

# CENTRAL OKANAGAN UNITED CHURCH NEWSLETTER

NOVEMBER 2025



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



# Central Okanagan United Church

NOVEMBER 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](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

- Nov. 2nd - All Saints Candle Lighting
- Nov. 2<sup>nd</sup> - Jazz Vespers @5:15pm
- Nov. 14<sup>th</sup> - Jazz Concert (Ticketed event)
- Nov. 15<sup>th</sup> - COUC Craft Fair! 10 - 3pm
- Nov. 16<sup>th</sup> - Queer Vespers 6pm

Nov. 30th: Advent 1  
Potluck to follow worship and  
The Advent Party!



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# Tuesday Outreach

Outreach continues each Tuesday with its many rewards and of course a few challenges. During October, we served 598 meals and handed out 464 bags of groceries over the four Tuesdays. We also distributed a lot of produce and other items thanks to the generosity of The Salvation Army, the Lake Country Food Bank, various individuals who donated produce from their own gardens, and of course our very own COUC garden. It was a bountiful October and we had a lot to be thankful for, including all the extra support we received from various individuals for the Thanksgiving meal we served on October 14th. Thank you!

## **Outreach Grocery Costs**

As you are all aware, grocery costs continue to rise, and as our numbers each Tuesday keep increasing, the cost of our grocery purchases increase substantially. Susanne Marentette checks the flyers every week for deals and we try to buy items when they are on sale and store them for future use, but our grocery costs are still averaging over \$7,000 per month, less the \$928 that we receive from the ProVision grant to help us with these costs. If you have suggestions on how we might reduce these costs or if you have contacts in the grocery or produce business who might be able to help us out, we would love to hear from you. And of course we must recognize the many grocery donations we receive from so many of you. A box of this, a can of that, or a case of something else may not seem like much on its own, but every donation makes a difference and we greatly appreciate all the contributions we receive – big or small.

## **What is Needed Right Now**

### **Winter Clothing**

As winter approaches, new challenges arise and we hope you can help – and indeed some of you have already helped in the past weeks so thank you! Many of our guests need new or gently-used winter clothes, jackets, gloves, togues, scarves, socks, blankets, sleeping bags, etc. Whatever you can provide would be appreciated by Outreach and the Thrift Store, and most definitely by the ultimate owner. You can leave donations in the Thrift Store bin or in the church office.

### **Take-out Containers**

Many of our guests on Tuesday morning cannot stay in the church hall during the meal. For some, all of their possessions must stay outside in the parking lot and they prefer to stay with them, and others have appointments and must take their meal with them. If you have any take-out food containers or small to medium yogurt/cottage cheese type containers – anything with a tight-fitting lid – we would love to receive them. You can leave these in the kitchen or in the Food Pantry.

### **Volunteers**

Both the Thrift Store and Outreach could use some more volunteers. For the Thrift Store the hours are from 10 AM to 2 PM on Tuesdays and Thursdays, and you should contact Linda Gilmour if interested in volunteering there. For Outreach there are many different volunteer opportunities some of which happen Tuesday mornings and others throughout the week. If you are interested in getting involved with Outreach, please contact Jayne Brooks for more details.



**Continued:**

**Upcoming in the Future**

We are looking forward to the COUC Christmas Craft Fair on Saturday, November 15th, which is always a great event and the proceeds of which support COUC's Outreach program. Many of our Outreach volunteers also volunteer for the Craft Fair, and we hope to see you there too!

Tuesday, December 16<sup>th</sup> will be our special Christmas meal at Outreach and we will be looking for volunteers to help with the various aspects of preparing and serving a full turkey dinner to an anticipated 150 guests.

We are making videos! You may recall that on Sunday, October 5th, Ryan McNally's sermon involved an interview with Andrea Hess, the COUC Intercultural/Interfaith Program Support Lead, talking about our Tuesday morning Outreach program, how it is run, who it serves, and why it is needed. Rasha Ghomeed, our Arabic interpreter for Outreach, was not available that Sunday so she will be making a video about her background, her thoughts on our program, and why the program is especially necessary for new immigrants and refugees. And we will be making an above-the-scenes time-lapse video of a typical Tuesday morning to show what is involved and how the morning progresses. This will be used in several ways at COUC and in the community to raise awareness of our Outreach program and what it does.

**Workshop Series**

As part of the ProVision grant received from the Region, a series of workshops were initiated this Fall. About 20 individuals attended the very interesting and interactive Cultural Awareness workshop offered a couple of months ago and facilitated by Rasha Ghomeed and Fawaz Abdalla. The October session on Poverty, Addiction and Homelessness unfortunately had to be cancelled due to illness, but that three-part series will return in early 2026.

**Truth & Reconciliation Sessions**

**Join us in November for the first two sessions of a three-part series as we get to know the Syilx People of the Okanagan Nation (syilx), their cultural teachings and perspectives. We will explore syilx ways of life prior to contact, look at the impacts of colonization and reflect on how we can all move forward together. We will also look at what it may mean to do our work on these stolen lands and our roles in Truth and Reconciliation.**

**Jasmine Peone is a syilx knowledge carrier, language and cultural teacher and a hiphop artist. She is an Indigenous trans woman from the community of Westbank First Nation who comes from a culturally active family. Jasmine has a passion for sharing the teachings of her ancestors and using it as a bridge to connect cultures.**

**The first two sessions will be Saturday, November 22nd and Saturday, November 29th from 10:00am to 12:00pm at Central Okanagan United Church. The final session will be in January. RSVP Andrea: [andrea@centralokanaganunitedchurch.com](mailto:andrea@centralokanaganunitedchurch.com)**



## Looking Ahead: Advent

Have you heard a retired person say, “I never know what day it is”. It is a reflection on the way work structures the time of Canadian adults. When we lose that structuring device we can lose our sense of time.

Across the globe and over millennia, human cultures have had various ways to mark time, including cycles of feasting and fasting. Christian churches and cultures are no different, building from existing Jewish practices to create a cycle that marked the faith life of the community. Over time new practices develop, and others fade away.

The season of Advent was a relatively late creation, not attested to until the middle of the fifth century, common era (CE). Records exist of priests using three weeks before the celebration of the Feast of the Nativity (Christmas day), as a time to prepare the congregation. While an analogous Fast of the Nativity developed in the Eastern Church, Advent remained a Western Church observance.

In 480 CE Perpetuus, Bishop of Tours (France), decreed that from the feast of St. Martin until Christmas, the faithful should fast three times per week; it was a period of 40-43 days and something like Lent. Advent became a season to practice penance and acts of mercy, hence the traditional colours of purple or dark blue.

The season, like most of the others, were generally not practiced by churches in the reformed tradition, being seen as too “Popish”. For example, the 1918 hymn book of the Presbyterian Church in Canada does not contain any songs with the Advent themes of preparation. Other protestants kept aspects of the season alive to varying degrees.

Advent comes into common United Church of Canada observance during the mid-20<sup>th</sup> century, by way of the Liturgical Revival movement. Proponents advocated a recovery of Christian seasons, as well as a renewed focus on symbolic actions, movement (including dance), the engagement of all the senses, and new ideas in church architecture.

Our habits of wreaths and candle lighting, seasonal songs, and Christian New Year’s parties on Advent’s first Sunday would be foreign to United Church people 1925. It is a reminder that what to us might feel eternal, is a relatively new invention, and may change in the future. What is unlikely to change, is our need to mark time in ways that give our lives meaning.

Submitted by Ryan McNally.





# Stewardship



Ever wonder why COUC no longer “passes the plate” to collect the weekly offering? One of the reasons is that many people choose to give by one of our electronic channels. Our stewardship goal this year is to increase the number of people giving by one of those channels, Pre-Authorized Remittance (PAR).

The United Church of Canada was ahead of the curve the PAR program started in the late 1970's. Today, many people have pre-authorized bank withdrawal of various kinds: membership fees, utility bills, property taxes, condo fees, and charitable contributions. Like all of these, PAR contributions are withdrawn on the same day each month: the 20<sup>th</sup> or the business day following if the 20<sup>th</sup> is a bank holiday or a weekend.

Because PAR is a denomination wide program it is very cost efficient for both the donor and the church. There is usually no cost to the donor, and the church pays only small transaction fee. Because of a fee cap, the more people on PAR the less it costs per contribution. Though banking fees appear to increase regularly, the PAR fee has not changed in over two decades. Some choose to increase their gift by 50¢/month to cover the small transaction fee. It is the same as an “initial offering” given to cover the cost of a box of weekly envelopes.

How could PAR be part of your stewardship practice? You could

- Take you annual giving, divide it by 12 and set that as your PAR amount.
- If your income varies month to month, you might choose to give half the amount by PAR and then make other contributions by cash, cheque or e-transfer as fund are available.
- Experiment using a small amount to see how the program fits into your life for the next year.

Whatever you decide, know that you can make a change to your PAR gift or stop participating in the program based on your needs.

Please consider helping COUC reach its goal of 10 new PAR donors this year.

*Thank  
You*



# ADVENT & CHRISTMAS SCHEDULE



**30**  
NOVEMBER

Advent 1 worship with Potluck and Advent Party to follow

**6**  
DECEMBER

Twinkle Tour - Christmas Lights 4pm

**7**  
DECEMBER

Advent 2 with Communion 10am Worship  
Jazz Vespers 5:15pm

**14**  
DECEMBER

Advent 3 Musical Cantata at 10am Service

**19**  
DECEMBER

The Alleluia Ringers & Friends Concert 12 Noon

**20**  
DECEMBER

Longest Night / Blue Christmas  
Worship Service 4pm

**21**  
DECEMBER

Advent 4 with Christmas Pageant at 10am worship  
Queer Vespers 6pm

**24**  
DECEMBER

CHRISTMAS EVE :  
4PM INTERGENERAIONAL WORSHIP  
11PM CANDLELIGHT COMMUNION

**28**  
DECEMBER

10am Worship - Wassail Carol Service

**04**  
JANUARY

Breakfast Church with Ally 10am

**Sing your favourite Christmas Carols each Sunday, 15mins before worship!**

Note: Church office is closed from Dec 29<sup>th</sup> and reopens on January 5<sup>th</sup>



# 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:

November 16th

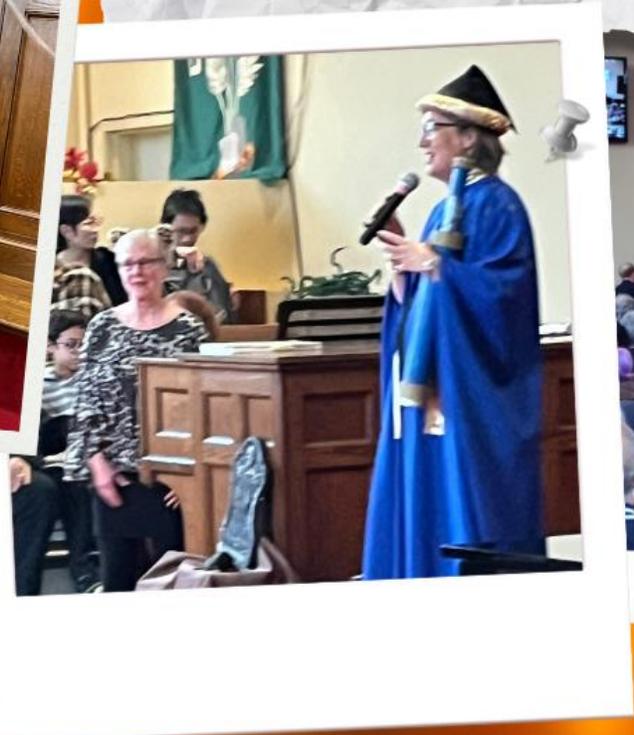
December 21st



[centralokanaganunitedchurch.com](http://centralokanaganunitedchurch.com)



**Spooky  
Spectacular  
Organ  
Recital!**

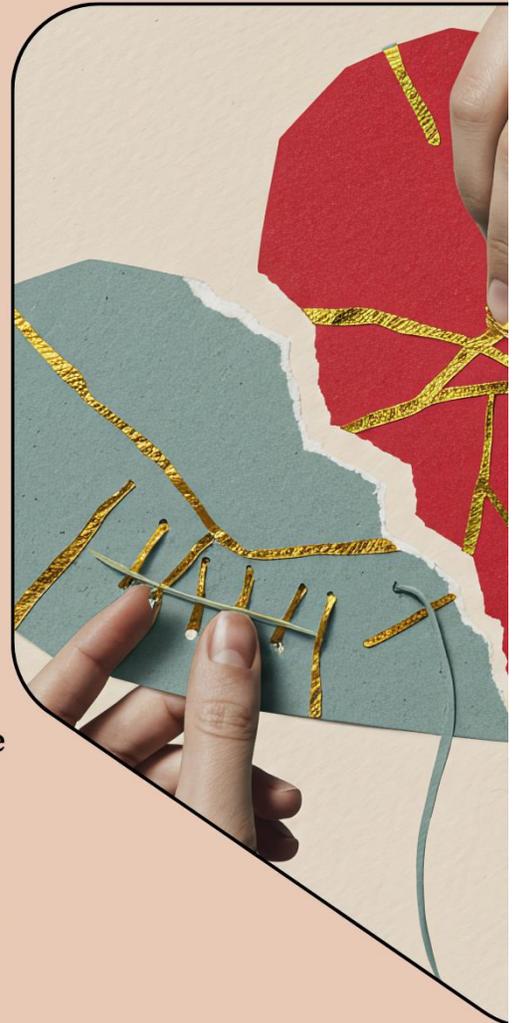


# November Truth & Reconciliation Sessions

Join us in November for three sessions as we get to know the Syilx People of the Okanagan Nation (syilx), their cultural teachings and perspectives. We will explore syilx ways of life prior to contact, look at the impacts of colonization and reflect on how we can all move forward together. We will also look at what it may mean to do our work on these stolen lands and our roles in Truth and Reconciliation.

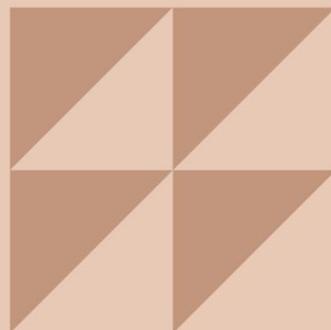
Jasmine Peone is a syilx knowledge carrier, language and cultural teacher and a hiphop artist. She is an Indigenous trans woman from the community of Westbank First Nation who comes from a culturally active family. Jasmine has a passion for sharing the teachings of her ancestors and using it as a bridge to connect cultures.

The first two sessions are on Saturday, November 22nd and Saturday, November 29th from 10:00am to 12:00pm at Central Okanagan United Church. The final session will be in January.



**RSVP TO ANDREA**

[andrea@centralokanaganunitedchurch.com](mailto:andrea@centralokanaganunitedchurch.com)





## **Don't miss the Central Okanagan United Church**

### **Christmas Craft Fair! – November 15th from 10:00 to 3:00 pm.**

Kickstart your Christmas shopping at our Craft Fair on Saturday, November 15<sup>th</sup> from 10 am to 3 pm. There will be a great selection of gifts by local crafters and home baking plus reasonably priced snacks & lunch at our Snowflake Café. Admission will be a donation of cash or non-perishable food to our Outreach Food Cupboard. See you there!

## **CHRISTMAS CRAFT FAIR – VOLUNTEERS NEEDED! YOU CAN HELP IN MANY WAYS!**



### **CHRISTMAS BAKERS NEEDED!**

A favourite and important part of the Craft Fair fundraiser is the Christmas Bake Sale. If you love to make Christmas treats, please donate some goodies for this November event. If possible, we would appreciate it if you could bring your treats to the church on the afternoon of Friday, November 14<sup>th</sup> from 1:00 to 4:00. Thank you!



### **COOKING NEEDED FOR THE ❄️ SNOWFLAKE CAFÉ**

Volunteers are needed to make soups, loaves of sandwiches, dessert loaves, muffins, and pies for the Craft Fair's Snowflake Café.



### **KITCHEN SERVERS, BAKE SALE CLERKS, CASHIERS, FLOATERS, SET-UP AND CLEAN-UP CREWS NEEDED.**

**If you can help in any way, please contact Shelley Adamson at 250 801-9023 ([shelleyadamson@shaw.ca](mailto:shelleyadamson@shaw.ca)) or sign up after church services in the hall. Thank you!**



# 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!**

## **Financial Report: Third Quarter 2025**

The third quarter of the year ended on September 30<sup>th</sup> and the financial results for the first three quarters was available in October. The Finance Committee reviewed the information and highlights the following information for you.

	<b>Actual to Sep 30, 2025</b>	<b>Actual to Sep 30, 2024</b>	<b>Budget to Sep 30, 2025</b>
Contributions	\$267,456	\$290,049	\$303,348

Contributions to September 30, 2025, are 7.8% lower than in the same period in 2024, and 11.8% lower than budgeted for the first nine months of 2025.

Our operational and programming costs continue to increase so we really need our contributions to increase (not decrease) overall.

We hope you will consider this information and your individual contributions as our Stewardship campaign runs in November.

On a more positive note, although our operating expenses are higher in 2025 than in 2024, our operating expenses so far in 2025 are lower than budgeted for this period. A couple of the programming areas are over budget but most operating expenses are under budget so that our overall deficit at this point in the year is 14% lower than anticipated.

Central Okanagan United Church (COUC) is an incredibly vibrant and active community of faith. The calendar is overflowing with a variety of events and activities for people of all ages and interests. You only have to look back to Sunday, October 19<sup>th</sup> to realize how true that is. That day included the 8 AM sharing circle, 10 AM worship service, 3:30 PM covenanting service, 6 PM Queer Vespers service; and then add in the Affirming ceremony we were invited to at Winfield United Church in the morning, the Kelowna Community Music School concert in our sanctuary at 1:30 PM, groceries coming in for Outreach and being put on shelves, the Alleluia Ringers practicing in the afternoon, and it is obvious that the church and the congregation were going all day.

Now, lest you think that was just one day, think again. That Saturday morning saw the Alleluia Ringers busy with their chicken sale fundraiser, the Symphony in the church hall with a children's concert, Wild Church out in Mill Creek Park, people delivering Outreach groceries - and the list goes on. And yes, some of those events are revenue generating through rental revenues, but COUC still incur costs in the form of utilities and maintenance as well as personnel costs for custodial work and building security.

COUC is a big operation and it serves our congregation and the broader community as well. We need your support to keep this valuable operation running so we can continue to offer our many great programs now and in the years to come. Thank you!

Jayne Brooks  
Treasurer



# Winter

What's on at COUC  
Groups  
Events  
and More!



**CENTRAL OKANAGAN UNITED CHURCH**

# LIFE PLANNING CONVERSATION SERIES

Pre-planning your Memorial Service  
and Writing Your Own Obituary

Sundays in November:  
11:30 - 12:30

## OUR SESSIONS WILL INCLUDE

- **Planning a Meaningful Service  
November 9 with  
Cheryl Perry**
- **Advance Care Planning  
November 16 with  
Dr. Julie McNally**
- **Writing Your Own Obituary  
November 23 with  
Ally Phillips**

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





JOIN US FOR CHRISTMAS CHEER

# CHRISTMAS CRAFT FAIR

**CENTRAL OKANAGAN UNITED CHURCH**

**721 Bernard Ave - Corner of Richter and Bernard**

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**SAT. NOV. 15<sup>TH</sup> 10AM-3PM**

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



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

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**DOOR PRIZES! FREE PARKING!**





ALLELUIA RINGERS BELL CHOIR  
& FRIENDS

# RINGING IN THE SEASON



December 19th  
12 Noon

Central Okanagan United Church  
721 Bernard Ave  
Entry by Donation



# **TWINKLE TOUR**

## **DRIVERS NEEDED!**

**Saturday, December 6th 3pm - 6pm**

We need drivers willing to pick up 2-3 others and bring them to the Church before heading out on the tour around 4:30/4:45pm.

We will start with tea/coffee/hot apple cider and treats at the church with some caroling. We will then depart for a tour of the Christmas lights and drivers will take people home. Please contact our office if you can provide a ride and someone from Pastoral Care will be in touch.

Church office: (250) 762-3311 or  
[admin@centralokanaganunitedchurch.com](mailto:admin@centralokanaganunitedchurch.com)



**ALL WELCOME!**

**SATURDAY  
DEC. 6TH  
4 - 6pm**

**CHRISTMAS**

**TWINKLE TOUR**

Time to sign up for the annual Twinkle Tour! Saturday, December 6th, 4-6PM. Reserve a spot in your motorized sleigh! A volunteer from the church will pick you up at your home between 3-3:45pm, bring you to the church for refreshments and carols before taking you on a tour to see displays of Christmas lights around our city and then drive you safely back home! Contact the church office at (250) 762-3311 or by emailing [admin@centralokanaganunitedchurch.com](mailto:admin@centralokanaganunitedchurch.com)



# The Longest Night

Central Okanagan United Church Welcomes You

Need some quiet space in the midst of “jingle bells”  
and “joy to the world”?

When loss, grief, depression,  
pain or hopelessness fill Christmas...  
our church is offering a service of hope and healing.  
All are welcome!

**Saturday December 20th @ 4:00pm**  
**721 Bernard Ave.**

**Also on Zoom**



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 Nov 11th**

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





# 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