

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

February 2024

What's On?

A SEASON OF LENT

**SHROVE TUESDAY
A MARDI GRAS
PARTY!**

**GIVE
SHARE
PEACE
LOVE**

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

Central Okanagan United Church



FEBRUARY 2024

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.

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



(250)762- 3311

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

CENTRALOKANAGANUNITEDCHURCH.COM

Church News

What's Happening this month.



FEBRUARY AT A GLANCE

- A Good Ending - Conversation Series
- Walk The Labyrinth - Wed Mornings
- Book Study - Undivided Love
- Women's Retreat
- Affirming Celebration!



Covid19, Flu Season & 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 the 21st of the month to delainec@centralokanaganunitedchurch.com to be included in the next month's 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





Sweet Memories

HAPPY MOMENTS





Cheryl's Absence

Most of us are (hopefully) aware that Cheryl Perry, our Pastoral Care and Intergenerational lead minister is taking a leave of absence, from mid January to the end of June. Cheryl and her family will be participating in a 'once in a lifetime' opportunity to live, learn and play throughout Europe, living in other people's homes and communities, while sharing their own home with their hosts. We are excited at the gifts they will receive and the new learnings they will bring home to share with the rest of us! In the meantime, who will be looking after things at Central Okanagan United Church?

Ivy and Keith? Surely you jest! Ivy and Keith are already working full time in their own areas (Worship, Admin and Community Ministry). They cannot possibly hope to replicate all that Cheryl does and participates in. Fortunately, Cheryl is a bit of a planner and has, therefore, put plans in motion that Ivy, Keith, Phillip and Pat Totten (who is bringing her pastoral care skills to our service from March through June) can take up some part of, while many others step forward to take on tasks in Children, Youth, Families and Pastoral Care Ministry. It will not always be smooth, some things will be a bit more jumbled than others and some things will not happen at all.

We will, however, do our best to fill the gaps, to provide leadership in Intergenerational Ministry, to be present for critical pastoral care and to continue leading Worship and Community ministry while helping attend to the details of church development and relationship building. Fortunately, we are part of an active, engaged and responsive community. We are not, in any sense, alone.

If you are interested in Pastoral Care or Intergenerational Ministry, and would like to learn more about helping out, please contact Ivy or Keith or Tanya at the church office and we will help discern the point where your gifts meet the deep needs of our world.

Becoming an Anti-racism & De-colonizing Community of Faith

A Lenten Practice to Engage With

Throughout the 40 days of Lent, we will be focusing on De-colonization and Anti-racism. Yes, the two do indeed go hand in hand.

What do we say, or not say, to a racialized person?

As a racialized person, how do I respond to the challenges this presents?

How does our place in society reflect colonization and why does it matter?

What steps can we take to assist in breaking through the injustices?

These are all key questions to be asking ourselves and wrestling with. Believe it or not, Jesus and the Prophets wrestled with ones a lot like them. What did being a 'chosen person' mean? Who spoke truth to wealth and power? What happened? The United Church of Canada, General Council has provided us with some excellent stories, insights and wisdom to help us along our way. We encourage you to join the journey.

Each day through lent, you can go to this link and find resources to help you reflect on various aspects of anti-racism and decolonization. You are invited to read one a day and spend a little time in reflection. Jot down your thoughts and question and be ready to discuss them over coffee time in a very informal setting.

<https://united-church.ca/social-action/justice-initiatives/anti-racism/40-days-engagement-anti-racism?page=3>

Additionally, you may be interested in checking out this UCC YouTube channel, that offers 10 – 1-1.5 hour videos, taking us deeper into the thought process.

https://www.youtube.com/playlist?list=PLQDu-SgFb3RiN_gGoifleG5rscJ16ECow

We hope you will join us on the Lenten practice, so that we, at Central Okanagan United Church, but actively seek to be an anti-racist, de-colonizing Community of Faith.

Quick Click Links:

<https://united-church.ca/social-action/justice-initiatives/anti-racism/40-days-engagement-anti-racism?page=3>

https://www.youtube.com/playlist?list=PLQDu-SgFb3RiN_gGoifleG5rscJ16ECow



Community Ministry



New Year's Dinner

On Saturday, January 20th we held our annual New Year's Dinner and it was a wonderful time of fellowship, food and fun. About 90 individuals enjoyed the fantastic meal prepared and provided by volunteers from Central Okanagan United Church.

Over 65 volunteers were involved in total doing various jobs such as cooking beef, ham or potatoes, making coleslaw or dessert, setting tables, carving meat, serving food, hosting tables, providing entertainment, doing cleanup and dishes and a multitude of other tasks.

I want to thank everyone who volunteered as you made the organizational job so easy this year. All positions were covered and not a single arm had to be twisted. And any items we had to buy were covered by donations from those who could not help at the event, so the meal cost the church virtually nothing. Your overwhelming support and willingness to help were deeply appreciated.

Our guests really enjoyed the evening and they were still talking about it on Tuesday while they enjoyed the leftovers from the event. The meal was fantastic but they also really appreciated the time to sit and visit and play games and meet some new people. We received so many words of gratitude that must be passed on to all who contributed to making the evening a success.

Thank you! Thank you! Thank you! And God Bless!

Jayne



Anyone wishing to get involved please call Jayne Brooks at 250-762-9606 or email k.jaynebrooks@gmail.com

Community Ministry

Our Cupboards are Bare!!!

The picture below was taken after last Tuesday morning's session when we handed out 65 bags of groceries. We had some peanut butter left but only because Jayne and Susanne got their wires crossed and both bought some. Otherwise, there was one lonely can of tuna left and everything else on that side of the room was gone. And the bins on the other side of the room were either empty or had just a few items left. As a result, we could not fill all requests.

Our numbers are generally up, providing meals for an average of 60 people and groceries for close to 70. We note an increase in requests from people who have come to Canada seeking refuge, from Ukraine, parts of the former Soviet Union and Africa – who's federal support allotments are not enough to provide all their needs. Some of our friends from pre-Covid years have returned after a long absence as income supports have dropped off, while the cost of food and housing has increased dramatically.

Now that the Christmas break is behind us, we will return to our routine of asking for donations for the Food Pantry on the last Sunday of every month. On the Sunday when we all share the abundance of the Lord's Table, and we all come together to share a potluck luncheon, we ask you to share your bounty with others in our community. The following items are what we offer to our guests weekly and if you can contribute any of these items it would be greatly appreciated.

Canned fruit, vegetables, chilli, tuna, ham, chicken, soups, beans, and Chef Boyardee meat pastas

Cereal, oatmeal packets, fruit cups, pasta, pasta sauce, crackers, peanut butter, coffee, sugar, mac & cheese, Mr. Noodle, granola bars
And of course, the ever-popular toilet paper

Thank you for your generosity!

Jayne and Keith



WE NEED YOUR REPORTS!

DUE MARCH 5TH

First call for Annual Reports
from:

**ALL GROUPS AND
COMMITTEES!**

Send to: Delaine
delainec@centralokanaganunitedchurch.com





Hello
Winter

Events and happenings at COUC



CENTRAL OKANAGAN UNITED
CHURCH

One Day Women's Retreat

SINGING THROUGH OUR FAITH

Facilitated By: Sylvia Clerke

FEBRUARY 10TH: 9AM - 3:00PM
721 BERNARD AVE
\$50 PER PERSON -
INCLUDES SNACKS AND LUNCH

Register by February 4th.
Forms available at the Office and Online
Ph: 250 762 3311





MARDI GRAS

SHROVE TUESDAY

TUES. FEBRUARY 13TH

WITH - JAZZ MUSIC!

CARNIVAL COSTUMES ENCOURAGED!



IN TRUE FAT TUESDAY FASHION, LET'S EMPTY OUR
LARDERS AND SHARE A POTLUCK SUPPER!

COME ONE, COME ALL! LET'S CELEBRATE!

AND AFTER THE CELEBRATION, WE WILL WORSHIP AND
SHARE THE IMPOSITION OF ASHES, AS WE MOVE INTO THE
SEASON OF LENT.

721 BERNARD @5:00-7:00PM

We are going to have our celebration of becoming an Affirming Ministry during the service on February 18th! Wear your rainbow gear!

CELEBRATE!



*“Come and find the quiet centre in the crowded life we lead
Find the room for hope to enter, find the frame where we are freed
Clear the chaos and the clutter.*

Clear our eyes that we can see all the things that really matter

Be at peace and simply be.”

~ Shirley Erena Murray



Walking the Labyrinth

It can help us calm our thoughts; focus on what's important; offer clarity of thinking; provide a method of reflecting on our life journey; guide us into next steps; and draw us closer to an intimate relationship with The Holy.

Some move slowly, some rush, some dance and others simply follow the path using our eyes. How ever we choose to journey through the path, we are sure to be gifted with a holy experience.



*Wednesday Mornings, our labyrinth will be
open for quiet contemplation on a weekly
basis. Come and find the quiet center.*

7:30-8:30am

All Welcome!

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 STUDY

Sundays: Jan. 14th, 21st and Feb. 4th and 11th

@ 11:30 (following worship) Room 14 @ Bernard

Register early by contacting Tanya at
tanyap@centralokanaganunitedchurch.com

Reading the book is not mandatory but may enhance your experience.

If you wish to purchase a book, they are available from the church office or e-books from Amazon.ca



A GOOD ENDING

"Honouring a Life: Planning A Service of Celebration"



February 8th, 9:30am- 11am

Reflecting on our faith and what is important to us, expressing our wishes to family, and the practical steps of preplanning and prepaying funeral arrangements. This session will explore scripture, ritual, define terms such as funeral/celebration of life, and offer practical guidance in planning your own service.

Room 14 at Bernard

Facilitator: Ivy Thomas

 250 762 3311

 721 Bernard Ave

SAVE THE DATE!

MARCH 23RD

*Easter Dinner
and*

BASKET AUCTION!

YOUR FUNDRAISING COMMITTEE IS DELIGHTED TO PRESENT:

EASTER DINNER WITH HAM AND SCALLOPED POTATOES, SALAD AND DESSERT.

THERE WILL ALSO BE AN AUCTION OF EASTER BASKETS, MUSIC AND ENTERTAINMENT - PLUS CHOCOLATE, OF COURSE!

THE COST WILL BE \$20.00 PER PERSON AND \$75.00 FOR A FAMILY.

PUT YOUR THINKING CAPS ON TO START MAKING PLANS FOR AN EASTER BASKET. WATCH FOR MORE INFORMATION IN THE COMING WEEKS.

A FUN EVENING FOR ALL!





Meetings:

In person in Room 14 - Second Wednesday of the month @3:00pm-4:30pm

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.



CELTIC WHEEL OF THE YEAR
Educational Workshop Series

Explore
Spiritual Expressoin, Divine Connections, Engaging Conversations.



FOUR WEEK PROGRAM

SUNDAYS FROM 11:30AM TO 1PM IN ROOM 14

BEGINS MARCH 3RD, ENDS MARCH 24TH

CONTACT THE OFFICE TO REGISTER.

FACILITATED BY PHILLIP BREDEN





JOIN THE WOMEN'S CHORUS

ALL WELCOME!
A FUN SOCIAL GROUP
WHO LOVE TO SING!
WE ARE LOOKING FOR
MEMBERS!

**CONTACT
SYLVIA CLERKE**

IF YOU HAVE QUESTIONS
OR COME ON TUESDAY TO
PRACTICE!

**TUESDAY
MORNINGS 11AM**

ROOM 14

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 the office to join PAR or make changes to your current PAR contributions.

**Please contact Marg Brooks:
contributions@centralokanaganunitedchurch.com**

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
Kelowna, BC
V1Y 9H2



E-transfer your donation to
finance@centralokanaganunitedchurch.com

Donation of Shares

Contact our office 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!



**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

Sage-ing Circles: Gatherings for Conscious Aging

Are you yearning to continue in meaningful and uplifting conversations about aging? In this fallow season of winter, we will look inward to rest, heal, and gain freedom for the new growth of spring.

These gatherings are open to those who have attended The Possibility of Age: Discover Aging as a Spiritual Path or a Spiritual Eldering Retreat at Naramata Centre.

Online with Barbara Richards

Three Wednesdays:
February 21, March 20, April 17,
2024
4:00 - 6:00 pm (Pacific Time)

Pacific
Jubilee

NaramataCentre
You Belong Here

All Welcome!

Coffee Social



**10:00am-11:30am @ Westbank Youth Center
2466 Main Street**

**On the THIRD TUESDAY of each month
Come and join the fellowship!**

Wreckonciliation

Opera Kelowna

March 14 and 16, 7:30pm

“Wreckonciliation is a musical response to the last decade of learning, striving, and failing to reckon with Canada’s colonial past. The opera weaves together the deeply and serious and fully comical, and they break into song whenever the words are not enough.”

Join co-creators and performers Marion Newman of Kwagiulth and Sto:lo First Nations, English, Irish and Scottish heritage; Métis Melody Courage; director Yvette Nolan, Algonquin; and Opera Canada for this lively production.

For groups of more than 10, a 10% discount is available when booked under one reservation. Contact the Box Office at 250-717-5304 for more ticket information.

And for more information about Wreckonciliation, check out the link - <https://www.operakelowna.com/production/wreckonciliation> 2024

Wreckonciliation

STUDIO PRODUCTION

Rotary Centre for the Arts

MAR 14 | 7:30PM

MAR 16 | 7:30PM

RUNTIME 80 MINUTES



WRECKONCILIATION



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!

A graphic for 'Zoom Cafe' featuring a coffee cup and a heart. The background is a textured, brownish-grey with watercolor-style splatters. The text 'Zoom Cafe' is written in a large, brown, serif font at the top. Below it, a coffee cup with a lid and a small orange cup are shown. A heart is also visible on the left side.

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!