

# CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

August 2023

*What's On?*

**KIDS CAMP  
AT CAMP DUNLOP  
LOOKING AHEAD  
TO FALL  
SMALL GROUPS**

**SHARE  
LOVE  
FAITH  
JOY**

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

# Central Okanagan United Church



AUGUST 2023

welcome  
welcome

To the Monthly  
Newsletter!  
**Central Okanagan  
United Church**



## SUNDAY WORSHIP

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

Next Board Meeting: Aug 30th 7pm

## CONTACT ADMIN

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

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[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.



## AUGUST AT A GLANCE

**PLEASE NOTE: AUGUST IS HOLIDAY TIME FOR MANY OF OUR STAFF - RESPONSE TIMES MAY BE SLOWER THAN USUAL THIS MONTH**

- Keith on Holiday through August
- Registration open for VBA summer camp on our website. Camp dates August 21-25th.



## 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 August 21st to [delainec@centralokanaganunitedchurch.com](mailto:delainec@centralokanaganunitedchurch.com) to be included in the September Newsletter

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

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# Join a small group this Fall!

Full Information, dates and times will be in the September newsletter

They go by different names—small groups, cell groups, care groups, discipleship groups. Whatever they are called, the basic idea is the same: a small gathering of people interested in spiritual growth.

Small groups are a valuable means of helping people in churches foster a deeper sense of community. As we amalgamate with the congregation of Westbank United and Central Okanagan United continues to grow, we are hoping to provide lots of opportunities this Fall for people to get to know one another. Monthly potluck lunches on the last Sunday of every month, fundraisers, and a new photo directory are some of the ways we can foster connections. And we invite you to consider joining a small group this Fall to meet some new friends and nurture your own spiritual growth!



# WALK AND TALK BEGINNING MID-SEPTEMBER

IMPROVE MOBILITY



ALL ABILITIES  
SENIOR WALKING  
GROUP

GAIN SOCIAL CONNECTIONS



Walk and Talk is a program, developed by Dr Charlotte Jones, of UBCO, to meet the identified needs of seniors for socialization, physical fitness and health education. The program consists of three parts: a half hour walk in historic downtown Kelowna, a half hour of exercises developed by the University of Otaga in New Zealand, designed specifically to strengthen the muscles that are most useful in improving balance and preventing falls; and a time for socialization. Everyone walks at their own pace with whatever mobility aids they are most comfortable using. The exercises improve your mobility, balance, and muscle strength. There is an increasing body of knowledge concerning the health risks associated with social isolation. The group chooses the topics for the discussion time. We will start the program mid September and meet twice a week eight to ten weeks. This program is designed for seniors of all physical abilities. Please consider joining us.

FEEL HEALTHY



ALL WELCOME  
GO AT YOUR OWN  
PACE

# Stewardship

—

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!**



—  
From your  
Stewardship  
Team:  
—

*Planned  
Giving*

Thank you to the many people who have already responded to our spring appeal. It is not too late to submit your commitment, either to the office or in one of the offering boxes in the sanctuary.

There are many ways to financially support the ministry and work of COUC - pre-authorized remittances (PAR), cash contributions, and gifts of shares. Planned giving is another way to support COUC ministry. Have you considered naming COUC as a beneficiary of an insurance policy or including our church in your will? Contact envelope secretary, Jodine Ducs, at [jodine.ducs@gmail.com](mailto:jodine.ducs@gmail.com) for more information about PAR, gifts of shares or planned giving options.



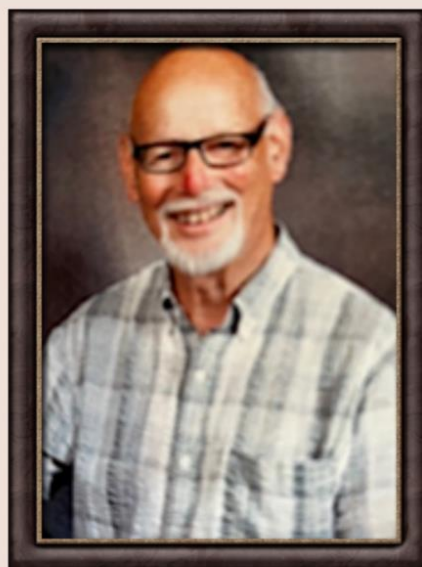
# Planned Giving

During the past year COUC received planned giving gifts from two congregants - as beneficiary of their insurance policies. For several decades, these two individuals also gave their time, energy and commitment to the many projects of First United.

## John Powell

Long-time congregant of First United, choir member, participant in operas and theatre performances at Kelowna Community Theatre, manager of book sales at First United (proceeds to Inn from the Cold). Long-time congregants of First United may remember John leading the Christmas Day service for many years.

John died September, 2021.



## Lois Newton

Lois began attending First United Church in the 1940s and was an active member for over half a century. She was one of the original members of the UCW Bankhead unit.

Lois died at age 95 in November 2021. Her funeral was held at COUC with Cheryl Perry officiating.

## Water Collecting Over Summer

Summer is a time when our church community looks a bit different. People are away on holidays and travelling. People have guests and visitors and so don't make it to church every Sunday. Attendance on Sundays may be lower. And we may have guests and newcomers too! In looking ahead to the Fall and regathering once the summer is over and school has resumed, we had the idea of a little project to keep us connected. We invite you to take a bottle (or any container will do) to collect water while you are on holidays—from a lake, stream, hot springs, even the West Edmonton Mall pool (Noah Chiasson's idea)! Bring these back in September for a special intergenerational service on September 10th.

# *Water containers*

*Please fill a container with water from  
your summer holidays*

*(from a lake, fountain, ocean, etc..)*

*and bring it to  
church on Sept 10th.*



# GETTING THE MOST OUT OF YOUR SENIOR YEARS

## *COUC Aging Study Group*

*With Ralph Milton*

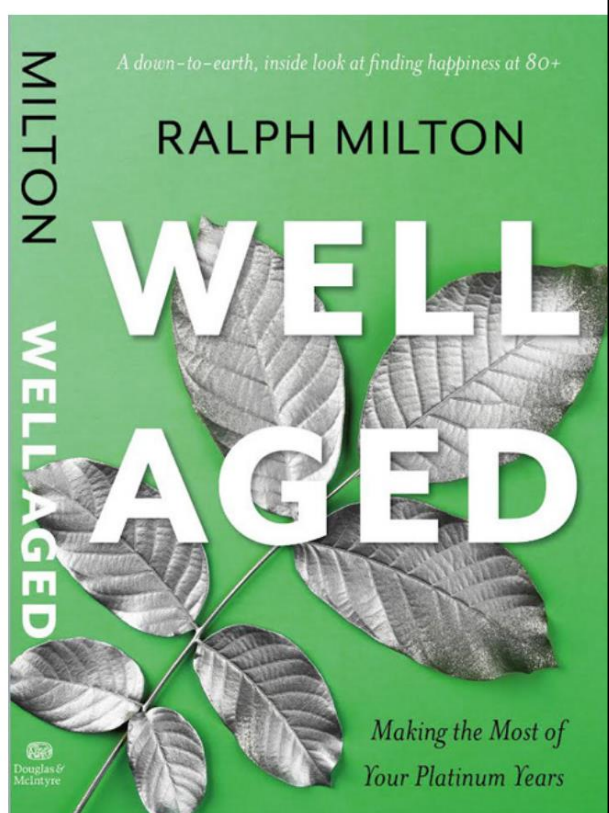
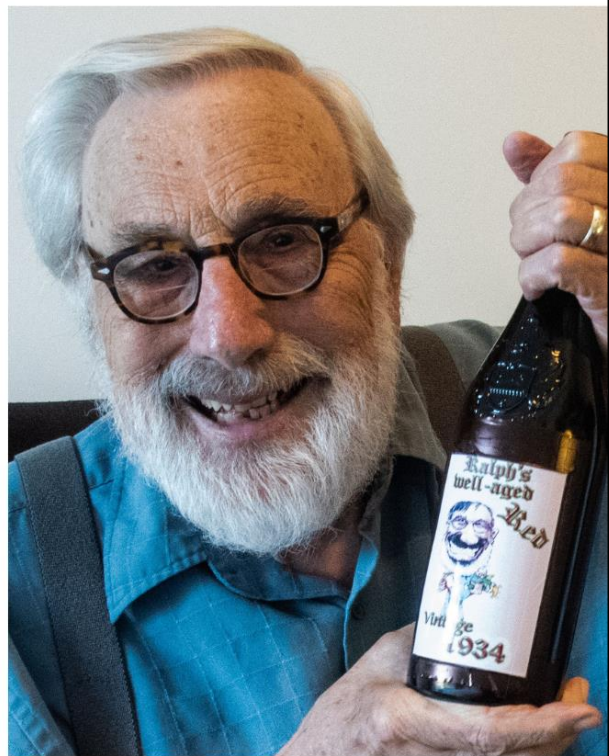
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“Old” is not a disease. Your 70s, 80s, even your 90s can be the best years of your life. Join Ralph to discover ways to make your senior years creative, enriching and fun. Add years to your life and (more importantly) life to your years.

These sessions will be based on Ralph Milton’s bestselling book *Well Aged, Making the Most of Your Platinum Years*. Purchase of the book (\$25) is helpful but not required.

**10:00 am to 11:30 am**

**Mondays, Sept. 18 – Oct. 23,  
and Jan. 15 to Feb. 19.**





## Outreach

Tuesday Outreach continues to grow in numbers as more people join us for a meal and to get some groceries. Demand varies each week and often gets heavier near each month end.

Our food cupboard has gone from bare to abundant! Individual donations of supplies have increased markedly, making a real difference on our shelves. Numbers of recipients have dropped down a bit, from a high of 63 to an average of around 40 every Tuesday, with a few others helped during the week. Our board has also increased our budget (we'll be able to help with homeless prevention and other needs too), allowing us to take advantage of case-lot sales to replenish supplies of canned fruit, cereals and etc. As a result we are pleased to be able to return to people picking up 10 items of their choosing every Tuesday (along with lunch).

Folk coming from West Bank United tell us they have a tradition of bringing food bank items to church on the first Sunday of the month. We would like to continue this generosity, so please plan to bring your items on the first Sunday of the month. It works well with communion Sunday and the sense that we are all fed at Christ's table. Please continue bringing what you can to our common table, you are making a huge difference in many lives. As we look towards the Autumn months, and Thanksgiving, we hope to encourage this season to be a time to give and share within our community.

While it is rewarding to see how this Outreach is filling a need and how greatly appreciated it is by the various members of the community (the homeless, those in transitional housing, or those who have a place to live but not enough money to afford groceries), it is at the same time often a very humbling experience for the volunteers.

It is on a Tuesday morning when you realize just how blessed you are to have everything you need to live a comfortable life: a safe home, a comfortable bed, healthy and delicious food, clean clothing, and family and friends surrounding you.

Our weekly offerings to the visitors of our Food Cupboard include items such as:

Meat/Protein: canned tuna, chicken, ham, pork & beans, chili, Chef Boyardee; and peanut butter

Other Items: canned soup, vegetables, fruit; boxes of cereal; individual-serving oatmeal packets; pasta and pasta sauces; Mac & Cheese; Mr. Noodle; Premium Saltine Crackers; individual fruit cups; granola bars; coffee and brown and white sugar (we split the larger containers into smaller lots for distribution); and toilet paper

Pop and juice boxes for lunches would also be appreciated, and sandwiches and cookies are always welcome.

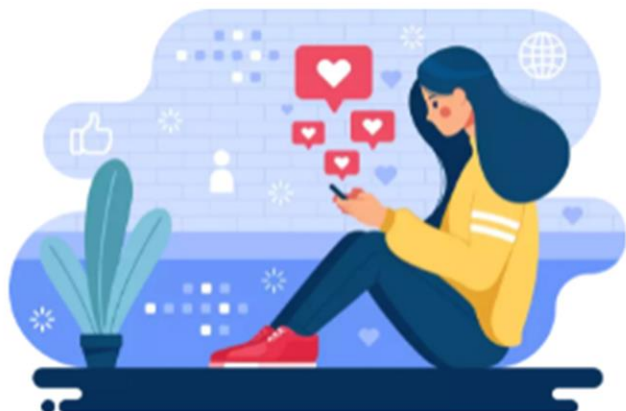
Thank you for your generosity.

**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)**

# Who We Are



August/2023



## Ministry & Personelle Committee (M&P)

*Submitted By: Tanya Burke, Janet Watson, Susan Sullivan, John Whitehead, and Carl Stef*

Hello, everyone! Your M&P Committee has been tasked to describe "Who We Are" in this edition of the August newsletter. There are several pages in "The Manual" of the United Church of Canada that outline the policies, procedures, and practices that must be followed by the committee in carrying out its responsibilities, but we'll simply provide an overview today, and add some comments about how we're involved with the Ministry Profile and Search (MPS) Committee (aka Search Team)

The M&P Committee functions around three roles, which are the consultative and supportive role, the healthy relationships role, and the supervisory role. We provide resources and support for the staff and the community of faith with respect to any issue affecting staff of our church, including ministry personnel and lay employees. The committee works to build positive and trusting relationships between staff and members and adherents of the community of faith.

This naturally means that confidentiality is key in our relationships, but we also strive to be as transparent as possible. And whenever congregants have praise or concerns about any of our staff members, we ask that you share them with your M&P Committee through signed correspondence, so that we can consider the issues confidentially and recommend appropriate action.

**"The committee works to build positive and trusting relationships between staff and members and adherents of the community of faith."**

A few questions have been asked about the M&P role in the establishment and operation of the Search Team. Essentially, we were only involved in the recruitment of its members, and in helping to set up their first meeting. As it turned out, we were very fortunate in being able to recruit the new search team very quickly.

This team has an abundance of experience, knowledge, and enthusiasm, and will represent all ages of our congregation in exemplary fashion! We wish them the same success in calling or appointing a new minister (If approved) as M&P enjoyed in recruiting them to the MPS Team!

M&P is also responsible for including any new staff positions in the annual budget. The COUC budget deliberations for 2024 will soon be upon us, and we want to assure you that M&P recognizes the need for financial prudence. We all see first-hand that we are blessed with an amazing staff that is doing a remarkable job of helping us to achieve the goals and objectives that COUC set at amalgamation.

Ultimately, it will help our church to broaden our stated Mission for our church family and our wider community!



# MEMORIES FROM JULY!





GATHER TOGETHER

# Men's Breakfast

\*Gay, non binary, gender non conforming, two spirit, trans men and any other rainbow identifying individuals - YOU ARE ALL WELCOME!\*

The general idea would be to gather for breakfast (on a Saturday morning?) once a month. Perhaps start out with breakfast, followed by a presentation or a speaker, share conversation afterwards and then...who knows? Please let Keith Simmonds know if you're interested/have ideas.

First Meeting  
October 7th at 8am

REGISTER ONLINE: <https://centralokanaganunitedchurch.com>



# VBA SUMMER CAMP AT CAMP DUNLOP!

**\$90 PER  
CHILD  
\*MAX \$200  
PER FAMILY**

## TASTE & SEE

Exploring stories about meals and food in the Bible

Join us at Camp Dunlop

(A Scout camp on Lakeshore Road nestled in the Lebanon Creek valley where the valley meets Lake Okanagan)

- Hike and enjoy nature • Sing and play games
  - Make food together • Hear stories from the Bible
  - Fun theme days like Twin Day & Beach Day (supervised by a lifeguard)
  - Make cool crafts • Meet new friends • Have fun!
- A fabulous morning ends with lunch each day in the Charlie Colk Lodge.

**21-25  
AUG**

**AGES  
5-12**

**Brochure available now!**

**Register Online:**

**[centralokanaganunitedchurch.com](https://centralokanaganunitedchurch.com)**





**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 **(ON A BREAK IN AUGUST – See you in September!)**

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**



## S H A R I N G   C I R C L E

Richard Wagamese writes about the grace that comes to participants in sharing circles, where we bring what we need and receive what is there for us. **Keith is wondering about offering an opportunity for a circle based in that form of communal sacred presence, before worship services on Sundays.** Beginning in September he hopes to host circles that offer opportunities for spiritual nourishment grown out of the sharing circles he encountered as a diaconal student at the Centre for Christian Studies. There will be singing, praying, a reading, communal reflection time, more prayer and more singing.

**First gathering - September 9th at 8am**

**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!

