

The Messenger

February 22 2023

Zion United Church
Sunday worship — 11:00 am

St Andrews United Church
Sunday worship — 9:30 am

Thank You to all of those involved in
hosting St. Andrew's UC Shrove

Tuesday Pancake Supper on
Feb. 21, 2023!

If you have announcements to be included here
please email them to: ckooyman@shaw.ca

It would be helpful if announcements for The Messenger
are sent to the above address before Wednesday.

**Next Messenger will be
March 1st, 2023**



Friday, February 24, 2023

STAND WITH UKRAINE
365 Days of Resistance

Candlelit Vigil in solidarity with Ukraine

City Hall
Vernon, British Columbia
5:00 pm
Bring Ukrainian flags and Candles



Armstrong Acoustic Coffee House.

February 25th, 3:00 PM
Bring your acoustic instruments
to play and jam.
Admission and refreshments by donation.

Zion United Church Hall
2315 Pleasant Valley Boulevard
250-546-9384



**Askew's
Cards**



Eleanor will be away for a couple of weeks
but **Isobel Kay** will be available at church
to sell cards .

If you need to get them mid week you can
call her at 250-546-8234. Eleanor will be
back on duty March 12.

The Things We Take for Granted

I am sure everyone in the congregation has heard the terms associated to the Women's Movement in the 1990's Pay Equity, Equal Pay for Work of Equal Value. I was attending a Public Service Alliance of Canada Women's Conference in Toronto – a large conference room filled with women from various departments of the federal government with a common goal. Here I am thinking we're all in this together & we are all equal, that's where I found out how privileged I was.

One of the delegates stood up and spoke in a voice full of anger & frustration because the white delegates didn't understand because of their richness & privilege. This gal was Haitian and to this day I don't know what her experiences must have been to have caused the emotion we all heard in her voice. What job opportunities had been denied her because of her colour? Did she have trouble finding housing, or a hairdresser, or a dentist because of her colour? I don't know but to this day I can still hear the anguish in her voice.

Take the time and learn about white privilege. There's so much we take for granted because we're white! I am so grateful for my upbringing, my dad's best friend was from the Tzeachten Reserve, my lifelong friend is the daughter of Polish immigrants (they were my second parents), our family was good friends with an East Indian farm family, but in my ignorance I never thought of discrimination and the challenges they faced. I'm proud of the fact my brother & Len Marchand were buddies, Kingsley Chong was another of my brother's University friends & Kingsley was a 3rd generation Canadian but still faced discrimination because of his Chinese heritage.

My granddaughters have a stepmom of Chinese heritage, the girls have two half brothers. Isabella has been living with them since graduating from PVSS – so her youngest brother, Charlie at the age of 5, put his mom on the spot "Mom where did we get Bella?" He knew she was different – I suspect Mom said "go ask your Dad"

I encourage you to look at your upbringing & maybe you weren't rich in the monetary sense but in other ways you've taken for granted you were rich. Take time to reflect.

Marj





I am

hoping you can aid Canadian Mental Health Association's Good Morning Program by spreading the word we are in need of volunteers and participants.

A bit about the program:

The Good Morning Program is a **free** telephone service for seniors or people with high health risks, who live alone or feel isolated in the community. The program enables these individuals to remain living independently longer by providing a daily phone call to ensure participants are safe. Phone calls are made seven days a week 365 days a year by trained volunteers. Participants can be referred by care providers, family, friends or self-referrals can be made.

I have attached a poster and a social media post. You are welcome to put it in your

graphic for you to use as you see fit to inform the congregation as well. If you have any questions don't hesitate to reach out.

Warmly,

Kelsey Tkachuk (She/Her/Hers)

Mental Health Programs Promotion and Recruitment

Canadian Mental Health Association - Vernon & District Branch

Tel: 778.312.0969 Ext: 110 - Fax: 250.549.8446

If you or someone you know is in a crisis or needs emotional support, the Crisis Line is available 24/7 at 1.888.353.2273

3100 28th Avenue, Vernon, BC V1T 1W3 kelsey.tkachuk@cmhavernon.ca <https://cmhavernon.ca/>