

TIDELINES

Cadboro Bay United Church

March 2011

Inside This Issue

1. Sunday School Lenten Unit
2. Youth Group March Madness
3. Teen Confirmation Weekend in February
4. Wills, Bequests & Personal Directives
5. International Women's Day
6. Ash Wednesday & Pancake Supper Ritual
7. Movie Night
8. Sowing Seeds, Sowing Promises
9. Spring Break Camp 3
10. 21st Century Dilemma – Euthanasia
11. Family Nite
12. A Good Death
13. The Water is Wide
14. Sing Your Joy!
15. 400 Socks before Easter!
16. Library News
17. It's a Musical World!
18. Join Us in The Challenge for Change



From a Minister's Desk

Dying and Death. . . a complex theme.

It was not till I reached 50 years of age that I really faced my death. I have been unpacking that reality for almost a decade now. I have not landed in a midlife crisis over it but I have a new appreciation for what it is to live life while I have it. Contemplating mortality takes a lot of time, especially because it is so inescapable. Lent is well suited to themes that are complex and compelling. So from Ash Wednesday to Easter Sunday, I invite you to explore what the Zen teacher Stephen Levine calls the 'appreciation of impermanence.'

Some colleagues in ministry have remarked with surprise that our theme on Dying and Death will be the focus. They worry about turning people off. It's true, most of us go to extraordinary lengths to ignore, laugh off and deny the fact we are going to die. But what if we get a chance with friends to reframe that fear into an opportunity of a lifetime?

'On Death and Dying' by Dr. Elizabeth Kubler-Ross was written in 1969. Her book rocketed to prominence and still remains on top of the UK bestseller list, second only to the Tibetan Book of the Dead! The reason she was and still is so wildly popular is because she upset taboos like directing anger at God. Similarly she rightly condemned the church for teaching bad theology about death and dying.

Continued on Page 2

Minister's Message continued...

An example of this is the phrase: "We are meant to suffer as long as we live on earth." That is certainly not what Jesus intended by saying: If you cling to your life, you will lose it, and if you let your life go, you will save it. Luke 17:33

Since then the field of dying has exploded with technological advances. Some bioscientists and drug companies prophecy immortality. There are now *stem cell replacement* and *telomerase therapies* that some say can stop the aging process. Some report that within 20 -30 years *nanorobots* the size of cells could be placed into a person's body to perform mini fix-it operations from within. We could soon be in a position to postpone death endlessly: a phenomenon on which David Suzuki commented: "Sooo boring!" (*For an up to date peek at what's out there to appease the anti-aging diet, CBC's science reporter Bob Robertson is airing "Magical Mystery Cures" 9 PM Thursday March 10.*)

John Shelby Spong's *Eternal Life* reminds us that when self-consciousness, rather than mere consciousness, emerged in our ancestors, death became a known fact. He suggests life then became a lot more complex and fearful. We are in the same boat, but we must face ours in today's terms, balancing ethically responsible, theologically sensible and deeply intuitive knowledge. The challenge will be to connect once again the Head and the Heart. Whether you attend worship services, one of our many CBUC study groups, or want to simply drop us an email sharing your views, you are welcome to join the conversation.

Sunday School Lenten Unit

Beginning March 13th, the children in Sunday School will be exploring ideas and experiences as they relate to death and dying and life after death. A very fine group of teachers will gently help the children name some of their fears and questions related to this theme and identify ways in which they are comforted and can comfort others. As our time unfolds together we will begin to explore different ideas and possibilities about life after death and both our hope and trust in God's goodness throughout our lifetime. Mark is the coordinator of this unit and if you have any questions about what or how we are exploring this theme, please feel free to talk with him about it. You are also welcome to attend any of the sessions. We will be using a number of award winning children's books to help us explore this theme.



Youth Group March Madness!

March madness is here! With the celebration of Lent and the preparation for Easter, CadBay youth are getting a little wacky in waiting. Time to explore our excitement for the spring and discuss the things we can GIVE (to each other, to community, to God) rather than just GIVE UP.

Junior Youth:

March 4th WACKY HAIR-DO DAY! Come prepared to wear your craziest hair from the biblical to modern era. Be prepared to get a little messy!

March 18th (spring break) TRUST GAMES! Time to put your memory to the test and see how much you know about yourself, each other, and your leaders!

Senior Youth:

March 6th GLOW (T-shirt painting party!) Time to dress up in GLOW and get creative with some paint for an extra special fashion shoot of spreading light in the world.

March 20th (spring break) Spiritual Practices Part 2: Out trip to the beach.

Looking forward to seeing you soon!

CadBay Youth Leaders



Teen Confirmation Weekend in February

February 18-20 found 5 teens plus their leaders at a confirmation retreat at Camp Pringle. Beginning Friday night, we began to name our questions, and post some ideas of our beliefs about everything from who God is to our ideas about life after death. We played bible charades, watched some movies and picked out the Gospel themes and theological nuances and ate and laughed together. When we left on Sunday afternoon, we were full in body mind and spirit and very tired.... Hmmm phase 2.... I wonder what that will contain?



Cadboro Bay United Church

2625 Arbutus Rd

Victoria BC, V8N 1W4

office@cadbayuc.org www.cadbayuc.org 250-477-2715

Wills, Bequests & Personal Directives – March 8, 15, 22, 29

Wills, Bequests and Personal Directives: Do you want the government to take over your wealth or give it to causes you believe in? Who have you put in charge: lawyers or loved ones? Local experts will address topics including wills, bequests and Personal Directives. Tuesdays 1-3 PM Mar 8,15,22,29

Tuesday March 8: Jane Harding, UCC Financial Development Officer. Jane is based in the BC Conference Office in Vancouver and has been animating programs about creative avoidance of undue taxes for 8 years. She helps United Church congregations with wise stewardship, wills, bequests and personal planning.

Tuesday March 15: Lois Ross; In her position as VIHA Health Director Lois works with professional counselors, social workers and families to implement best practices for patient care. Lois will address the topic of Personal Directives.

Tuesday March 22: Victoria-based Notary Public Tom Anderson will address issues regarding Power of Attorney issues.

Tuesday March 29: Ross White/ Mark Green. Do you want to leave them hanging or allow the people who grieve your loss to gather in a way that enables them to support each other with as little added complexity as possible? Learn about simple service planning for your memorial.



Celebrating International Women's Day – March 8, 2011

Celebrating International Women's Day with the Women of Cadboro Bay
Tuesday, March 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.

Cost is \$5 or pay what you can, and if you are able, help us reach out to young moms in our community with a donation of diapers (any size) and or formula for the Young Parent Support Network. A great opportunity to get to know the fabulous women of all ages at CBUC!

Registration is in the Hall



Ash Wednesday & Pancake Supper Ritual – March 9



Our Annual Lenten pancake supper will once again be hosted by our ever capable Youth Group. Tickets have been on sale the last 2 Sundays but you can still get yours either after church or through the church office. Some will also be available at the door. Cost is \$8/adult, \$5/child or \$25/family. Menu includes: Pancakes, Sausages, fresh fruit and beverages.

Following the meal, we will move to the church sanctuary for a short Ash Wednesday Service where we will burn the palm leaves from last year's Palm Sunday and be marked on our foreheads as we begin our journey into Lent. Lent is a time of introspection and this service is a ritualized way to acknowledge and begin.

Movie Night – March 11, 2011



Charles Dodgson, who wrote under the pen name of Lewis Carroll, was a mathematician in one life and a gifted writer of nonsense stories. Nonsense? Everything in *Alice in Wonderland* and *Through the Looking Glass* is a parody of things in his life: the Cheshire Cat, the Jabberwocky, the Walrus and the Carpenter. But mostly it is just funny. The Disney version is just that with a little affection thrown in by the Mad Hatter. Come tumble down the computer-animated rabbit hole March 11 or it will be *Off With Your Head!*

5:30PM- Labyrinth

6:00PM- Simple Soup Supper

7:00 PM- *Alice in Wonderland* (2010) starring Johnny Depp & Mia Wasikowska

Sowing Seeds, Sowing Promise Leadership event for Ross and Mark

Mark and Ross will be participating in part 2 of an eight month leadership course that they have been engaged in since October 2010. Returning to the retreat centre near Maple Ridge they will join 40 other colleagues in ministry in the United Church who are exploring what it means to be a leader in the context of the 21st century and in these radically changing times as a church. They will be away April 1-6th inclusive. During that time pastoral coverage has been arranged for emergencies and Dr Harold Coward has agreed to be our preacher on Sunday April 3rd.

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 – **SPACE STILL AVAILABLE!!!**

Register online at www.cadbayuc.org

Call 250-477-2715 for more information

Leadership: Mark Green, Christine Chepyha and friends

Cost: \$140 per child

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!

21st Century Dilemma – Euthanasia – March 14th & 21st

Dates: Mondays, March 14 & 21, 2011 **Time:** 7:00 – 9:00 p.m.

Facilitator: Ross White



Two discussion circles where we can share openly our thoughts, ideas and hear the same from others regarding the situations we encounter in our 21st century world where technological and medical advancements have brought both gifts and dilemmas to the end of life questions. Explore the complexities regarding degree of intervention, whether to be subjected to the ICU experience, have CPR done, cardiac life support, treatment to palliation in terminal illness and the right to die. Each of these decisions involves a grappling with mortality. What are the implications of all of this on our understanding about the sacredness of life?

Resource: Dr. Pierre Dil serves as family practitioner. He has a background of practicing in South Africa and brings a pastoral perspective to the clinical dilemmas that face his patients. Pierre is an active member of the CBUC congregation.

Dr. Michael Downing served as Hospice medical director for 27 years. He lectures frequently on the issue of physician assisted suicide and recently presented before the federal government's justice committee on the issue.

Family Nite – Friday March 25th



Time: 5:30-8:00PM

After being snowed out by freaky weather we will actually do something about Climate Change! It's a Green Party. Bring along an idea that you have tried in the past year to reduce, reuse or recycle.

The menu is spaghetti, fresh salad, and dessert. The reason to get together is to really celebrate Families and all ages together. You are welcome even you are not regular at CBUC. Bring another friend along if you are in the church family. There will be games and songs and stories. Please RSVP to Ross at ross@cadbayuc.org

Cadboro Bay United Church

2625 Arbutus Rd

Victoria BC, V8N 1W4

office@cadbayuc.org www.cadbayuc.org 250-477-2715

A Good Death: Religious Perspective on Hospice and Palliative Care Mondays March 28 – April 11



Mondays March 28th - April 11th, 2011 7-9 pm

Featuring the leadership of Dr. Harold Coward and Dr. Kelli Standjuhar

We all hope for a Good Death. But what exactly does that mean? Over the course of three evenings we will learn about the history and present of Hospice and the role of Religion in the process.

Built around the research and writing that Harold and Kelli have done over the last two years that has produced a book with the same title, we will have the opportunity to hear and explore what changes have emerged since the hospice movement began in the 60's. When the Hospice movement began, it was predicated on these three principals: a) pain control b) community and family environments c) spiritual and religious support. It was out of giving patients choice and support in these three areas that a good death was believed to be achievable. How has this changed? What are the new challenges on the horizon? What effect does a multicultural society have on this? What changes have fiscal constraints brought?

Register through the office in person, by phone or by email.

The Water is Wide

A Concert Featuring Cape Breton Tenor, Robyn Cathcart

A relaxed and inspired mix of Cape Breton Folk, Classical Cross-Over and Popular Melodies pairing the tenor voice with piano, guitar, and violin.

Friday, April 1, 2011: 7:30pm

General Admission: \$15

!!ADDITIONAL CONCERT!!

April 2, 2011: 2pm - \$8 (A Special Concert for BC "Gold Card" Holders)

Garden City United Church - 4054 Carey Road, Victoria, BC

Tickets & Info:

250.479.3430

churchoffice@gardencityunited.com

www.gardencityunited.com



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:

Continuing to 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

400 Socks Before Easter

The Challenge put to us through our partners is to help get "Family Packs" to those living in extreme poverty. Can we do it?

YOU WILL FIND a big hamper in the Narthex where beautiful new cozy socks will grow and grow until we reach our goal of 400 pairs. Why 400? 40 days in Lent; 40 days on the mountain; 40 years in the desert; 40 days in the wilderness . . . Remember? There are at least 10 references to 40 in the Bible. Can we match it? Can we meet it? Can we do it? You Bet! Bring your contribution of new socks on Sunday or any day to the week. Another organization is gathering men's dress socks so any other kind: women's, children's, sport, work, technical.

Participating Partners include: Victoria Native Friendship Society, Greater Victoria Coalition to End Homelessness, and Burnside Gorge Centre.



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

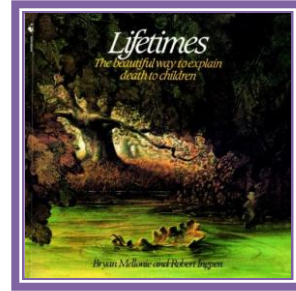
DETAILS AND REGISTRATION:

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

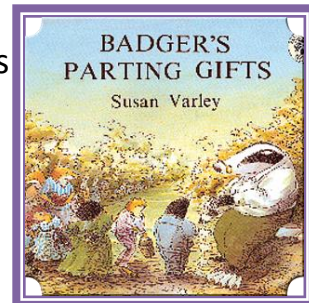
Library News for March

Our theme this month is death and dying. Now before you turn off completely consider some of the delightful children's books we have that address these life issues with beauty and compassion. Please note that we have put double blue dots on the books that we recommend you read with your child. Books with blue dots indicate that the books are about feelings.

Lifetimes by Bryan Mellonie and Robert Ingpen is a moving book for us all. It tells of beginnings. It tells of endings. And it tells about the living in between; for plants, animals and people. It tells us that dying is as much a part of living as being born.



Susan Varley's *Badger's Parting Gifts* is a delight. I love the description she gives when old Badger dies, "He felt free. It was as if he had fallen out of his body." These and many other children's books on this topic are available on the display shelf just outside the library.



The adult books may not be as delightful but certainly can give us a variety of views and hopefully healthy perspectives with which to approach these topics.

We have a number of books by Elisabeth Kubler-Ross but not the title Ross suggested *Working It Through, On Life, Death & Transition*. He also mentioned Viktor Frankl's *Man's Search for Meaning* which is available along with *Who Dies: An Investigation of Conscious Living & Conscious Dying* by Stephen Levine. The author divests death of its frightening power and we are offered a calm, simple, compassionate understanding. Another author suggested by Ross is Melvin Morse, MD. We do not have his book *Closer to the Light: Learning from Near Death Experiences of Children* but we do have *Embraced by the Light* by Betty Eadie in which Dr. Morse gives the forward. Other titles, suggested by Ross, which we do not have in our library are listed below:

-*Dying & Death: A Resource for Christian Reflection* by Brent Waters

-*Heidegger & a Hippo Walk Through those Pearly Gates:*

A Philosophy on Life, Death & Everything in Between by Thomas Cathcart & Daniel Kliein.

And for those of you taking Monday night's course the first seven chapters of Spong's *Eternal Life: A New Vision*.

Cadboro Bay United Church

2625 Arbutus Rd

Victoria BC, V8N 1W4

office@cadbayuc.org www.cadbayuc.org 250-477-2715

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.

Join Us in The Challenge For Change



In January, many of us joined an informal discussion with Stephen Tyler about the climate change conference held in December in Cancun. This prompted some to consider how we should follow up on that issue, and we are proposing that we challenge ourselves to change during the Lent period. We are thinking about a 10% challenge: doing 10% more (or less) to reduce our emissions and live more lightly on the planet.

There are many options depending on personal preferences: you could walk kids to school 10% of the time to reduce vehicle use; or cut down coffee purchases at your favourite coffee house by 10% for six weeks (and donate the savings to the church for future eco-projects!); increase the number of times you walk to the store (or to church) by 10%; install high-efficiency light bulbs and disconnect electronic equipment to reduce electricity use by 10%; or start a compost to reduce garbage by 10%. There are lots of options – propose one of your own!

And then: share it with your neighbour! Explain what you are doing and why, and keep track of how it goes. Did you manage to achieve your 10% change? It might become habit-forming!

For those people who can't figure out a 10% change idea of their own, how about carpooling to church on Sunday mornings during Lent? The parking lot is getting increasingly full each Sunday – maybe we could accomplish a couple of objectives by sharing a ride. We will have a map of the city and ways of identifying where you live to see if others who are interested in carpooling may live along your route to church. See us in the hall after the AGM next week to join in this Challenge for Change.

We know that we need to take action to improve our relationship with God's Creation. We know we can't do everything at once. Let's take some small steps together and share our experiences. Let's start now!



*An exciting musical journey through song and dance
to all corners of the globe
Presented by the Children's Chorus of Spring Break Camp 2011*

IN PERFORMANCE:

**Friday, March 18, 2011: 7pm
Saturday, March 19, 2011: 7pm
Admission by Donation**

**Cadboro Bay United Church - 2625 Arbutus Road, Victoria BC
More information: www.cadbague.org 250-477-2715**

The Wisdom Way of Knowing – Rev. Dr. Cynthia Bourgeault

Wednesday – March 23, 7:00pm – 9:00pm

David Strong Building – Rm C103
University of Victoria

Is there a common Spiritual Wisdom that lies at the root of the world's major religious traditions? Is there a spiritual practice that will help us to know this Wisdom?

Modern day mystic, writer, and internationally known retreat leader, Cynthia Bourgeault divides her time between solitude on Eagle Island, Maine, and a demanding schedule travelling globally to teach and write the recovery of the Christian contemplative path.

Her book Centering Prayer was used for "Learn to Meditate" here in January and is available at Cadboro Bay Books.