

# Cordova Bay United

## Announcements

October 15, 2023

## Upcoming Events

### Sunday, October 15

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

### Tuesday, October 17

- \* Worship meeting, 9:30am, Friendship Room
- \* Knitting Group, 1pm, Friendship Room

### Wednesday, October 18

- \* Stewardship Meeting, 7pm, ZOOM

### Thursday, October 19

- \* Caring Ministry, 10:15am, Friendship Room
- \* Chime Choir, 6:00pm, Sanctuary
- \* Choir practice, 7pm, Sanctuary

### Friday, October 20

- \* The Bookies (Book Club), 10am, Friendship Room

### Saturday, October 21

- \* Caring Ministry Event, 1:30pm, Sanctuary  
*(see following page for more details)*

## Keep in Touch

### Minister

Pastor Beth Parsons  
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### Music Director

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### Council Co-Chairs

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## Learn on how the arts can help with dementia

When we think of people with dementia we don't imagine them with a paintbrush standing in front of an easel or sitting down and creating stories or attending the theatre or singing in a choir. But Dr. Debra Sheets does.

"I strongly believe that the expressive arts—engaging in creativity—provides a new way to communicate as words fall away."

That's why she created The Memory Cafe.

"It's arts-focused, intergenerational and based around connection," Sheets says. "It's a social gathering where care partners can relax, unwind and have fun with their family member with memory loss."

Sheets is professor emerita in the University of Victoria School of Nursing, and the Memory Cafe is one of four community-based intergenerational initiatives she has founded in Victoria aimed at making the arts more accessible to people living with dementia and their care partners.

The others include the Voices in Motion choir, Minds on the Go and Momentia Victoria.

"It's all about making social connections and joyful engagement in activities that focus on creativity," says Sheets.

***Sheets will speak about the four initiatives, her work and her research at a presentation at 1:30 pm on Saturday, Oct. 21 at Cordova Bay United Church 813 Claremont Ave.***

The event is free.

The Memory Cafe is offered in three locations in Greater Victoria: Gordon Head Rec Centre, Pearkes Rec Centre, Monterey Rec Centre  
In Oak Bay.

There is a fee for the 12-week program and people need to register.

Minds on the Go provides people with dementia and their caregivers an opportunity to enjoy arts and cultural events. Thanks to community sponsors, there is preferred pricing to attend the Victoria Symphony, Art Gallery of Greater Victoria, Pacific Opera, the Belfry Theatre and Ballet Victoria, among others.

Voices in Motion is a professionally directed choir for persons living with memory loss, their care partners and high school students. The social aspects—the caring community—is as important as the group singing (three-part harmony). At the end of each season there is a public concert.

Momentia Victoria is a grassroots coalition whose goal is to increase access to arts, recreational and social activities by persons living with memory loss and their care partners.

It has created a website that offers one-stop access to information about dementia-inclusive programs and to empower people living with dementia to remain engaged within their communities.

Contact:

Dr. Debra Sheets  
Cell: 236-562-0240  
Email: [dsheets@uvic.ca](mailto:dsheets@uvic.ca)





## World Food Sunday, October 15

Everyone should have enough to eat, no matter where they live. Unfortunately, climate change, conflict, and growing inequality around the world means that the most vulnerable people don't have enough food. The Food and Agriculture Organization of the United Nations (FAO) created World Food Day on October 16, 1945. The goal of the FAO is to free humanity from hunger and malnutrition, and to effectively manage the global food system. World Food Day events are organized in over 150 countries across the world, making it one of the most celebrated days of the UN calendar. These events promote worldwide awareness and action for those who suffer from hunger and help strengthen the link between agriculture and food security. The United Church of Canada recognizes the third Sunday in October as World Food Sunday.

This year Cordova Bay United Church will support the Saanich Peninsula Lions Food Bank who are working to ensure that hungry people in our community get the support, assistance, and help they need.

On Sunday, October 15, we invite you to bring in any food that is not expired and worth eating such as:

- Peanut butter
- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew



- Canned fish
- Canned beans
- Pasta
- Rice



### Bookies

The Bookies are back in full read after a Summer recess and will meet in the Friendship Room at 10 am on October 20 to review *The Vanishing Half* by Britt Bennett. We are a welcoming group!



### Ethel Wilson Women's group, October meeting

The Ethel Wilson Women's Group will meet on Tuesday October 24 at 7:00pm - note this is one week earlier than we normally meet so you can be at home handing out Hallowe'en treats on the 31st!!

We will welcome Jessica Tuomela to our meeting. Jessica, who is totally blind is a medal winning Paralympian and is going to share with us some of her amazing life story. All women in the congregation are welcome to attend what we expect to be a most interesting and inspiring evening. Jessica will be accompanied by her guide dog Brandy who will be "working" so all you dog lovers please resist the temptation to reach out and pat Brandy!!!



### Men's Breakfast Group, October meeting

Men's Breakfast will meet on October 28<sup>th</sup>, at 9:00 AM in the church hall. We will have coffee and muffins (or buns).

For our program, we have decided to have a discussion, where each of us says a few words about our "Bucket List" of items that we would like to finish off. This may include major trips, changes to accommodation, attendance at a special concert, completing a course in one of your favorite topics, and many more possibilities. Come, and be creative!

We very much hope to see you there!

John and Dennis

## All Saints Day and New Member Sunday October 29

It is a time to remember the great cloud of witnesses that have come before us. On Sunday October 29 we will honour the saints in our lives, those who have lived faithful (not necessarily perfect) lives, and who encourage us to live faithfully.

Please send us the names of people in the congregation or close loved ones who have died in the last year. There will be a special time in the service to recognize those folks.

In addition, we will also welcome new members to our congregation. If you are interested in becoming a full member of Cordova Bay United, please contact Pastor Beth Parsons.

### 2024 united church calendars

If you would like to order a 2024 United Church Calendar, please contact Jane in the office to place your order. Calendars are \$10 and she will be accepting orders up to October 19.



### Jam For Sale

The office has several varieties of jam made by Frank Gertsma. Jam is \$5 a jar with all proceeds to support the work of Cordova Bay United Church.



### Did you know...

...that you can support our church through buying gas or groceries at the Peninsula Co-op? Just provide the church's Co-Op member number when you make a purchase – **51194**. Last year we received a rebate of \$133.43. Thank you for your support.

### Poinsettia Fundraiser on now

Once again Poinsettias are for sale with proceeds to support the work of Cordova Bay United Church. *The price is \$15.00 per 6.5 inch pot.*



Order forms are included with the emailed announcements this week and will be available in hard copy this Sunday, October 15.

Orders **with payment** should be submitted no later than Sunday, November 5. Poinsettias will be available for pickup on Sunday, December 3.

Arlene Vickery will be collecting orders on Sundays, October 15, October 22, October 29 and November 5, following the worship service.

# Thank you!

We would like to thank Country Grocer  
for their generous donation to our  
Cordova Café Books and more sale.



## More ways to participate in worship

If you are interested in participating in a new way on Sunday mornings, we are looking for individuals willing to greet members and visitors as they arrive, reading prayers and scripture, serving communion and offering flowers. If you are interested, please see the contacts below for more information.

Greeters—Bill Samis and Karen Strawn Samis

Scripture Readers—Bill Walker

Prayer Readers—Pastor Beth Parsons

Communion Servers—Stephen Godfrey

Flowers—Barbara Shobbrook

## Food Safe Course Level 1

The approach of flu season, the increase in the number of Covid variant cases, and the incidence of E. coli in day cares in Alberta remind us of our duty of care to the members of our congregations, following Christ's command to 'Love one another'. We want to prevent foodborne illnesses in those whom we serve. To this end, a Food Safe course Level I is being offered on Friday 27 October 9:00 am to 4:30 pm at Cordova Bay United Church, 813 Claremont Avenue. The Food Safe organisation will charge us a lower price for the course because of the number of participants: \$69/person.

To register, please contact Alanna Menu: by phone 250-656-0138, or by email [camenu@islandnet.com](mailto:camenu@islandnet.com).



## Magic Wand needs your help

Elizabeth Surerus, who runs the Magic Wand for grads, is looking for an assistant to help with appointments when she is away from Nov. to Feb. Anyone interested, please call Elizabeth for more information - 250 658 0246.

## Compassionate Resource Warehouse collection continues and grows



Thank you to all those who have donated reusable bags for the Compassionate Resource Warehouse. Barbara Shobbrook who has overseen the collection on our behalf says the warehouse is also in need of **Crochet or knitted washcloths**....even purchased. They never get enough. These are so needed in their maternity packs, bed packs, Baby packs, hospital linen packs...and more. The warehouse will also take your old sewing patterns. The collection basket for these items is in the front foyer (Narthex). Thank you Barbara for looking after delivery of these items.

The **Victoria Arion Male Choir** once again through Purdy's have their annual Christmas time fundraiser. Who doesn't love chocolate? The choir is preparing for a very busy season with a public Christmas concert, December 9<sup>th</sup>, at Cordova Bay United Church, participating at the Remembrance Day ceremonies at the BC Legislature, singing at the BC Legislature Rotunda on Dec 15<sup>th</sup> and four care home/senior residences mini concerts or sing outs. In the spring they are also looking at as many as three public concerts with one of those possibly in Comox. They also will be adding four more sing outs in care homes as well. Your purchase of these goodies helps the choir tremendously. Below is the link to their campaign page.

Returning customers you can sign in with customer# 71322 [Click here to order.](#)

Jim Johnson, Marketing Director. Victoria Arion Male Choir

## 2023 October – Camp Pringle Update & Invitation to Help

You are all invited to come out to camp on Sunday, October 22<sup>nd</sup>, from 12 to 5 pm, for a work party, bring snacks to share, we'll have a simple lunch available at break time.

The new board has met several times now, including two strategic-planning sessions. We are working in partnership with the Pacific Mountain Region (PMR), and the staff to put together a vision and direction for Camp Pringle.

In June the board had training sessions on finding our focus and vision for camp, in July we continued in a discovery process and mapped out our plan for consolidating camp over the next two years, with a tentative “restart full programming” for the summer of 2025

Just to jump in with what may be top of your mind right now – what happened at Pringle this year? Well, we did not run summer camps for children, however the camp was well-used. We had many school camps in June who came out and enjoyed the property. In July we saw the camp being used by the United Church; including a Family camp, a Campus Ministry staff retreat and our UCC Moderator attended a two-week camp for young people involved in climate activism. In early August the Camp Spirit staff from First Third Ministry stayed at Pringle, while they led day camps in the lower V.I. region, at Sylvan United and Duncan United. “Camp Goodtimes”, returned to Pringle again and offered an amazing camp for kids who have had a family experience with cancer. This fall one of our regular renters replaced most of the mattresses in Butler lodge!

Bottom line – Camp Pringle has been busy and continues to be a vibrant ministry with summer activities, and a busy schedule of outside bookings.

Our financial picture is strong thanks to continued support through the Pacific Mountain Region's Camp Futures fund, other endowments, and dedicated user groups. Many thanks to our retiring UCC-PMR staff person, Ian Fraser, who has looked after the back-end finances and administration of Camp Pringle for many years, and who was most recently our acting chairperson.

Our new board has the Co-Chairs Janet Power (Sylvan United) and Susan Ko. The secretary is Connie Harris (Sylvan United). Rev Mary Nichol from Pacific Mountain Region's First Third Ministry team is taking on some of the duties and leadership to replace Ian Fraser.

The first year of Covid the camp did well, the second not as well, and the third summer was stressful, and the general feeling of the board was that we were hanging on by the skin of our teeth – not a safe or happy way to operate camp. The major factor was the instability in defining the Executive Director's role and so we were unable to attract and hire a suitable replacement when our new hire quit unexpectedly. Interestingly, we are not alone with these post-Covid problems in the world of camping. Broadview magazine featured a camp in Ontario undergoing similar problems.

So – it is time for 3 Rs - re-set, restoration, and time of reflection – and planning. We are positively excited to be in this planning phase. In October, three of our board members went over to Burnaby for a 2-day Camp Consult to join with other camp board members from PMR camps, to explore ways we can share know-how and resources regarding camp.

Everyone is invited to come out to camp on Sunday afternoon, **October 22<sup>nd</sup>, 12-5**. It's **clean-up weekend**, inside and outside jobs, so bring some tools you think might be helpful. Our resident staff will guide and direct us. We'll have some food, bring snacks to share. All hands on deck!

*Camp Pringle Board*

