tyler

Sunday January 9, 2011 post-service

11:30- 12:30 p.m. in the CBUC Lounge

Dr. Tyler's work with community organizations in developing countries puts him in a unique position to speak about the threat climate change poses to some of the world's poorest countries. He presented at the Conference in early December.



Movie Night – January 14th

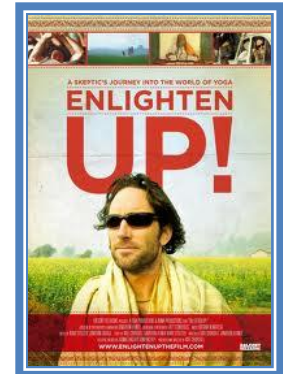
Enlighten Up: A fun movie about the ups and downs of trying a new mind/body regimen; in this case yoga.

The full evening goes as follows:

5:30 PM - Walking the Labyrinth (you have got to experience this candlelit sight to believe how moving it can be)

6:00 PM - Simple Soup (call Ross if you can provide as no one has signed up yet)

7:00 PM - Even if you don't have a workout routine or have not made a New Year's Resolution, you will still enjoy the lively conversation that always ensues following our movies.



Family Nite (Salmon Kings) – January 28th

Our third annual Salmon Kings family night will happen on Jan 28th at 7 pm. Tickets are \$16 each and include HST, all service charges and parking ... (WOW!! What a deal!) This is a family event for ALL AGES in our congregation and we are happy to include extended family members as well. You can book your tickets starting Jan 1st by calling or emailing Mark (mark@cadbayuc.org) at the church office. Deadline for tickets will be Monday, Jan 24th.



Learning to Meditate – Mondays, January 2-24



This is a course on Centering Prayer; a method of spiritual practice that grows out of the Christian tradition of Contemplation. You may think it odd to refer to this a “meditation”. The reason for this reaction is that we often think of prayer as thoughts or feelings expressed in words. In fact it is the inner work of opening our hearts and minds -our whole being- to God, the Ultimate Mystery, beyond thoughts, words and emotions. We can all use a little less mental chatter and a little more faith. Come see if it works for you. Mondays 7-9 PM, beginning January 3, 2011 for four weeks in the sanctuary.

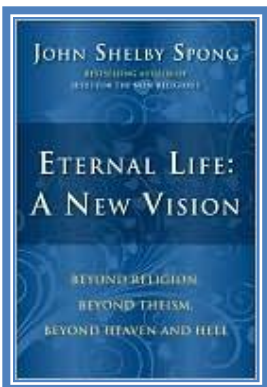
Bible 202 – Uppity Women of the Bible Thursdays, January 20-March 3 – 1:00pm -2:30pm



Using the materials of Dr. Lisa Wolfe, we will take an enlightened journey through the book of Ruth. Exploring themes of loyalty, bitterness, courage, poverty and seduction and in the context of the vulnerability of widows and the difficult situation of foreigners in biblical times, we will attempt to unearth what learnings there are for us today. If possible, please read the book of Ruth in advance but come anyways even if you have not. Bibles will be useful for this study and if you don't have your own we have lots around the church. Please call or email the church office to register.

Eternal Life: A New Vision – Mondays Jan 31-Mar 7 @ 7:30pm

Not for the faint of heart, Spong's last book is a culmination of his life's work and insight. What, he asks, is possible to believe and assert in a post-Darwinian world. His historical reconstruction of the role of religion as it begins in a pre-Darwinian age and the many things we need in the 21st century to leave behind may be refreshing to some and terribly earth shaking to others. Into this new frontier we must indeed go, postulates Spong, but the places we land are proclaimed with much less certainty and with more questions than answers. Join with others who are ready now to ask these challenging questions. Each member will need to have read the book BEFORE the class begins. The book is now available in soft cover through the Cadboro Bay Book store in the village. If you tell them you are taking the course at CBUC you are entitled to a 10% discount. *Warning: this book is not for those who find ambiguity discomforting or alarming.*



Teen Confirmation Retreat Weekend

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

A fabulous weekend away with members of our youth group to laugh, explore, wonder, questions and name those things most important to us on our faith journey. An opportunity for those who are in grade 9 or higher, to explore what it means to belong to the United Church of Canada, and to explore your own spirituality in this context. This is for inquirers and there is no assumption that one must choose to be confirmed upon completion. Our time together will focus on the basics of Christian faith: its beliefs, ideas, history, values and practices. Together we will struggle with these things and what it means to be a people of spirit who belong to the United Church of Canada. Through games, stories, movies and a variety of interactive activities we will go boldly into our faith journey.



Wills, Bequests & Personal Directives – Tuesdays in March

Session 1 – Wills, annuities & bequests

Session 2 – Personal Health Directives

Session 3 – Power of Attorney

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.



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Spring Break Musical Camp 3 – March 14-18

Spring Break Musical Camp 3 – *It's a Musical World!*

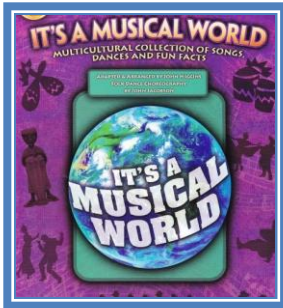
March 14 – 18, 2011: 9am – 3pm each day

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 and swimming. Space is limited to 40 children: online registration begins January 10, 2011 at www.cadbayuc.org.

Leadership: Mark Green, Christine Chepyha and Friends

Cost: \$140 per child



21st Century Dilemmas – Euthanasia Mondays March 12 & 21

Euthanasia . . . a series of two discussion circles on 21st Century dilemmas

What are the range 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 please contact the office by email (office@cadbayuc.org) or phone (250-477-2715)



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. Reports from the various committees and groups are due in the church office no later than Jan 16th please. The Annual Report will be made available to the congregation online toward the latter part of February. 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.



Music & Concert Updates!

Mark Your Calendars!

The CBUC Choir will host its 5th "***Make a Joyful Noise***" Concert this May, with a new twist! We will present TWO concerts this year with our collaborators, the Oak Bay United Church Community Chorus:

Friday, May 13th – 7pm at Oak Bay United Church

Saturday, May 14th – 7pm at Cadboro Bay United Church



The two choirs will be holding their second joint choral workshop on Saturday, February 5th starting at 9:30am in the CBUC sanctuary. We welcome any and all who like to sing, and enjoy community with laughter and music. Chat with a current choir member and find out what really happens at Thursday rehearsals!

Upcoming Concerts of Note:

Sunday, January 9th at 5pm

Ukrainian Christmas Carol Concert – St. Nicholas the Wonderworker (corner Cook and Caledonia)

The LUNA vocal ensemble will perform traditional carols for the season.

Admission by donation.

Sunday, January 16th at 3pm

A Concert for Epiphany with VOCES INTIMAE - St. Mary's Elgin St in Oak Bay. VOCES INTIMAE will perform excerpts from Bach's Cantatas for Epiphany with string quartet, oboes, french horn and continuo. These cantatas contain musical gems equal or surpassing the brilliance of Bach's more frequently performed choral works. Also featured will be Bach's C minor double concerto arranged for two clarinets, performed by Rainer Roth and Patricia Kostek. Tickets are \$15 and \$20 at the door or in advance (as of Jan. 2nd) at Ivy's, Larsen's and Long & McQuade. For information call 250-727-2529 or email vocesintimae@shaw.ca.

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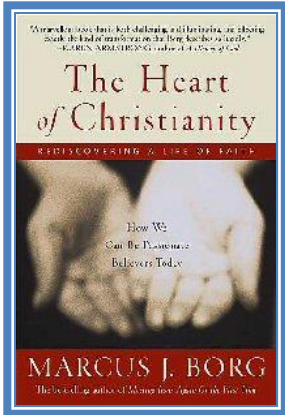
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Library News for January

A New Year's greeting from the Library Committee wishing you the joy that comes with continued growth & renewal. Our theme this month should assist us in this journey as we look at **connecting** the head and the heart.



The following books may help in integrating the two:

In ***The Heart of Christianity*** Marcus Borg describes a compassionate, intellectual form of Christianity that he believes can emerge from a modern reinterpretation of sacred texts. This is a highly readable book that allows us a glimpse into the essence of Christianity. We have a number of copies.

The Case for God by Karen Armstrong shows us the lengths humans have gone to in order to experience a sacred reality. She feels the task of religion is to offer us a “stunned appreciation of an ‘otherness’ beyond the reach of language”..... “Like art, the truths of religion require the disciplined cultivation of a different mode of consciousness”.

Other recommended books are ***Unconditional Love*** by John Powell, ***Love*** by Leo Buscaglia & books on mystical poetry by authors such as Rumi or Rainer Marie Rilke. Other books related to this month's theme and activities can be found on the shelf outside the library. Please sign the card & leave on the desk inside.

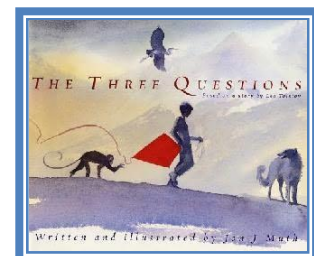
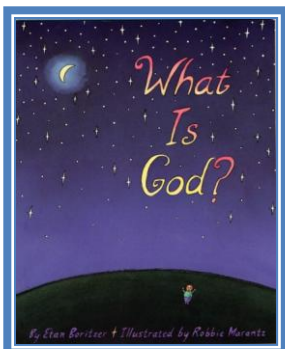
For children you may want to check out:

What is God? Etan Boritzer points to God as being a feeling of love. The author leaves room for many varieties of ways of being religious and closes with a simple form of meditation in which to feel love.

In God's Name by Sandy Sasso also explores the many faces through which God is known & understood and brings us to a similar sense of unity.

The Three Questions is a delightful book for all ages based on a story by Leo Tolstoy. The author Jon Muth has created a profound yet simple book about compassion & living in the moment.

Books you are finished with can be returned in the basket on the shelf or put on the desk inside, thank you.

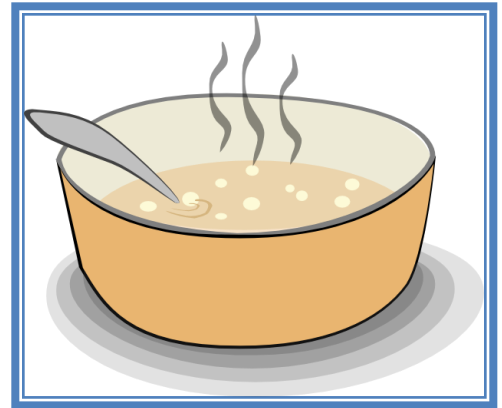


Soup Sunday: m-m-good! - January 30th

You have to be over 40 to know that reference (an old Campbell soup's slogan), but you can be any age to enjoy the homemade soup we'll be serving after church on Sunday, January 30th. It's free and it's delicious. Because many of you asked for Vivian Kuhn's carrot-orange soup recipe which we served at our last Soup Sunday, here's the recipe for your files.

Vivian's Carrot-Orange Soup

2 T. butter
 1.5 lbs peeled and sliced carrots
 2 medium onions
 4 cups of chicken stock
 freshly ground pepper
 1 medium orange
 1/4 c. cream
 pinch of nutmeg



Melt butter in saucepan. Add carrots and onions and cook gently until veggies begin to soften. Reduce heat. Add chicken stock; cover and simmer about 40 min. until vegetables are tender. Allow soup to cool slightly and then puree in blender. Use potato peeler to thinly pare orange rind into shreds. Cook shreds in small amount of water until tender. Drain and add to soup. Squeeze juice from orange and add to soup along with cream. Reheat gently; adjust seasoning to taste. Serves 4.

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!

A New Year & A New Look for the Worship Bulletin

"Change always comes bearing gifts." (Price Pritchett)

Now that's a positive way of looking at change! The worship committee has been exploring a new format for the worship bulletin. We're now ready to let the congregation "test-drive" it; over the next 4-6 weeks, we hope you will give us some feedback about our new look.

Why are we making this change? There are a number of reasons:

- 1) Since moving to a thematic approach for our worship and church school, the United Church bulletins we've been using no longer fit the content of worship or the scripture story. The picture on the front cover as well as the meditation on the back cover follow the lectionary, a cycle of readings used by many congregations but no longer ours. Your worship committee believes it's important that our bulletin reflects who we are and the theology we embrace. By designing our own bulletin, we'll have more flexibility and control over all of its content.
- 2) Because we're a community that is trying hard to touch the earth gently, the worship committee is working to reduce the amount of paper we use during worship. This new bulletin format will use a single sheet of paper. Think of it- no more inserts falling out of your hand and no more flipping through pages of announcements to get to the rest of the order of service! There may be some Sundays when we will be forced to use an insert: we are a busy community, after all. But normally, a single sheet of paper folded in half should serve us well.
- 3) While the photographs on the United Church's bulletin covers are always inspirational, because we now project our services, we're using images in all kinds of different ways during worship. These images are specially selected by our ministers and we think they are an excellent, visual expression of that Sunday's worship theme.
- 4) Did you know that more than half of the congregation leaves their bulletins behind every Sunday to be recycled? That's fine with us, but the church pays over \$600 each year for these special covers. By moving to our own format, we will save money as well as paper when we recycle these bulletins for you.

Over the next few Sundays, let us know what you think about our new look. We want to make this change a positive one for all who worship with us.

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