

January 29, 2023

Announcements

Cordova Bay United

The Season of Light

Keep in Touch

Upcoming Events

Ministers

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CORDOVA BAY UNITED

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Sunday, January 29

- * Worship, 10am, In-Person and Livestream
In-Person Fellowship Time in the Hall

Tuesday, January 31

- * Worship Meeting, 9:30am, Friendship Room
- * Ethel Wilson Women's Group, 7:15pm, Sanctuary

Thursday, February 1

- * Prayer Ministry, 10am, Friendship Room
- * Chime Choir Practice, 6:15pm, Sanctuary
- * Choir Practice, 7pm, Sanctuary

Email, Phone, Address changes?

Have you changed your email address lately?
Do you have a new primary telephone number?
Have you moved lately?

Just a reminder to let the church office know of these changes so that you can continue to receive all church communications. Thank you.

Cordova Café Cancelled for February

The Caring Committee will not be holding Cordova Café in February. You might want to attend the Valentine Tea/Dance sponsored by the For the Love of Africa Society, Saturday, February 11.



For the Love of Africa Society

Invites you to a Valentine Tea Dance

Come and bring your friends to enjoy the rhythms of live music, entertainment, and refreshments.

When: Saturday afternoon, February 11, 2pm—4pm

Where: Cordova Bay United Church

Admission: by donation to support the ongoing work of FTLOA with the children of Tanzania

For reservations please call 250-658-4451.



Ethel Wilson Women's Group Tuesday, January 31

The Guest Speaker for Ethel Wilson Women's Group on Tuesday, January 31st will be Joanne Linka speaking about the history of the Cridge Centre and the good works this organization does in our community today.

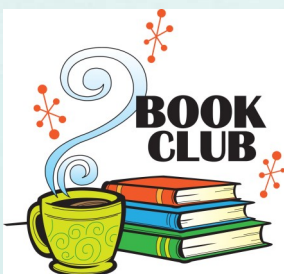
From its roots as a home for orphaned children in the late 1870s to the varied services it now supplies to whole families, Victorians have benefitted from its care.

Meeting time is 7:00 pm in the sanctuary and all women of the church and community are welcome to attend.

Mission & Service Birthday & Anniversary Recognition Sunday February 5

We will be recognizing birthdays and anniversaries on Sunday, February 5. In honour of a birthday or anniversary in the month of January, we invite you to make a donation towards the United Church of Canada Mission & Service Fund.

For those worshipping in person, donations will be accepted during the singing of the birthday/anniversary song at the opening of the service. Donations can also be made through e-transfer. Send your e-transfer to treasurer@cbunited.ca. If you have an envelope number, please include it in your message.



Come Join the Bookies!

The next meeting of the Bookies is Friday, February 17th at 10 am in the Fellowship Room. We are featuring books by the author, Lisa Genova who writes prolifically about disabilities. Choose a book and join us for a lively discussion!

Alzheimer Society

As we wrap up Alzheimer's Awareness Month, the days are getting longer. By the end of February, the sun won't set until (close to) dinner time. There is warmth to be found in this cold month. Celebrate love on February 14 or gather with people you care about on Family Day, February 21. If leaving home is a challenge, consider joining a virtual education session, webinar, support group or Minds in Motion® session. There is a huge benefit to connecting with others and finding ways to get physical activity.

If you need support or information while you are on the dementia journey, contact our First Link® Dementia Helpline. Call 1-800-936-6033.

Read on to learn about both virtual and in-person programming taking place this month in Greater Victoria Area.

In-person education

Shaping the journey: Living with dementia | Explore the dementia journey in a supportive environment with others going through similar experiences. Learn about the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future. For caregivers and people living with dementia.

Victoria: Alzheimer Society of B.C. Victoria Resource Centre, 202-306 Burnside Road West

Six Thursdays, February 2 - March 9 from 10:00 a.m. to 12:00 p.m.

Registration: To register or to learn more, please call the First Link® Dementia Helpline at 1-800-936-6033. Masks and proof of vaccination are now optional for attending in-person programs. To learn more about safety protocols, visit alzbc.org/COVID-safety.

Online education

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Understanding communication changes | Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.

Tuesday, February 7 from 10 to 11:30 a.m.

[Click here to register](#)

Focus on behaviour: Delusions, hallucinations and visual mistakes | Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia. For caregivers.

Thursday, February 21 from 10 to 11:30 a.m.

[Click here to register](#)

For more information: Sessions are free to attend. For more information, call our First Link® Dementia Helpline at 1-800-933-6033 or visit alzbc.org/edu-workshops.

The Train of Life

The following message was submitted by Erich Schulz who received it from a friend.

Life is like a journey on a train... with its stations... with changes of routes... and with accidents!

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats, which is very sad when you think about it.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, good-byes, and farewells. Success consists of having good relationships with all the passengers... requiring that we give the best of ourselves.

The mystery to everyone is: We don't know at what station we ourselves will step down. So, we must in the best way – love, forgive and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty – we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey this year on the train of life. Reap success and give lots of love. More importantly, give thanks for the journey!

Lastly, I thank you for being one of the passengers on my train.