

# CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

June 2023

*What's On?*

**WORSHIP AND  
PICNIC IN  
THE PARK!  
GATHER  
OUTSIDE FOR  
THIS FUN EVENT!**

**WORSHIP  
GIVE  
LOVE  
SHARE**

Send in your photos  
and news for the  
upcoming editions of  
our Newsletter.

# Central Okanagan United Church



JUNE 2023



## SUNDAY WORSHIP

Worship together on Sundays at  
10am - 721 Bernard Ave, Kelowna  
Zoom and Facebook Live options  
available.

Next Board Meeting: June 28th 7pm

## CONTACT ADMIN

Tanya / Bernard Office / E-Letter Submission  
250 762-3311 [tanyap@centralokanaganunitedchurch.com](mailto:tanyap@centralokanaganunitedchurch.com)

Saibun / Fitzpatrick Office  
250-765-5141 [saibunh@centralokanaganunitedchurch.com](mailto:saibunh@centralokanaganunitedchurch.com)

Delaine / Newsletter Submissions  
[delainec@centralokanaganunitedchurch.com](mailto:delainec@centralokanaganunitedchurch.com)



(250)762- 3311

MAIL TO: PO BOX 24042, RPO TOWN CENTRE, KELOWNA BC, V1Y 9H2

[CENTRALOKANAGANUNITEDCHURCH.COM](http://CENTRALOKANAGANUNITEDCHURCH.COM)

# Church News



## What's Happening this month.

### JUNE AT A GLANCE

- PMRC Streamed Service June 4th
- Kelowna Pride (Volunteers Needed for COUC Booth!) June 10th
- Hymnspiration Service June 11th
- Family BBQ June 17th 4pm
- Celebration of Graduates June 18th
- Worship and Picnic in the Park! Kinsmen Park (See info below)



## Covid19 & Illness:

Please stay home if you feel unwell, or have been exposed recently. There are masks available in church if you need one. Please wash your hands frequently and use sanitizer when eating or drinking and practice social distance.


Let's work to keep each other safe!



### SUBMISSIONS

Please have your news, articles and photos in by June 21st to [delainec@centralokanaganunitedchurch.com](mailto:delainec@centralokanaganunitedchurch.com) to be included in the July Newsletter

Please submit weekly E-Letter news to Tanya [tanyap@centralokanaganunitedchurch.com](mailto:tanyap@centralokanaganunitedchurch.com)

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# Address & Phone List

Bernard - Church Office  
721 Bernard Ave, Kelowna.  
Telephone: 250 762 3311

Fitzpatrick - Rutland Site  
1370 Rutland Rd, Kelowna

Mailing Address - For letter mail

PO Box: PO Box 24042, RPO Town Centre, Kelowna BC, V1Y 9H2

## Celebration of Graduates June 18th

Have you, or is someone in your household or family, graduating from high school, college or university this year? Sunday, June 18, is Threshold Sunday when we celebrate with our graduates and also present Bibles to children who are moving into Grade 4 next Fall. We acknowledge this during the service and afterward with a cake in the Hall during the fellowship time.

Please submit to [tanyap@centralokanaganunitedchurch.com](mailto:tanyap@centralokanaganunitedchurch.com)

by June 13th the names of grandchildren or family members that are graduating, noting the name of the school or institution, type of diploma or degree, any awards they may be receiving or plans for future study, work or travel. Please let us know if they will be attending in person so that they may be recognized!



# Stewardship

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The Stewardship Team asks you to financially support the Central Okanagan United Church through one of the methods outlined below.

With God's help and the generosity of your contributions of financial resources, time, talent and energy we will fulfill our church's mission.

Need more information? Contact any member of the Stewardship Team: Terry Welsh, Beryl Itani, Judy Valks and Sharon Pendleton.



Scan QR Code  
to Donate

or Read on for  
How to Give

## Pre-Authorized Remittance (PAR)



Specify the amount of monthly donation to be deducted from your chequing account. Contact Jodine Ducs at [jodine.ducs@gmail.com](mailto:jodine.ducs@gmail.com) to join PAR or make changes to your current PAR contributions.

## Cheques & E-Transfers

Please make out cheques to Central Okanagan United Church, and place in one of the offering offertory boxes in the sanctuary, drop off at 721 Bernard, or mail to:

Central Okanagan  
United Church  
PO Box 24042  
RPO Town Centre  
Kelowna, BC  
V1Y 9H2



E-transfer your donation to [finance@centralokanaganunitedchurch.com](mailto:finance@centralokanaganunitedchurch.com)

## Donation of Shares

Contact Jodine Ducs for information to receive the appropriate form.



## Bequests or Memorial Gifts

Include Central Okanagan United Church in your will or make a gift in memory of an individual.

**Thank you for your generous and continued support!**



Every Tuesday morning at the Bernard site, guests are invited into the hall to sit, relax, visit, have a bite to eat and pick up some groceries. The number of guests continues to rise with about 40 individuals now receiving groceries and almost 50 enjoying a meal each week.

We could not do any of this work without the help of many volunteers and each of you who contribute in your own way to Outreach. Thank you, everyone for your support!!

This month we thought you might want to read what some of our guests had to say about what our Outreach program means to them.

“It’s good because you can get both groceries and lunch or you can just come down for lunch. I have brought a lot of people here at different times because there’s a lot of need out there in the community. It’s good to have this available.” DC

“Wonderful. Wonderful. I get lots of food in cans and things I can open and eat. I don’t have to cook and I really like that. And the bread and stuff on the table is so nice. Produce like bananas and oranges – yes. It’s all very handy for me because I can get the bus at my place, just switch once and then get off right here. Everything is done 100% here and I like it. You know the Lord always provides. Only thing is, on Sundays the buses don’t run the same schedule so it’s hard for me to make it to church.” ES

“It’s good - yeah, it’s good. I live by myself nearby so it’s handy. I get both the groceries and the meal so it’s good.” LD

“For me it’s about being able to receive food, and healthy food, for my family. I live with my mom and my two daughters and the reason that I’m using outreach is my husband passed away and he was our only provider and so I found myself in this situation and I tried really hard not to use any handouts or supports but then I had to let go of my pride and be like okay, it’s okay. It’s not a bad thing and you’re not a loser. And what brought me here and what I like about it is the visiting with other people. I guess a social thing too. It gets me out of the house and not like just hiding in the house and feeling sorry for myself. I can talk to others and I am and I hear their stories and I’ll be like, okay, I’m not the only one out there struggling. There is always someone in a similar situation. So yeah, it’s been helpful. Having lunch provided and being able to take groceries home is great, but I think the best thing is the fresh produce. That really, really helps because that’s what is so expensive in a store.. And the produce is what my kids eat every day – the want to eat salad and we have no salad. Oh my gosh, it’s been so helpful like I look forward to it every Tuesday and I even try to make appointments around it either early in the morning or in the afternoon just so I can come here.” AB

**New Volunteers are always welcome!**  
**Anyone wishing to get involved please call Jayne Brooks at**  
**250-762-9606 or email [k.jaynebrooks@gmail.com](mailto:k.jaynebrooks@gmail.com)**



Sunday June 25th at 10am  
*Worship with Communion &  
Potluck Picnic  
in the park!*



KINSMEN  
PARK

2600 ABBOTT ST

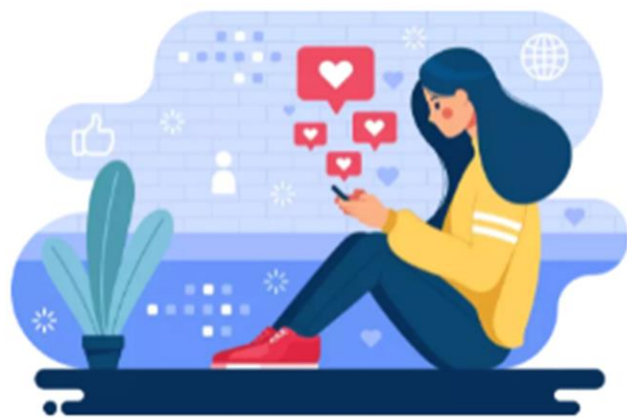
Bring a lawn chair,  
a sharing "potluck"  
picnic lunch, your own  
plates and cutlery.

There will be  
lemonade and fun  
picnic games to play!

SEE YOU  
THERE!



# Who We Are



## Music Ministry

*Submitted By: Frances Chiasson*



June/2023

I've never known a life without a deep involvement in music and also involvement in the church. My parents were both musicians who created a home full of artistic opportunities, which was also deeply rooted in their involvement in the United Church of Canada. Community connection was made strong through music and through the church, and when the two worked together, so much the better.

After studying music at UBC, my musical teaching career began in Vancouver and then Calgary, teaching school choirs, bands, classroom music, musical theatre, Kindergarten PE(!), etc. and eventually expanding into more community-based music. I always partnered whatever teaching I was doing with a variety of church subbing and church volunteer music leadership jobs. Eventually I partnered my community music work with a regular church job and left school teaching altogether in the early 2000's.

We moved to the UK in 2006, and we found community in a local Methodist Church, but I struggled to find a complete fit. I didn't often see 'my' theology reflected in the music and though I was committed to the community (especially once our children were born), I felt a tension when it came to the music.

It wasn't about musical style (I have pretty eclectic tastes), but more about inclusivity and wanting a broader understanding of God than we were offered through the music of that particular place. And so my musical focus for our time in the UK became more about community music making, rather than church music.

**"I hope to create 'thin' spaces, where we can feel God's presence with us on the journey."**

When we moved back to Canada in 2014 and I sat for the first time as a congregant at First United Church, I knew that I had come home, musically. Yes, there were familiar melodies, but also a variety of representations of God through the musical texts. I saw 'my' theology reflected here, but also an expansion that allowed me to imagine other ways of understanding or feeling connected with God. I soon became involved in the musical life of the church as a volunteer, and eventually moved into a paid staff position in 2016.

Overriding goals for my work at Central Okanagan United Church include helping others to feel empowered to use and expand their musical gifts. I hope to create 'thin' spaces, where we can feel God's presence with us on the journey.

I continue to work at bringing more diversity into our church music, so that more people feel welcomed and see themselves reflected here with a bit of 'their music', like I did when I first arrived. I jokingly say that I want people to be a 'little bit happy' about our music and a 'little bit annoyed' - but there is some truth to that for me. I hope that we're not just sticking with one thing and satisfying one group of people within our church. Instead, we're open and inclusive, and reaching as many people as possible, even if we don't reach every single person all the time.

And I am so blessed to be on this journey with an amazing team of skilled leaders and volunteer musicians.

How lucky am I?!

# MEMORIES FROM MAY!





Written By: Keith Simmonds

Times Colonist, 2023

### ***Looking for Someone...***

A friend of mine, who works constantly for a community that nurtures its relations, wondered aloud the other day about the bitterness and anger expressed by some members of the community, usually anonymously, on social media commentary. Often making their observations about someone who is vulnerable, who is lost, who is bravely being the being they were made to be, or who is taking a stand on behalf of another approach, another way of being community. My friend wondered how to reign in the comments to withdraw at least that source of wounding and rending us from one another.

I wondered too. I know our social understandings have become very dislocated. As the old myths fall away the ground we've thought beneath us falls like the tissue it was formed from.

We learned we live on land made available by the commonwealth, known in Canada as the Crown, finding out with sudden and awful awareness that there were people living here before the Crown took their land and their homes and their children.

We learned we were living in a time when any one of us (well, white men, mostly, but still..) could become anything by dint of hard work and unflagging effort, mixed in with a little luck, only to discover that all the hard work and effort in the world can't raise a family on a minimum wage job, or overcome a history of trauma.

We learned government was by the people, for the people and of the people, only to find out that government works for money just like the rest of us and their employers don't really care too much about the rest of us.

We learned (some of us) that our divine being was an old white guy with a huge temper who even took the life of his only son while the spirit wailed in the anterooms of power, only to discover (some of us) that the deity in the sky may be there, and is also here, and here, and here, populating, enlivening, calling out from every being an insistence to love, to care, to nurture the relations and the living world. The power and the responsibility is in our hands. To seek justice, love kindness and act with humility when holding a power not our own.

Freefalling, our old understandings ripped out beneath us, some of us (well, mainly white men and supporters, but still) are looking around for someone to blame. Helped by those who employ the power we've abdicated, who point at 'the other'.

"Don't blame the way we do things, blame..." Canadians historically have blamed Indigenous people, people of Asian descent, people from South Asia, people from Ireland, Catholics, Women seeking rights as persons, people refusing gender assignment, people refusing to hide their orientation, or migrants in general. Now some are blaming people who dress up and dance and read stories in the Library. And, of course, those angry commentators, expressing their rage at a world that never was that refuses to be. We blame them too.

We can stop. We can acknowledge that we made the old myths and that, because we did, we can make new ones. Myths like:

We are a people born to respond to the insistence to love in every way we can, every day we can, as long as ever we can. We choose to be defined, refined and made accountable to that myth and none other. What kind of a world would we comment on and how would we comment on it, if that were our myth?

Family BBQ: June 17<sup>th</sup> at 4pm. PLEASE RSVP to Beryl Itani: [BAITANI@Shaw.ca](mailto:BAITANI@Shaw.ca)



**JUNE 17**  
**4PM**

**RSVP**  
BERYL ITANI  
[BAITANI@SHAW.CA](mailto:BAITANI@SHAW.CA)

Central Okanagan United Church  
721 BERNARD AVE

# Family BBQ

ENJOY  
HAMBURGERS,  
HOT DOGS, ICE  
CREAM FLOATS.  
SINGING WITH  
SYLVIA CLERKE,  
GAMES FOR ALL  
AGES.

**\$20 per person \$50 Per family**

**E-Transfer with BBQ in the subject or Pay Cash**

[Finance@centralokanaganunitedchurch.com](mailto:Finance@centralokanaganunitedchurch.com)

Made with PosterMyWall.com

**August  
21-25**

**Registration  
Info Coming  
Soon!**



# **Vacation Bible Adventure**

**Fun creative Outdoor Activities!**



**OUTDOOR**



**GAMES**



**NATURE**

**Join Us at Camp Dunlop!**

Join us at Camp Dunlop (a Scout camp on Lakeshore Road nestled in the Lebanon Creek valley where the valley meets Lake Okanagan) for an awesome week of singing, Bible stories, nature hikes, playing outdoor games, campfire songs and amazing crafts! A fabulous morning ends with lunch each day in the Charlie Colk Lodge. Parents and grandparents are encouraged to join us on the final day for a special BBQ. Watch for more details and brochure in June!

# Undivided Love

*Navigating Landscapes of Living Faith*

JANET GEAR

*"...This book will not only illuminate your personal faith journey, but also provides a useful framework for understanding communities of faith, discovering how, in our differences, we can find a deeper life-giving unity." - Very Rev. Dr. Gary J Paterson*

**JOIN US  
for this enlightening bookstudy!**

**Tuesday evenings - 6:30-8:00 pm  
October 3 - November 7 & November 21**

**Register early  
by contacting Tanya @  
[tanyap@centralokanaganunitedchurch.com](mailto:tanyap@centralokanaganunitedchurch.com)**

Books and audio books are available at  
[amazon.ca](https://www.amazon.ca)  
or  
[books.friesenpress.com](https://www.books.friesenpress.com)

# Fundraising for the Kelowna Billboard Project

Be a part of something amazing!

Spread love and positivity for the 2SLGBTQ+  
community in Kelowna and area.

[Donate Now](#)



**Advocacy Canada is raising funds for a billboard campaign to create positive and uplifting messages for the 2SLGBTQ community.**

The 2SLGBTQIA+ community is under attack. In the past 3 years, we have witnessed a staggering rise in anti-2SLGBTQIA+ hate. Hate-motivated violence targeting 2SLGBTQIA+ communities is on the rise. Drag spaces are under protest. Visible community leaders are being targeted online. There are efforts to roll back inclusion in our schools, and attacks on essential gender-affirming healthcare have become far too common.

The Kelowna and area queer community is not immune to this. Numerous protests have been held outside of queer events, an anti-2SLGBTQIA+ billboard was put up, hate-filled comments on any local news story involving the queer community number in the thousands, and our local school boards and trustees are under attack.

Funds raised will be used to pay for digital billboards in the Kelowna and Lake Country area for a four week duration. Funds will also be used to pay a local queer artist to create the design. The design will be based on a theme and message developed through a community focus group.

We believe that positive messaging of love, acceptance, and respect is greatly needed at this time. By contributing to this campaign you will be making a huge difference in our community, and be a part of something amazing, with a ripple effect that will reach around the globe! Donations may be made through the link below. THANK YOU!

Visit this link to view the campaign: <https://gofund.me/0b9ff067>

**50+**  
**Pride Picnic**  
Sunday, June 4 @ Noon  
Register Free  
on Eventbrite

ADVOCACY CANADA kelowna pride

**Celebrate!**

**\*A Special Thank you from your COUC Admin:  
Delaine Coppock, Board of Directors, Advocacy Canada\***

# A Taste of Palestine...just in... and ready for you to purchase.

“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.”  
— Edward Everett Hale

The new harvest of olive oil, Za’atar, dates and soap has arrived from Palestine. You might wonder what difference it makes when you purchase any of these items but know collectively it makes a huge difference. All the proceeds from the sales support Palestinian farmers and their families living under occupation in the West Bank of Palestine.

The cost for a 750 ml bottle of oil is \$23 and for the 500ml bottle is \$19.00. The Z’atar spice mix and the soap are \$6 each. The dates are \$22.50 for a 907 gram box. Thank you so much for your continued loyalty and support of these farmers who are working so hard to support their families. Products can be purchased during office hours at the Bernard site or by contacting Debbie Hubbard at 250-469-4468 or [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com).





# Peace By Chocolate

Looking for some chocolate for your s'mores around the campfire or fire pit this summer?  
or Possibly a gift for a 'chocolate lover' in your life?

Here are the 'Peace by Chocolate' bars that we still have available :

- Dark Chocolate with Almonds and Sea Salt - \$5.00
- Dark chocolate (Plain) - \$5.00

Contact Debbie Hubbard at 250-469-4668 or at [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com) to order the chocolate bars. You can pay by cash, cheque or e-transfer. The cheque would be made out to Debbie Hubbard and the e-transfer could be sent via 250-469-4468 or [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com)

Your purchases support the Mission and Service of the United Church of Canada. Mission and Service works alongside 72 partners in 21 countries around the world. (<https://united-church.ca/community-and-faith/get-involved/generosity-through-mission-and-service/>). When the last of this chocolate is gone together, we will have raised over \$450.00 for Mission and Service.



The Columbia River Salmon Reintroduction Initiative

**BRINGING *the* SALMON HOME**  
**kt̓ cp̓əlk̓ stím̓ iʔ ntytyix**  
**ʔat̓ suʔkiniʔ swaq̓mu**  
**Tspelq̓entém̓ re Sqlélten**

In this documentary, Syilx Okanagan Secwepemc and Ktanaxa Nations Peoples speak their truths about the disappearance and return of salmon in the upper Columbia River. See the beauty of the river's landscape and hear the deep meaning of having the salmon lost and restored. "Bringing the salmon home is like bringing bringing our children home." – Gerry Hewitt

A warm thank you to everyone who contributed to making our online Bringing the Salmon Home Festival (May 2-3, 2023) such a marvelous success. You can see and share any of the free festival presentations anytime. Just click on the [Watch Now](#) link for any event listed on the festival page at [ColumbiaRiverSalmon.ca](http://ColumbiaRiverSalmon.ca).

Enjoy watching our new [Bringing the Salmon Home documentary](#) and any of this year's [festival event videos here](#).

**Thank you!**

Bringing the Salmon Home: The Columbia River Salmon Reintroduction team



**Strengthening Voices. Inspiring Possibility.**  
**WHERE VOICES COME TO LIFE**

Welcome to *SongShine*, vocal music and creative drama-based classes designed for those who have communication issues due to Parkinson's, stroke, other neurological challenges, or aging. Our goal is to help you communicate more easily and clearly. *SongShine* harnesses the power of brain, breath, and emotion to reclaim voices. It creates community, camaraderie, and confidence

**...AND IT'S FUN!**

Meet: Mondays at 1pm, at Bernard Church, in Room 14

Hosted by Choir Director Sylvia Clerke

**Friday Night  
WOMEN'S  
GROUP**

The Friday Night Women's group meets on the last Friday of the month for social connection. Every month features a different activity and is organized by the attendees. Please email [tanyap@centralokanaganunitedchurch.com](mailto:tanyap@centralokanaganunitedchurch.com) if you would like more information on the group or to be added to the mailing list where you will receive all the details on that month's activity.



CENTRAL OKANAGAN UNITED CHURCH IS  
PROUDLY A CHRISTIAN PLACE OF BELONGING  
FOR EVERY PERSON, WHERE DIVERSE FAMILY  
STRUCTURE, GENDERS, CULTURES, FAITHS AND  
SEXUAL ORIENTATIONS ARE  
CELEBRATED AND TREASURED!



# **ZOOM CAFE**

**CONVERSATION AND ONLINE SOCIAL TIME  
ALL WELCOME!**

**Friday Morning  
Weekly  
10am**

**ZOOM LINK WILL BE IN YOUR FRIDAY E-LETTERS**

# The Art of Breathing

With Sylvia Clerke

Weekly Breathing Class  
Thursdays at 11am\*

Please have a non rolling chair  
And a glass of water

Zoom Link Emailed Weekly

Made with PosterMyWall.com

**All Players Welcome!**  
**Have fun, have a game, meet friends!**

**SCRABBLE GROUP**

**721 Bernard Ave. | TUESDAYS 1:30PM | ALL WELCOME**

**\*WEEKLY AT OUR BERNARD SITE\***

Central Okanagan United Church

# Wonderlust

**NOTE: Wonderlust will be on a break until September**

Are you a “wonderer”? Do you lust for deeper knowledge and understanding? Each week we will respectfully explore a different topic, using personal experience, intellectual knowledge, and scriptural and spiritual reflections to delve deeply, seeking always to expand our personal understanding while maintaining a respect for differences.

Have you been wanting to join in our Wonderlust conversations but don't do evening gatherings? Then you'll be happy to hear that we are making an adjustment to our time slots.

**Meetings: \*We are on break until September\***

**On Zoom on 2<sup>nd</sup> Wednesday of each month 7pm – 8:30pm**

**& In Person on 4<sup>th</sup> Thursday of the month 1pm-2:30pm**

**Hosted By: Rev. Ivy Thomas.**

**RSVP TO TANYA : [Tanyap@centralokanaganunitedchurch.com](mailto:Tanyap@centralokanaganunitedchurch.com)**

**If you have a question or thought you wish to explore,  
please include that in your registration  
or bring it with you to the gathering**

**At the end of each gathering we will randomly choose one of the submitted questions for our next discussion.**

**Keep up to date, watch worship videos and more.  
Find us online! Like and Follow us on Facebook &  
Subscribe to our YouTube Channel!**

Website

<https://centralokanaganunitedchurch.com>

**Facebook Page SUNDAY LIVESTREAM SHOWN HERE**

<https://www.facebook.com/Centralokanaganunitedchurchkelownabc>

Facebook Group (Our Private Church Group)

(A Private Group for members & friends of COUC to share church news or discussion)

<https://www.facebook.com/groups/319967703235745>

YouTube Channel (Worship videos posted weekly):

<https://www.youtube.com/channel/UCJRqGV1Zra36gbm1jSlks1w>



Central Okanagan  
United Church



WELCOME!  
KELOWNA - BC





Thank You  
For  
Reading!

