

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

October 2023

What's On?

**THANKSGIVING
A SEASON OF
GRATITUDE**

**LOVE
SHARE
LAUGH
SMILE**

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



Central Okanagan United Church



OCTOBER 2023



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: Oct. 25th 7pm

CONTACT ADMIN


Tanya / Bernard Office / E-Letter Submission
250-762-3311 tanyap@centralokanaganunitedchurch.com

Saibun / Fitzpatrick Office
250-765-5141 saibunh@centralokanaganunitedchurch.com

Delaine / Newsletter Submissions
delainec@centralokanaganunitedchurch.com

No Space For Hate



 (250)762- 3311

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

 CENTRALOKANAGANUNITEDCHURCH.COM



Church News

What's Happening this month.



OCTOBER AT A GLANCE

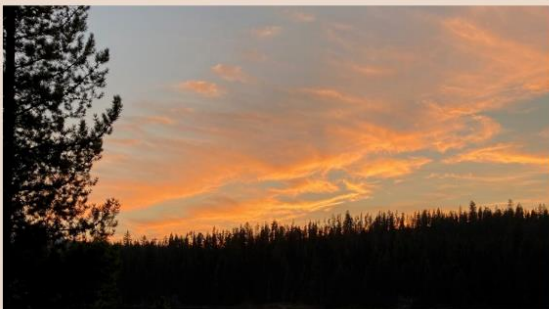
- October 1st - World Communion Sunday and Official Amalgamation Date with Westbank United
- Blessing of Animals 2pm Oct 1st
- Thanksgiving Sunday October 8th
- Crop Till You Drop October 21st



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 October 21st to delainec@centralokanaganunitedchurch.com to be included in the November Newsletter

Please submit weekly E-Letter news to Tanya tanyap@centralokanaganunitedchurch.com

 (250)762- 3311

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

 CENTRALOKANAGANUNITEDCHURCH.COM



October Schedule

October 1st

8am: Sharing Circle
Rm 14

10am: World
Communion Sunday /
Covenanting Service
with Westbank United

2pm: Blessing of the
Animals

October 8th

Thanksgiving

8am: Sharing Circle
Rm 14

10am: Intergenerational
Worship

October 15

8am: Sharing
Circle Rm 14

10am: Guest
Preacher,
Donald Schmidt

October 22

8am: Sharing Circle
Rm 14

10am: Worship

October 29

Women's Retreat
Weekend

8am: Sharing
Circle Rm 14

10am: Worship &
Potluck



THANKSGIVING

Sunday

OCTOBER 8, 2023

**BRING YOUR FRESH PRODUCE, CANNED &
BOXED GOODS, FLOWERS AND CORNUCOPIA
TO BE ADDED TO THE CHURCH DECOR AND
PROVIDE FOR OUR OUTREACH PROGRAM**

Seniors

WALK & TALK GROUP

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.



ALL WELCOME!



FRIDAYS - 8 WEEKS

15 SEPT. START



MEET IN CHURCH
PARKING LOT
10am



721 BERNARD AVE, KELOWNA



Parent and Tot

WALK & TALK GROUP

Walk and Talk for parents and tots will meet Friday mornings in the Central Okanagan United Church parking lot beginning on September 15th for 8 weeks. We'll enjoy a walk around the block and return to the church for a time of coffee and conversation while our children play in the toy room.
(or nap in their strollers!)



ALL WELCOME!



FRIDAYS - 8 WEEKS

15 SEPT. START



MEET IN CHURCH
PARKING LOT
10am



721 BERNARD AVE, KELOWNA





AFFIRMING STEERING COMMITTEE

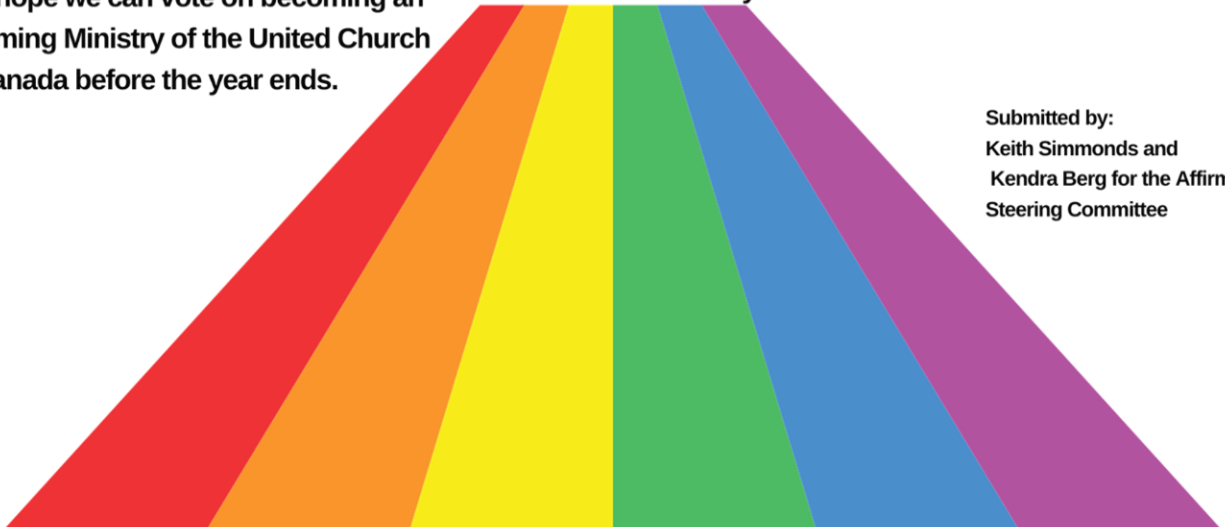
What's up with us?

The results of our spring/summer survey on becoming an Affirming Church will be officially released during the October 15 Service ("Survey Says!!") with, we hope, audience participation! Rev. Dr. Donald Schmidt will be leading the service and holding a short workshop afterwards to talk about the "Terrible Texts". He'll get some of your questions, provide some of the responses and gather more material to share over the six week study we're presenting on Monday nights, starting October 16.

We have more events and learning opportunities planned for November and hope we can vote on becoming an Affirming Ministry of the United Church of Canada before the year ends.

October 15 will also feature an opportunity to support our local school district, teachers, students and parents at a gathering in support of SOGI at Stuart Park at 1pm. This event is led by Advocacy Canada and Kelowna Pride, supported by local businesses, and is meant to be a positive, upbeat, helpful, fact sharing and community building exercise. We hope to see you there, and hope you'll bring some treats for the crowds!y of love, understanding, and respect. Together, let's make a difference and make every day a Pride Day!

Submitted by:
Keith Simmonds and
Kendra Berg for the Affirming
Steering Committee





Fundraising

SAVE THE DATES!

OCTOBER 21 - CROP 'TIL YOU DROP

Even though this is a Community Event COUC provides tea, coffee, muffins etc. Lunch and dinner. We will be asking you to support this great event.

NOVEMBER 18 - CRAFT FAIR

CRAFT FAIR Save the date! See poster and announcements for details.

DECEMBER

Starting December 5 and ending December 19 our Christmas Basket Auction will be taking place. Start thinking now about putting in a basket for the Auction. It could be a Children's Basket, a Basket for Teens, a Pamper Mom basket. They will be on display in the hall at the Bernard Site every Sunday and the sheets for bidding will be there. It is lots' of fun.

If you have any questions about any of these great events please contact any member of the Fundraising Team. Beryl Itani, Jim Harnden, Joa Lazarus, Myrna Holmanf, Liz Basisty, Shelley Adamson.





TWO

Christmas

CRAFT FAIRS

SAT. NOVEMBER 18TH

9:00 AM – 2:00 PM

AT ONE STOP

**CENTRAL OKANAGAN UNITED
CHURCH
AND**

THE FRENCH CULTURAL CENTRE

JOIN US FOR A GREAT SELECTION OF GIFTS
BY OUR LOCAL CRAFTERS, HOME BAKING
AND CANNING, PLUS A REASONABLY PRICED
LUNCH IN OUR CAFE!



BERNARD & RICHTER

**DOOR PRIZES!
FREE PARKING!**

ADMISSION BY DONATION OF CASH OR NON
PERISHABLE FOOD FOR OUR OUTREACH
FOOD CUPBOARD

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 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

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!

Outreach



Tuesday morning Outreach continues to be a busy time. We are regularly handing out 40 to 50 bags of groceries and serving 50 or more meals every Tuesday, which keeps us busy. Our guests are individuals and families including young children, teens, adults and seniors. **At this time of Thanksgiving, I wanted to say thanks to everyone involved in Tuesday Outreach.**

We are so grateful for Susanne Marentette's connection with the Lake Country Food Bank and the wonderful donations we receive from them: vegetables, fruit and bakery items each week and occasionally eggs, milk and yogurt. Plus, we also get produce from our own garden! These extra offerings are very much appreciated by our guests.

We are also very grateful to all of those who bring in groceries to help in the food pantry. Every can or box we receive helps fill another grocery bag for someone in need.

As you can imagine, with 50+ people to feed, we need a lot of food. We thank the individuals who make sandwiches for us to distribute each week, those who bake cookies and make the wonderful desserts we receive, and those who bring in soup, chili, salads, casseroles, etc. for the lunches. These contributions are enjoyed so much by our guests that I cannot begin to thank you in the many ways that they thank us. Our guests love the chicken that is donated by KFC (so I must thank them as well!) but they really love a home-cooked meal and they appreciate the fact that someone took the time to make something just for them. Your generosity and caring do not go unnoticed by our guests.

And lastly, a big thank you to our shoppers and to all of the volunteers who show up on Tuesday morning to serve our guests. You are a devoted and caring group of individuals and Outreach would not be possible without you.

Thank you everyone for your many contributions that allow us to serve so many who are in need in our community. God bless you all.

New Volunteers are always welcome!

Anyone wishing to get involved please call Jayne Brooks at

250-762-9606 or email k.jaynebrooks@gmail.com

November 4th
10am - 3pm (Lunch included)
Pastoral Care World Café program series.
Topic: "Living With Hope."

What is hope? Is it an illusion? Wishful thinking?
A leap of faith?

We will grapple with a clear conception of "hope" and explore where it fits into our lives. We will have the opportunity to share our hopes and to support one another in holding onto hope.

Our goal will not be consensus but to offer a safe and respectful opportunity to explore and share in small groups what hope means in our lives.

- Small groups of 4
- Diverse perspectives

To sign up for this program, call the church office at 250-762-3311. If you have questions about the program, please call Tom at 1-236-970-9638 or Pat Totton 250-469-4630.

The cost to register is \$5 per person.



COUC
Fall Women's Retreat
2023

October 27-29, 2023
at
Sorrento Center

With Allison Rennie



Details coming soon!

One Bottle...

One box, one bar, one bag at a time...

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." - Mother Teresa

You might ask what difference does buying a bottle of olive oil, a box of dates, a bar of olive oil soap or a package of Za'atar make? Palestinian producers experience many challenges in growing their olives and in getting their finished product to market.

The occupation by Israel that they have been living under since 1967 has impacted them in so many ways. The destruction of their olive trees by settlers, the refusal to give them permits to build wells or irrigation systems and the many permits they need to get their product to the global markets are just a few of the challenges they face.

Each purchase you make supports them and their families directly. There are several ways for you to make your purchase:

- By stopping at the Community Ministry table on the Potluck Lunch Sundays,
- By contacting the church office or,
- By contacting Debbie Hubbard at 250-469-4468 or sowingseedsofpossibilities@gmail.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

Hosted by Choir Director Sylvia Clerke

Dark chocolate? Milk chocolate? With nuts or plain?
You can help Community Ministry decide which chocolate we should order for the Advent and Christmas sales. Click the link below to access the poll and cast your vote. There is still time to cast your vote. We will be closing the poll on October 10.

**PEACE BY CHOCOLATE
POLL**

The graphic includes a bar chart with four bars of increasing height, three question marks, a speech bubble with a heart, a speech bubble with a checkmark, and a large comma.

 <https://centralokanaganunitedchurch.com/peace-by-chocolate-poll/>



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!



**SCRABBLE GROUP -
TUESDAYS AT BERNARD.**

J O I N I N
S C R A B B L E

ALL PLAYER LEVELS WELCOME!

T U E S D A Y S

1 : 3 0 P M



WONDERLUST

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:

On Zoom on 2nd Wednesday of each month 7pm - 8:30pm
& In Person on 4th Thursday of the month 1pm-2:30pm
Hosted By: Rev. Ivy Thomas.

RSVP TO TANYA : 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.



Zoom Cafe

Online Zoom chat and social time
Wednesdays at 10am
Zoom link available in Friday E-Letters.

**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>

United Church of Canada Private Group –

Join in for all UCC chat & news!

<https://www.facebook.com/groups/UnitedChurchCda/permalink/10167795547890401/>

YouTube Channel (Worship videos posted weekly):

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





Thank you
For Reading

