

Cordova Bay United

Announcements

July 16, 2023

Keep in Touch

Upcoming Events

Sunday, July 16

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

Monday, July 17

- * Ethel Wilson Summer Bocce Ball League,
1:15pm, Off-site

Tuesday, July 18

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

Thursday, July 20

- * Messy Beach Day, 10:00am, Off-site

**Office
Hours**

Office Closure

Please note, the office will be closed
Thursday, July 20 for Messy Beach Day.

Beach Day
July 20, 10 am - 2 pm



Bring a lunch & sunscreen to
Cadboro-Gyro Park.

We will hang out, splash in the water,
play on the play ground, and other awe-
some beach things.

For more information contact the office: 250-658-5911
office@cbunited.ca

Minister

Pastor Beth Parsons
bethparsons@cbunited.ca

Music Director

Sharon Prindle-Collins
music@cbunited.ca

Council Co-Chairs

Jiemei Li
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Office Administrator

Jane Shumka
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(June, July, August)
Leslie Moffat
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Children & Youth Program Coordinator

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CORDOVA BAY UNITED

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Summer Bedtime Stories with Pastor Beth

Tune in to Summer Bedtime Stories with Pastor Beth! Check out the [Cordova Bay United Church YouTube Channel](#) or [website](#) each Sunday for a new story in July and August. Pastor Beth has many great books to share. The first two videos are now available.



Message from Rev. Hilde J. Seal

When my daughter-in-law moved to Ottawa, life seemed 'out of sorts' for her. It didn't take long for her to realize that her very being, missed mountains. Growing up in Banff, Ali was greeted by mountains every moment of her day. She knew she needed to return, for her soul to be at rest. Some of us might understand the 'out of sorts' feeling, but relate that to being away from the ocean. Wherever we are, the God of Mystery and Love will be there with us. Our Community of Faith will also support us and tend to our needs.

I have enjoyed being among you for the last two weeks and look forward to our time on Sunday mornings through July. The Ministry is ours... not simply mine, so if you would like to share in the readings, prayers or candle lighting on Sunday mornings, please be in touch with Leslie in the office, or if you wish to chat be in touch with me by text. 604-561-9120.

As we continue to be 'blessed to be a blessing', let our hearts be open to the moving of the Spirit.

Deep Joy for your days,
Rev. Hilde



Golf Social

Sunday, September 24
at 4pm.



This fun golf event for friends and family members will have 36 golfers over 9 holes at The Ridge. Afterward an unlimited number of friends and family members will join the golfers for a potluck social at the church. To sign up to participate please email Doug Thompson at dbtfriends@outlook.com

Soiree

Saturday, September 16
at 6pm

This entertaining event will be coming up soon so mark your calendars. We will be selling 100 tickets at \$30 each in order to raise \$3000 for the church.

Friends are welcome. There will be cheese, crackers, squares and non-alcoholic drinks included in the cost of admission. As there will be wine served it must be a ticketed event. In order to cover expenses there will be a charge of \$7 for a glass of wine.

To reserve your tickets please email Doug Thompson at dbtfriends@outlook.com. Performers please communicate with Doug at the same email address.



Summer BBQs at the Our Place housing sites



Your congregation is invited to sponsor and serve a BBQ meal and meet the residents of our housing sites.

Summer BBQs are such a treat for our "family members" and are always a cause for celebration. Please consider joining us for these joyful occasions and making a positive impact on the lives of people in our community looking for connection and belonging.

For more information, please contact Melissa at melissam@ourplacesociety.com or 250-940-5065.

Flowers for the Sanctuary

Flowers in our sanctuary make a big difference in our church. When flowers are not there, something seems to be missing.

Barbara Shobbrook, our flower coordinator, is looking for individuals willing to provide flowers for one or more Sundays. If you would be interested in participating, please choose one or more dates and print your name and phone number on the sign up sheet on the Foyer (Narthex) bulletin board.

Thank you.





Via Choralis

Via Choralis Choir

invites you to

Come, sing for JOY, sing for FUN!

Rehearsals; Monday evenings 7:15 pm

2159 Mt. Newton XRd.



Artistic Director: Jody Onuma, MET, BMus, ARCT

Choir: SATB **Style of music:** eclectic

Queries?: please email artisticdirector@viachoralis.ca

Auditions: for SATB voice placement, email artisticdirector@viachoralis.ca

Please come and experience the joy of making beautiful music together

For **Information:** visit website www.viachoralis.ca

Alzheimer Society

The Alzheimer Society's dementia workshops educate and empower people living with dementia and their families and friends .

In-person education

My wishes, my care: Starting the conversation | A guided conversation to help you start thinking and talking about the values, beliefs and wishes that matter most to you when planning for your future health and personal care.

Monday, July 24, 1 – 3 p.m.

Victoria Resource Centre 202 – 306 Burnside Road West

Navigating the dementia journey: Living well with dementia | Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead.

Monday, August 21, 1 – 2:30 p.m.

Victoria Resource Centre 202 – 306 Burnside Road West

Online education

Considering the transition to long-term care | Learn about the options for accessing long-term care, including eligibility requirements. We will also discuss factors to consider when planning a move and provide tips for easing the transition. For caregivers.

Tuesday, July 25, 1 – 2:30 p.m.

From home to care home: Preparing and adjusting to the new environment | Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.

Tuesday, August 1, 1 – 2:30 p.m.

Equip yourself: Knowledge and skills to help get the support you need | Gain the skills and knowledge you need to advocate for yourself and your family member along the dementia journey, including responding to common challenges, getting a diagnosis and accessing home support. For caregivers and people living with dementia.

Thursday, August 17, 10 – 11:30 a.m.

Delusions, hallucinations and visual mistakes | Learn about the causes and triggers of delusions, hallucinations and visual mistakes, and explore strategies for responding to these behaviours to best support people living with dementia. For caregivers.

Tuesday, August 29, 2 – 3:30 p.m.

Registration:

In-person workshops: Call our First Link® Dementia Helpline at 1-800-936-6033.

Online workshops: Register online by visiting alzbc.org/edu-workshops or call the First Link® Dementia Helpline at 1-800-936-6033. You will receive an email with a link to join the event prior to the event date.