

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

September 2024

What's On?

**WELCOME SUNDAY!
SMALL GROUPS
CHOIRS AND MORE!**

**WELCOME
LOVE
SHARE
JOY**

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



Central Okanagan United Church

SEPTEMBER 2024



SUNDAY WORSHIP

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

CONTACT ADMIN

Delaine / E-Letter & Newsletter Submissions
delainec@centralokanaganunitedchurch.com

Saibun / Room Rentals, Bookings & Buildings
saibunh@centralokanaganunitedchurch.com



 (250)762- 3311

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

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Church News

What's Happening this month.

THIS MONTH AT A GLANCE


- Launch Sunday Sept 8th and Official Covenanting for Ally Phillips
- Small Group Sign Ups
- Season of Creation Begins
- Truth & Reconciliation Sunday 29th
- Saibun is away until Sept. 22nd.



Welcome Ally Phillips - Intergenerational Minister!

Ally (he/him) is in his third year of seminary at the Center for Christian Studies in Winnipeg, Manitoba. Ally grew up in St Catharines, Ontario attending St Paul Street and Mountainview United Churches as a child and adolescent. Ally has been an active member at Silver Spire United Church, participating fully in congregational life since 2018. His participation included being Co-Chair of Council for two terms, a founding member of the Affirm Team, Youth Group Leader and Co-Coordinator of Queer Kid Bible Camp, among other things. In his spare time, Ally enjoys cooking delicious gluten free food, spending time with the gaggle of kids who call him "Uncle Ally" and being trans in public. Ally is excited to see what life is like at COUC and on the West Coast!



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Welcome to Launch Sunday!

September 8th



Liftoff. We have a liftoff, 32 minutes past the hour, liftoff on Apollo 11. Tower cleared.

So are the infamous words heard on July 16, 1969 when the Apollo 11 mission to the Moon was launched.

This time of year often has that feel to it—the excitement as children return to school, the ignition of colour as cooler temperatures cause the leaves to turn, the splashdown of settling into familiar routines. As we regather as a community after the summer, we look forward to the launch of new programs and the re-launch of others—choirs, youth groups, Scrabble, monthly potlucks. Whether you are a newcomer to Central Okanagan United or a long-time member, we encourage you to come to the Hall following worship on Sunday, September 8 and find out about programs, groups, committees and opportunities to volunteer.

Pick up a brochure for the women's retreat, sign up to help at coffeeshour, join a choir or chorus, register the kids for Sunday School, find out more about the Walk and Talk for seniors or the work of the Central Okanagan Refugee Committee (CORC) and how you can be involved, borrow a book from our Library, take a tour of the Food Shelf and hear more about our Tuesday morning Outreach program. Get ready for the lift off of an exciting Fall!

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Reconciliation Means Listening to and Learning a New Story

“Until the lion learns how to write, every story will glorify the hunter.”
- Chinua Achebe, *Things Fall Apart*, 1958.

Submitted by Debbie Hubbard

I first came across this quote just prior to the Seventh and Final National Truth and Reconciliation Event in Edmonton in March 2014. I know that every quote sits differently with every person. This quote has certainly shaped how I have approached the work of reconciliation. The quote has invited me to ask myself questions such as: How do I know what to believe? Whose words do I trust? Are their other credible sources? What do I do with what I learn? What can I do to help advance reconciliation?

Jody Wilson-Raybould in her book, [True Reconciliation: How to be a Force for Change](#) (2022) suggests that we must all learn how to live together into the future in ways that address the legacy of colonialism, uphold Indigenous rights and transform the status quo. She believes that there are three core practices of true reconciliation: learning, understanding, and acting that can be applied by individuals, communities, organizations and governments.

The biggest learning for me since 2014 has been to learn new stories and worldviews. I attended an integrated school in rural Saskatchewan and had many Indigenous schoolmates and friends. However I realize now that I had a very limited understanding of the history that had shaped their lives. The western worldview of land as a commodity and the hierarchy that placed humans over all of creation was well ingrained in me. I have come to appreciate more fully the history I never learned and a new way of seeing land and all of creations as my relations.

As we approach the fourth National Day of Truth and Reconciliation on September 30, I am encouraged by the words of Justice Murray Sinclair, Chair of the Truth & Reconciliation Commission of Canada: “The road we travel is equal in importance to the destination we seek. There are no shortcuts. When it comes to truth & reconciliation, we are forced to go the distance.” There it is. The invitation for each of us to begin and continue the journey into a future that we are being invited to co-create together - a future that will be built on a foundation of respectful and interdependent relationships.

My hope is that each of us strives to become what Wilson-Raybould calls ‘inbetweeners’ – those who are willing to bridge and break down the silos we’ve created. Inbetweeners who want to take full advantage of this moment in our history to positively transform Canada into a place we can all be proud of.







Launch Sunday



SEPTEMBER 8TH

A KICK OFF TO THE NEW CHURCH SEASON WITH GROUP SIGN UPS CHOIRS AND MORE!

IN THE HALL AFTER WORSHIP

THINKING ABOUT VOLUNTEERING, HELPING AT THE TECH DESK OR READING SCRIPTURE ON A SUNDAY? COME ALONG AND FIND OUT MORE!

SEE THE FOLLOWING PAGES FOR HIGHLIGHTS OF GROUPS!

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
SEPT. 13TH - NOV. 1ST



MEET IN CHURCH
PARKING LOT
Start 9:30am
End 11am



721 BERNARD AVE, KELOWNA



Dinner Group - Lydia Circle

Thursdays, Sept. 19th - Nov. 7th 6:00-8:30PM. Email Cheryl to sign up:
cherylp@centralokanaganunitedchurch.com

Small Group



Weekly gathering at the church.
This group will be limited in size to
8-10 members.

All Welcome



A safe space for all people,
regardless of gender or age,
where we can open up, listen,
learn, and grow.

Weekly Meal



This group will meet at the church
but each group member will take
responsibility for providing and
hosting the meal for one week.

Prayer & Connection



We will eat together, open
the Bible together, discuss
our beliefs, pray and have
Communion together.

SongShine
and
Breathing
Class



Morning
Sharing
Circle

Lydia Circle:
Small spiritual
gathering with
hosted meals

Choirs
For all ages

SMALL GROUPS THIS FALL

Wonderlust
Conversation
Group

Labyrinth
Walking

Scrabble
Group

Walk
and
Talk for
Seniors

Friday Night
Women's Group

Men's
Breakfast
Group

Youth
Groups



Community Ministry

Tuesday Mornings In the Coming Year

As we gear up for another year of Tuesday morning outreach to those in our community who are suffering from food insecurity, we are looking for volunteers who would like to help out in any of the following ways.

- Sandwich makers who make a loaf or two of sandwiches one Tuesday each month
- Shoppers willing to go to a couple of stores (Costco, Walmart, SuperStore, Dollarama are popular) about once a month to buy groceries – we give you the list of what to buy
- Cooks or helpers who would be willing to prepare a meal once a month or even just occasionally
- Volunteers for Tuesday mornings to be kitchen helpers or to bag groceries or to be greeters
- And any number of other tasks we can always assign according to your time and talents
-

Training Opportunities

We have two training courses coming up this fall at the church and you are invited to participate. If you are interested, please let me know as soon as possible so I can reserve your place as both classes have limited capacity. The courses are available to our volunteers and our Tuesday morning guests who need the training for work advancement, and to our church community. The best part is that these courses are free to participants as they are funded through a Women's Inter-Church Council of Canada World Day of Prayer Grant to empower individuals, women in particular.

Saturday, September 14th - 8:30 AM to 4:30 PM - Food Safe Level 1

Saturday, October 26th - 9:00 AM to 4:00 PM - Basic First Aid

Food Donations

We want to give a big thank you to those who continue to donate non-perishable goods for our Food Pantry. Sometimes it may seem like we have a lot on hand but when we hand out almost 40 boxes of cereal and over 40 cans of fruit and rolls of toilet paper each week, plus a lot of other items, we need a lot on hand to get through a month. So if you see a bargain (like cereal for \$2 a box at Dollar Tree one week), think of COUC and pick up some extra for the Food Pantry.

Thank you!

Jayne Brooks



Piano Concert – Thank You!

A big thank you to the volunteers who helped at the concert on Friday, August 9th. Michelle Jia Yun Xu performed an amazing piano concert that showcased her talents and that of composers Bach, Beethoven, Schumann and Debussy. Her choice of music was brilliant, as was her skill at the piano keyboard. She was a joy to watch and to listen to. This benefit concert raised over \$800 for our Tuesday morning outreach program so thank you to all who attended.



Our Congregation's PAR Program

How to Participate

1. Prayerfully decide what you will give each year, and divide that amount by 12.
2. Fill out the authorization form, and attach a cheque marked "VOID."
3. Give this to our designated PAR contact person, or leave at the church office.
4. The amount will be transferred from your account to our congregation's account on the 20th of each month. You can modify or cancel your donation, change how it is designated, or change your information at any time.

Why Participate?

If you have automatic withdrawals from your bank account to pay your bills, taxes, or mortgage, then you already understand the PAR principle.

Besides being convenient, using PAR for your offering ensures regular monthly givings to help our church's ministry even when you are away. You will be providing our congregation a dependable flow of contributions, which increases our overall financial stability.

Your regular giving supports the ministry of Central Okanagan United Church (COUC) and the many programs that are offered, from worship services in church on Sunday to worship in Senior Care Homes throughout the week; from Sunday School and other children and youth programs to SongShine, book studies, and Walk and Talk for the young at heart; from the morning grocery and meal program for members of our local community to programs of education and support for Reconciliation, Inclusion, and Justice for all.

Your giving also supports the Mission and Service fund of the United Church of Canada and its work at home and abroad through its many vibrant and vital ministries for the healing of the world. COUC currently gives \$33,000 annually to UCC Mission and Service.



Please contact Marg Brooks: contributions@centralokanaganunitedchurch.com

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!



Hello

Fall

Events and happenings
at COUC

September Worship

SUNDAY 1ST

- 8AM SHARING CIRCLE - ROOM 14
- 10AM WORSHIP
- 5:15PM JAZZ VESPERS

SUNDAY 8TH

- 8AM SHARING CIRCLE - ROOM 14
- 10AM WORSHIP
- LAUNCH SUNDAY IN THE HALL FOLLOWING WORSHIP

SUNDAY 15TH

- 8AM SHARING CIRCLE - ROOM 14
- 10AM WORSHIP

SUNDAY 22ND

- 8AM SHARING CIRCLE - ROOM 14
- 10AM WORSHIP


SUNDAY 29TH

- 8AM SHARING CIRCLE - ROOM 14
- 10AM WORSHIP

CARE HOME SERVICES

- SEPT 17TH
LAKEVIEW LODGE 2PM
- SEPT. 25TH
BROOKHAVEN 2PM

- MAHMUT IS ON HOLIDAY UNTIL SEPT 9
- SAIBUN IS ON HOLIDAY UNTIL SEPT 22

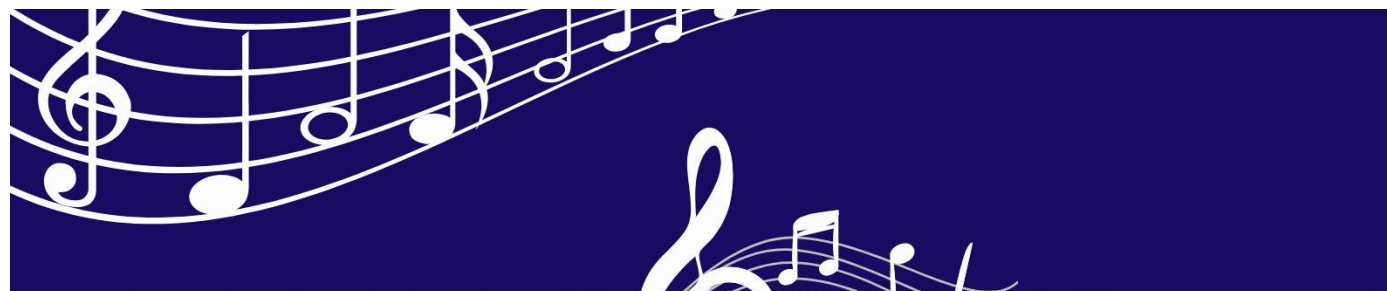
A large, abstract watercolor graphic in various shades of teal and green, with soft, blended edges, occupies the upper half of the page. The text is overlaid on this graphic.

Thursday Breathing Class

WITH SYLVIA CLERKE

Thursdays at 11am
Please have a non rolling chair
and a glass of water

ZOOM LINK AVAILABLE IN FRIDAY E-LETTER



JAZZ VESPERS



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

FIRST SUNDAY OF THE MONTH
CENTRAL OKANAGAN UNITED CHURCH

721 BERNARD AVE, KELOWNA

5:15PM



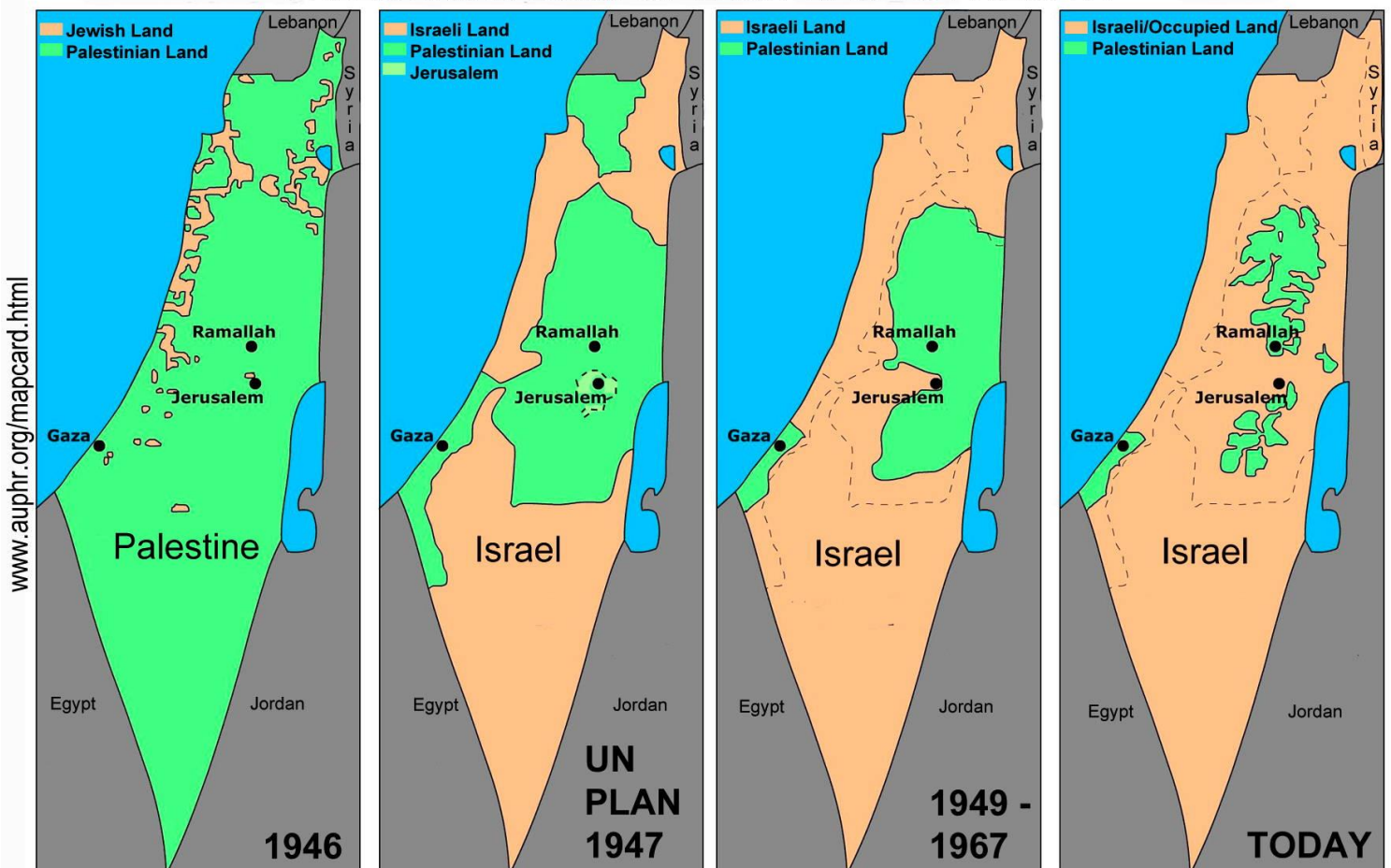
Save the Date!

What do keffiyehs, keys, kites watermelon, a wall, settlements, etc. have to do with Palestine? What role did Canada play in the partition of historical Palestine in 1948? What are churches in Palestine asking of Western churches? Bring your questions and join us in a conversation circle hosted by Debbie Hubbard, Dean Reidt and Keith Simmonds.

Sunday, September 15 – 11:30 am
Room 14 – Central Okanagan United Church

Pre-registration isn't required but will help us plan for snacks and seating. Click on [this link](#) if you would like to let us know you are coming. Questions or need more information? Contact Debbie at 250-469-4468 or sowingseedsofpossibilities@gmail.com

PALESTINIAN LOSS OF LAND 1946 TO PRESENT






SAVE
the
DATE

OCTOBER 19TH 2024

WOMEN'S RETREAT

**THE WOMEN'S RETREAT WILL BE HELD
AGAIN AT THE SORRENTO CENTRE ON
THE WEEKEND OF OCTOBER 19.**



**IT IS ONE WEEK EARLIER THIS YEAR SO
PUT IT IN YOUR CALENDAR'S NOW.
WATCH FOR MORE INFORMATION IN
THE COMING MONTHS.**

*“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.

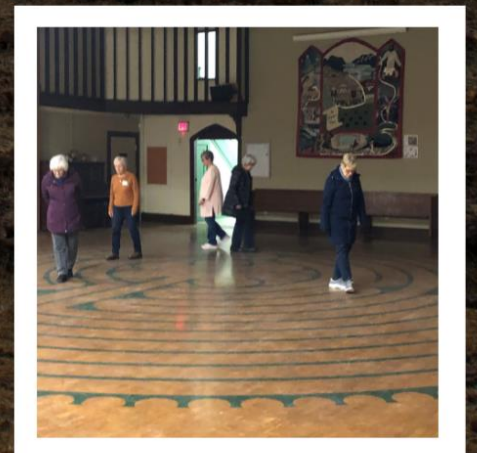
Some move slowly, some rush, some dance and others simply follow the path using our eyes. How ever we choose to journey through the path, we are sure to be gifted with a holy experience.



*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!





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

**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!