

# TIDELINES

## Cadboro Bay United Church

September 2011

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### From a Minister's Desk

#### New Beginnings

Well here we are; at another September and another beginning to another programming year! As one year folds into the next it is easy for us to feel like we are living embodiments of Joni Mitchell's lyrics, "We're captives on the carousel of time".

But wait a minute! Life can look much different if we see each day as a gift to be treasured; as an opportunity to live life in a new way, with a new perspective, doing something differently and working to make a difference. It is the accumulation of those new beginnings that add up over time to a new way of being in the world. The changes that we make in our lives don't always have to be large and dramatic and most of the time they will simply be small changes in attitude and perspective.

In the past week a few happenings around here and in our world remind us that every day is indeed a gift to be treasured. On Sunday, Aug 21st we celebrated the 100th birthday of Fred Baines - a reminder that life has the potential to give us many days of opportunity to "begin anew" - so far, for Fred, that has been 36,500 mornings to wake up and decide how he wants to be in the world. What about you... how many mornings have you had thus far in your life to wake up and decide what attitudes and perspectives you want to embody in the world?

Continued on Page 2

Minister's Message continued...

The next event was the death of Jack Layton. Relative to many people's lifetime, his was cut short early. And yet, he took enough of those same opportunities granted to us all, to push forward and embody an attitude and perspective of justice making. The impact he had on the lives of many is immeasurable. We have just begun to hear some of those stories now as his life is being celebrated in a very public way; stories that we probably wouldn't be hearing if it weren't for his untimely death.

I have found this to be true of almost every memorial service at which I've officiated. Inevitably, I and others will remark that we learnt things about another's life that we had not known when they were alive. We hear stories about ways in which the lives of others have been impacted.... for good or for ill.

In the Gospel of John, chapter 3, we find the story of Nicodemus. Nicodemus is a teacher and a leader of the establishment. He comes to Jesus by night. He has heard Jesus teach and recognizes something authentic and life giving but he is afraid. He is afraid to break out of the expectations of his position that hold him captive. Jesus tells him that "in order to see the kingdom of God, you must be born anew". It's an invitation ... not for a one time chance but rather for an ongoing daily opportunity. This invitation is not only to Nicodemus, but to every person who Jesus encounters; to the disciples, to those in power and to those who see themselves as powerless. It is also an invitation to us!

So, this year, may our new beginnings be something other than routine. May we open our eyes, our hearts and our souls to the nudging of the Spirit that calls us forth to abundant life. The power is ours; to embrace a new way of seeing the world and being in the world - One step at a time, one small attitude or perspective taking change at a time. May this faith community of Cadboro Bay be a place that both nurtures and challenges you in the process of being born anew each day.

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## Sunday School Beginning

Invitations have gone out to every child on our list sharing the good news about the best thing to do in all of Victoria on Sunday Sept 11<sup>th</sup>. And, it's true of every Sunday morning, all September. Learning faith and values through playing, working, and singing; what better way to help change the world? We'll open the bible to find it is crammed full of stories about New Beginnings that lead to change. The workshops Mark and Ross have planned will help the children imagine how to greet opportunities that make new beginnings possible. Life just does not stay the same. It bounces, races, jumps and surprises . . . just like we do at Cadboro Bay Sunday School. Parents, our ministers love to talk with you too, especially if you have questions about what we do with the children and our unique brand of Christian Education-rotation style. Come check us out.



## Youth Group for the fall



Neil Surkan is thrilled to join Cadboro Bay United as its new Youth Minister for this fall. Neil grew up in Penticton, B.C. before moving to Victoria. He recently graduated from the University of Victoria with a degree in Honours English, and looks forward to teaching English overseas in the coming years. Neil worked at Naramata Centre for four summers and has been running summer camps at Juan de Fuca Recreation Centre for the past two years. He enjoys writing poetry and folk music, reading, running, swimming, and being outdoors in all manners. He recently published a book on Oakpress called "Snarl," and is currently writing about caves.

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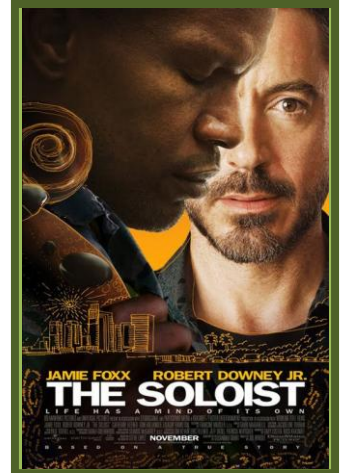
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## Movie Night – September 9

**Date: Friday September 9<sup>th</sup>**

**Time: 6pm -9pm**

A new relationship for some people is the most engaging and exciting event. How open are you to start a relationship with anyone? What barriers keep people apart? What do you hope for? The movie *The Soloist* featuring Jamie Foxx and Robert Downey Jr. explores how new beginnings are rich, though often awkward. Join us for Simple Soup and Bread. Suggested donation \$3.00



## Start Up Sunday – September 11



Our annual start up Sunday falls on September 11<sup>th</sup> this year. This is the Sunday in which we get back into our full swing - choir returns, all the staff is back and our full scale children's program also begins. Following the worship service there will be a light lunch with hot dogs (some sandwiches), corn on the cob and cake. Christian Development will again host this gathering and a large Jumping Castle will also be on hand to enliven the activities. Also, in the hall will be your first opportunity to sign up for some of the programs listed in the Rainbow Brochure and to register your children for their programs as well. We invite you to bring a friend or a neighbour to check us out.

## Parent & Tot – starting September 14

We will be playing in the church gym from 9:30 a.m. to 11:00 a.m. starting on Wed. Sept. 14<sup>th</sup> and will continue every Wed. until Dec. 14th when we take our Christmas and New Year Holiday break.

The coffee and tea will be on for the moms, dads, grandparents and caregivers. The toys will be out for all tots aged 5 years and younger. Due to possible allergies, please bring your own snacks. Hope to see you and your friends whenever you can come. Cheers, Peggy



## 2<sup>nd</sup> Annual Barn Dance and Potluck Supper – Foot Stomping Fun!



If you had the pleasure of attending last year's Barn Dance you will need no convincing to return for another! If you missed it, for whatever reason, here's the scoop... we'll gather at 5:30 p.m. in the Hall on Saturday, **October 1st**, potluck contributions in hand. Coffee, tea and punch will be provided. Please bring your own dishes and cutlery so that we will not have to have a huge clean-up crew afterwards. We'll eat, talk, laugh and get to know each other. Then, at 7 p.m. or so, we'll be led into a riotous dance called by Eileen Campbell. Music will be provided by the locally-famous ad hoc band; the Cadboro Bay Ramblers. Whether you're a long-time dancer or a complete beginner this is the evening for you; regardless of age or experience. All the dances will be easy and you don't need a partner. Put **October 1<sup>st</sup>** on your calendar and plan to attend. Everyone is welcome, dress is casual. There is a suggested donation of \$2/person or \$5/family.

## Fall Fair - November 12

Believe it or not the Fall Fair is only 9 weeks away; November 12<sup>th</sup> from 10 until 2. We thank those who have already agreed to be part of the planning team.

We want to make this fair our most successful yet so we need everyone's help! In a few weeks you will receive a sheet of details in the bulletin. We invite you to fill it out and pick your favourite activity to volunteer at on the day. For those who would like to be part of the group making crafts for sale please join us on September 29<sup>th</sup> at 1 p.m. in the lounge. We will learn new crafts and help with group efforts. (More details to follow). This is always an opportunity for fun and fellowship as we make some special treasures for the craft table. If you have new ideas and suggestions we would welcome them.

Please feel free to contact: Jane Bosworth (250)294-9354; Rosemary Dalby (250) 477-0791; or Coleen Pearce (250)477-3761. We encourage your participation in our biggest fund raiser of the year and welcome newcomers to the festivities. Join us and make new friends while lightening the load a little at the same time.



## CBUC Children's Garden



Did you know that the congregation that came on Sunday June 26<sup>th</sup> was given free vegetables? Did you know that garden produce like zucchini; cabbage and basil still continue to be harvested? That potatoes and squash will soon be ready? That the CBUC children are proud of their garden and that even more land at CBUC could easily be converted to garden space?

1. What is the earth's message and what are the children telling us?
2. What is this success telling us as a Christian Community?
3. What else could be done to grow food?
4. What thoughts do you have?

## Horn of Africa

The United Church of Canada & CBUC are deeply concerned about the emergency situation now affecting several countries in the Horn of Africa; Djibouti, Ethiopia, Eritrea, Kenya, Somalia, and the Karamoja region of Uganda.

On July 20, 2011, the United Church launched an appeal in response to this crisis and is currently inviting donations. Our hearts go out to the millions of people affected by what our regional partners there say is the worst drought in 60 years.

The United Church is immediately responding with a commitment of \$50,000 to the humanitarian relief work of ACT Alliance and partners such as the National Council of Churches of Kenya (NCCK) and the Organization of African Instituted Churches (OAIC), who work through their member churches to respond to the immediate needs of people affected.

In addition to this financial commitment, the church welcomes its members to join in prayer and support. If you would like to send a donation, please see our website at [www.cadbayuc.org](http://www.cadbayuc.org) for information.



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## Fall Programming 2011-2012



Watch for our Rainbow Brochure offering another exciting line up of programs for all ages coming in the next few days. In it you will find information about groups that are ongoing as well as a number of opportunities for new experiences that we hope will enliven and deepen your faith journey. A brief description of each program is contained within but you will find more detail on our website. You can register on Sept 11<sup>th</sup> and 18<sup>th</sup> after church, in the hall, or by contacting the church office at anytime.

Our overall theme for this year is **GOING DEEPER**. Following on the footsteps of last year's theme of connecting the head and the heart, we will push to go deeper into our understanding and our experiences of the holy. We will look for ways to connect this to our daily living. Our first thematic unit is about new beginnings and we will look at a variety of stories. We will meet Nicodemus and learn about Joshua's entrance into the promised land.

### Want to have a Whale of a time?

One of our upcoming thematic units will focus on the story of Jonah. Mark is looking for 4-5 people who would help to make up a large "whale" to engage the children in their learning for that unit. If you would be willing to spend a couple of hours on a Saturday cutting and constructing, please talk with Mark by email, phone or in person to let him know. Thank you.



### 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](mailto: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!

## Did You Know?



- That over the summer the floor in the hall was refinished?
- That our children's garden not only survived but provided food that was shared with a number of people around CBUC?
- That a group of people came in and did a massive cleanup of our kitchen and that the inside of the kitchen cupboard were painted?
- That our small but dedicated group of CBUC gardeners continued throughout the summer to keep our grounds looking so beautiful?
- That almost all of our special music offering spots in worship this summer were filled by a delightful array of talented individuals from this congregation?
- That 12 casseroles were lovingly prepared and delivered to Our Place by our weekly Wednesday volunteers?
- That in August CBUC hosted a Bluegrass concert and sold approximately 100 pieces of pie!



August 21, 2011 marked the 100<sup>th</sup> Birthday of Fred Baines. Cake and festivities were enjoyed by everyone.  
**Happy Birthday Fred!**



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## Summer time, and the livin' was easy...

Once again, summer at CBUC meant great music during Sunday services. This congregation is blessed with generous and talented members, and we thank them for their gifts of music over the past two months. Our singers and instrumentalists spanned several generations – thank you to Jacquelin Green, India and Amara Schiedel-Foucher, Trish Schiedel, George Morfitt, Catherine Landells and Sam Larche!

Chris Thompson spent two months with us, leading music and providing his own special touch to various arrangements and musical offerings. I am grateful that he is so willing with his time, to allow me the opportunity to relax a little and regenerate those creative ideas. Thank you again, Chris for your wonderful musical gifts!



## The halls are Alive... With the sound of singing!



CBUC is truly blessed with wonderful singers. You as a congregation sound great from the front of the sanctuary, and of course, the choir at CBUC provides excellent hymn/song leadership each week from the loft, as well as preparing those wonderful anthems. We have an open invitation to all – come join us in the loft! The choir is one of the largest “small group ministries” at CBUC, and one that enjoys much laughter and song at weekly rehearsals and Sunday services. There is always room in the choir loft for more singers, and your commitment can be as short as a few weeks, or the entire season, or any type of combination in between. Chat with a choir member and then check us out – we meet weekly (starting September 8<sup>th</sup>) on Thursdays at 7p.m. in the sanctuary.

**QVC** (Queer Victoria Christians and Friends) will be having a Pot Luck Supper and Games night on **September 24<sup>th</sup>**, meeting at 6 p.m. in an "in-town" member's home. E-mail [QVC@shaw.ca](mailto:QVC@shaw.ca) or phone 250-544-8312 for address and details.

Sponsored by Brentwood Bay United Church.



## The Tech Crew Welcomes You!

Ever wondered who's really "running the show" on a Sunday morning? Turn around and check out the people in the sound/video booth – this dedicated group of volunteers manages the audio and the visuals for Sunday services. If you have a technical 'bent', are intrigued by new equipment and want to participate in a service, this might be the place for you! Our sound and video operators are a great group of people – commitments to the booth are usually for a month of Sundays, but we always have special events and functions that need support too. Training and support is provided, and the crew meets twice a year on a social basis to review the past months and share their collective knowledge. If you're interested, talk with this week's sound/video operator, or connect with Christine. We'd love to work with you!



## Bluegrass Benefits Concerts and those Fabulous Pies

On July 29<sup>th</sup>, CBUC hosted the energetic and talented bluegrass band, Mark Phillips and the Third Generation, as they travelled to Coombs for the annual Bluegrass Festival. Some amazing picking, fiddling and music making ensued, and to help sustain the audience, the fabulous bakers of Cadboro Bay provided a vast array of homemade pies with ice cream. Our pie coordinators – Karen McIvor, Eileen Campbell and Cathy Chow-Leong, along with able assistants Nicolle Laird and Paul Chow-Leong – created a wonderful spread and a welcome atmosphere for all those bluegrass aficionados. The Outreach Ministries supported by CBUC benefitted from the good tunes and tasty treats. Thanks to all for making this such a great evening!



## Sing Your Joy!

Here is your opportunity to sing with friends - old and new. A group of young people (ages 16 - 29) meeting weekly to sing their joy, share their songs and grow together. The fall season starts on September 12<sup>th</sup> meeting at 7p.m. at Oak Bay United Church (corner of Granite and Mitchell Streets). Share this group with nieces and nephews who may be in town for school/university, with your grandchildren or children, with friends and neighbours – check us out on Facebook: [facebook.com/singyourjoy](https://facebook.com/singyourjoy). A magical thing happened this past spring when those 20 singers took the stage – be part of it this season!



## Back Door Recycling Program

Thank you to all the people who are conscientiously recycling our church recyclables. These are bundled and taken to the depot once a month by volunteers at a cost of approximately \$15 - \$20 per month. Unfortunately we are not in a position to recycle the congregation's plastics as well because of the size of our storage space and the cost to the Outreach Committee who finance the operation. Below I have listed the locations, dates and times that the Pacific Mobile Depots operate in our area plus a run down on the costs involved. They are creating new pamphlets with all these details to hand out in October which I will bring to the church to have on hand for interested people in the congregation.

Contact person at Pacific Mobile Depots: Jose Simas: (250) 893-3851

Depot Locations: - 2<sup>nd</sup> Saturday of the month (9:00 a.m. – 12:00 noon)

Uvic Community Gardens (corner of McKenzie & Gabriola Rd.)

- 4<sup>th</sup> Saturday of the month (9:00 a.m. – 12:00 noon)

Reynolds Secondary School

Costs: Styrofoam peanuts: \$3.50 regular bag, \$7.00 large bag

Gable top cartons: \$3.50 regular bag, \$7.00 large bag

Tetra Paks: \$3.50 regular bag, \$7.00 large bag

Soft/ film Plastics: \$3.50 regular bag, \$7.00 large bag

Foil-lined bags: \$3.50 regular bag, \$7.00 large bag

Styrofoam packing blocks: \$3.50 regular bag, \$7.00 large bag

Styrofoam Containers/ insulation: \$3.50 regular bag, \$7.00 large bag.



Hard plastics, paper, tins, jars, etc. can go in the blue boxes, as you know, and Eduardo kindly takes all of these recyclables to the curb on our recycle days. Most tetra paks, juice gable tops, pop bottles and tins are returnable and the youth group in our church finances their activities by recycling our church empties so feel free to deposit any of yours in their bin.

Many other items can be recycled at the depots for a fee. Please go to

[www.pacificmobiledepots.com/pricesphp](http://www.pacificmobiledepots.com/pricesphp) on the internet for more detailed information. Thanks for your help and cooperation in making our recycling project a success. Eileen Campbell

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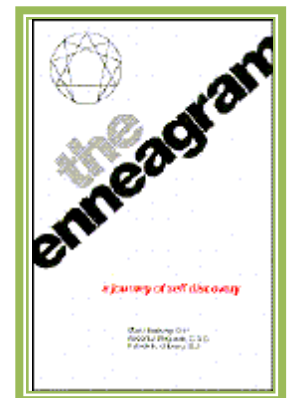
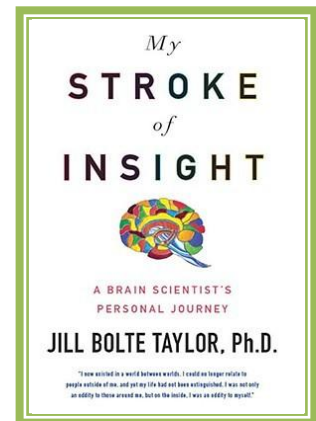
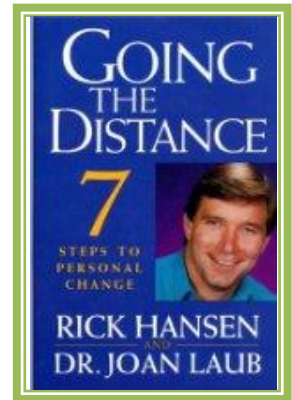
## Library News for September

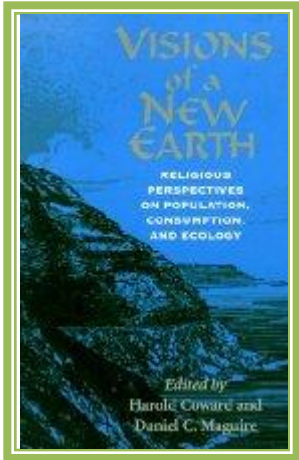
Welcome back and welcome to new beginnings. As I have gotten older I have discovered that everything has a beginning, 'middle' and an end. The only difference is some 'middles' last longer than others. I've also discovered that one can consciously choose to transform 'middles' thus, making them new beginnings....

Last year's theme was on connecting our heads and our hearts. This year we are going to explore going deeper into this relationship. As with all explorations one must be open to experiencing new ways of being in the world. At an individual level we often use the word transformation and on a community level we may refer to a paradigm shift to encompass these new ways of being.

These new ways of being in the world can be dramatic, brought on from something beyond our control, but for most of us thankfully, new ways of being sneak up on us slowly as we entertain a new way of seeing or interacting with those around us. Two people who have shared their personal triumphs when their 'middles' were transformed for them are Rick Hansen and Jill Bolte Taylor. Rick shares his new beginning in *Going the Distance: 7 Steps to Personal Change* written with Dr. Joan Laub. In their book they not only share how to embrace change but how to benefit from it. They explore the emotions that can cloud personal transformations and offer strategies for converting these negative emotions into a positive force. In Jill Bolte Taylor's, *My Stroke of Insight*, we are gifted with the opportunity to "step to the right of our left brains where we can all uncover the feeling of well-being and peace that are so often sidelined by our own brain chatter"; this from a woman who suffered a severe stroke at 37 years of age. If you are one of those brave souls who choose to consciously explore new ways of being through a deeper understanding of themselves you may want to explore books on psychology, meditation or look at *The Enneagram: A Journey of Self Discovery*.

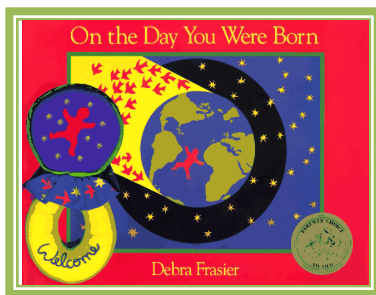
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Library News Continued....

Just as individuals go through transformations so do societies, cultures and nations. To explore new beginnings from this broader community perspective you may want to look at *Visions of a New Earth: Religious Perspectives on Population, Consumption, and Ecology* edited by Harold Coward & Daniel Maguire. This is a book that can “stimulate fresh thinking...in areas of the global economy, government policies and the relationship between economy, ecology, & ethics”. Another book exploring the need for a paradigm shift for our way of being in the world is David Korten’s *The Great Turning: From Empire to Earth Community*. Korten gives us the gift of strategies and hope for creating a human society “based on democratic principles of partnership”.



The children will be exploring how we recognize new beginnings when they happen and how we celebrate them. Debra Frasier’s *On the Day You Were Born* celebrates the natural world while extending a loving welcome to each member of the human family. Deborah Cohen’s *The Seventh Day* is a lyrical story of creation culminating in a joyous celebration of Shabbat, a celebration of Life.



Please check the shelf outside the library for other books that fit into this month’s theme and as always, if you have finished with a book please return it to the library for others to enjoy. Also we remind you to bring to our attention any books you would like to see added to our collection or any that have come to their natural ‘end’ time.

**REMINDER:** Grandmothers Helping Grandmothers muffin sales start up again on September 25<sup>th</sup>. Muffins are sold on the last Sunday of each month in the hall after service.

