

CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER

OCTOBER 2025



10TH
1925-2025

ANNIVERSARY
Deep • Bold • Daring

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



Central Okanagan United Church

OCTOBER 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

October 5th - Jazz Vespers @5:15pm

October 19th - Ryan's Covenanting service @3:30pm

October 19th - Queer Vespers 6pm

Sunday October 26th 3pm - Halloween Themed Pipe Organ Recital! Tickets available now on Ticket Owl. See Poster!



 (250)762- 3311

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

 CENTRALOKANAGANUNITEDCHURCH.COM

Tuesday Outreach

I cannot believe that it is already fall and October is here.

Thanksgiving is just a couple of weeks away and Christmas is only a couple of months away. Where has the year gone?

Tuesday morning Outreach is as busy as ever, and even busier than our last update. On September 16th we filled 162 bags of groceries and delivered about 160 meals. We are currently fluctuating between 120 and 160 each week with the heaviest weeks mid to late month just before support cheques arrive and lighter weeks after the cheques arrive.

These are new highs for us, but our volunteers continue to amaze us with their dedication and caring. 25 to 28 people are involved each week with shopping, sorting, bagging, sandwich making, and meal preparation happening before Tuesday morning; followed by a lot of work each Tuesday greeting our guests, serving meals, packing groceries, distributing produce and breads and one-off items, visiting with the guests and helping them with their individual needs, clearing tables, doing dishes, wiping down and putting away tables and chairs, and sweeping or washing the floor. The hall is extremely busy from 9 AM when the doors open until after 11 AM, then it is a trickle of activity until 1 PM when the last of the stragglers arrive.

Our storage capacity is getting stretched to the limit and we are now taking over some other areas of the church to store bulky items like toilet paper. We are even storing things in people's homes and garages. We have been looking at ways of alleviating the burden on our shoppers. Having the groceries delivered from stores directly, or through services like Instacart, was going to add thousands of dollars to our expense line so we are still using our valuable shoppers.

What used to be the job of one weekly shopper, became two shoppers last fall – one for Costco and one for non-Costco items. We now have a monthly shopper for Costco buying the bulky items (like a dozen packages of 30 rolls of toilet paper which fills up a car very quickly!) and the weekly shoppers buying the less bulky items, which saves our weekly shoppers from making two trips.

The Food Pantry Sunday morning, September 28th after some grocery deliveries & “through the office window” view of Tuesday Outreach in action.



What was the job of one weekly shopper, became two shoppers last fall – one for Costco and one for non-Costco items. We now have a monthly shopper for Costco buying the bulky items (like a dozen packages of 30 rolls of toilet paper!) and the weekly shoppers buying the less bulky items, which saves our weekly shoppers from making two trips. We are also suggesting that the non-Costco shopping be done by two shoppers as there is some running around (Dollarama, No Frills, Superstore, Walmart, etc.) and a lot to be purchased (think 90 boxes of cereal and 100 cans of fruit in addition to other things!). Our shoppers have been fantastic and we really appreciate all that they do to make Outreach happen each week.

And once it is all delivered we need volunteers who unpack it and put it on the shelves, and volunteers who bag the bulk purchases like sugar and coffee into individual serving sizes, and then of course our volunteers who work every Tuesday morning loading the groceries into bags for the 150+ people who fill out grocery slips, which are now in Arabic and Farsi as well as English.

We owe a lot to our partners in the food distribution area, specifically The Salvation Army and the Lake Country Food Bank. Without them we would not be able to offer near as much to our guests. And, of course, to get their contributions we need volunteers who will drive to their locations and pick up the goods and deliver them to the church.

***Our volunteers really are the heart and soul, and indeed the very engine,
of the COUC Outreach program.***

If you are interested in getting involved in any way, please let us know. Volunteers choose their own schedules whether it be once or twice a month or every week, and we do allow time off when needed. We just have to know in advance so we can make sure we have all jobs covered. And of course, since winter is approaching, we will be losing some of our volunteers who are snowbirds and will be heading south, so new volunteers are always welcome and needed. Please talk to Ally Phillips, Susanne Marentette or Jayne Brooks if you are interested in joining our team.

Lastly, at this time of thanksgiving, we want to thank you for your generous donations of grocery items for the Food Pantry, your financial contributions, and your kind words of encouragement. We are grateful for all that we receive and we want to say thank you for everything that COUC and its congregants and friends provide to support Outreach.

Thank You

Happy
THANKSGIVING



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:

October 19th

November 16th



centralokanaganunitedchurch.com



Reading Circle

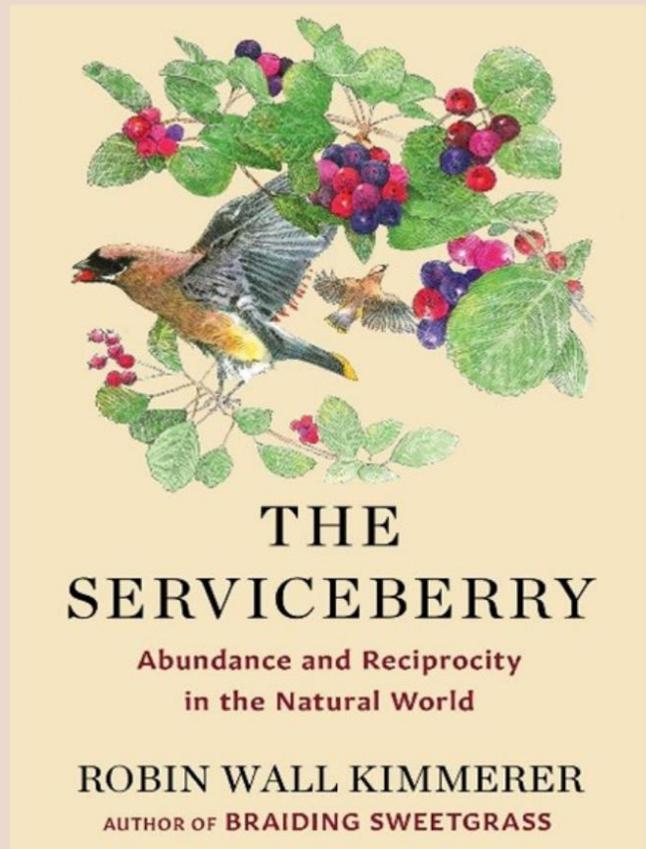
***THE SERVICEBERRY: Abundance and
Reciprocity in the Natural World
by Robin Wall Kimmerer***

Robin Wall Kimmerer asks, “how can we learn from Indigenous wisdom and the plant world to reimagine what we value the most?” (Taken from the inside cover of the book). You might have read or heard of Kimmerer’s book *Braiding Sweetgrass*, and this lovely follow up volume provides an inspiring vision for how we might orient our lives around gratitude, reciprocity, and community.

Join us for a Reading Circle to further explore the themes of the book and what it might mean for our lives and our time.

There will be two different options for participating in the Reading Circle:

- Sundays from 11:30 - 1:00 pm - November 2 and 9.
- Mondays from 6:30 pm - 8:00 pm - November 3 and 10.



The Circles will be hosted by Debbie Hubbard and Shirley Piedt and held at Central Okanagan United Church (721 Bernard Avenue, Kelowna).

To register follow the link below:

You may also call the church office @250 762-3311 to register. A sign-up sheet will be available at the Community Ministry table Sept 28 and October 26. If you need a book, we will arrange purchase through Mosaic Books.

CLICK LINK TO REGISTER: <https://forms.gle/Rj1dwwDtJb1o3mSJ6>

COUC Women's Group

Formerly known as the "Friday Night Women's Group" this year we have decided to change it up a bit and offer activities on different evenings so more women might be able to participate. Activities are organized by group members and may be held at the church or off-site. Watch your Friday e-letter for details! You are invited to come to all or any activity that interests you. The purpose of the group is to help us meet others from the congregation and deepen friendships. This is an open group welcoming all who identify as women, transgender women, nonbinary folx and all who wish to be part of the gatherings. However you identify, whatever age you are, you are welcome here!

Activities planned for 2025/26

- **Tuesday Oct. 14**, time TBD late afternoon/evening - A haunted or corn maze. Activity off-site; organized by Jocelyn Smith.
- **Friday Nov. 21**, 7pm – A conversation with a Death Doula. Activity will be held at the church.
- **Thursday Dec. 4**, 7 pm - Christmas craft location TBD. Activity organized by Myrna Leader.
- **Friday Jan. 30**, time TBD – Making a meal for Tuesday Outreach. Activity will be held at the church; organized by Suzanne Marentette.
- **Wednesday Feb. 17**, time TBD evening - Sound Bowls experience with Therese Laforge. Activity will be held at the church.
- March date & activity TBD
- **Saturday April. 11**, time and location TBD – Board Games night; requires organizer
- **Sunday May 24**, noon – Intergenerational Women's Tea. Activity will be held at the church; organized by Cheryl Perry.
- **Friday, June 12**, time and location TBC - Supper meal at a park or on a member's patio; requires organizer





Thanksgiving – Thanks and Giving

I am grateful for all the blessings I have received, and I am so thankful for all that I have in my life: family, friends, good health, home, food, security, comfort, community, church, peace, freedom, and so much more both tangible and intangible.

In our busy and full lives, it is easy to think only of ourselves and what we “need” to make our lives “better.” More rest? More money? Better health? Another trip? But what do we really “need”? Sometimes we truly are too busy or occupied with living to think of anything or anyone else. But there are others, here in our local community and around the world, who have virtually nothing and only want a night of peaceful rest, a little to eat, a kind word, or an act of kindness. Perhaps they just want to feel like they are accepted and belong somewhere.

Those needs are continually being met by COUC and the United Church of Canada. The church has been involved in outreach missions both locally and abroad for 100 years and we can be proud of all that our church has accomplished. But we must remember that none of the work could have been completed without the support (financial, time, talent, energy, etc.) of the people involved with the church. The need now is as great, or even greater, in our world. While our lives are comfortable and secure, that is not the case for so many individuals. For example, consider all of those in need of food and attending our Outreach program on Tuesday mornings, or those in Gaza wondering when the next bomb will fall or where they will get their next meal, or those around the world suffering due to floods, earthquakes and other natural disasters.

The world needs the church now more than ever and will need the church for years to come. Are you supporting your church now, and are you prepared to support your church in the future? Your Stewardship Committee will be asking for your support in the fall stewardship campaign so this Thanksgiving we ask you to prayerfully consider what your response will be.

At this time of Thanksgiving, we must all count our blessings and be thankful for the gifts we have received. In return for God’s blessings, we are asked to willingly share what we have with others. By giving of our abundance, we show that we are truly thankful for all that we have, and that we love our neighbours as much as we love ourselves.

“God’s abundance is enough for all if we share.”

(From “[Liturgy for a Labor Sunday Service](#)” by the Rev. Ed Middleton, Cocoa Beach Community Church, United Church of Christ. Used with permission.)

PS - If you are interested in being part of the Stewardship Committee or have ideas to share, please contact Cheryl Perry. The committee would love to hear from you and have more people involved.



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!



Autumn

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



Women's RETREAT 2025

October 24th-26th 2025



Sorrento Retreat Centre
1159 Passchendaele Road
Sorrento, British Columbia

Theme: Women's Wisdom

Music facilitator: Frances Chiasson

Registration deadline: October 5th
Forms available in the church office.

CONTACT



250 762 3311

Facilitator:
Rev. Heather Burton

YOU ARE
INVITED

SUNDAY

October 19, 2025
at 3:30pm

to celebrate the covenanting of
Ryan McNally with our community
of faith

Central Okanagan United Church
721 Bernard Ave.
Kelowna, BC

In Person or on Zoom



**Alleluia Ringers Annual Chicken Sale! On NOW! [CLICK HERE](#) to download an order form.
Orders are due on Sunday, October 12th
Pick-up is Saturday, October 18th between 7:00 and 8:00 a.m**

Central Okanagan Christmas Craft Fair

Our 26th Christmas Craft Fair will be held on Saturday, November 15th – save the date! This fundraiser helps to support the Outreach Food Program. We hope that you will come check it out and/or consider volunteering your time on the day or your baking/cooking talents for the bake sale and café. Watch for sign-up sheets after church starting in late October.

JOIN US FOR CHRISTMAS CHEER

CHRISTMAS CRAFT FAIR

CENTRAL OKANAGAN UNITED CHURCH
721 Bernard Ave - Corner of Richter and Bernard

SAT. NOV. 15TH 10AM-3PM

- **Local Vendors - Great Gifts!**
- **Bake Sale**
- **Snowflake Cafe**

Admission: Donation of cash or food items for our Outreach program.

VOLUNTEERS NEEDED!



CENTRAL OKANAGAN UNITED CHURCH

LIFE PLANNING WORKSHOPS

Pre-planning your Memorial Service and Writing Your Own Obituary workshops

OUR SESSIONS WILL INCLUDE

- **November 9th**
Pre-Planning Your Memorial Service
- **November 16**
Advance Care Planning
- **November 23**
Writing Your Own Obituary

More information to come!
Watch E-Letters for info.





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.**
Next Meeting Oct 14th

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



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

SEPT. 12, 19, 26 &
OCT. 3, 10, 17, 24, 31



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



721 BERNARD AVE, KELOWNA





**SCAN QR CODE FOR
TICKETS
VIA TICKET OWL!**

**SPOOKY SPECTACULAR
HALLOWEEN THEMED
PIPE ORGAN
RECITAL**

WITH

Sandra Fletcher

FRCCO (CH), ARCT

SUNDAY, OCTOBER 26TH AT 3:00PM

COSTUMES FOR ALL AGES ARE ENCOURAGED!



**CENTRAL OKANAGAN UNITED CHURCH
721 BERNARD AVE, KELOWNA**

**TICKETS \$20 GENERAL
\$30 FOR CHOIR LOFT (BEST VIEW OF THE ORGANIST!!)**

[CLICK HERE FOR TICKETS](#)



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)**



A large, abstract watercolor splash in various shades of teal and green, with soft, irregular edges, occupies 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

