

Cordova Bay United Church

July 12, 2026
Announcements

Keep in Touch

Summer Support

Minister

Rev. Hilde J. Seal
hjseal@hotmail.com

Music

Karen Shumka
kshumka@telus.net

Council Chair

Atholl Malcolm
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Children and Youth Program Coordinators

Grace Cave
gracelovescoffee@gmail.com

Moira Dennis
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Treasurer

Peggy Dayton
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Programs Assistant

Jesse Moffat
office@cbunited.ca

Here are all the programs and activities
happening at CBUC
July 12 — July 18

Church activities are listed in Yellow.

Sunday, July 12

- **Worship, 10am, Sanctuary**

Monday, July 13

- Jazzercise, 6pm, Hall

Tuesday, July 14

- Jazzercise, 8:30am, Hall
- IH Adult Day Program, 9:30am—3pm, Hall
- **Worship Meeting, 9:45am, Friendship Room**
- Zumba, 5pm, Hall

Wednesday, July 15

- Jazzercise, 6pm, Hall
- Sing Together Choir, 6:30pm, Friendship Room

Thursday, July 16

- Jazzercise, 8:30am, Hall
- Zumba, 5pm, Hall

Friday, July 17

- Jazzercise, 8:30am, Hall
- Yoga, 1pm, Hall

Saturday, July 18

- Jazzercise, 8:30am, Hall
- Zumba, 9:30am, Hall

Summer Ministry Support

Pastor Beth Parsons will be on holidays for July and August. Rev. Hilde J. Seal will be our worship leader for those two months with the exception of August 2, when Bill Walker will provide worship leadership and August 9, when Rev. Al Fowler will provide worship leadership.

Pastoral care concerns can be directed to the office, 250-658-5911, office@cbunited.ca.

Summer Office Support

The Programs Assistant, Jesse Moffat, will be offering office support until August 28. Jesse will be working on-site Tuesday, Wednesday and Thursday from 9am to 2pm. Voicemail and Emails will be checked regularly.

Summer Music Support

With Sharon Prindle-Collins returning as Music Director in September, Karen Shumka will be providing music leadership for July and August, with the exception of August 16, when Sharon will provide support.

Summer Reading Event Book Sale By Donation



This summer we are offering books for sale by donation.

You can donate up to 4 books at a time, preferably novels. Consider this a way to expand your access to enjoyable books this summer.

Find a good read, place your donation in the container or envelope then go home, put your feet up and enjoy. The money raised will go to Church Outreach helping to feed local people facing food insecurity.

PLEASE do not leave atlases, Reader's Digest, textbooks, cookbooks, coffee table books, dictionaries, DVDs, CDs records or magazines. We do not have the resources to dispose of them.

THANKS FOR SUPPORTING OUR CARING AND OUTREACH TEAM.

Spirit Kids Notice:

During July and August the Spirit Kids are invited to remain for the entire service. There are special activities at the Spirit Kids table.



Summer Bocce Fun

It's that time of year again! We are getting ready to start up our 5th Ethel Wilson Summer Bocce Ball League. It is open to all women. Bring a friend.

We will follow last year's schedule. We will go every Monday 1:15 - 3:30 during July and August.

If you cannot make a Monday, NO problem. Come when you can. Being summer we know you will have holidays and company may show up. Not to worry. We will just work around it.

Our first day will be July 13th.

We thank Linda Snelling for hosting us again this year on The Keith Snelling Memorial Field (6356 Oldfield Road).

We have ONE goal to have fun, many laughs and enjoy the sun and summer with friends. (I guess that's 3 goals) Don't want to play just come and socialize.

You will need to bring your own chair and a beverage if you wish.

Mission and Service Trips

Want to see the world? Looking for ways to help others? The United Church is seeking volunteers for some amazing opportunities to do both! Learn more about how The United Church and our global partners are helping people by visiting these places and speaking with the people involved.

New opportunities are posted on the [United Church of Canada Volunteer and Partner Opportunity](#) webpage.



Food Security Learning Tour, Canadian Foodgrains Bank

Location: Bangladesh

Date: January 27 - February 10, 2027

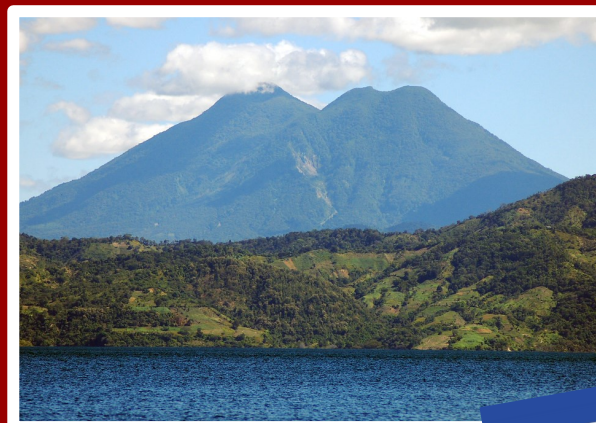
Age: +20

Estimated Cost: \$4500

(partial subsidies are available)

The United Church of Canada is seeking individuals interested in applying for a [Canadian Foodgrains Bank Food Security Learning Tour](#) (CFGB) to learn about hunger, food security, community perspectives, histories, and lived experiences in Bangladesh from January 27 to February 10, 2027. Food Security Learning Tours are opportunities to see firsthand how CFGB supports projects promoting food security for families and communities, as well as learn more about Canada's global role supporting agricultural and food security. This learning tour is for any Canadian adults (20+) who are passionate to learn more about global food security and humanitarian response and be equipped with knowledge and skills to share with others and inspire them to take action.

Interested? Check out the [CFGB website](#) for more information.



Pilgrimage to El Salvador

Location: El Salvador

Date: March 7 - 17, 2027

Age: +14

Estimated Cost: \$2000

During March break 2027, leaders from the East Central Ontario Regional Council together with the Eastern Ontario Outaouais Regional Council and the Pacific Mountain Regional Council will welcome 20-30 people and travel to San Salvador to be guests of Mission and Service partner, Emmanuel Baptist Church. Through this week together you will learn about Salvadoran history, perhaps help build a school, community centre or church in rural El Salvador, learn about peacemaking initiatives as alternatives to social exclusion, violence and poverty. This visit is part of the decades-long story of people-to-people connections between the people of Emmanuel Baptist Church and United Churches here in Canada.

Interested? Check out the [East Central Ontario Regional Council webpage](#) for more information.

The application deadline for both programs is August 31st, so apply soon.



Food Waste Facts & Tips



THE NUMBERS

50
Million
Tonnes

Food waste created
by Canadians
each year

+60%

Food waste in
Canada that
can be avoided

46.5%

Food produced in
Canada that is
wasted

41.7%

Food waste that
could be
redirected to
support Canadians

TIPS TO REDUCE FOOD WASTE

1. Plan meals

2. Eat leftovers

3. Store properly

4. Use a freezer

5. Buy frozen foods

6. Understand best before dates



Remember: Best before dates are not expiration dates, they indicate nutrient levels or flavour but not necessarily safety. Always use your best judgement when considering if something is safe to eat.

Learn more at

[Made In Canada Food Waste Statistics](#) and [UBC Okanagan Food Services](#)