



# About Us



A Newsletter for "The Comox Valley Unitarian Fellowship"

250 Beach Drive, Comox BC V9M 1P9, Phone 250 792-4027 **Website:** [www.cvuf.ca](http://www.cvuf.ca)

Volume 29

Number 9

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

May's theme is a principle that has been considered in many Unitarian Universalist circles over the past couple of years as the 8<sup>th</sup> principle:

*We covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*

Ours is a living tradition – the principles were meant to evolve over time, not just stick with seven principles. Now is the time to clearly re-commit to what is implied in our other

## Sunday Gatherings

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

to Join Zoom Meeting: email [website@cvuf.ca](mailto:website@cvuf.ca)

Dan Leahy [danleahy7@gmail.com](mailto:danleahy7@gmail.com)

### Sunday, May 2, 4:00 pm – How Do You Talk About Racism?

**Service leader:** Rev. Meg Roberts

I believe it is important to speak up when things are said that are racist, including with family and friends, and yet how do I do it in a way that is effective in helping dismantle racism while still connecting within that relationship? I attended a Canadian Unitarian Council workshop by Dr. David Camp that gave all participants some tools to do just that. I will share what I'm learning about how to bring compassion as well as an effective method to further those conversations.

**CVUF Children's Program:** Caroline Shannon

**Tech Support:** Heather Gatland - [website@cvuf.ca](mailto:website@cvuf.ca)

### May 9, 2021 - How have we experienced racism in our lives, and how would we like to change any of that?"

**Facilitators:** Marvin Haave and Alyssa LaFort

**CVUF Children's Program:** Liz Goodger

**Tech Support:** Heather Gatland - [website@cvuf.ca](mailto:website@cvuf.ca)

### May 16, 2021

**Facilitator:** Caroline Shannon - Community Gathering on this month's theme: an inter-generational service focusing on the value of our spiritual community. There will be extended breakout rooms with a choice of general conversation, discussion of the month's theme, or children's activities.

All ages are welcome.

**Tech Support:** Dan Leahy [danleahy7@gmail.com](mailto:danleahy7@gmail.com)

**Also: Join the National Service Online - Multigenerational Worship Service  
Sunday, May 16, 10am PT (1.5 hours)**

Now more than ever we need to be grounded in connection, in hope, and in love. As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy -- a spark -- to fuel living into our aspirations and values no matter the season, the struggle, or the celebration. This Sunday service will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark. **This service is part of the Canadian Unitarian Council's Annual Conference. All are welcome to join us at our Sunday Worship Service.**

The Sunday service will be live-streamed on Zoom at <http://bit.ly/NationalWorshipMay16> - Meeting ID: 885 0018 9706 Passcode: 595025 and will be closed captioned, and on the [CUC's YouTube Channel](#).

**May 23, 2021:** To be announced

**Facilitators:** Joy Nagle

**CVUF Children's Program:** Liz Goodger    **Tech Support:** Dan Leahy [danleahy7@gmail.com](mailto:danleahy7@gmail.com)

**May 30, 2021: "Finding You Place in the Climate Mobilization", with guest speaker Kurtis Baute**

**Facilitator:** Kasia Stepien (CVUF Justice Action Team)

**CVUF Children's Program:** Liz Goodger    **Tech Support:** Heather Gatland - [website@cvuf.ca](mailto:website@cvuf.ca)

*Join us for an interactive gathering about climate justice and the myriad paths to meaningful climate action. Kurtis Baute (Climate YouTuber) and Kasia Stepien (CVUF Justice Action Team) will share their unique journeys into climate work. Then everyone will be invited to explore how their own gifts can contribute to the movement for a sustainable world that leaves no one behind.*

**Kurtis recently moved to the Comox Valley, and you can check out his YouTube Channel here:**

<https://www.youtube.com/channel/UCTRM8LE1g6UXrVZKwqw5oEA>

**Our Jan. to June 2021 '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/>

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## **Care and Concern**

Now having been in pandemic restrictions for over a year, and with increased travel restrictions recently added to this, you may be feeling particularly challenged by what is going on. If you need some emotional or practical support, the Care & Concern Team is available (while following COVID-19 guidelines for safety and health):

- Robyn Rushford – [robynr@shaw.ca](mailto:robynr@shaw.ca), 250-941-7001 (home)
- Keith Wallace - [keith.wallace@shaw.ca](mailto:keith.wallace@shaw.ca), 250-941-7001 (home)
- Lynda Campbell – [larrylynda@hotmail.com](mailto:larrylynda@hotmail.com), 250-871-4143 (home)
- Rev. Meg Roberts – [mroberts@uuma.org](mailto:mroberts@uuma.org), 1-778-870-9015 (cell)

If you know someone in the congregation who is struggling, ask them if they'd like a call from Meg or one of the Care and Concern Team – if so, please let us know. We are all in this together.



# On Board

What a beautiful Spring we are having. April brought out the sunshine in such a big way that it felt like a big warm hug. Let's hope it continues throughout May, albeit with a little sprinkling of water, every now and then, to keep our flora and fauna happy.

As was said in April's On Board, your CVUF Board is committed to serving this Fellowship for another year, that will take us to the Spring of 2022. We truly feel honoured to serve this community. **Something wonderful we would like to share with you** is that we, the Board, would love to have anyone curious about what it's like to be on the CVUF Board, to **sit in on one of our meetings** and experience the real deal (all meetings done via zoom through to June). There is a lot of inspired energy between us and that is even while we do these meetings via zoom and not in person 😊. Serving your Fellowship by volunteering for the Board is such a wonderful way to do something meaningful for this Community. We are a team and there is so much strength and support when we come together with a common focus: our beloved CVUF. **PLEASE REACH OUT TO ANY BOARD MEMBER FOR INFORMATION ABOUT THIS WONDERFUL OPPORTUNITY AND COME JOIN IN A BOARD MEETING.**

The Board and Community Gathering Team would like to thank all who joined our CVUF Connections gathering Sunday, April 25. The theme of **From You I Receive And To You I Give**, really captured the essence of how our community works. We all have different gifts and it's when we share them amongst each other that we end up with so much more than what we started with. Thank you all for sharing your thoughts and dreams with us. The idea to host this 'CVUF Connections' instead of a 'Town Hall', and to have it take the place of a Sunday Service, was inspired by the Board and Community Gathering Team wanting to create a sacred space for us all to share our thoughts and dreams together. On behalf of the Board and the Community Gathering Team, we feel much gratitude for all that was shared.

MARK YOUR CALENDARS FOR THE **AGM, SUNDAY MAY 30<sup>th</sup>** from **2-3pm**. **BUT, PLEASE NOTE**, we have a wonderful guest speaker, **Kurtis Baute**, presenting at the service at **4pm**, so be sure to get some movement and nourishment in between the AGM and the service as you are going to want to be there. 😊

MANY THANKS TO BARB HUHNS and HEATHER GATLAND for being our delegates at the **CUC AGM** this month. Mark your calendars for **May 14 and 15**. It is not too late to register and there is a sliding scale. Deadline is May 9. You are also invited to join the **National Service, Online – A Multigenerational Worship Service, Sunday May 16 at 10am (1.5hours)** The service will be live-streamed on Zoom at <http://bit.ly/NationalWorshipMay16> - Meeting ID: 885 0018 9706 Passcode: 595025 and will be closed captioned, and on the [CUC's YouTube Channel](#).

Here's a brief description of the gathering: Now more than ever we need to be grounded in connection, in hope, and in love. As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy -- a spark -- to fuel living into our aspirations and values no matter the season, the struggle, or the celebration. This Sunday service will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark.

**Your Board and Community Gathering Team** is having a very special meeting on May 22 to discuss themes and topics for the coming new year of services that start September 2021. **WE WOULD LOVE TO HEAR ALL of your IDEAS!!!** Please send your suggestions to: [board@cvuf.ca](mailto:board@cvuf.ca) by **May 20**.

**With gratitude for the sparks that we ignite in each other.**

**Your CVUF Board (Liz Goodger, Arlene Bell, Juliana Leahy, Barb Huhn, Dan Leahy, Rev.Meg Roberts)**



## Musings by Meg

May's theme is a principle that has been considered in many Unitarian Universalist circles over the past couple of years as the 8<sup>th</sup> principle:

*We covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*

Ours is a living tradition – the principles were meant to evolve over time, not just stick with seven principles. Now is the time to clearly re-commit to what is implied in our other principles but more clearly articulated in this principle. It also adds in “love” which doesn’t appear in our other principles. Here’s some background to this principle from the website <https://www.8thprincipleuu.org/origin>:

- Paula Cole Jones, JPD (Joseph Priestley District—the mid-Atlantic district of the Unitarian Universalist Association, now subsumed into the larger Central East Regional Group, CERG) Director of Racial & Social Justice, developed the idea of the existence of 2 different paradigms in UU circles: the UU 7 Principles and Beloved Community (deep multiculturalism). After working with congregations on these issues for over 15 years, she realized that a person can believe they are being a “good UU” and following the 7 Principles without thinking about or dealing with racism and other oppressions at the systemic level. Evidence: most UU congregations are primarily European-American in membership, culture (especially music), and leadership, even when located near diverse communities. She realized that an 8th Principle was needed to correct this, and talked with Bruce Pollack-Johnson about some of the components that should be in it. Bruce put together an initial draft in 2013, and the two of them worked with a group of anti-racist activists in the JPD to refine it. Bruce’s congregation (the UU Church of the Restoration in Philadelphia) incorporated it into their Covenant at that time, then in May 2017 formally adopted it for themselves and recommended that the UUA adopt it.
- UUs and the UUA have done very good work in fighting racism, such as during the Civil Rights Movement and in the 1990’s (passing a resolution in 1997 at GA, after a precursor resolution in 1992, to become an Anti-Racist, Anti-Oppression Multi-Cultural, or ARAOMC, Organization), but the funding and support started to wane in the 2000’s – our accountability mechanism failed us.

By adopting this 8<sup>th</sup> principle, it includes a stronger accountability mechanism to take action and change. It can be adopted by individual Unitarian Universalists, congregations, and by national organizations. I believe in this principle and encourage us to learn more about it here with the Comox Valley Unitarian Fellowship as well as in our Canadian UU movement. The Canadian Unitarian Council (CUC) struck a task force in May 2019 to do more work and education on racial justice in response to the conversations in the American UU movement. That CUC task force did the Dismantling Racism Study Group, and here’s preliminary report on their survey of Canadian UU congregations: <https://cuc.ca/dismantling-racism-study-group/> When you read it, you’ll see evidence that racism exists in our congregations in Canada as well. Their new report will be coming out this month for the CUC Annual Conference.

From the events of the last year, we are more strongly reminded that racism exists both sides of the border and all around the world. We want to build a beloved community that takes the next steps by learning and changing our behaviour as a result of what we are learning. Those working on the 8<sup>th</sup> principle project developed this description:

*Beloved Community happens when people of diverse racial, ethnic, educational, class, gender, sexual orientation backgrounds/identities come together in an interdependent relationship of love, mutual respect, and care that seeks to realize justice within the community and in the broader world.*

I encourage you to read the whole background of this movement for inclusion of this principle:

<https://www.8thprincipleuu.org/background> as well as the CUC resources:

<https://cuc.ca/racial-justice/>

I invite you to consider materials provided in the May theme packet as well as come to our Sunday gatherings. Our Soul Matters Circles have spiritual exercises and questions to deepen our learning taken from the theme packet, then will meet after this month to learn and share what we are learning. I hope you'll engage in this exploration and consider committing to this principle as well. If not now, when? If not us, then who?

Be well, Rev. Meg Roberts

### **How to reach me**

As I live in Vancouver, I'll continue meeting virtually with you over the phone, email, or through an online platform (Skype or Zoom): [mroberts@uuma.org](mailto: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.

### **My schedule in May:**

- **From April 26-29, I will be out of the office.** On April 30, I will be preparing for my visit with you.
- **May 1-2 – I look forward to my virtual weekend with you:** May 1, I'll be joining the Board meeting and the Soul Matters Circle online. May 2, I will be leading the online Sunday Gathering.
- **From May 10 – 16,** I will be involved in the UU Ministers of Canada Ministry Days, then the Canadian Unitarian Council's Annual Conference and Meeting (see later in the newsletter for more information on that event). During that time, I will be responding to emergencies only, so I can focus on these important national UU events.
- If you need assistance on congregational matters during the times when I'm unavailable, please email the Board of Directors, [board@cvuf.ca](mailto:board@cvuf.ca) or if you would like emotional support, contact one of the members of the Care and Concern Team (their contact information appears later in the newsletter).

I look forward to connecting with you!

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### **May is Asian Heritage Month**

Asian Heritage Month is an opportunity for all Canadians to learn more about the many achievements and contributions of Canadians of Asian descent who, throughout Canadian history, have done so much to make Canada the amazing country we all share together today. Let us celebrate in May the incredible diversity that is our strength. Learn more:

- [About our shared history across the country](#)
- In 2015 the Social Sciences and Humanities Research Council awarded \$225,000 over three years for the research project "[Asian Canadians on Vancouver Island: Race, Indigeneity and the Transpacific.](#)" The purpose of the project is to document and (re)conceptualize Asian Canadian history on Vancouver Island, with specific focus on ties with First Nations and the transpacific.
- Comox Valley Record's article on [Imogene Lim's work advocating for protecting Chinese heritage in Cumberland](#)
- Learn about [anti-Asian racism happening in Canada](#) particularly since the start of the pandemic. Also this article: "[43% of Asians in B.C. experienced racism in the last year, 87% say it's getting worse: Poll](#)" (April 9, 2021, Global News). Learn more about [how to fight it.](#)
- Check out local events in your area (while following COVID provincial guidelines) and also events online. Enjoy and celebrate the many cultures within this umbrella – Japanese, Vietnamese, Chinese, Filipino, Korean, South Asian, and many others.

# AGM

Annual General Meeting

We would like to invite you to the CVUF Annual General Meeting (AGM) via Zoom. Sunday, May 30 at 2:00 pm.

IF YOU:

- have not attended one of our AGM's,
- are new to the CVUF,
- are curious about the fellowship's inner workings,
- want to get to know who's who,

-want put into practice our 5<sup>th</sup> principle and witness "the use of the democratic process within our congregation,"

THEN you are especially welcome to attend.

We will be discussing our ongoing efforts to deal with the COVID crisis and how it applies to all aspects of our fellowship's life. For example, budget, staffing, gatherings, social events, FUNraising etc...

The AGM will take place via Zoom . Our AGM is open to all members and friends, with members eligible to vote. **Any member unable to attend the meeting may authorize another member to vote for them via proxy. If you would like to give someone your proxy vote simply call/email Liz Goodger (250-339-4969 [egoodger@gmail.com](mailto:egoodger@gmail.com)) or send me an email and I will record your wishes.**

Zoom meetings are accessible via computer, cell phone and landline phone. Information about how to join the meeting will follow in the weekly CVUF Communicator.

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



### *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 **Saturday, May 1 from 2:00-4:00 pm**, co-facilitated by Rev. Meg Roberts. We'll reflect on April's theme: **respect for the interdependent web of all existence**. If you'd like to attend, to receive the Zoom link, please contact Rev. Meg Roberts, [mroberts@uuma.org](mailto:mroberts@uuma.org) or 778-870-9015. Newcomers are welcome. We hope you'll join us.

Canadian Conseil  
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*Growing Vital Religious Communities in Canada*



Join the  
National  
Service  
Online -

[Sustaining Our Light – the Canadian Unitarian Council National Conference, May 14-16, 2021](#)

Now more than ever we need to be grounded in connection, in hope, and in love. We all need to tend to our spirits and our relationships so we can continue to tend to our world.

Our virtual conference will celebrate how our Unitarian Universalist faith and our connections are crucial to **Sustaining Our Light** through engaging workshops, meaningful connections, and moving worship services.

Join us to renew your spirit, reconnect with friends and celebrate what it means to be a Unitarian Universalist. **Registration opens on March 15 and runs until May 9.** Conference fees are offered on a sliding scale – or if that's out of your budget, choose the amount you can contribute.

**The Comox Valley Unitarian Fellowship**

c/o 250 Beach Drive, Comox BC V9M 1P9, Phone 250 792-4027

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