

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

May 2024

What's On?

SPRING IS HERE!

PENTECOST

MAY IS PAR MONTH

HAPPINESS

GIVE

PEACE

JOY

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



Central Okanagan United Church

MAY 2024



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.

MAY AT A GLANCE

- Jazz Vespers May 5th 5:15pm
- Sharing Circle, Sundays at 8am
- May is PAR Month
- Walk & Talk Group continues
- New Member Sunday, May 26th



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, KELOWNA BC, V1Y 9H2

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New Member Sunday

Sunday - May 26th



IF YOU ARE INTERESTED IN BECOMING A MEMBER
OF CENTRAL OKANAGAN UNITED CHURCH,

PLEASE CONTACT:

IVY

IVYT@CENTRALOKANAGANUNITEDCHURCH.COM

KEITH

KEITHS@CENTRALOKANAGANUNITEDCHURCH.COM

OR TANYA

TANYAP@CENTRALOKANAGANUNITEDCHURCH.COM

BY MAY 12TH.

 (250)762- 3311

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

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May is PAR Month!



Signing up for PAR (Pre-Authorized Remittance) means you will know that on a regular monthly basis you are supporting Central Okanagan United Church (COUC) and its many programs from worship services in church on Sunday to worship in Senior Care Homes throughout the week, from children and youth programs to SongShine and Walk and Talk for the young at heart, from serious book studies to light-hearted games of scrabble, from the morning grocery and meal program for our local community to programs of education and support for the people in Palestine, and so much more.

COUC is a vibrant and responsive community of faith with so much happening each week that it is hard to take it all in. I have heard many individuals make that comment – wishing they could have attended this or that event but they just could not do it all.

Yes, it is expensive to offer all that COUC offers on an ongoing basis but as a church we have approved a Ministry Plan full of big hopes and dreams and a budget and development plan to move it forward. As a pastoral charge within the United Church of Canada our plans fit well within the national church's Call for Deep Spirituality, Bold Discipleship and Daring Justice.

For those of you already on PAR, thank you for providing COUC with a steady and reliable source of monthly funding, which makes the budgeting and bill payment much easier. You already know how easy it is to sign up for PAR and to have that donation automatically made each month. Contributions made through PAR represent about 50% of all donations received at COUC and for that we are grateful, but we would love to increase the percentage. If you are on PAR now, talk to your friends and family members and let them know the benefits of PAR and encourage them to enroll.

Enrolling in PAR is easy to do, and it is easy to stop PAR or increase or decrease your contribution if your situation changes. Your PAR donation will come out of your bank account once a month for the amount you specify and you can designate which fund(s) you want to support (general church fund, Mission & Service, outreach, etc.)

If you are interested in increasing your current PAR contribution or in joining PAR for the first time, please contact our Steward of Contributions, Marg Brooks, at contributions@centralokanaganunitedchurch.com or call the office at 250-762-3311 and leave a message for Marg to contact you.

Thank you for your continued support of COUC and its programs.

Jayne
Chair of Finance

Pre-Authorized Remittance (PAR)



Live your faith through generosity

Jesus spoke a lot about the relationship his followers should have with money and resources. They are important tools in our life of faith and justice for all. Sharing them whenever possible is critical.

1

Your monthly gifts provide a steady and reliable source of funding. With your support, we can reach more individuals and communities.

2

PAR giving offers you the flexibility to contribute to the ministry of your local congregation in a way that fits your budget and schedule

3

You'll join a community of like-minded individuals who are passionate about making a difference.

Please contact Marg Brooks:
contributions@centralokanaganunitedchurch.com

Thank you for your generous and continued support!

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 the office or Marg Brooks.



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 Marg Brooks for information.



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



Tuesday mornings continue to be busy with 67 bags of groceries handed out on April 23rd and about 80 meals served. And the meal was delicious: scrambled eggs, sausages, pancakes and toast! Thank you Joa Lazarus and Judy Valks for suggesting the meal and being so generous in providing most of the food and helping to prepare and serve it along with our regular Tuesday morning volunteers.

The successful Tuesday and Thursday program started many years ago at First United and many willing volunteers kept the program going. When Covid hit, the program continued in a modified format but many of the regular volunteers had to give up their volunteer work. New volunteers came on board during Covid and many more became involved after the pandemic ended, and the program is quite different now than what it was pre-Covid.

One of the original program volunteers was talking to me last month and wondering about who was still volunteering – and for every person she named I had to say no, they are no longer volunteering. Some of them I didn't even know. That made me decide to do an update on the current volunteers and where they came from.

I started volunteering at the start of the pandemic, and Susanne Marentette started during the pandemic, and now the two of us are organizing volunteers, shoppers, meal prep and grocery distribution on Tuesday mornings. Keith Simmonds joined the COUC team in 2022 and spends most Tuesday mornings with us as he tries to keep the two of us in line.

Current Tuesday morning volunteers like Sharon Hyatt and Loraine Kemp came from Rutland United and St. Paul's United (2021 amalgamation) and Linda & Gary Groff came from Westbank United (2023 amalgamation), while Lori Hetland and Maggie Craig were from First United. Ginny Gregory, Heather Shaw, Tina Hamilton, Louise Moore, Elie Bavon, Zeljka Sam, Terry & Brian Fast, Willie Drysdale and Johanna Nietzel are new to COUC – some with no connection to the church except for Tuesday mornings.

Our regular weekly shoppers have been invaluable over the last years: Ross Hyatt (Rutland), Heather Shaw (new) and Tanya Burke, Karen Kranabetter and Susanne Marentette (First).

Our cooks, sandwich makers and bakers are fantastic: Marg Counsel (Rutland), Sylvia Clerke, Inge Plank, Linda Hutchinson and Jim Harnden (St. Paul's), Catherine Doherty, Jean McKenzie, Joan Grahl, Joa Lazarus, Ted & Liz Basisty, Suki Vernet and Verna Richards (First)

And there are many volunteers who come in on special occasions or when we need extra help; and many others who volunteered their time over the past four years but have now moved on to other volunteer work or other communities.

The Tuesday morning group of volunteers reflect COUC so well representing all amalgamating congregations and members of the wider community. This program is truly a treasure and a great example of bold discipleship with our many wonderful volunteers making it possible.

Thank you. Thank you. Thank you, volunteers!

Jayne

Anyone wishing to get involved please contact Jayne Brooks

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

Jayne





SUNDAY School



What an awesome turn out for our Thank You luncheon! The staff were delighted at the full tables of happy faces that filled the hall and our hearts. The laughter and chatter echoed around the hall for hours!

We couldn't do any of the great work at COUC without our diligent volunteers, and active congregation. We are so thankful for all you do and all you give!

You are all our greatest gift.



Hello
Spring

Events and happenings at COUC



May Worship



SUNDAY 5TH

MENTAL HEALTH SUNDAY

8AM SHARING CIRCLE - ROOM 14
10AM WORSHIP & COMMUNION
1:00PM HAWTHORN CARE HOME
5:15PM JAZZ VESPERS



SUNDAY 12TH

CHRISTIAN FAMILY SUNDAY MOTHER'S DAY

8AM SHARING CIRCLE - ROOM 14
10AM WORSHIP



SUNDAY 19TH

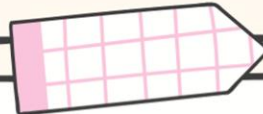
PENTECOST

8AM SHARING CIRCLE - ROOM 14
10AM WORSHIP - WEAR RED OR
YOUR BEST FIRE COLOURS!



TUESDAY 21ST

CARE HOME WORSHIP
2:00PM AT LAKEVIEW



WEDNESDAY 22ND

CARE HOME WORSHIP
2:00PM AT BROOKHAVEN



SUNDAY 26TH

NEW MEMBER SUNDAY

8AM SHARING CIRCLE - ROOM 14
10AM BELL CHOIR & POTLUCK



FUN QUOTE FOR MAY:

AGE IS SOMETHING
THAT DOESN'T
MATTER, UNLESS YOU
ARE A CHEESE.

LUIS BUNUEL



FELLOWSHIP AND COFFEE!

WEST KELOWNA COFFEE
AND CONVERSATION ON
MAY 21 @ 10:00 IN THE
YOUTH CENTER
2466 MAIN STREET





Monthly

JAZZ VESPERS

Jazz helps us be sensitive to the whole range of existence. Far from offering us rose-colored glasses ... it realistically speaks of sorrow and pain.... Jazz stimulates us to feel deeply and truthfully....

Jazz thunders a mighty "yes."

Alvin L. Kershaw, "Religion and Jazz"

May 5th
5:15pm

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

First Sunday of the Month:
Central Okanagan United Church
721 Bernard Ave
Kelowna BC

*“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.

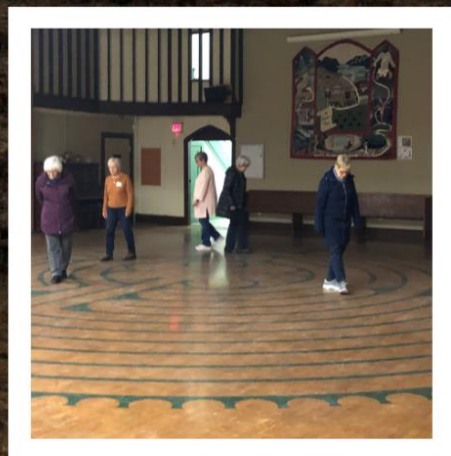
Some move slowly, some rush, some dance and others simply follow the path using our eyes. How ever we choose to journey through the path, we are sure to be gifted with a holy experience.



*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!





Walk and Talk

Walk and Talk is a program designed to maintain physical function, strength, balance, coordination and endurance in older adults. The program consists of walking for half an hour. Walking increases your strength and endurance, and is done at your own pace, with or without mobility aids. Then, a half hour of falls prevention exercises that were developed by the University of Otago. And finally, a half hour of socializing. The program is led by COUC volunteers. Join us Thursday mornings at 9:30 in room 14.



Hosted By: Rev. Ivy Thomas.

Next Meeting: Wednesday, Wednesday May 8th at 3:00 in room 14.

Our topic will be:

Do we have a moral responsibility to enjoy our gifts from God?

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.



BC CASA/Café Justicia
3205 Findlay Street,
Vancouver, BC, V5N 4E6
cjgreenbeans@gmail.com, cafejusticia.ca
Tel: 604 871 9078, Fax: 604 708 1497

Meet Neydi Juracán

Oasis United Church, 2964 Skaha Lake Rd (near Green), Penticton
Tuesday, May 7, 9:30-11 am

A Guatemalan land defender and promotor of fair trade coffee will be in Penticton on Tuesday, May 7. In a meeting at Oasis United Church, Skaha Lake Road, 9:30 to 11 a.m., Neydi Juracán will share stories of how small farmers work to protect land rights, using fair trade coffee as a tool for social change. Neydi is a Kakchiquel Maya and national coordinator of the Highlands Committee of Small Farmers (known as CCDA). The organization defends land rights of Indigenous people and helps to obtain fair prices for coffee they produce. Prior to her election as national coordinator last year, Neydi was the director of the CCDA's Café Justicia program, coordinating the processing and export to Canada of coffee produced by CCDA farmers. While attending to her new national tasks, Neydi continues to coordinate the CCDA's coffee production. The coffee is sold to Canadian consumers through Café Justicia in British Columbia and Just Us! in Atlantic Canada in a "fair trade plus" arrangement.

The "plus" is about the relationships that extend beyond paying fair prices to producers into strengthening the participation of women and youth, supporting CCDA's work in defence of the land rights of Indigenous communities across Guatemala, and building people-to-people relationships with scores of volunteers who make the coffee available in Canada.

"We wanted to develop an alternative that went beyond just fair trade, beyond just paying more for the coffee, and so we called this fair trade plus," Neydi told Canadian visitors a year ago.

"We want people to know where this coffee comes from," she added. In buying a cup of quality coffee, you are also supporting labour rights, and also the rights of women, youth, Indigenous people and small farmers. And so we developed a scholarship program and provide health training. We assist with construction of homes and community centres."

CCDA was created in 1982 during Guatemala's 36-year civil war. It wasn't until after the peace accords in 1996 that it was able to work freely on issues of land reform and livelihoods. Later in the 90s, it gained control over several pieces of land in the Lake Atitlán region and began to explore coffee production as an economic alternative and to develop partnerships in Canada.

The CCDA played an important role in the successful five-month struggle last fall to defend the democratic process in Guatemala.

Neydi will be on a speaking tour of BC from May 2-18, co-sponsored by BC CASA-Café Justicia, CoDevelopment Canada and the BC Council for International Cooperation.

For more information about the Penticton event, please contact Jim Hodgson, jhodgse029@gmail.com
Or 416-880-1670.

For more information about Café Justicia, please contact ajgreenbeans@gmail.com or visit cafejusticia.ca

Many thanks for Kaisa McCandless for this article and for sharing a link to the full article and issue of Reconciliation Matters:

CLICK HERE TO READ IN FULL: <https://sh1.sendinblue.com/3isjysp769xpfe.html?t=1713551716>



Premier David Eby, Haida Nation Council President Gaagwiis (Jason Alsop), and Minister of Indigenous Relations and Reconciliation Murray Rankin sign Haida Title Lands Agreement in Haida Gwaii on April 14, 2024. *Source: Province of B.C.*

Five things to know about B.C.'s land title agreement with the Haida Nation

Dear friends,

The B.C. government and the Haida Nation have signed an agreement that formally recognizes the Haida Nation's Aboriginal title to Haida Gwaii. This historic agreement is being hailed as a milestone that offers a new way forward for reconciliation.

The [Gaayhllxid • Gihlagalgang](#) "Rising Tide" Haida Title Lands Agreement was reached between the two governments without the involvement of the courts or the treaty process.

It's a Spring Pilgrimage!

Celebrating salmon

With Wild Church!



Photo Credit: LeAnn Blackert

Last fall we traveled to Oliver to watch the team at the kł cpəlk' stim' Hatchery in Penticton capture salmon to harvest their eggs and milt to further the efforts to rebuild the salmon population in local lakes and streams. Then we had the opportunity to visit the hatchery and learn the next steps in this amazing work.

Next month we will have the privilege of observing the ceremonial release of salmon fry into local waters. On Wednesday, May 8th, at 10:00 am, the syilx Okanagan kł cpəlk' stim' Hatchery will host a ceremony along Mission Creek to release fry here in Kelowna. The release will happen near the Mission Creek Dog Park off Gordon. If you want to join us, [click here to sign up](#) and request more information on our gathering location. We have been asked to let the organizers know how many will be in our group, so we ask that you RSVP with us by May 4th.

For more information on the ceremonial release, please [click here](#).

Please RSVP to wildchurchbc@gmail.com



CAMP SPIRIT

SUMMER 2024

AUG 6-9, 2024

**Central Okanagan United Church
@ Camp Dunlop**

CAMP DETAILS

Camp Fee: \$140

Inclusive of Lunch and Snacks, Camp Spirit T-shirt,
Program and Supply costs

*We offer financial assistance! Request a bursary during the
online-registration process for an immediate fee discount.*

REGISTRATION INFO

 campspirit.ca

 campspirit@united-church.ca

 800-934-0434 ext. 6403



CAMP SPIRIT

SUMMER 2024

CAMP LOCATION - Camp Dunlop

5325 Lakeshore Rd,
Kelowna, BC V1W 4S5

Central Okanagan United Church

P.O. Box 24042
Kelowna, BC V1Y 9H2



We are proudly part of The United Church of Canada. Camp Spirit is in 21 communities this summer! Rooted and Growing in Love, we celebrate and welcome the fullness of God's diversity. We are grateful for donations to the Camp Spirit Bursary Fund that empowers equal access to our camp regardless of household finances.



**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.**

JOIN IN

SCRABBLE

ALL PLAYER LEVELS WELCOME!

TUESDAYS

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!

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

Get in touch with Keith!

Thank You!





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



All Welcome!

Coffee Social

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

**Next Gathering: May 21st at 10am
Come and join the fellowship!**

**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!

