

Announcements

March 17, 2024

Cordova Bay United Church



Fifth Sunday in Lent

Upcoming Events

Sunday, March 17

- * Worship, 10am, In-Person and Livestream
Followed by Fellowship Time in the hall.

Tuesday, March 19

- * Worship Meeting, 9:30am, Friendship Room

Wednesday, March 20

- * Knitting Group, 1pm, Friendship Room
- * Property Meeting, 3pm, Friendship Room
- * Council, 7pm, Friendship Room

Thursday, March 21

- * Lenten Book Study, 10am, Friendship Room
- * Caring Ministry, 2pm, Friendship Room
- * Chime Choir Practice, 6pm, Sanctuary
- * Choir Practice, 7pm, Sanctuary

Saturday, March 23

- * Men's Breakfast Group, 9am, Hall

Sunday, March 24

- * Worship, 10am, In-Person and Livestream (Palm Sunday)

Keep in Touch

Minister

Pastor Beth Parsons
bethparsons@cbunited.ca

Music Director

Sharon Prindle-Collins
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Council Chair

John MacLeod
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Office Administrator

Jane Shumka
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CBUC Peninsula Co-op
member # 51194



THE FIFTH SUNDAY IN LENT

Wandering Heart:
"I'm fixed upon it"

Open Hands

We are born with the ability
to wrap our fingers around another,
to hold tight to what we know.
Maybe that's where the instinct comes from—
this clinging,
this sinking,
this holding on.
Maybe that's why Peter cries, "Never!"
when Jesus must leave.
From the very beginning
we've known how to hold tight.
So I pray:
open up my hands.
Uncurl my fingers
one by one.
Loosen the grip
that I hold unyielding.
Remind me that birds must fly
and children must grow
and leaves must fall.
And even though
we are born with the ability
to hold tight,
we can learn how to love
with open hands.

written by: Rev. Sarah Speed | sanctifiedart.org



Please mark Friday April 5 on your calendar and plan to attend the SOIREE.

Tickets are now on sale.

Performers please contact Doug Thompson at dbtfriends@outlook.com or by phone at 250-588-6602.

Doug would also welcome a call or email from anyone wishing to assist.

Shout out to our behind the scenes technicians.

Every Sunday, our wonderful volunteer technicians generously give of their time to ensure we have excellent audio/visual and livestreaming support.

They are always looking for volunteers so feel free to contact Rob Glenn to learn more.



Jayda Perry, our youngest volunteer technician, in action.



Orders still being taken for hanging baskets and planters

As a Spring fundraiser, the Ethel Wilson Women's Group is selling Hilltop Greenhouses hanging baskets and planters.

On Sundays, in the hall following worship EWWG members will be available to answer your questions and help you place your order.

Orders are being accepted up until Sunday, April 7.

Pickup will be Friday, May 10 and Saturday, May 11.



Ethel Wilson Women's Group moving to afternoons

The Ethel Wilson group will be meeting March 26th in the Sanctuary at 1:30 pm. Please note that we have changed our meeting time from evenings to afternoons.

Dr. Deborah Lokhorst will be speaking on "The Dragonfly Spectral Line Mapper: Getting caught in the Cosmic Web". She observes and studies galaxies. Her goal is to identify and map the various elements of the parts of the universe we cannot see. All women are welcome to attend.



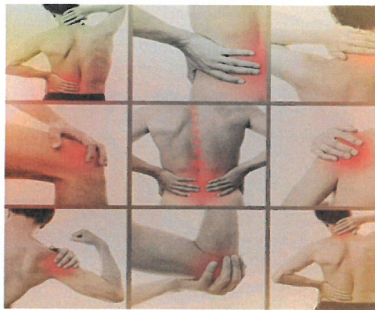
Christina Parkhurst ~ The Body Organica

Structural Bodywork Specialist & BodyMind Coach

Serving Active Clients of all ages since 1998

250.744.9933 ~ 5013 Cordova Bay Rd.

**Are you struggling with pain, discomfort, anxiety, depression?
May I be of service?**



Greetings my friends,

It has been such a joy getting to know you over the past several months. Thank you for being so generous and welcoming. I wanted to share with you what I do in hopes that I may be of service to yourself or any loved ones. I am ready to take on more clients now that I have Wendy (Mom) more settled after her stroke last year and her care more stable.

I have worked with thousands of active clients since 1998 from all walks of life; dog walkers to gardeners to Olympic athletes - all who have the same goal: to move (age) pain free with ease, power and vitality doing what they love to do for as long as possible. Structural Bodywork is a hands-on technique (somewhat like massage but with a focus on pain relief and alignment). It is highly effective at boosting energy and spirits in the process.

I would be delighted to share more with you about the benefits of myofascial work if you would like to know more. Please feel free to call me or text me anytime,

**Warmest regards,
Christina**