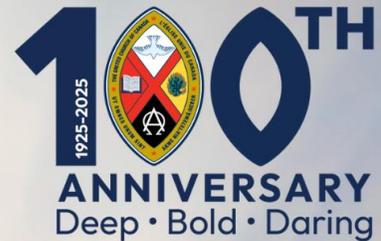


CENTRAL OKANAGAN UNITED CHURCH

NEWSLETTER

APRIL 2025



SEND IN YOUR PHOTOS AND
NEWS FOR UPCOMING EDITIONS
OF THE NEWSLETTER!



Central Okanagan United Church



APRIL 2025



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

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



 (250)762- 3311

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

 CENTRALOKANAGANUNITEDCHURCH.COM





Church News

What's Happening This Month

THIS MONTH AT A GLANCE

Jazz Vespers, First Sunday of each month @5:15pm - April 6th

Annual Congregational Meeting April 6th following worship

Walk & Talk Begins April 11th

Lasagna Dinner - April 12th

Come along and try our pipe organ!
April 26th 1pm-3pm April 26th



 (250)762- 3311

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

 CENTRALOKANAGANUNITEDCHURCH.COM



Journeying Through the Season of Lent



As we've been journeying through the season of Lent, the liturgical "feel" of Sunday services has taken a more quiet and reflective tone; Lent has traditionally been a time of introspection and self-assessment. In the chaotic state of the world currently, taking opportunities to seek God's presence in quiet and deep listening seems particularly timely. You will have noticed, too, that the artistic elements both in the sanctuary and in the hall add to the Lenten tone, both in subject and in colour choice. Hangings in the sanctuary have a moody quality, and the "Last Supper" hanging in the hall recalls to mind the culmination of Holy Week.

The "Last Supper" hanging, which will be in the hall for this liturgical season, is one of two that were crafted by the late Jessie Wood, mother of Orison and Clinton Wood. The first hanging was given to Summerland United Church and the second one, the one we see in the hall, was originally made for St. Paul's United Church. We are thankful to have it to meditate on as we contemplate Jesus' last week.

On Ash Wednesday, it was suggested that our Lenten journey could include, not "giving something up", but "giving something over" – giving to God those burdens that weigh us down. I invite you once again to lighten your spirits through this 40-day season by recognizing those things that lie heavy on your hearts and minds and entrusting them to God.

Heather

Celebrating *100 years!*

Cheryl Perry in conversation
with Gwen Harding.

On March 7th Gwen Harding turned 100

.Gwen was born in Westbank and attended Westbank United where she was married to her late husband Ken Harding. Gwen has been a life-long member of the United Church. She sang in the choir at First United Church well into her 80s! and she was also an inaugural member of the Alleluia Bell Ringers.

I had the opportunity to interview Gwen and ask her what it was like to turn 100 and about some of her memories of church.

Gwen remembers the ribbon-cutting ceremony that opened the church in Westbank. "It is sad that it is now closed," Gwen said, though she is very happy that the members of the former Westbank United Church are now part of the amalgamated congregation of Central Okanagan United Church.

What Gwen remembers most are all of the friends she has had over the years through church, especially from singing in choirs. She was also involved in the Canadian Girls in Training (CGIT).



"I've Never Been This Age!"

When I asked Gwen what advice she would have for someone turning 100 years old she laughed and said she didn't know because "I've never been this age!!"

What has been the secret to reaching 100 years? "Remember that the things you think are pretty major really aren't. I say a lot of little prayers. And I remember to eat healthy."

And when I asked her what wish she had for the United Church of Canada as it turns 100, she said, simply, "That it will keep going."

Amen, Gwen. May it be so!

Many thanks to the Alleluia Ringers for recording a wonderful birthday wish on the handbells for Gwen's 100th birthday. Gwen received both the video and card and was delighted! She loved receiving the big card that congregants signed.





CHOPPED CHALLENGE NIGHT!

COUC YOUTH FUN!



Our Amazing Youth took part in Ally's "Chopped Challenge" last month.

The Appetizer team (Yota, William and Brock) won with their amazing little egg rolls! They put all the ingredients that Ally had put in their bag in Chat GPT and it came up with the recipe, which Cheryl thought was very clever! They got lots of points on "presentation" for their pretty rolls!



The dessert was 2nd place and the main (which was a super tasty chickpea and tofu salad with a rotisserie chicken they named Edward) came in 3rd place.

Well done to all the youth competitors!



COOKING UP A STORM!

Friday Night Women's Group making meatloaf and meals for the Tuesday Outreach guests.



MARDI GRAS MEETS SHROVE TUESDAY!



Kicking up our heels with Mardi Gras dancing to go along with a hearty supper of pancakes!

THE LAST SUPPER HOOK RUG INSTALLATION

A historic hook rug made by Orison & Clinton's mother, Jessie Wood. On display in the Hall.



OUR POPULAR PIPE ORGAN

When we lined up a special historical organ recital with local organist and esteemed musician Sandra Fletcher as part of our 100th Year Celebrations, we had no idea the pull this event would have! Media from all over BC began to call to conduct interviews with Frances and Sandra from print to TV to radio! With so much hype, it was no wonder the event was "standing room only" on the day.

For more Pipe Organ fun, try your hand at playing the instrument with Sandra on April 26th from 1-3pm, for International Pipe Organ Day!





HOLY WEEK



WORSHIP

**APR
13**

**PALM SUNDAY
10AM WORSHIP WITH COMMUNION**

**MAUDY THURSDAY
5:30PM WORSHIP WITH POTLUCK**

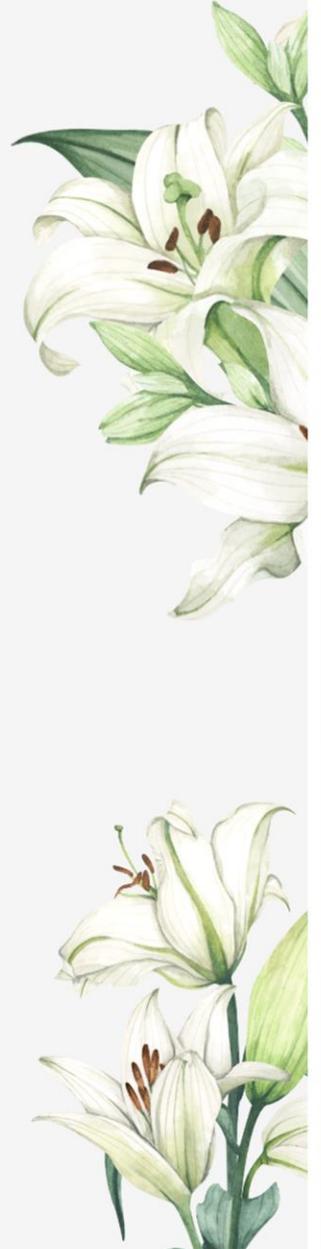
**APR
17**

**APR
18**

**GOOD FRIDAY
10AM TAIZE SERVICE**

**EASTER SUNDAY
7AM SUNRISE SERVICE- CHURCH GARDEN
10AM EASTER SUNDAY SERVICE**

**APR
20**



celebrating

100

YEARS OF THE
UNITED CHURCH OF CANADA



LET'S CELEBRATE!

MARK YOUR CALENDAR WITH THESE DATES AND WATCH FOR MORE DETAILS OF THESE EVENTS TO CELEBRATE THE UNITED CHURCH OF CANADA'S 100TH ANNIVERSARY

★ JUNE 1 - HYMNINSPIRATION WORSHIP WITH GUEST HYMNWRITERS AND COMPOSERS, 10AM

★ JUNE 8 - "REGATHERING" SUNDAY WORSHIP, 10AM

★ JUNE 10 - NATIONAL 100TH ANNIVERSARY CELEBRATION WORSHIP SERVICE, 6PM PST (LIVESTREAMED AT BERNARD SITE)

★ JUNE 29 - ANNIVERSARY PICNIC

1925-2025
100TH
ANNIVERSARY
Deep • Bold • Daring

COUC's Affirm Team is looking for Members!



Affirm United/ S'affirmer Ensemble works for the full inclusion of people of all gender identities and sexual orientations in the United Church of Canada and in society.

We draw strength and hope from biblical stories of liberation; from the prophetic call to live justly, love tenderly, and walk humbly with God; and from Jesus' witness to God's inclusive love.

Membership and participation are open to people of all gender identities and sexualities.

Interested? Join us on Sunday, April 27th at our Monthly Potluck. We will gather at the "Rainbow Table" to talk about next steps!

Contact Ally (he/him) with any questions or to express interest

allyp@centralokanaganunitedchurch.com

Call or Text: 905-329-1552



Join us!

April 27th - During Potluck

Stewardship

“A living church is an active church: one that is out living the commandments and spreading the love of Jesus and his ministry.”

Sarah Charters, Executive Officer of Philanthropy for The United Church of Canada, made this comment noting that Mission & Service (M&S) is all about action and “translates your compassion into action across Canada and around the world.”

For the past 100 years, M&S in its various forms has been involved in this work. From the Maintenance and Extension Fund to the Missionary and Maintenance Fund to what we all know today simply as Mission and Service - the name may have changed but the purpose did not. M&S is there so everyone can contribute and reach out with compassion and generosity to help others.

The quote above also describes Central Okanagan United Church (COUC) perfectly. COUC is obviously a living church because it certainly is active. There are programs and events running continually to the extent that you just cannot participate in everything – and that is just thinking about events for the congregation. When you add in the various activities and opportunities that take place for others in our community, and the volunteer opportunities that exist around them, the calendar is more than full.

As we celebrate the first 100 years of this United Church of ours, both nationally and as a local congregation, we can be proud of all that has been accomplished and is still being accomplished. And as we look forward to the next 100 years, we pray that the generosity and compassion will continue so we can achieve the same positive impact in the future. Yes, there will be more changes, but the vision is clear, and the foundation is strong. With the ongoing generosity and compassion of individuals like you, we will continue “spreading the love of Jesus and his ministry.”

This month, as we celebrate Easter and springtime and the beginning of new life, we hope that you will take the time to reflect on all that you have been given and what you are being called to share (be it time, talent or money) with others through COUC and M&S.

***“Alone we can do so little;
together we can do so much.”***
Helen Keller

Note: As a regular budget item, COUC contributes \$33,000 annually to Mission and Service at the United Church of Canada.

Outreach Updates:

Outreach

Tuesday morning Outreach continues to operate each week regularly serving 90-120 individuals. In the first quarter of 2025, we served over 1,300 meals and handed out over 1,250 bags of groceries to those from our local community who are suffering from food insecurity. Many of our guests are well known to us and some are new each week.

When one of our Tuesday morning regulars came in smiling broadly, bouncing with joy, and announcing it was her last Tuesday with us, I thought she meant she was moving away. But no, she now has a job and does not think she will need our services. She thanked us for all that we offered to help her over the past years and said she might not have survived without us, which is definitely a staggering thought.

She was also thrilled to announce that she now had her own apartment. After being homeless for a while, she got into one of the Tiny Homes projects last year and took advantage of all the support they offered re training and courses, and she now has “her own place.” Three small words but they meant the world to her and totally changed her attitude. And her joy was infectious as she shared it with others on Tuesday morning. I am sure many of our guests were more hopeful about their future when they left on Tuesday.

“Help the life of one person and you can help the community.” Steven Sawalich

The **volunteer tax program** wrapped up its first month of operation with a steady to overflowing stream of participants every Thursday morning. Our five volunteer tax preparers do a wonderful job of assisting everyone in a timely manner, and our hosts/greeters make everyone feel welcome with a cup of coffee and a cookie.

We are currently interviewing candidates for the **Interfaith/Intercultural Program Support Lead** position funded by a ProVision Grant, and we hope to have someone in place in April.

We are having a **Plant Sale fundraiser** at the church on Sunday, April 27th. More details can be found elsewhere in this newsletter, and we hope you can support us by providing or buying some seedlings.

As usual, we still have a wish list of **what we need:**

- reusable grocery bags for the Food Pantry
- volunteers as hosts/greeters for Thursday morning tax sessions in April
- sandwich makers for the fourth Tuesday of each month
- another grocery shopper for once-a- month shopping
- volunteers for one or more Tuesday mornings during each month
- donations of cans, boxes, bags and cases of food for the Food Pantry
-

Contact Jayne Brooks at k.jaynebrooks@gmail.com or 250-762-9606 if you can help.



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

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

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.

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.

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.

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



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

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!

Official Donation Receipts for January and February 2025

The official donation receipts for January and February 2025 are ready for pickup on Sunday or at any time from the office.

It may seem strange to be getting receipts at this time of year, but we must issue these because your January and February donations can be used on either your 2024 or 2025 tax return.

If you include these donations on your 2024 tax return, please file the receipt with that return.

If you plan to claim the donations on your 2025 return, please file the receipt in a safe place where you will be able to find it in the spring of 2026 when you are filing your 2025 return.

Any receipts not picked up in the next couple of weeks will be mailed to the address we have on file.

A Word of Warning about E-transfers to COUC

When sending e-transfers to the church, please remember to state what the e-transfer is for (general donation, lasagna dinner ticket, chocolate bars, etc.) so we record the transaction correctly.

If you are making your first e-transfer to the church, please include your contact information so we will know how to reach you if needed. E-transfers show the bank or interact email address but not the sender's email address or other contact information so it is hard for us to identify individuals and impossible for us to send out official tax receipts for donations.

Lastly, even if it is not your first e-transfer to the church, please make sure we have the correct information. For example, if you usually do the transfers in the name of Jayne Brooks, do not suddenly change to something like K. J. Brooks because we may not know that the two names are the same individual.

This is a particular problem when married couples have different last names. If your donation receipt normally comes in one individual's name and the other person wants to make an e-transfer through their bank account, they simply need to add the first individual's name in the note section and all will be well.

Thank you.

A vibrant spring-themed background featuring a clear blue sky with soft, wispy clouds. In the foreground, there is a lush field of flowers, including a prominent bright pink cosmos flower in sharp focus. Other flowers in various colors like purple, yellow, and white are visible but slightly blurred, creating a sense of depth. The overall scene is bright and cheerful, representing the season of spring.

Spring

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

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. This program is designed for seniors of all physical abilities. Please consider joining us.



ALL WELCOME!



FRIDAYS - 8 WEEKS

APRIL 11 - JUNE 6



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



721 BERNARD AVE, KELOWNA



Parent and Tot

WALK & TALK GROUP

Walk and Talk for parents and tots will meet Friday mornings in the Central Okanagan United Church parking lot beginning on April 11th. We'll enjoy a walk around the block and return to the church for a time of coffee and conversation while our children play in the toy room.
(or nap in their strollers!)



ALL WELCOME!



FRIDAYS
APRIL 11TH START



MEET IN CHURCH
PARKING LOT
9:30am



721 BERNARD AVE, KELOWNA



BUON APPETITO!

Lasagna Dinner!

You are invited to the COUC
100th Year Anniversary
Fundraising Lasagna Dinner!

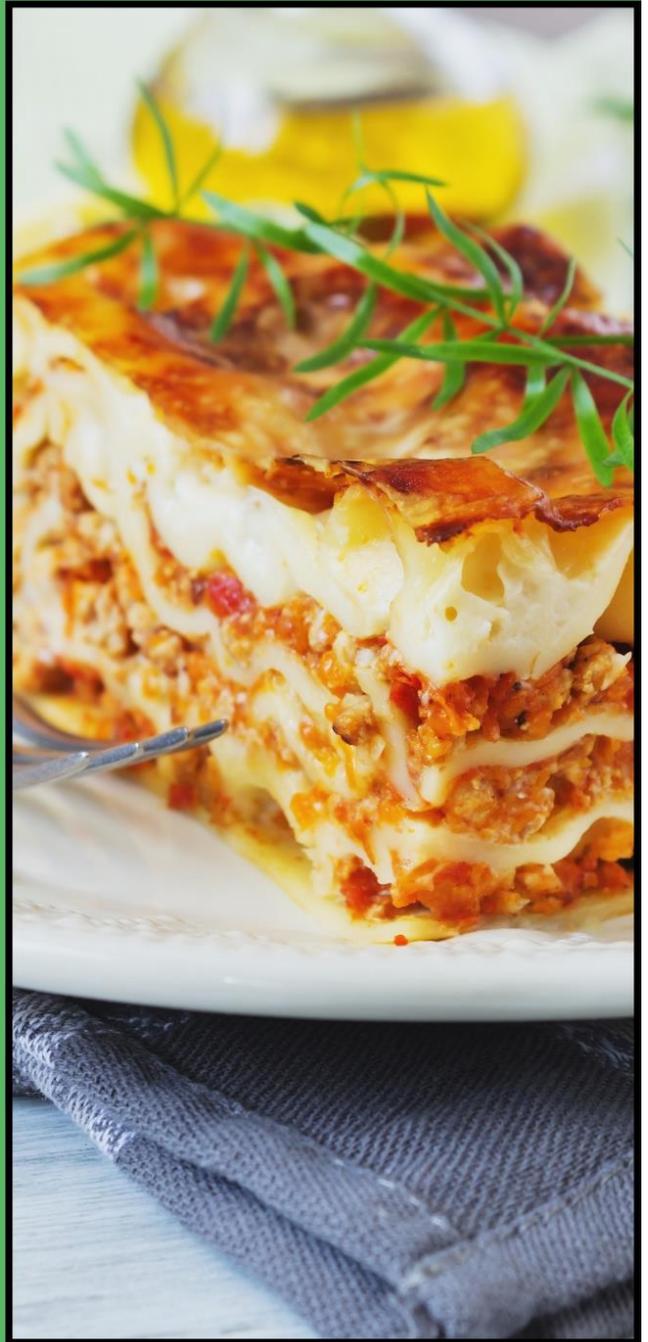
**APRIL 12TH @6PM
DOORS OPEN AT 5:15PM**

100 TICKETS ONLY

**COME EARLY TO BID IN THE
SILENT AUCTION!**

**TICKET INCLUDES GLASS
OF WINE / BEVERAGE**

**CONTACT OUR OFFICE IF YOU
HAVE ITEMS FOR THE SILENT
AUCTION OR DIETARY CONCERNS**



\$25

Per
Person

\$75

Per
Family

Kids under 10 - FREE

**PURCHASE TICKETS VIA E-TRANSFER
FINANCE@CENTRALOKANAGANUNITEDCHURCH.COM**

PLEASE ADD YOUR NAME & LASAGNA DINNER IN SUBJECT LINE



THE ROYAL CANADIAN
COLLEGE OF ORGANISTS
LE COLLÈGE ROYAL CANADIEN
DES ORGANISTES

International

PIPE ORGAN DAY

Discover the joys of playing the pipe organ
by trying out the Casavant Organ at
Central Okanagan United Church with
organist Sandra Fletcher.



CENTRAL
OKANAGAN
UNITED CHURCH



1.00–3.00 PM
26 April, 2025



More Info
250-762-3311





PLANT SALE FUNDRAISER!

Sunday, April 27th, 2025
After Church, Before the Potluck
In The Community Garden

Attention Green Thumbs!
(and those of us who try hard, but might need a bit of help to
get going!)

Our Tuesday Morning Outreach Team is hosting a Plant Sale
Fundraiser!

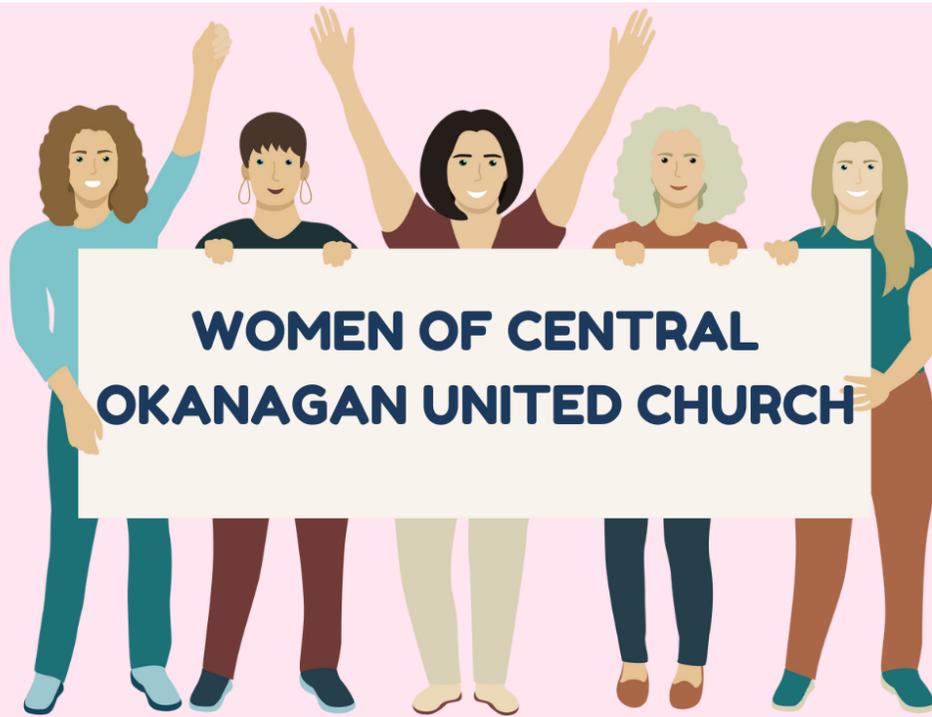
We are seeking donations of seedlings, which means those lil'
friends need to start growing ASAP!

Find some tips and tricks attached, or on the bulletin board
outside Ally's Office.

Let Ally know if you are able to donate some seedlings
(even a handful is helpful!).

allyp@centralokanaganunitedchurch.com

Call or Text: 905-329-1552



TEA, COFFEE AND CONVERSATION

How long have you lived in Kelowna. How long were you involved in the life of one of the amalgamating churches of Central Okanagan United Church. These and many more are some of the topics of conversation that the **"Wise Women" of COUC discuss the second Tuesday of the month in Room 14 at 2 p.m.**

Why are we called the Wise Women? Well, it is very simple most of us who come to this event each month are of a "certain golden age". We have been involved in the church for a long time, we have lived in Kelowna a long time and we have interesting stories to tell each other. Life stories are also told as well.

All in all it is a very interesting, and fun time. Come and join us on the Second Tuesday of the month in Room 14 for coffee/tea, conversation. There is usually cake or cookies too!!



Beryl Itani



BROADVIEW SUBSCRIPTION RENEWALS.

To everyone with a Broadview subscription. Our subscriptions are due in June, so over the next two months I will be calling and making sure that you are continuing with your subscription to our United Church's magazine.

Broadview and its' predecessors have been publishing for over 195 years. It is one, if not the only, Christian Magazine of its' kind still in existence in North America.

Right now it has some of the most timely stories in our history. Please consider renewing your subscription.

Beryl Itani - Broadview Representative for COUC



Broadview Discussion Group

Held on Zoom

Next Zoom Meeting 
April 9th,
2025
07.00 PM - 08.00 PM

2nd Wed of each month

Join Zoom Meeting
April 9th, May 14th

Join Zoom Meeting
<https://us02web.zoom.us/j/85808933223?pwd=Q5UQyBclidbbJRQP0fOsZP4mMQX5il.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.

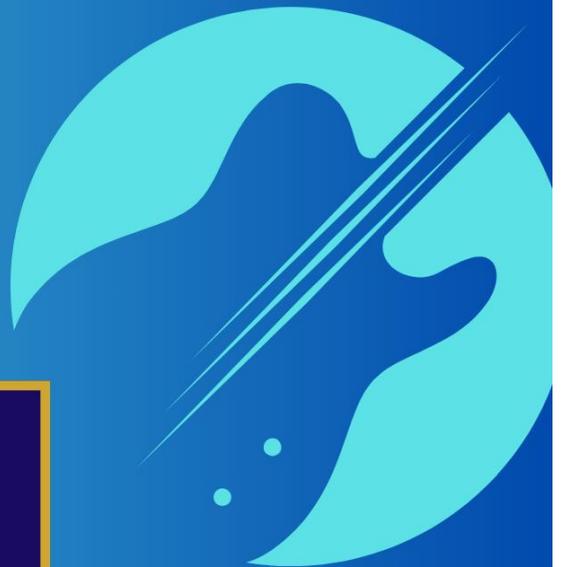
Whether you have a subscription or not, if you are interested in learning more about the United Church of Canada or if you simply enjoy reading and discussion, this is a great small group to join in 2025! Head on over to <https://broadview.org> and have a look. Brew a cup of something warm and join us on Zoom on the second Wednesday of each month.



JAZZ VESPERS

MUSIC THAT MOVES THE SOUL

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)





FREE!

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 31st)

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.
- You will need 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.
- Hindi and Punjabi languages available.
- Other non-English speakers please bring a translator.

FOR MORE INFORMATION

 250 762 3311

 admin@centralokanaganunitedchurch.com

Feed your spirit, soothe your soul ... in ecumenical retreat this Lent!

A one-day mini-retreat of rest, spiritual nourishment, contemporary art and reflection awaits! This 7-hour retreat follows the sacred pattern which Jesus modelled for us:

*Leaning In • Going to the Cross •
Resting in God • Finding New Life*

You are warmly invited to **Patterns of the Cross; A Stations of the Cross Retreat**, created and ably led by internationally commissioned liturgical fabric artist and licensed lay minister, **Karen Brodie Archibald** which includes the sharing of Karen's powerful and original *Stations of the Cross* designs.

Jesus took time away to rest, pray, and re-align himself as God's beloved. Allow yourself the time to do the same.



Join us Online:

**Monday, April 7th
8am - 3pm PST
via Zoom**

Visit thestationsofthecross.ca for more information and to register with a donation



Join us In Person:

**Saturday, April 12th
9am - 4pm PST
Kelowna, BC**

Visit thestationsofthecross.ca for more information and to register with a donation

Donations for this retreat support the 'Bring the Stations of the Cross to Life' campaign, transforming 14 illustrations into fabric art for exhibition.
Learn more: thestationsofthecross.ca

Questions? Email Karen at karen@brodiedesigns.com
or call **250-344-7815**



Welcome to the COUC

Knitting Group

Join in on Wednesdays at 1pm in Room 14



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

