

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

April 2024

**GIVE
LOVE
SHARE
JOY**

What's On?

**ANNUAL
CONGREGATIONAL
MEETING**

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

Central Okanagan United Church



APRIL 2024

WELCOME



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, KELOWNA BC, V1Y 9H2

CENTRALOKANAGANUNITEDCHURCH.COM



Church News

What's Happening this month.



APRIL AT A GLANCE

- Annual Congregational Meeting
April 7th following worship.
- Jazz Vespers April 7th 5:15pm
- Volunteer Thank You Luncheon -
April 28th after Worship



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

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Notices For April



Have you seen the new mural upstairs painted and designed entirely by our Youth!?
Absolutely AMAZING!



Pastoral Care Notices

- Please note that due to a change in hospital policy, we are no longer able to check who in our church is in the hospital. If you are in the hospital - or have a relative or friend in the hospital - that wants to be visited, please contact the church office at 250-762-3311 or tanyap@centralokanaganunitedchurch.com and let us know.
- In an effort to welcome all people into our Community of Faith, and recognizing that we are called to serve people from all of Kelowna and West Kelowna, we would like to develop a Ride Share Program for those people who might not be able to attend church in person, due to a lack of transportation; or on zoom due to a lack of computer access.

If you or someone you know, would like a ride to and from church, please contact the church office at 250-762-3311 or tanyap@centralokanaganunitedchurch.com and provide the prospective passenger's contact information and address.

If you can offer a ride to others, please contact the church office at 250-762-3311 or tanyap@centralokanaganunitedchurch.com and provide your contact information, and what area(s) of the city you are able to pick up and drop off at.



Community Ministry – Food Security and Other Responses to Need

Food Security takes the form of meals and groceries shared with community members every Tuesday morning at our Bernard and Richter location. Demand has grown exponentially, with our numbers up from 20-30 served in October of 2023 to a high of 90 served in recent weeks. While some are living without housing, most just cannot afford the combined cost of housing and food. Three quarters of those we serve are established local residents, while about 20 are federally sponsored refugees fleeing war in their home countries. The latter have not been provided enough income to pay rent and feed their families while struggling to learn English, sometimes through programs they also have to pay for. Better than bombs, but something of a disappointment to those of us who thought our government was informed on the cost of living in Kelowna and was committed to supporting refugees.

We are helping people supplement their income through federal and provincial programs by sponsoring an Income Tax Submission program that runs every Thursday, most of the year and is heavily attended in March and April. Most programs cannot be accessed without a current tax return. Our Thrift Store continues to provide clothing and sundries for a dollar an item or for free to those in need, with the exception of some boutique items that are set aside for special fundraising.

We have seen a marked increase in need in the community. So much so that some programs and long-standing community support services have had to cut back on their assistance. There can be no doubt that the significant rise in the cost of housing and food has had a great deal to do with this. It is frustrating to think that our efforts to feed and clothe people come hard on the heels of incredibly massive profits in the financial, transportation and food sectors. We join with other churches and secular organizations engaged in offering supports to marginalized community members in calling on all levels of government to address housing and food security with programs and policies that treat people as if human life was valued, supported and embraced.

Please consider writing your member of Council, Member of the Legislative Assembly and Member of Parliament to let them know they have your full support in taking a share of the income generated by high housing, food and transportation profits and investing it in housing, food and transportation supports. Or whatever else you can think of that maintains the dignity of the person and creates a more equitable and just society.

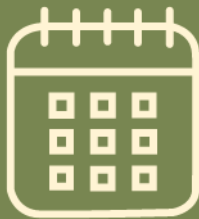
• *Keith*



CENTRAL OKANAGAN UNITED CHURCH

ANNUAL CONGREGATIONAL MEETING

MATERIALS AVAILABLE AT THE LINK BELOW



April 7th, 2024

Following Worship



721 Bernard Ave &
Available on Zoom



To view and download the ACM reports package and agenda, visit this link:
<https://centralokanaganunitedchurch.com/annual-reports-packages-2023>



Easter





Hello
Spring

Events and happenings at COUC



April Worship

SUNDAY 7TH

8AM: SHARING CIRCLE
10AM: HOLY HUMOUR
SUNDAY
11AM: ANNUAL MEETING
1PM: HAWTHORNE PARK WORSHIP
WITH COMMUNION

SUNDAY 14TH

8AM: SHARING CIRCLE
10AM: SUNDAY WORSHIP
11:30AM: JR YOUTH GROUP

TUES. 16TH

2PM: LAKEVIEW LODGE
WORSHIP

SUNDAY 21ST

8AM: SHARING CIRCLE
10AM: SUNDAY WORSHIP

WED. 28TH

2PM: BROOKHAVEN
CARE HOME
WORSHIP

SUNDAY 28TH

8AM: SHARING CIRCLE
10AM: SUNDAY WORSHIP
11:30AM: GRATITUDE LUNCH

**JAZZ
VESPERS**

**SUNDAY APRIL 7TH
5:15PM**





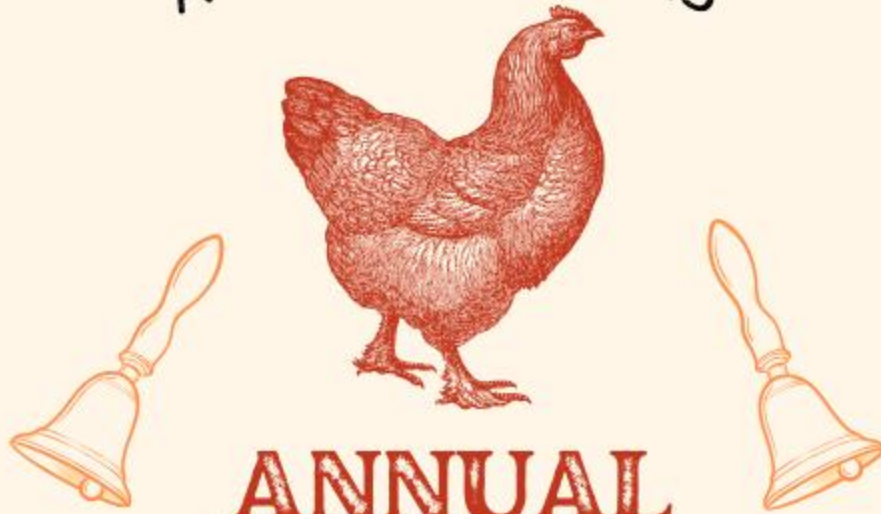
Volunteer Lunch

A Faith Community is only as strong and vibrant as its people. Here, at COUC, we have an abundance of volunteers working on teams and committees, praying for us, teaching us, welcoming us, providing food, entertainment, wisdom and laughter. The staff know that your commitment helps to enliven the congregation, while making our work a little easier.

We are so, incredibly thankful for each and every one of you, and would like to show our appreciation with a
THANK YOU lunch to be held on Sunday, April 28th
following worship and hosted by your entire staff team. Plan to come, eat, and celebrate one another and the work we have accomplished this year!



ALLELUIA RINGERS



ANNUAL
CHICKEN

SALE!

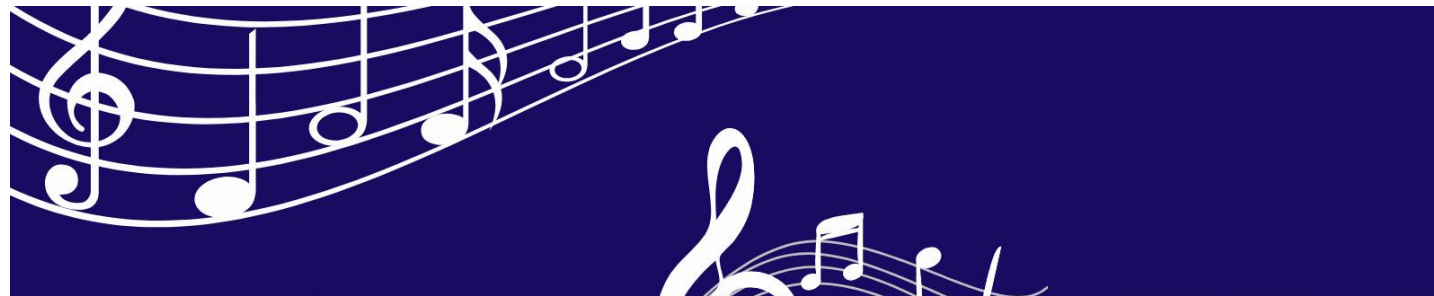
ORDER NOW UNTIL APRIL 21!

Interested in volunteering
with our Sunday School
Program one Sunday this
spring or summer?

Get in touch
with Keith!

Thank You!





JAZZ VESPERS

MUSICAL PERFORMANCE BY:
SPENCER DEAN (PIANO)
WILL FRIESEN (DRUMS)
ALEXANDER ARGATOFF (BASS)

FIRST SUNDAY OF THE MONTH
CENTRAL OKANAGAN UNITED CHURCH
APRIL 7TH AT 5:15PM
721 BERNARD AVE, KELOWNA

5:15PM



*“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.

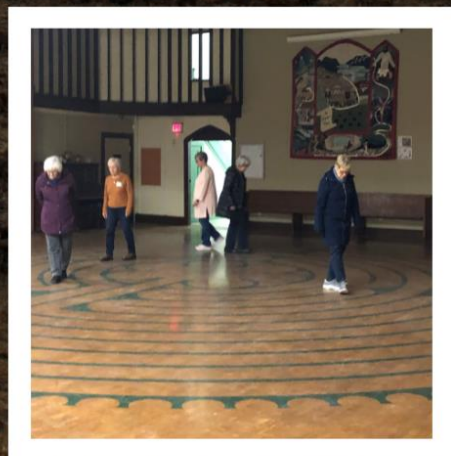
Some move slowly, some rush, some dance and others simply follow the path using our eyes. How ever we choose to journey through the path, we are sure to be gifted with a holy experience.



*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!





Central Okanagan United Church is once again offering a Walk and Talk program. It will be offered Tuesdays and Thursday, from 9:30 – 11:00, beginning Thursday, April 4th.

It is important to maintaining physical fitness and social interaction throughout life. Poor balance and falls are one of the most common reasons for hospitalization and loss of the ability to live independently. The program consists of a half hour of “Falls Prevention” exercise that were developed by the University of Otago in New Zealand. Walking, helps maintain a healthy weight, reduces your risk of chronic illness such as heart disease and diabetes, reduces stress, improves sleep and boosts your brain power! The group will walk for half an hour in the beautiful, historic, downtown area of Kelowna. According to “research”, social isolation is as dangerous for your health as smoking 15 cigarettes a day. In addition to the visiting while we are walking, we will

spend half an hour socializing. The participants will help identify the topics for discussion.

This program is open to members of COUC as well as the wider community. You can signup for Walk and Talk at the Welcome Table after church or by calling the office at 250-762-3311. For more information, please call Pat Totton, 250-469-4630.

WONDERLUST

Hosted By: Rev. Ivy Thomas.

Next Meeting: Wednesday, April 10th at 3:00pm. Our topic will be:

What is our responsibility to challenge the people who claim to speak on behalf of Christians, but speak in hate?

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.

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!



Community Ministry



Community Ministry – Tuesday Mornings

Easter has been celebrated and spring has arrived and we now look forward to a new cycle of life and all that blossoms with it. This is a time of warmth and anticipation and special appreciation for all we have been given.

For our Tuesday morning guests, that may mean a warmer tent to sleep in and warm sunshine throughout the day so they can stay warm and dry, or perhaps finally the opportunity to just get outside more often and be with other people. This time of year no doubt boosts their spirits and gives them hope but it does not feed their hunger – and so our service of meals and groceries continues.

It is so easy as we go about our daily lives to forget that not everyone is blessed in the way that we are blessed. May the warmth of the spring sun and the promise of the risen Son keep us humble and attentive to the needs of others. May we always share our bounty with those who need extra love and support.

In March, our Tuesday morning program reached another milestone as we distributed 85 bags of groceries and served over 90 meals in one morning. The need continues to grow and our volunteers and resources are stretched to the limit, but we continue our services to those in our community who are in need of our support.

If you would like to get involved with this Community Ministry in any way (shopping for groceries, making sandwiches, serving meals, bagging groceries, baking cookies, scheduling volunteers, etc.) please contact Keith Simmonds (keiths@centralokanaganunitedchurch.com) or Jayne Brooks (k.jaynebrooks@gmail.com). We would love to hear from you.

We sincerely thank all of you who continue to make this Ministry possible by donating your time, energy, financial contributions, and non-perishable food items. Without your support, we could not offer this valuable service.

Thank you!

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

Anyone wishing to get involved please contact Jayne Brooks

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

Jayne



Intersectionality & Homelessness Speakers Panels

April 26, 2024 | 1:00pm – 4:00pm

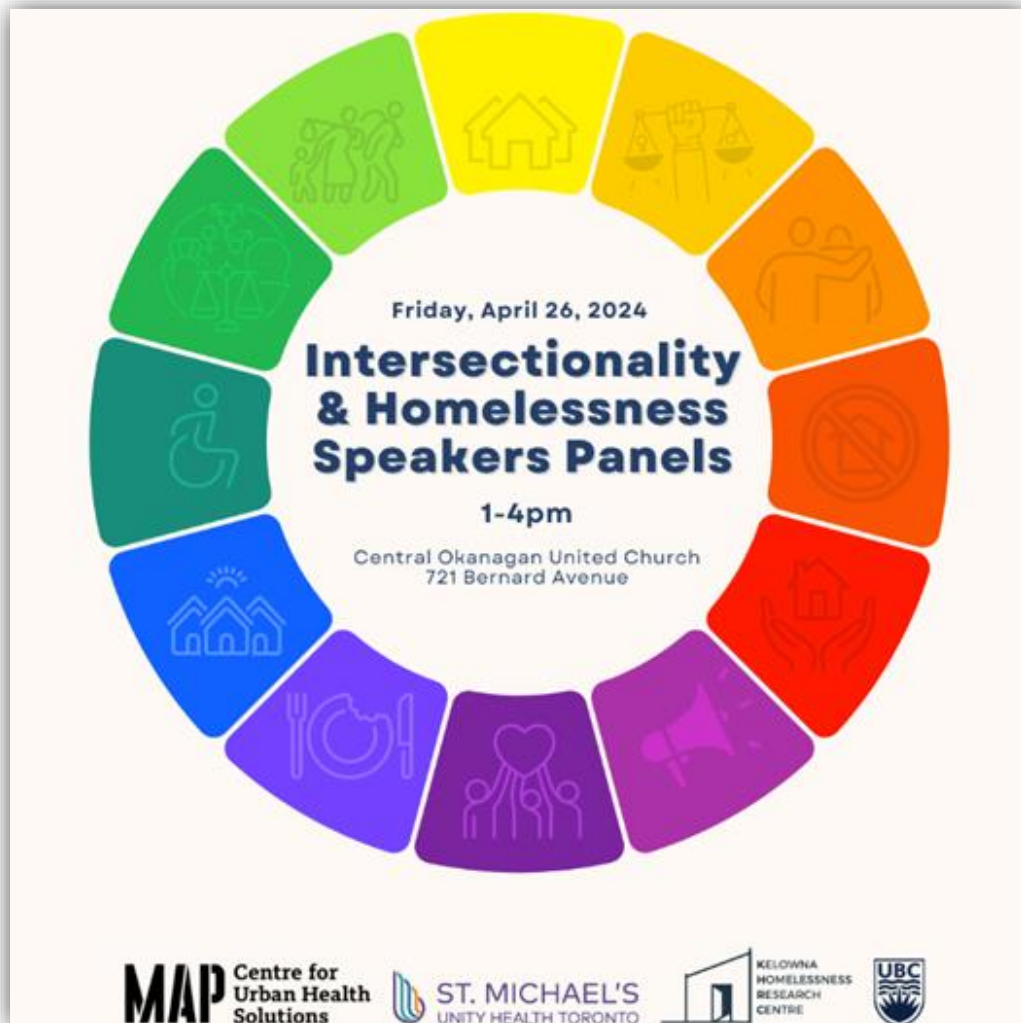
Central Okanagan United Church | 721 Bernard Avenue, Kelowna

The Kelowna Homelessness Research Centre, MAP Centre for Urban Health Solutions, and St. Michael's Unity Health Toronto invite you to join us for an afternoon of Speakers Panels on Intersectionality & Homelessness.

Attendees are welcome to join us in-person at the Central Okanagan United Church or virtually via Zoom. This is a free event, open to the public, and will feature two different panels: one focusing on seniors and homelessness and the second focusing on 2SLGBTQIA+ and homelessness.

Light refreshments will be provided. Secure your free ticket [here!](#)

For more information on speakers, visit our [events page](#).





TAX PREP SERVICE



Need Help With Your Taxes?

Free Tax Preparation at two locations.

Two Locations 

Central Okanagan United Church
721 Bernard Ave
Kelowna, BC (Entry from parking lot)

Thursday mornings
9 AM to 12 PM (March & April)

Rutland Senior Centre
765 Dodd Rd.
Kelowna, BC

Monday mornings
9 AM to 12 PM
in March & April
(except March 25th)

First Come First Serve
No Appointment Needed.

- For Canadian residents who have low to modest income and simple returns – as outlined by the Government of Canada.
- Bring your social insurance number and government issued photo ID such as BC Drivers License, BC ID card, Status Card.
- For preparation of current tax year returns & e-fileable returns for prior years.
- Non-English speakers please bring a translator.

FOR MORE INFORMATION

 250 762 3311

 tanyap@centralokanaganunitedchurch.com



CAMP SPIRIT

Get ready for the kids summer fun sport, adventures, and outdoor games.



Fun Activity Programs

Camp Spirit, our Summer Day Camp program, will be taking place at Camp Dunlop this year from August 6-9 (Monday, August 5 is a holiday). While there is a cost there are also bursaries, lots of people are eager to help kids enjoy camp! Please register your children or pass along registration information to someone who might benefit from the program.

<https://www.campspirit.ca/summertime-camps.html>



AUGUST
6-9

CAMP DUNLOP

5325 Lakeshore Rd,
Kelowna, BC V1W 4S5

CONTACT

Email:
CampSpirit@united-church.ca

REGISTER ONLINE

WWW.CAMPSPIRIT.CA



**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

**SCRABBLE GROUP -
TUESDAYS AT BERNARD.**

J₁ O₁ I₁ N₂ I₁ N₂

S₄ C₁ R₁ A₂ B₁ B₂ L₃ E₃

ALL PLAYER LEVELS WELCOME!

T₂ U₃ E₁ S₂ D₂ A₂ Y₃ S₂

1 : 3 0 P M



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

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

The graphic features the text 'Zoom Cafe' in a brown, serif font at the top. Below it is a circular illustration of a coffee cup and a mug, with a heart to the left. The background is a light brown color with coffee splatters and a heart shape.



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!**

The graphic has a parchment-like background with coffee beans at the bottom. The text 'All Welcome!' is in a bold, black, sans-serif font. 'Coffee Social' is written in a large, black, cursive font. The event details are in a bold, black, sans-serif font.

**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!