

TIDELINES

Cadboro Bay United Church

January 2012

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From a Minister's Desk

So here we are ... another year over and another just begun. Customarily people at this time of year tend to make all sorts of New Year's resolutions as a way of trying to make change. Most of the time, the changes are things like weight loss, quitting smoking, exercise, etc.

All this is often in an attempt to make positive and healthy changes, but too often the changes are short term because they do not take into account the myriad of forces that go into making change more than a surface attempt. For example, while there is a tremendous rise in gym and fitness memberships for January, more than 70% of those new memberships will not be used after the middle of February.

What is still often lacking in our society today is an awareness, that in order for changes to be more than surface attempts, they must take into account not only body and mind but also spirit. And it is when the spiritual dimensions of the change are engaged that there is a deepening of the commitment and greater potential for permanent change. I guess that's one of the reasons why I like the stories of Jesus. His engagement with folks, although brief at times, always moved things to the next level, to a deeper place.

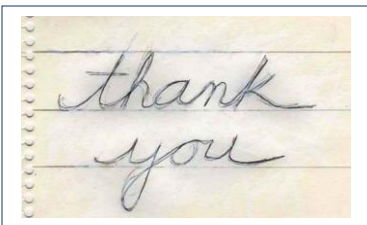
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Minister's Message continued...

Throughout the month of January, we will be looking at two stories that involve Jesus' interactions with people that bring healing and change at so many levels. The stories involve a sense of urgency and yet at the same time one involves a situation where the person has sought healing for a long time and from many different sources. The story also involves an understanding of power and power dynamics which traditionally have been represented in quite a different way than might be evident in a deeper reading of the story. The subtleties of the story bring so much depth to a very different way of understanding healing, health, rules, power and status. Read the story (Luke 8:40-56) in advance if you like and send me any questions you'd like addressed during this series. It's another way for us to continue the dialogue... and dig a little deeper in 2012.

In addition to worship, you will find a number of study opportunities beginning in January and some ongoing spiritual practices to engage your body, mind and spirit. As you begin the New Year, may the changes and resolutions you make, take into account the multiplicity of dimensions, especially the spiritual ones. If we can be of any assistance to you on your spiritual journey in 2012, please do not hesitate to ask. - Blessings – Mark Green

A note from Meghan



I wanted to take some time to thank the many people that help out around the church throughout the year. There are many "silent angels" that give so much of their time to help make this community a successful and positive place. I simply cannot name everyone of course but I would like to give a special thank you to Guida Thwaites for folding bulletins every week, Rosita Dworschak for helping in the office, Eileen Campbell for all her organizing, gardening, and help around the building, Ed Bazeley and Jim Pearce for their building maintenance skills, Margaret Vey for helping to welcome newcomers to the church and Karen McIvor for always lending a hand when it is needed. Thank you to everyone that donates their time to help out, it is truly appreciated.

Cadboro Bay United Church

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Sunday School for January: a story of faith & energy

Whoosh! All of a sudden there is a burst of energy. You feel better and ready to try a new task. There's a story like that in the gospels. It is the story of a woman who touches the clothes Jesus is wearing as he walks by. She experiences something that no one else does. But she is different. How can it be that she can get the 'whoosh' while the bustling crowd pushing Jesus feels nothing? Even though she is sick what does she have that connects with Jesus? What is the energy that makes her well? In Sunday School we will explore what "touch the hem" might mean. Our Outreach at CBUC will be examined and children will get more involved in touching the hem of life changing people.



Theology & the Arts – Jan 9th



Beginning Jan 9th to Jan 30, I would like to invite you to join me on Monday nights from 7:30 - 9:30 for an in depth journey as we deepen our understandings of some of the basic yet core beliefs of our Christian faith . This, however, will be a course very different from any that you have done before as it will require that we find the intersections between art, film, literature, poetry, and any other creative medium as a way of reflecting on some of the great themes. Participants are encouraged to bring film

clips, poetry, novel excerpts, pictures of paintings or anything else that highlights the theme of the day to share and also hear others perspectives on such. HOWEVER, if you cannot think of anything to bring, please do not let that deter you from participating. I will have more than enough examples of things to reflect on and will share as necessary, depending on what others have brought. This course has the potential to be challenging and fun and I hope that through whatever intimidation you might feel, you will take the risk to join me. We will be exploring the concepts of Creation/Re-creation/Sabbath, Prayer, Discernment, Hope and Grace. An email will go out to those who have pre-registered with additional information. Please feel free to talk with me if you have any further questions or concerns. I hope to see you there! - Mark

Healing Pathways Victoria Retreat

February 25th 2012

9:00am – 4:30pm

Registration fee \$50 – Early Bird Registration before Jan 10th \$40

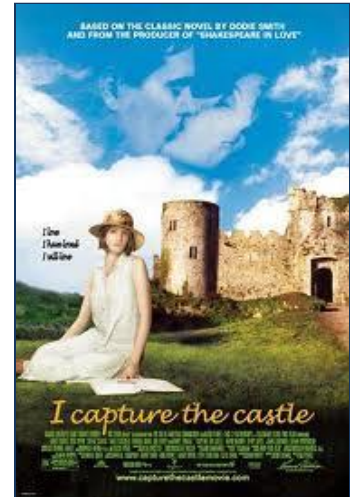
Event Location: Cordova Bay United Church 813 Claremont St, Victoria

For more information hpvictoria.wordpress.com/retreat2012

Movie Night – Jan 13th

I Capture the Castle (2003) 7:00 PM Friday, January 13, 2012

What is it in life that keeps some people from reaching out in faith while others find resources within to go on? The novel of the same name was published 50 years ago. Its wit and irony have been retained. In this film 17 year old Cassandra lives with her family in a decaying English castle during the 1930's. Poverty dictates her expectations yet hope of an unlikely destiny emerges. It's a story of romance, humour and insight that will capture the heart. Everyone is welcome, no cost, and popcorn and discussion are included!!



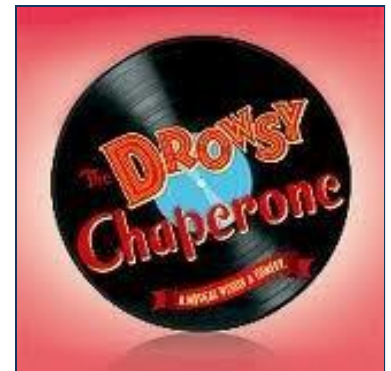
Bible 3.0 – Jan 19th – Mar 1st



Building on the exploration of the fall, we will continue to unpack the various biblical stories with women as the focal character. We will begin where we left off in December and continue to explore the connections between Mary and Elizabeth and their stories as recorded in Luke. From there we will identify other female characters who are often hidden entities in the scriptures and from the traditions in the church. Join us Thursday afternoons from 1-2:30 pm for lively discussion and a cup of tea. Bring a bible please.

Theatre Night – Jan 21st

The Drowsy Chaperone: A great night out to Langham Court beginning at the church at 7:00 PM Five-time Tony Award-winning Canadian musical comedy, this spoof on the musical genre of the 20's pokes fun at theatrics. To register contact Church office by Friday, January 13 (deadline): 250 477 2715- Cost: \$14.00



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PILGRIMAGE OF SOLIDARITY TO ISRAEL/PALESTINE



Come and learn about the inspiring work Palestinians and Israelis are doing for peace and justice and what we can do to be in solidarity with them! This speaking engagement will be full of stories, photos, lively discussion and an opportunity to ask questions. Whether you know a lot or very little about Israel/Palestine, this special region known as the Holy Land has a lot to teach us.

Natalie Maxson is a Program Director at Naramata Centre and is organizing the *World Ways: Pilgrimage of Solidarity to Israel/Palestine* this spring. In September 2011, she went on a program with the *Sabeel Ecumenical Centre for Liberation Theology* and met with churches, peace movements and human rights organizations in Bethlehem, Jerusalem, Hebron and Nazareth. She has a passion for sharing the story from this visit and letting people know how they can get involved through prayer, further study and travel to this stunning land.

When: Sunday, January 29th, 2012 at 2:00 pm
Where: Cadboro Bay United Church, 2625 Arbutus Rd, Victoria

For more information-

Natalie: nmaxson@naramatacentre.net tel 1.877.996.5751 ext. 213
 Cadboro Bay United Church: office@cadbayuc.org tel (250) 477. 2715
 KAIROS Victoria: graceful@shaw.ca or check out our facebook page

Middle Eastern desserts, coffee, tea will be served.

Donations to further the work of the **VICTORIA INTERFAITH REFUGEE ASSISTANCE COMMITTEE** will be gratefully accepted.



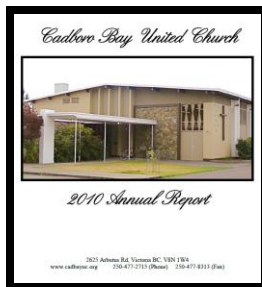
naramata centre

Extroverted Spirituality – Jan 31st & Feb 7th

Tuesday January 31 and February 7: 7:00-9:00 PM

Going Deeper is the theme this year and it has made some people wonder. Do I have to become introspective? Am I expected to be 'deep' when I don't feel that way? Do I have to sit down each day and spend hours praying to be Christian? Of course not but what is an extroverted spiritual path? What might it look like? What other range of activities can nourish my faith besides coming to church and personal devotions? Come to this relaxed, fun group to share ideas of what works for you and gain insights from others. To register please contact the office at 250-477-2715 or meghan@cadbayuc.org

Leader Ross White



It's that time of year again when all committees are required to file their annual report. The deadline this year is January 29th, please either email your report to Meghan at meghan@cadbayuc.org or drop a hard copy off in the office. The annual report will be ready for pick up a few weeks prior to our AGM on March 4th.

Annual Report Deadline – Jan 29th

Social Media at CBUC

CBUC now has even more ways for you to stay connected with events and activities happening around the church and to stay in-touch with your church family members!

Join us on Facebook – www.facebook.com/cadborobayuc or

Follow us on Twitter @cadbayuc

Join the conversation, join the fun!



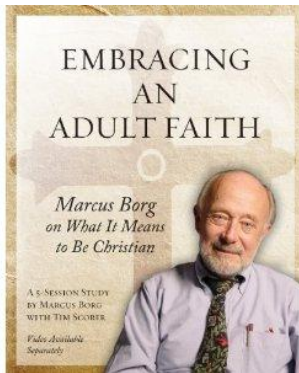
'Light in the Darkness'

A candlelight vigil in Centennial Square

Sunday, January 15th 2012 at 5:00 p.m.

Christian churches celebrating the Light of the world as part of the Week of Christian Unity. Sponsored by the Victoria Downtown Churches Association, there will be meditative prayer and song with candlelight. For information contact the Rev. Brenda Nestegaard Paul, Chair of the Victoria Downtown Churches Association, 250-598-1241.

Embracing an Adult Faith – Feb 6th



Dates: Feb. 6th, 2012 –to March 5th, 2012 – Mondays

Time: 7:30 – 9:30 p.m.

Leader: Mark Green

This is an exciting series for both those new to the Christian faith and the study of such, and those who are looking to renew and deepen their understandings of some of the basic issues in contemporary Christian practice and theology. In the 5 sessions we engage with best-selling author and theologian Marcus Borg. The questions: Who is Jesus? Who is God? What is salvation? How do we practice our faith? How do we live in community?

Guess Who's Coming to Dinner? – Feb 11th

Saturday Feb 11th - 5- 8pm - A mystery dinner with a twist. Congregational members and families will have the opportunity to sign up to be either a host or be a guest for a dinner party with others in the congregation - the twist is - the host will not know who is coming and the guest will not know to whose house they are going until the last minute. Surprise, delight, laughter and a deeper connection to a few others will surely result from this delightful evening. Some sign-ups will cater specifically to families with children and others will cater to adult only experiences. Intrigued? Good... sign-up! Wanda Walker will be available in the church hall beginning in January to help you get connected to this congregational event with sign-up sheets and answers to any questions you may have. Or you may call or email the church office for more information



Tech Crew: The hardy men and women who staff the helm of CBUC's audio/visual booth at the back of the sanctuary welcome newcomers to join them in their weekly task of ensuring the words spoken during services are audible for all (even including those who can't attend, as each week's message is recorded and then accessible via www.cadbayuc.org!) Our Sunday services require two volunteers to keep things moving together with the live action on the chancel – the images from our powerpoint presentations, and the sound of the ministers and other speakers, each require an individual to control all things technical. Training on our equipment, the fellowship of our Tech Crew, and weekly support are all provided – if you are interested, please connect with Christine (either at the piano on Sunday mornings, or by email cchepyha@gmail.com) We'd love to have you join us!



Adult Confirmation Weekend – Mar 2-4

Dates: March 2nd, 2012 to March 4th, 2012

Place: Camp Pringle

Leader: Mark Green

Cost: to be shared among participants for food and lodging

What does it mean to belong to the United Church? What are its core beliefs and values? Its history? How is it different from other denominations? What do I believe about God, Jesus, life after death, ethical decision making, science and religion? What place does the United Church

Creed play in my faith? These questions and many others will be explored over a weekend intensive experience of living, laughing and studying in community. At the end of the experience, persons attending may choose whether they wish to formally join the United Church and/or reaffirm their faith. If you have been thinking about joining us on this retreat but have not registered yet, please do so by Jan 30th so that we know if we have enough to make it a go.

Sing Your Joy

Sing Your Joy, the new young adult choir in Victoria, held a fabulous first solo concert on December 2 at Oak Bay United Church and wowed the full house in attendance. The group will celebrate its first anniversary in February 2012, and we invite you to join us during our next singing season - January through April 2012.



If you are between the ages of 16 and 29, like music, and want to sing with a group, consider us. (or if you're not quite there, share this news with those you know who are!) We are a non-auditioned group of people who love to sing, and like to make new friends to create a new community of diverse people. There are no costs to join: the only requirements are a commitment to rehearsals on Monday nights - 7 to 9pm at Oak Bay United Church, and a desire to make music with others. Our repertoire is as diverse as our membership, and the common denominator is music, laughter and joy. So, please, come join us to "Sing **Your Joy!**"

Spring Break Musical 4

Back by popular demand, we will again be offering a music camp during spring break this year (March 12 – 16). We are in the midst of creating a dynamic program for children in Grades 1 and up. Performances will be on Friday Mar 16th and Saturday Mar 17th. Watch for posters and brochures, links on our facebook and website and invite your friends. Space is limited to 40 children.

December Outreach Initiatives: An Update



Throughout the month of December there were a wide variety of opportunities for members of the congregation to witness to their faith by giving to others. With this update we hope will help you see the difference a small group of people can make:

Angel Gifts - Our congregation sent 85 gifts to named individuals who are currently living on the street and supported by our partner in street ministry OUR PLACE society. Together with other United churches in Victoria, we gathered over 1000 gifts to be distributed at their annual Christmas gathering. (In addition, members helped provide loaves of sandwiches for the party as well!)

Diaper Drive - At this time of year and into January when money is tight, diapers and other baby necessities can be hard to come by. 40 packages of diapers, wipes etc were donated by the congregation and given to the Young Parents Support Network to be distributed to their participants as the need arises.

Survival Packs - At the Ladies' annual Christmas potluck, 85 toothbrushes and toothpaste tubes and 12 dozen boxes of granola bars were donated to support the everyday street ministry outreach of Our Place in Downtown Victoria

Grandmothers Helping Grandmothers - In 2011, many muffins were baked and sold once a month to raise money to support the work of grandmothers who are raising grandchildren whose parents have died of AIDS in Africa. This is one of the partner groups of the Stephen Lewis Foundation. The grandmothers of our congregation supporting others grandmothers around the world.

Arbutus Singers - Together with the Jolly Nyeko Foundation Canada, we hosted an afternoon Christmas concert featuring the Arbutus Singers and raised over \$1500 to support the work of that foundation to assist children orphaned by HIV/AIDS in Uganda.

Sing Your Joy Winter Season Start-up

Monday, January 9th, 2012: 7pm

Oak Bay United Church - 1355 Mitchell Street (corner of Granite and Mitchell)
Victoria, BC

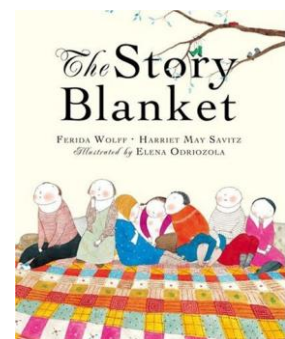
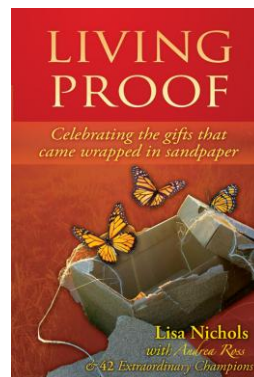
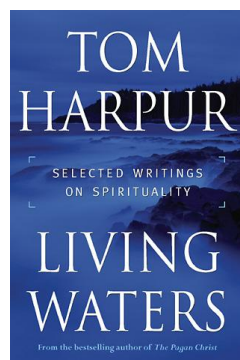
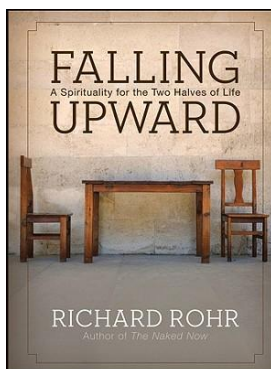


Library News for January

Happy New Year! This month our new theme is faith and wellness. Many books in the Personal Growth section of the library will shed light on these concepts. This section is not just about physical health and wellness. It is purposely organized to include literature that covers a broad range of topics such as physical, emotional, spiritual and psychological well being. A few key books have been put out on display but you may want to browse through some of the other titles. A new book entitled *Falling Upward: A Spirituality for the Two Halves of Life* by Richard Rohr is one I highly recommend. Rohr's wisdom provides hope and a sense of purpose. He offers a new paradigm for viewing the aging process. *Living Waters: Selected Writings on Spirituality* by Tom Harpur points the way towards a new understanding of what it means to be fully human. *Living Proof: Celebrating the Gifts that Came Wrapped in Sandpaper* by Lisa Nichols offers 35 transformational true stories of ordinary people who not only survived difficult challenges but embraced the blessing of their experiences.

The children will be exploring the theme from the perspective of reaching out in faith. *The Story Blanket* by Ferida Wolff and Harriet Savitz is a heart-warming story about generosity. *God's Dream* by Desmond Tutu and Douglas Abrams provides a unique message of forgiveness and empathy that leads to joy. *One Hen: How One Small Loan Made a Big Difference* by Katie Milway shares how change happens, one person, one family, one community at a time.

A new year is a good time to clean out the old and return any library books you are finished with. Thanks.





Council Update for January

What an incredibly rich advent season we experienced this year at Cadboro Bay United Church. There were activities for all and meaningful thought provoking sermons each and every Sunday, culminating with three different but enriching Christmas Eve services. It was a joy to see the children and Ross interacting with the wise Monty, and we hope he returns for visits now and again after a well deserved rest over the holidays.

It is impossible to individually thank the many who made all the events possible, but certainly special thanks must go to the Pastoral Care and Outreach committees for their many caring contributions and hours of labour. And I must thank the worship committee who worked so hard to make the sanctuary beautiful and the services meaningful for all, throughout the advent season. A very special thank you goes to Susan Draper who managed (with only one rehearsal) to create a fabulous drama on Christmas Eve using an amateur, but enthusiastic group of individuals.....next stop Broadway!

Behind the scenes, the Ministry and Personnel and Administration committees are busy working on the budget which will be available for viewing prior to our AGM on March 4th, 2012. And speaking of budget, the congregation has been financially supportive of the work of the church this past year and as such, we have experienced more financial stability than in past years. The members of council remain hopeful that we can join together to end the year with a minimal deficit or with a balanced budget!

A Happy 2012 to all, and as always my deep thanks to each of you for making this church the vibrant loving community that it is.

D'Arcy Wingrove
Chair of Council

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