



About Us

A Newsletter for "The Comox Valley Unitarian Fellowship"
250 Beach Drive, Comox BC V9M 1P9, Phone 250 890-9262 **Website:** www.cvuf.ca



Volume 29

Number 2

We respectfully acknowledge that we meet on the unceded traditional territory of the K'ómoks First Nation.

October's Theme: The First Principle: *The inherent worth and dignity of every person*

To join our Gatherings:

Zoom room opens as of 3:45 pm, Gathering starts at 4:00pm

Join Zoom Meeting: email olynyk.greg@gmail.com

Sunday Gatherings

Sunday, October 4, at 4:00 pm via Zoom:

Facilitator: Reverend Meg Roberts

Tech Support: Greg Olynyk olynyk.greg@gmail.com

CVUF Children's Program Facilitator : Caroline Shannon

Why is Our Worth and Dignity Inherent?

Our first Unitarian principle affirms that all of us inherently have worth and dignity. Where did this idea come from? How can we live it, especially in these times when we are deeply aware of the disparities and the injustices between those who have privileges and those who don't? How can we maintain our own sense of worthiness and dignity when we feel downhearted and stressed? Come hear stories and share your own.

Sunday, October 11, at 4:00 pm via Zoom: An experiential Program on the Month's Theme

Facilitators: Marvin Haave, Juliana Leahy

Tech Support: Greg Olynyk olynyk.greg@gmail.com

Children's Program Room: Liz Goodger

Sunday, Oct. 18, at 4:00 pm via Zoom: Intergenerational Zoom Gathering

Facilitator: Caroline Shannon, CVUF Children's Program Facilitator

Tech Support: Greg Olynyk olynyk.greg@gmail.com

Sunday, Oct. 25, at 4:00 pm via Zoom: TED Talk on the Month's Theme or On Giving

Facilitator: TBD

Tech Support : Greg Olynyk olynyk.greg@gmail.com

CVUF Children's Program Facilitator : Caroline Shannon



Our Sept. to Dec. 2020 'Transforming Our World' Offering'

Will be donated to the Comox Valley Food Bank. This organizations' work is in line with our Unitarian principle affirming and supporting justice, equity, and compassion in human relations.

<https://comoxvalleyfoodbank.ca/>

ON BOARD

Greetings one and all. We are back and we've been together a month now....figuratively speaking. It has been good to see your familiar faces again. We will be continuing our gatherings, on-line, at least through December and rest assured the Board has been working on guidelines, to keep us safe when and if small groups decide to meet in person. These guidelines have been sent out in the most recent communicator and they will be maintained and adjusted according to the Provincial Health Minister's recommendations.

The Board has decided that the organization that will be the recipient of our Transforming our World monthly gift will be the Comox Valley Food bank. They have been in desperate condition since the pandemic and we are very thrilled to be able to contribute to the wonderful work they do for those in need. The average number of people using the Foodbank here is 2086 of which 30% are children. Your support goes a long way to feed many in our community. <https://comoxvalleyfoodbank.ca/>

We will be having the first of two **Town Hall Meetings** (via zoom) on **SATURDAY, OCTOBER 24** from **10-11am**. A few items on the agenda will be pumping up our Canvas Kick Off which begins Sunday, November 1st. As well, we would love to hear feedback from any of our small group meetings and gatherings.

At our last Board meeting we reviewed the Fellowship's and Board's Priorities for the coming year. Two in particular stood out for all of us. They were to:

1. Continue to nurture a vibrant spiritually satisfying experience of fellowship for our children and adults while holding the safety and wellness of our congregation in mind.
2. Expand opportunities for communication within and amongst the Fellowship, especially during this pandemic.

Stay strong, stay healthy and safe.

Know that we are all here for each other.

From the Board's heart to yours, Barb, Liz, Arlene, Juliana, Dan and Rev. Meg



Soul Matters Sharing Circle – A Place to Find Inspiration, Meaning and Connection

Come join our Soul Matters Circle, a small group that meets once a month to explore how the congregation's monthly theme can be woven into our lives.

Our group welcomes new members at any point – come once to see what it's like and see if it is a fit for what you're looking for.

Presently we meet online, using Zoom. Our next meeting is on Saturday, October 3 from 2:00-4:00 pm when we'll reflect on September's theme: Covenant and Community. If you'd like to attend and receive the Zoom link, please contact that session's facilitator, Rev. Meg Roberts, mroberts@uuma.org

Cell: 778-870-9015. We hope you'll join us!



Musings by Meg

We continue this year's exploration of our Unitarian Universalist principles. (See the image below that lists all seven principles.) Our October theme is our first principle: ***We affirm and promote the inherent worth and dignity of every person.***

We are now over six months into the pandemic in this part of the world. That can be dispiriting, frustrating, and bring many other feelings. When we are under stress, especially over a period of time, it can be easier to let these feelings affect our relationships with others and with ourselves.

- Our verbal filter may not be as active and hurtful words can be said.
- We may have thoughts about others as we go about our lives that show prejudice and judgment.
- We may be more critical of ourselves.

These things happen, we are fallible humans. It is what we do in response that makes the difference.

I invite you the next time something like this happens to pause, take a deep breath and say to yourself "that person has worth and dignity, just as I do." And then consider what to do next.

- Is an apology in order?
- Do I need to note internally to myself how my upbringing embedded unconscious biases, and I'm learning to recognize those and educate myself? Can I see what things I have in common with them as humans? (If I have said or done something, I can acknowledge my mistake and apologize, and commit to doing better in future.)
- Can I bring a more compassionate voice to myself (as I would with others who are under stress)?

Living our principles is not easy. We will never achieve it 100% of the time. I think of them as spiritual practices, things I commit to learning how to live out in my words and actions. And when I miss the mark, to take a deep breath, recognize it, forgive myself, make amends as appropriate, and try again. I look forward to hearing how this month goes for you, and the experiences you have practicing this important core principle of our community. It is a beautifully inspiring one, much needed at this time in our world.

As I live in Vancouver, and the pandemic is still with us, I'll be meeting virtually with you. We can connect over the phone, email, or through an online platform (Skype or Zoom): mroberts@uuma.org Cell: 778-870-9015. (Mondays and Tuesdays are my regular days off, so if you reach my voice answering system, please leave a message and I'll get back to you as soon as I can). Since I work part-time, our Care & Concern Team is also available to offer you support:

- Robyn Rushford – robyn@shaw.ca, 250-941-7001 (home)
- Keith Wallace - keith.wallace@shaw.ca, 250-941-7001 (home)
- Lynda Campbell – larrylynda@hotmail.com, 250-871-4143 (home)

I look forward to joining you on the worldwide web again this month on Sunday, October 4th, as well as at other times. Hope to see you soon - be well.

In the spirit, Rev. Meg Roberts

1. Honor the inherent worth and dignity of every person.
2. Practice justice, equity, and compassion in human relations.
3. Accept one another and encourage spiritual growth.
4. Support the freedom to search for what is true and right in life.
5. Ensure all have a vote about matters that concern them.
6. Work for a peaceful, fair, and free world.
7. Care for planet Earth, the home we share with all living things.



Childhaven[™]
childhaven.org

2020 Fundraising Event Friday, October 16, 5 PM

DUE TO COVID: in lieu of the 17th ANNUAL CHILD HAVEN DINNER

We will be selling a FULL VEGETARIAN INDIAN DINNER for take away.

From the 3rd Street side of the Courtenay Legion (367 Cliffe Ave).

Up the covered ramp: physical distancing will be practiced.

DINNER FOR 4 \$50 Dinner for 2 available upon request.

For more information, contact Heather at 250.338.2181

PAYMENT BY E-TRANSFER to Child Haven International



CVUF Pledge Time is approaching! This is the time when we invite all our members and friends to estimate how much they can give financially to maintain this fellowship during the coming fiscal year. Our theme for the 2021 canvass is “Keeping Our Balance”.

Does virtual contact with our special spiritual community help you to stay in balance during this time of uncertainty? Did you know that some of our small group ministries have been meeting virtually or live (with

distancing) over the past six months? That our children’s spiritual education coordinator offers break-out activities during Sunday Zoom gatherings? That our part-time minister Meg Roberts continues to lead five Zoom gatherings a year plus she consults with our board and the all-volunteer Community Gathering Team? And that our admin coordinator and our bookkeeper still keep things running smoothly? Yes, we owe so much to both our volunteers and our paid staff who have not let us down during these stressful times. Please remember them when your pledge package arrives in early November either by email or post.

If you have questions about our finances or ways to donate, please contact Arlene Bell at cvuftreas@gmail.com

You are also invited to take part in the CVUF Town Hall Zoom meeting on Saturday, October 24. (details to be in upcoming Communicators.)

And lastly, PLEASE notify Lorna at cvufcoord@gmail.com with any changes to your contact information.

Canvass Team: Arlene Bell , Treasurer; Margaret White, Envelope Secretary; Wendy McNiven, Member; George Penfold, Member




We wanted to let you know about an on-line event the CUC is planning for the weekend of November. 13-15. In the survey distributed earlier in the year, assessing congregational needs during and post-COVID-19, we learned that many of you value the role the CUC plays in fostering relationships beyond congregations and communities. This prompted us to begin planning an online fall event that will provide a combination of regional gatherings [Nov. 13] and national workshops [Nov. 14]. On Sunday, November 15, we'll top off the weekend with a National Worship Service.

Here are brief descriptions of the events planned for the weekend, and an invitation for you to provide some input to our plans for the regional gatherings on Friday.

Friday Nov. 13- Regional Gatherings

This evening's events will provide opportunities for us to deepen regional connections and to share in small groups. Each region will gather on its own, with each gathering including: an opening, music, reflection, and breakout room conversations focused on specific topics facilitated by a CUC staff.

We'd appreciate your input to this [short survey](#) as we consider discussion topics for the Friday break out groups.

Please note  If there is a UU musician from your region you'd like to recommend for this gathering, please indicate this in the survey.

Regional meeting times, in local time zones: British Columbia: 7:00-8:30 pm PT

Saturday Nov. 14- National Gathering Day

Saturday brings workshops on different topics, and begins at 9:00am PT | 10:00am MT | 11:00am CT | 12:00pm ET | 1:00pm AT

There will be scheduled breaks between the various components which will include:

Sunday Nov. 15 - National Worship Service, 'Sailing Ahead'

Beginning at 10 a.m. (Pacific) and 2 p.m. (Atlantic) we'll have the opportunity to participate in a shared Canada wide worship service. The theme of the service, "Sailing Ahead" carries forward the theme of our national conference, "Making Waves", and will explore how we are weathering this pandemic and the lessons we take into the future. (Listen to the specially-created version of Making Waves by James Morris and John Lindsay-Botten [here](#).)

Details about the weekend are being finalized, and we are looking forward to sharing them with you. Please check upcoming editions of eNews, and the CUC Facebook page for registration information and help us spread the word by including this in your newsletters and social media.

Questions? Please email congregationalife@cuc.ca.

Warmly, Your CUC staff team.