

# CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER —

January 2025

*Happy New  
Year 2025!*

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



# Central Okanagan United Church

JANUARY 2025

# WELCOME

## SUNDAY WORSHIP

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

## CONTACT ADMIN

Delaine / E-Letter & Newsletter Submissions  
[delainec@centralokanaganunitedchurch.com](mailto:delainec@centralokanaganunitedchurch.com)

Saibun / Room Rentals, Bookings & Buildings  
[saibunh@centralokanaganunitedchurch.com](mailto:saibunh@centralokanaganunitedchurch.com)



(250)762- 3311

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

[CENTRALOKANAGANUNITEDCHURCH.COM](http://CENTRALOKANAGANUNITEDCHURCH.COM)





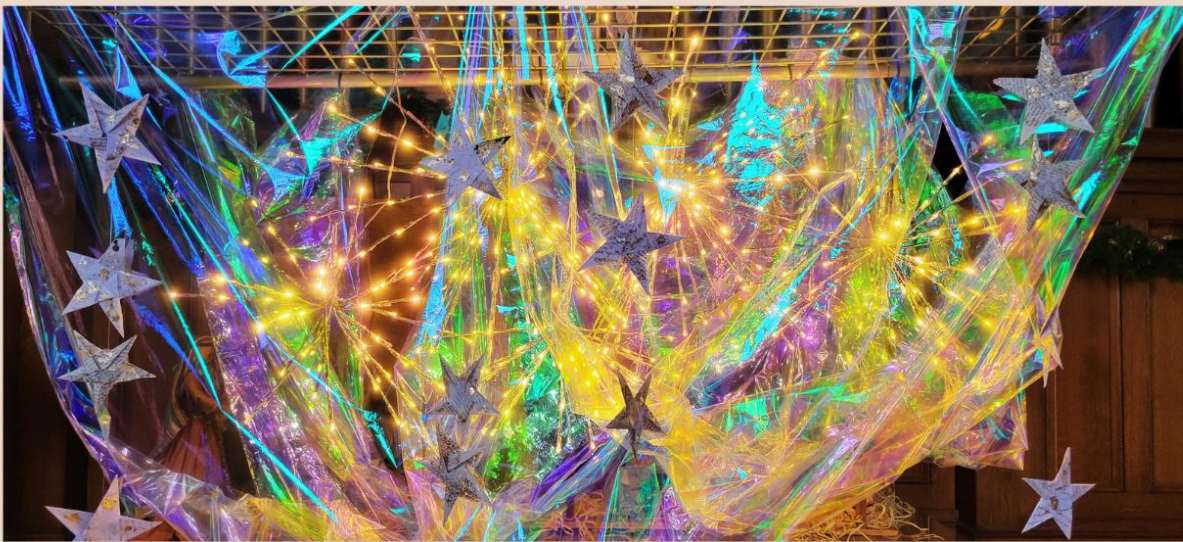
# Church News

## What's Happening This Month

### THIS MONTH AT A GLANCE

Jazz Vespers every month:  
First Sunday of the month, 5:15pm

Wise Women Meet - 14th @2pm  
Islamic Women's Brunch - 18th  
Keith's Final Service, Jan 19th



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Dear Friends,

Seeds and roots. With a cool winter breeze creating goosebumps on our skin, we are often reminded of the stillness of the season when we notice the bare trees lining our streets and in our backyards. It is common to think of these trees as sleeping, hibernating like the great bear. However, the winter season is when trees undergo their most prominent root growth. They focus their attention away from the sky and sink deeper into the earth, reaching for the nutrients that will help them grow in the coming spring. At the beginning of Advent, I spoke about the seeds of Hope in the coming of the celebration of the birth of Jesus. We held our little brown bean and contemplated what it is we were hoping for—and what the definition of hope means for us individually and communally. I offered an additional view of hope being positive action despite whatever odds may be thrown our way, even if that action is simply a defiant smile or simple act of kindness. Such things can go a long way.

This winter season I encourage everyone to contemplate their seeds and their roots. During the quiet stillness of the winter season, we are called to think back over the year. What have we learned this past year? How have we grown? What mistakes have we made that we can learn from... and then let go of. For we must let go of things for rebirth to take place. As we contemplate our individual lives and our life in community, we allow our roots to grow into the proverbial earth that is our Creator. We sink into unity and communion with our God. We grow deeply, inwardly, and prepare ourselves for the spring that is coming. As we ponder and contemplate the past year, we also look to the future and think on the seed of hope we wish to sprout. As individuals and as a community of faith, we journey together into this new year with dreams and possibilities, and we are ready to face the challenges and wondrous surprises with positive action. Grounded in God and with the hope of Christ in our hearts, we enter the new year together as a loving people created in the image of a Creator who gave us this world to explore and experience and live into relationship with.

Love and blessings for the journey,

Phillip Breden.

Student Minister of Central Okanagan United Church



celebrating

100

YEARS!

LET'S CELEBRATE!

JUNE 10, 2025, WILL MARK THE UNITED CHURCH'S 100TH ANNIVERSARY AS A DENOMINATION -AN OPPORTUNITY TO HONOUR OUR PAST AND LOOK TO THE FUTURE! COME AND BE PART OF THE PLANNING OF SEVERAL EVENTS AND ACTIVITIES FOR THE SPRING AND FALL OF 2025 THAT GATHER US TOGETHER TO CELEBRATE, REMEMBER AND RENEW OUR COMMITMENT TO BEING THE UNITED CHURCH TOGETHER! SOME EVENTS AND ACTIVITIES WE ARE PLANNING:

- ★ AN ORGAN CONCERT
- ★ AN EVENING HYMN SING
- ★ AN ANNIVERSARY TEA
- ★ AN OLD-FASHIONED PICNIC

WHAT OTHER IDEAS EXCITE YOU? MAYBE A UNITED CHURCH TRIVIA NIGHT? A FASHION SHOW? A CGIT OR UCW OR CAMP REUNION? BRING YOUR GREAT IDEAS TO A BRAINSTORMING MEETING AFTER WORSHIP ON SUNDAY FEB 2 AND LET'S GET PLANNING!

1925-2025  
ANNIVERSARY  
Deep • Bold • Daring



## Welcome to *Epiphany!*

The Season after Epiphany, which began on January 6 with Epiphany Day, lasts until the beginning of Lent on March 5, 2025. This is a season of “ordinary time” in the church year, marked by the colour green—a symbol of growth. Throughout the season we hear stories of “call” and ministry, beginning with Jesus’ baptism in the River Jordan when he sensed God’s call in a new way, and including stories of the call of his first disciples and beginning of his ministry in Galilee. Epiphany is also a time for us to consider the calls we feel God making in our hearts and lives. Where are you experiencing the tug of Spirit? How are you being called to respond to God?

If you were in worship on January 5 you may have chosen a star word as you left worship. The tradition of using star words, or “star gifts,” is a prayer practice connected to Epiphany and the new year. The idea is that this provides a guiding word for your year. You are encouraged to place this star word somewhere you will see it often to allow consistent reflection on how God has moved through, around, or in connection to that word. We trust that God uses multiple ways to guide us and speak to us. Star words are one such lens that might provide us a way to look for God in our midst, both actively and in hindsight. If you don’t come to worship in person, you could contact the church to have yours sent to you!

If you would like to inspire others by sharing a story, reflection, insight, sense of holy guidance, (or even a funny or ironic moment) from your previous Star Word experiences you are encouraged to submit these to Delaine for the newsletter. (We can “anonymize” your stories if you prefer to share them that way.) Please limit your Star Word contributions to a maximum of 50 words.

Prompts for using the star words for daily prayer:

A. Look up the definition of your word, even if it is a word you know well. You may even look into the etymology of the word and how its meaning has changed throughout history. If you drew a non-English word, do as much research as you can into the meaning of the word in its original culture.

B. What does this word remind you of? Does it recall any memories or experiences? How might God be speaking to you through this word?

C. See if you can find your word—or a synonym—in the Bible. What scripture passages can you find? How is the word used in these passages? Are there other scripture passages that remind you of your word?



As 2024 ends and 2025 begins it is time to thank all of you once again for your support of the Tuesday morning Outreach program. Without you and your contributions of time, groceries, sandwiches, food, etc., we would not be able to offer this valuable program for our community.



An extra thank you goes to all those who helped with the special Christmas meal on December 17<sup>th</sup> where we fed almost 150 people. Thank you to all who roasted and carved turkeys, boiled and mashed potatoes, cooked vegetables, made stuffing and gravy and cranberries, baked cookies, served meals, bagged

groceries, washed dishes, put away tables and chairs and helped with clean up. With so many people helping in advance and over 20 volunteers working that morning, it really was an easy meal to offer to our guests and they really appreciated it.

And thank you to all who took tags off the giving tree and donated gift cards, toques, mittens and other needed items. The clothing items went almost immediately. The gift cards – almost \$2,000 worth! – will be distributed to families over the coming months as the need arises.

### **2024 was a remarkably busy year with the number of guests increasing substantially.**

At the start of the year, we were handing out 40 to 60 bags of groceries, and by the end of the year we were distributing over 100 bags each week with a high of 124 bags on one Tuesday.

The number of meals served followed a similar trend with 60-80 meals being served in the spring but well over 100 each week in the last part of the year with 148 being our highest number.

And our produce table, which sometimes held very little at the beginning of the year, was truly overflowing with bounty by the end of the year thanks to donations from the Lake Country Food Bank and The Salvation Army.

### **What can you do to help in 2025?**

- We can always use your extra reusable grocery bags and your donations of groceries.
- We also need twist ties for all the dividing and re-bagging of produce that we do each week.
- Right now, we also need a couple more shoppers who perhaps once a month can run around to various stores and buy specific items needed for the Food Pantry.
- We would also appreciate more sandwich makers who can make a loaf or two of sandwiches once a month for an assigned Tuesday.

Let me know if you can help in any of these ways. Thank you.

Jayne Brooks  
250-762-9606  
k.jaynebrooks@gmail.com

## What if COUC Did Not Exist?

Over the Christmas holidays I attended a large and very active church with an incredibly young congregation. One of the questions the guest minister asked at the start of his sermon was, “What would happen if your church closed, regardless of the reason? Would your community notice? Would it make a difference to those to your community?” The question certainly made everyone in our family group reflect on our own individual church communities.

Would Kelowna, specifically the local downtown community, miss COUC if it closed? I certainly believe that COUC would be greatly missed. Where would the support groups that currently rent our facilities go? What would happen to our congregation members who gather for service on Sunday or participate in other activities throughout the week? And what would happen to our Tuesday morning guests who come for a meal or groceries or for some fellowship?

I cannot imagine downtown Kelowna without our regular Outreach programs or our other Community Ministry initiatives such as Affirm, Reconciliation, and Peace and Justice education; and I cannot imagine Kelowna without a United Church or the Central Okanagan Refugee Committee or SongShine. Sure, some of those activities could be picked up by other organizations or moved to other locations, but they are all important to our community and they are all centred and supported by Central Okanagan United Church.

We are doing great things and we are making a difference in our community, and I know we would be missed if we were not here. Our presence is important and every activity that COUC offers fulfills its vision, ***“To seek, experience, and express God’s love together in an open community which embraces diversity and demonstrates by faithful actions the love of God through the teachings of Jesus.”***

We are living out our beliefs. We are serving God and worshipping together and welcoming all who join us. We are feeding those who are hungry, giving drink to those who are thirsty, providing clothing for those who are in need of clothing, welcoming those who are lonely, and visiting those who are sick. We are demonstrating the love of God in everything we do.

Do you remember the Stewardship Flower we talked about last year? Well, COUC is covering all of those flower pedals: worship, prayer, faith sharing, study, loving service, and generosity. On that last point, COUC is generous in so many ways – just some of which are noted above.

Are you as proud of COUC as I am? Are you amazed at all that COUC accomplishes in a year and all that is going on at any given time at our church? COUC is truly awesome and I personally am proud to support it in any way that I can – and yes, that includes giving generously in response to all that I personally receive from COUC, for all that I know COUC gives to others in the Central Okanagan, and in response to the many ways in which I have been blessed in my life.

***“We believe in a God who is creating, reconciling, and making new. As stewards and disciples, we use our resources to be co-creators with the Spirit, transforming and being transformed.”***

***- UCC Stewardship Second for January 19, 2025***

COUC is truly amazing and we, as individual congregation members, **are** COUC. Giving generously is a blessing for each of us and a way to thank God for all he has given us; and together, our generosity helps COUC accomplish so many things.

Submitted by: Jayne Brooks on behalf of Stewardship





# SUBMISSION GUIDELINES

If you would like to submit a piece of news / information or photos for our weekly E-Letter or the Newsletter, please follow these guidelines. Unfortunately, we cannot take on outside promotions unless expressly approved or linked to COUC. Email submissions to: [delainec@centralokanaganunitedchurch.com](mailto:delainec@centralokanaganunitedchurch.com)

**Please Note:** Placement order is determined by the season or theme of the publication. Seasonal church articles will always place first in order.

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**01** **Please edit**, spell check and double check your written articles before submitting. We unfortunately do not have the capacity to do this for every article we receive.

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**02** **Article length:**  
E-Letter: Keep these to one short paragraph or 100-200 words.  
Newsletter: 350 -400 Words = One Page MAX.  
Due to the many articles we receive, please adhere to these limits.

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**03** **Photos:**  
If your article has a photo to accompany it, please include brief info / people's names etc. For photo collections, a short sentence of explanation of the set is fine.

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**04** **Deadlines:**  
Weekly E-Letter:  
**Submit by Thursday 10am, for Friday**

Newsletter:  
**Submit by the 21st of the month**  
for the following month's issue.  
ie: submit by March 21st for the April issue

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## 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](mailto:contributions@centralokanaganunitedchurch.com)

## 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](mailto: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](mailto: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!**

## 2025 (and 2024!) Contributions

The Government of Canada has extended the deadline for making charitable donations eligible for the 2024 tax year, until February 28, 2025. This announcement was made to counter the negative effect of the year-end postal strike on charities.

While very few of the donations we receive come in by mail, the change still affects COUC as a charity so this is how we will be proceeding.

- All donations received by COUC in January and February will be considered donations for the 2025 year unless they are specifically designated for 2024. So please, if you want your contribution to count as a 2024 charitable donation, clearly identify that fact on your cheque or in the note section of your e-transfer or somewhere with your donation.
- The 2024 receipts for charitable donations will still be issued by COUC in late January as normal. For any donations received in January and February that are designated for the 2024 year, COUC will issue separate receipts for tax purposes in March. That way, those who normally file their tax returns early will not be delayed because of this extension.
- Automatic payments like monthly PAR contributions will all be recorded as 2025 contributions and cannot be reassigned to 2024.
- The books of financial record for COUC for 2024 will be kept open until after February 28<sup>th</sup> to ensure all contributions designated for 2024 are recorded in the proper year. While this will delay completion of our final 2024 Financial Statements, we should still have them in time for an Annual Congregation Meeting (ACM) at the end of March.

If you have any questions about this two-month transition period and how it affects you, please feel free to contact me at any time.

Jayne Brooks, Treasurer

*Home phone: 250-762-9606*

*Home email: [k.jaynebrooks@gmail.com](mailto:k.jaynebrooks@gmail.com)*

*Church email: [treasurer@centralokanaqanunitedchurch.com](mailto:treasurer@centralokanaqanunitedchurch.com)*

### **PLEASE NOTE**

Given the recent political changes announced in Ottawa this week, charities are waiting for confirmation that this extension will go through as planned. The CRA has yet to post an update. COUC will proceed with the extension, but please understand that contributions made in January and February and designated for 2024, may end up being considered 2025 donations for tax purposes if the government changes course.

## News from our Sisters & Brothers in El Salvador

Congratulations! Felicitaciones! After many years of struggle & sacrifice, Fatima Lizbeth Flores has graduated from university in El Salvador with her degree in Social Work. She persevered through two-plus years of school closures due to the pandemic and managed to keep up with classes on her phone despite the absence of WiFi in her tiny rural community of LaFlorida/El Triunfo.

The 16 high school and university students that COUC has sponsored over the past years have travelled by bus (often at 5:30 a.m.) into the city, returning in the evening, after attending classes and then searching for internet access to complete their course work. Every one of the students who we helped has gone on to support their siblings, families & their community in many ways, often working with NGO's (non-government organizations) in order to better the lives of others.

Fatima expressed the deepest gratitude to our congregation for its support and often told us about her classes and how much she enjoyed her work experiences, especially when she was working with the elderly. We have no doubt that she will contribute much over the coming years. Her mother and sister are in the graduation photo with her. (Fatima's mom works with ACUA, an organization that protects water and agriculture.)



## And Season's Greetings from our Friends at FUNDAHMER



We share this photo and Christmas message from Fundahmer - the NGO that facilitates our sister community relationship and the scholarship program: *"We thank you for your support during this year. The communities and us appreciate all the dedication you put in every action for supporting El Salvador and creating God's kingdom on earth. Certainly, this is such a wonderful time to keep praying and asking for strength to continue supporting the communities and mostly, praying for our dear God to light up every leaders' mind for everybody's wellness."*

***On behalf of Community Ministry, we thank you for your support of our Sister Community relationship over the past fifteen years!***



Winter

**What's on at COUC  
Groups  
Events  
and More!**

# ONE DAY WOMEN'S RETREAT

Saturday, February 1st, 2025

9:00AM – 3:30PM

1370 Rutland Road - COUC Rutland Site

Forms available at the office

RSVP: [admin@centralokanaganunitedchurch.com](mailto:admin@centralokanaganunitedchurch.com)

Registration fee (includes snacks and lunch) is \$60 or as you can afford. Please make a cheque out for the amount you can afford or send an E-Transfer to: [finance@centralokanaganunitedchurch.com](mailto:finance@centralokanaganunitedchurch.com)

**Registration deadline: January 26th**



## HALLOW:

### Exploring the Lord's Prayer through Chi Kung

Our retreat will include learning some phrases of the prayer's original language accompanied by gentle Chi Kung movements designed to cleanse and strengthen vital energy (Chi) and open basic energy channels to help Chi flow in the body in a more harmonious and balanced way. Our facilitator is a practitioner of Level 1 Chi Kung, an ancient Chinese practice that uses movement, breathing, and meditation to improve health and well-being.

Come and explore the prayer that Christians have known as The Lord's Prayer or Prayer of Jesus, through this lens! Praying the Lord's Prayer in its original language offers the opportunity to remove ourselves from the modern world and better appreciate its beauty and intended meaning.



#### Our Facilitator:



**Fran Jasiura** grew up in the United Church in Thunder Bay, Ontario, which initiated a lifetime search for spiritual practice and connection. She left the church for 16 years as she immersed herself in Verdant meditation with bi-yearly retreats in India and a mediation centre and teacher there. Returning to her Hebraic-Christian roots through several retreats and study with a Kabbalist teacher, Fran became a licensed Spiritual Director through the Prairie Jubilee Program in 2008.

Fran was the co-founder of Change Talk Associates that offered training with health care providers across Canada in Motivational Interviewing to help them strengthen their skills in empathic listening and guiding conversations of change. Fran has been facilitating a small regular group of women in the Aramaic Chi Kung practice on Monday mornings at Winfield United Church for two years. Participants express ongoing gratitude - to return to their childhood faith with fresh ears, and for deepening their faith and practice in ongoing community.

The background features several overlapping covers of Broadview magazine. The most prominent cover is red and white, with the headline "The Moment Everything Changed" and a sub-headline "When life took a sudden turn, these story-tellers found courage and strength". Below the headline is an illustration of a person standing in a forest. Another cover to the right is black and white, featuring a portrait of a man and the headline "CANADA'S MOST FAMOUS STAPLES". Other covers in the background include one with "POPE FRANK" and another with "HOW HERBIE KUNN BECAME THE VOICE AND THE SOUL OF THE TORONTO RAPTORS".

# Broadview Discussion Group

## Held on Zoom

Monthly Starting



**January  
29th, 2025**

07.00 PM – 08.00 PM

### 2nd Wed of each month

Join the Broadview Discussion Group  
Time: Jan 29, 2025 07:00 PM Pacific  
Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/85808933223?](https://us02web.zoom.us/j/85808933223?pwd=Q5UQyBclidbbJRQP0fOsZP4mMlQX5il.1)  
[pwd=Q5UQyBclidbbJRQP0fOsZP4mMlQX5il.1](https://us02web.zoom.us/j/85808933223?pwd=Q5UQyBclidbbJRQP0fOsZP4mMlQX5il.1)

Meeting ID: 858 0893 3223  
Passcode: 319167

Broadview is a Canadian magazine focused on national and international issues of spirituality, justice and ethical living as well as United Church of Canada news and perspectives. Formerly The United Church Observer, the magazine was rebranded as Broadview in April 2019. It traces its roots back almost two centuries to The Christian Guardian, founded with Methodist minister Egerton Ryerson as the editor. The publication's long history makes it the oldest continuously published magazine in North America and the second oldest in the English-speaking world.

Whether you have a subscription or not, if you are interested in learning more about the United Church of Canada or if you simply enjoy reading and discussion, this is a great small group to join in 2025! Head on over to <https://broadview.org> and read "Broadview's top 10 stories of 2024" a round-up of the top ten stories that fascinated Broadview readers this past year. For our first discussion we'll invite you to weigh in on what your favourite article was and why. Brew a cup of something warm and join us Wednesday, January 29th for our inaugural discussion from 7-8PM on Zoom. (After that, we will meet on the 2nd Wednesday of every month.)



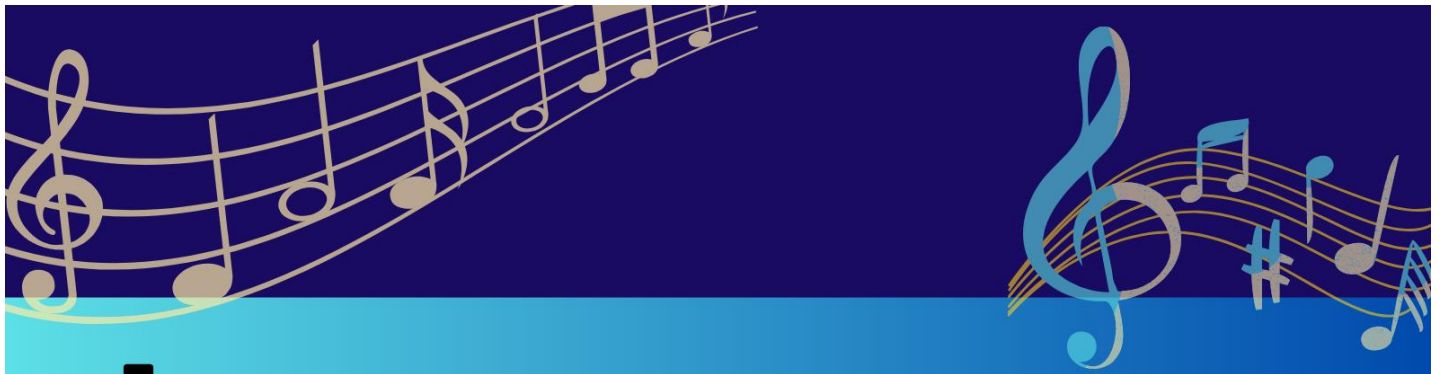


Welcome to the COUC

# Knitting Group

Join in on Wednesdays at 1pm in Room 14





# JAZZ VESPERS

MUSICAL PERFORMANCE BY  
LOCAL JAZZ MUSICIANS  
ALL WELCOME!  
ENTRY BY DONATION

FIRST SUNDAY OF EACH MONTH

@5:15pm

CENTRAL OKANAGAN UNITED CHURCH  
721 BERNARD AVE, KELOWNA  
(PARKING LOT BEHIND CHURCH OFF RICHTER)



## **An invitation from the Kelowna Muslim Ladies Committee**

*An opportunity for friendships, connections and understanding*

Saturday, January 18 – 10:00 am to 12:00 pm

Kelowna Islamic Centre - 1120 Highway 33

We have received an invitation for a Harmony brunch and conversation from the Kelowna Muslim Ladies group. This is an invitation for all Central Okanagan United Church women regardless of your age or stage of life. Rides will be arranged for those who need one. Space is limited to 35 women so please register by clicking on this [link](#) or contacting Debbie Hubbard at 250-469-4468 or [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com)



**The Kelowna Muslim Ladies  
Committee is pleased to invite  
women of the  
Central Okanagan United Church  
to our first  
Harmony Brunch**

Our vision is to build interfaith relationships with you through respectful dialogue, storytelling, answering questions, and addressing misconceptions about Islam. This is an opportunity for friendships, connections, and understanding.

### **HARMONY BRUNCH**

**10 a.m - 12 p.m.**

**Saturday, January 18, 2025**

**Kelowna Islamic Center**

**1120 Hwy 33, V1X 1Z2**

**Vegetarian and gluten-free options will be available.**

**Spaces are limited.**

**Please RSVP**

Hosted by UNJPPI (United Network for Justice and Peace in Palestine and Israel). Questions? Reach out to Debbie Hubbard at 250-469-4468 or [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com)

To Register: [CLICK HERE](#)



# It Didn't Start on October 7: Zionism and its Victims

**January 21 - March 18, 2025**

**Tuesdays at 4pm (pacific)/7pm (eastern)**

A series of 9 illustrated online talks that trace Zionist / Israeli efforts to take the land of historic Palestine, dispossess the Palestinian inhabitants, and deny them fundamental human rights and self determination. Each session is 60 minutes followed by 30 minutes of Q/A and discussion. The talks are introductory and non-academic and are suitable for anyone who wants to learn more. No prior knowledge of the history of Palestine / Israel is necessary.

## The Sessions

1. The Birth of Zionism (until 1919)
2. The British Mandate (1919 – 1947)
3. The Nakba (1948 – 49)
4. The Aftermath, Exile, Identity, Resistance (1949 – 1966)
5. The Naksa, Occupation, Recognition, Resistance, Camp David (1967 – 1979)
6. The Lebanon War, Exile, Occupation, Intifada, Declaration of Independence (1980 – 1989)
7. Hamas, Intifada, Madrid, Oslo, Second Intifada (1989 – 2005)
8. Gaza Wars, March of Return, Unified Uprising, and Normalization (2006 – 2023)
9. October 7, 2023, and Beyond (2023 – 2025)



**UNJPPI**  
United Network for Justice and Peace  
in Palestine and Israel





## Light

Sunday, January 19 – 1:00 pm to 3:00 pm  
Okanagan Regional Library: Kelowna (1380 Ellis Street)

Join us for a screening of *Light*. The film will take you on a journey through Hebron, a Palestinian city in the southern West Bank. This is an opportunity to hear two stories, Nisreen and Tareq, who embody non-violent resistance and resilience. Donations will be taken at the door to [Community Peacemaker Teams: Palestine](#) and [Lebanon Emergency Response Project](#).

We have space for 60 people so registration will help us plan for seating. **Click [here](#) to register.**

Questions? Reach out to [Cjpmeokanagan@cjpme.org](mailto:Cjpmeokanagan@cjpme.org) or Debbie at [sowingseedsofpossibilities@gmail.com](mailto:sowingseedsofpossibilities@gmail.com).

Hosted by CJPME:Okanagan and Central Okanagan United Church.



## Supporting the work of BGC Okanagan

One of the best ways to address homelessness is prevention. Read the article from Castanet that shows how BGC works to keep youth out of shelters.

# BGC Okanagan wants to keep youth out of shelters

Kathy Michaels - Dec 16, 2024 / 7:00 pm




“Every young person deserves safety, dignity, and the chance to build a future,” Jeremy Welder, CEO of BGC Okanagan said in a press release.

“With your support, we can continue to offer these life-changing programs and ensure youth like TS never have to face another night of uncertainty.”

BGC Okanagan is hoping the community will help offset that loss with a donation that directly funds BGC Okanagan’s Youth Shelter and Shelter Diversion Programs.

**Read More Here and learn how to Donate to BGC Okanagan**

[BGC Okanagan wants to keep youth out of shelters - Kelowna News - Castanet.net](https://www.castanet.net/story/bgc-okanagan-wants-to-keep-youth-out-of-shelters/2024-12-16)

A teal watercolor wash background with organic, irregular edges, covering the top half of the page. The text is overlaid on this background.

# 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

*“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.

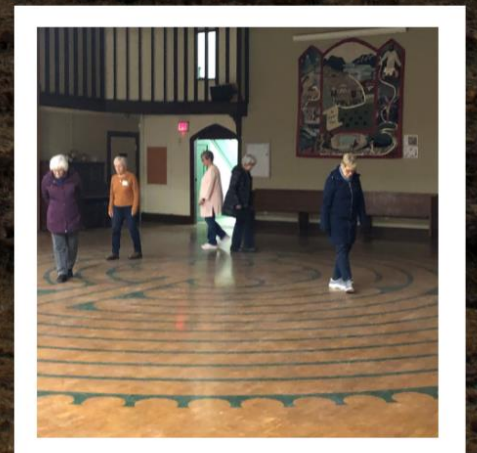
Some move slowly, some rush, some dance and others simply follow the path using our eyes. How ever we choose to journey through the path, we are sure to be gifted with a holy experience.



*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!