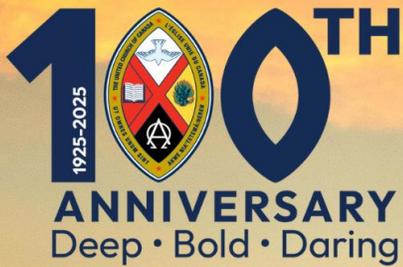


CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER

JULY 2025



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



Central Okanagan United Church

JULY 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

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

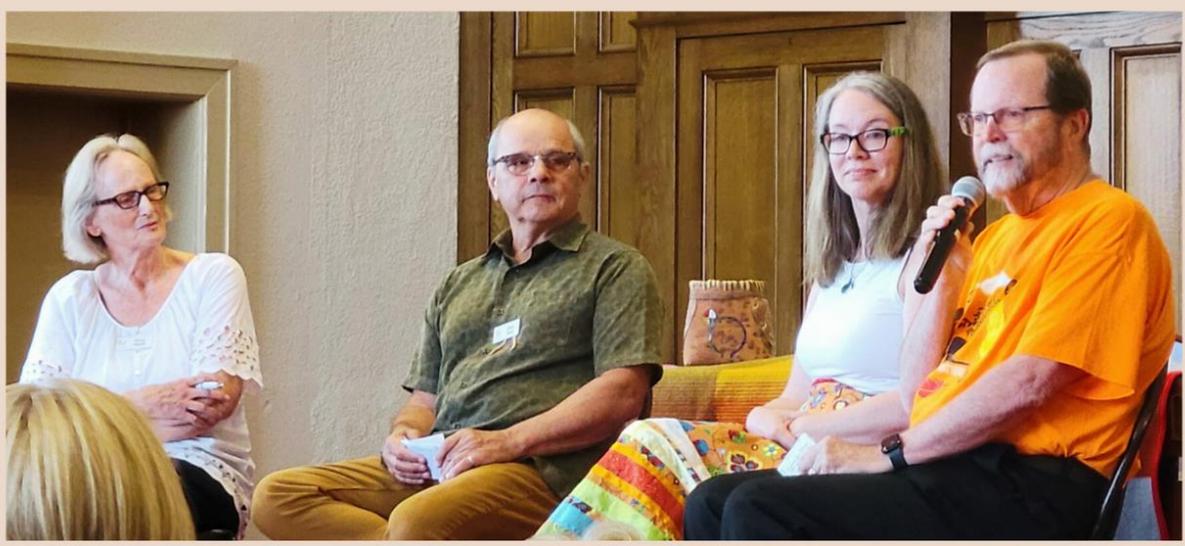
Jazz Vespers, First Sunday of each month @5:15pm - July 6th

Wild Church Gatherings:
Saturday July 5 at 10:00 am at Kinsman Park 2600 Abbott St.
July 19th - Mill Creek Regional Park @10am

July 28th - Kirk MacDonald & Bruce Barth Jazz Concert - Tickets available online via Show Pass.

STAFF VACATION TIME

- June 25-July 18 - Saibun away
- July 21- Aug 18 - Frances away
- July 1-Aug 2 - Cheryl away
- Aug 4- Aug 12 - Ally away
- Aug 11 - Aug 29 - Delaine away
- Aug 18-Sept 6 - Sylvia away



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Regular Weekly Gatherings

WEEKLY GROUPS - SUMMER BREAKS

Mondays 1:00pm - SongShine Vocal Therapy Song Group.
Room 14 (No SongShine in August)

Vocal music and creative classes designed for those who have communication issues due to Parkinson's, stroke, cognitive challenges and aging. SongShine harnesses the power of brain, breath, and emotion to reclaim voices. It creates community, camaraderie, and confidence...AND IT'S FUN! Zoom Link Available in our weekly E-Letter

Hosted by Choir Director Sylvia Clerke



Tuesdays 1:30pm - Scrabble Group - Room 14
(No Scrabble July and August)

All skill levels welcome! A fun social group. Meets Weekly.

Wednesdays 7:30am - 8:30am Labyrinth Walking

All welcome. Come to walk our indoor labyrinth for contemplation, meditation or reflective time.

Thursdays 11am - Therapeutic Breathing Class with Sylvia Clerke
(No Breathing Class July & Aug)

All welcome. An online Zoom class with guided breathing exercises for respiratory health. Social time and community. Zoom link available in our weekly E-Letter

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JUNE





Outreach

Can you believe that we are halfway through this year already? I find it hard to believe but it is true, and in the first six months of 2025 we served 2,899 meals and handed out 2,839 bags of groceries during our Tuesday morning Outreach. What a wonderful service to the members of our local community who need a little extra kindness and assistance. Thank you for your support in making this possible!

And the above is in addition to all of the produce and bakery products that we also have available each week. The Salvation Army and the Lake Country Food Bank continue to amaze us with their weekly generosity. What an incredible surprise on Tuesday, June 24th, when the Lake Country Food Bank pulled up mid morning with flat after flat of produce for us to distribute. Their timing was perfect and many of our late comers received fresh tomatoes and mandarins and other produce. And what we had left at the end of the morning went to the BGC to support the youth shelter.

As we roll into summer and our volunteers book vacations or have company, we need some additional volunteers. If you are interested in being one of our shoppers or a sandwich maker, we could certainly use your assistance once a month so please contact Jayne Brooks.

And it is not that we are overly messy or anything but when we break down large containers of rice, coffee, flour, and sugar to go in smaller Zip-lock bags, we do sometimes get a bit on the floor; and we would prefer to clean it up immediately rather than keep tracking through it and leave a messier ground-in mess for the custodial staff to clean up. So, if you happen to have a small, new or used, rechargeable hand-held vacuum cleaner you would like to donate to the Food Pantry, we would very gratefully receive it.

And a note from Susanne:

Summer is here! School is about to be done for the summer, vacations are happening and visitors arriving to spend time with you. The one constant is food insecurity. Our church is exceptional at supporting the Outreach food program and the meals, coffee and conversation. But perhaps you wonder what other way one could help. Many of the people coming every week are asking for other items such as hand soap, deodorant, toothbrushes/toothpaste, laundry detergent, shampoo. We are accepting shampoo in large bottles as we now have smaller bottles that we can use to make the shampoo go further. Contact Susanne Marentette or Jayne Brooks for further details.

Consider it Christmas in July as we reach the mid-point of the year and ask for your gifts for members of our Outreach community.

Your Tuesday morning Outreach Coordinators:

Jayne Brooks – 250-762-9606 – kjaynebrooks@gmail.com

Susanne Marentette – 604-362-4433 - susanne.marentette@whitehall.ca



CHRISTMAS IN JULY!



We are half way through the year and it is time to celebrate Christmas in July!

Our Tuesday morning **Outreach** program is in need of the following items. If you would like to help us celebrate, please bring your items to the church at anytime.

Especially Needed Now

\$25 grocery gift cards or gas gift cards

Tooth paste Tooth brushes

Hand soap Deodorant Shampoo Sunscreen

Laundry detergent (strips) Dishwasher soap (pods)

Our regular Food Pantry and lunch items:

Canned tuna, ham, chicken, soup, beans, chilli, fruit, vegetables,
Chef Boyardee

Peanut butter, cereal, oatmeal packets, white and brown sugar, pasta,
pasta sauce

Mac & Cheese, Mr. Noodle, fruit cups,
granola bars, crackers (sleeves)

Coffee, green tea, juice boxes, pop,
and of course toilet paper

Plus

Zip-Lock bags: snack, sandwich, or slightly larger sizes

More sandwich makers and shoppers to help out once a month

A small, new or used, rechargeable hand-held vacuum cleaner



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

- ★ AUGUST 16, 7-8:30PM - PUB STYLE TRIVIA GAMES NIGHT PRIZES! SNACKS! COME AS A SOLO OR TEAM!
- ★ OCTOBER 26 - HISTORICAL ORGAN CONCERT 2PM

1925-2025

100TH
ANNIVERSARY
Deep • Bold • Daring



100 YEARS!

100 Years! A Century!
More than a Lifetime for most of us!
What does the United Church of Canada and
Central Okanagan United Church mean to you?
What would you be willing to contribute or do
to celebrate 100 years of faith and service?
Let's make it a fun and interesting challenge
and see what we can come up with.

How about?

- Knitting 100 toques for the Thrift Store
- Buying and donating 100 rolls of toilet paper for the Food Pantry or 100 tins of tuna or beans
- Picking 1 of the 100 envelopes that will be available in the church office, each with a dollar amount on the outside and to be filled with that amount and returned to COUC
- Saving your change for 100 days and donating it all – or donating just 100 toonies or loonies, or quarters, dimes or nickels, whatever your budget can afford
- Making and decorating 100 Christmas cookies for sale at the Craft Fair in November
- Sending 100 cards to congregation members whom you do not see regularly to say hi, wish them a happy 100th anniversary, and tell them you miss them
- Donating \$100 or \$1,000 or whatever amount fits your budget
- Offering 100 hours of service to COUC in some capacity (visiting other congregation members, helping with Sunday School, volunteering for Outreach, serving on a committee, etc.)
- Revising your will to leave a bequest of \$1,000 or \$10,000 or more to COUC
- Making 100 muffins for the Tuesday meal program

I'm sure you get the idea of what we are trying to do. What can you think of to help us celebrate this 100th anniversary? We would love to hear from you, and to see what we can accomplish as a congregation as we look forward to the next 100 years.

June 10th is the official anniversary date and 100 days from then is September 18th. We would love to hear your thoughts and ideas now and have everything wrapped up by September 18th. Of course the commitment is all we need by then, especially if you are knitting toques for the winter or baking Christmas cookies for the Craft Fair in November.

We definitely want those cookies freshly baked at that time!

Thank you!

Your 100th anniversary celebration committee



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

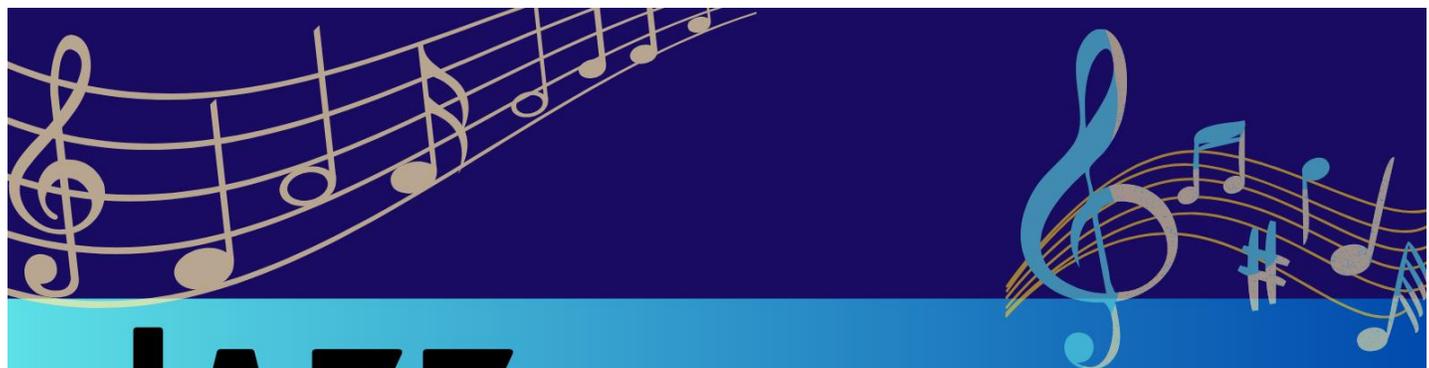
Include Central Okanagan United Church in your will or make a gift in memory of an individual.

Thank you for your generous and continued support!

Summer



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



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)



Queer Vespers

Central Okanagan United Church - 721 Bernard Ave

Monthly Evening Queer Vesper Worship at COUC

Worship Fellowship Community Connection



6:00pm



721 Bernard Ave.
Kelowna BC

Monthly:

July 20th

August 17th

September 21st



centralokanaganunitedchurch.com

JAZZ @THE CENTRAL

WITH RENOWNED MUSICIANS
KIRK MACDONALD &
BRUCE BARTH

Juno award winning Toronto-based saxophonist, composer, and educator Kirk MacDonald will be joining forces with renowned New York pianist, composer, and educator Bruce Barth for a series of duet and quintet performances across Canada.



TICKETS AVAILABLE
ON SHOW PASS

JULY 28TH
STARTS 7:30 PM
DOORS OPEN 6:30PM
TICKETS ON
SALE NOW!



Hosted by Central Okanagan United Church
721 Bernard Ave, Kelowna BC

Thrift Store Summer Closure

The COUC Thrift
Store will be closed
in July & August

We will re-open Sept. 2nd
No donations until the Fall
Please!



**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

