

# The Messenger

July 6, 2022

Zion United Church

Sunday worship — 10:00 am

St Andrews United Church

Sunday worship — 10:00 am

## Our 15th Annual Womens Retreat



Our 15th Annual Women's Retreat will be from **September 9-11, 2022**

Come join for a weekend of Sharing, Fun and Fellowship.

For more information contact  
Lorraine 250 838 7908

If you have announcements to be included here please email them to: [ckooyman@shaw.ca](mailto:ckooyman@shaw.ca)

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

Next Messenger will be  
July 13, 2022

## Summer Church

**July** - hosted by  
St. Andrew's **Enderby at 10 a.m.**

**August** - hosted by  
Zion, **Armstrong at 10 a.m.**

Members of each congregation are invited to attend 'the other church' for worship.

Louise

## Emergency contacts for month of July

while Hati is at Camp will be :

Rod Gilmer 250 308 8344

Penny Kirk 250 503 4712

Suzanne Skinner 250 546 2842

## Pastoral Care Team (PCT)



**With** our ZUC family, we recognize that all members are participants in our Pastoral Care ministry. This occurs in numerous ways such as phone calls, visits, rides, greetings or sharing a celebration or concern with us. We are reliant on the congregation to inform us if someone is going through a challenging time.

Please communicate with the PCT by calling the church office (250-546-9384), [armstrongzionofficet@gmail.com](mailto:armstrongzionofficet@gmail.com), or contacting a PCT member (Mona Ball, Louise Burton, Pauline Curtis, Leona Harrison, Isobel Kay, Wilma Koersen, Pam Krzanowski, Catherine MacAskill, Rev. Hati Mvundura, Suzanne Skinner). (As a PCT we will endeavour to provide spiritual, emotional or social support:)

Mona Ball had offered to continue to serve as our teams 'Sunshine Lady'. On 'Behalf of ZUC Congregation', Mona will send out cards for various reasons, as appropriate.

On behalf of the PCT,

Wilma J Koersen

**Volunteer Driver Program**  
(for Armstrong-Spallumcheen seniors requiring rides for medical or dental appointments)

Call 250-546-0999; 48h in advance of appointment so driver can be arranged.

**Costs (return) (June 16, 2022)**

• Within Armstrong	\$5.00
• Enderby	\$10.00
• Vernon	\$15.00
• Salmon Arm	\$25.00
• Kelowna	\$50.00

## Askew's Cards

### Summer Askew's card Sales

During July when we will be joining St. Andrews in Enderby Askew's cards will be available there from Eleanor or Sharon.

If you are needing them during the week please try to plan a bit ahead as Eleanor may be away occasionally.

You can call her at 250-546-8195.

Thanks, have a good summer.





A well attended, lovely, worship service at St. Andrew's United Church (3 July), to start off the 10:00 AM gatherings for the summer.



Photo's by Wilma





## Produce Sharing Program

The Armstrong Food Initiative Society (AFIS) will be starting the Produce Sharing Program at the Community Garden behind the red caboose in Armstrong on July 11<sup>th</sup>. We are encouraging anyone who has extra produce to share to bring it to the volunteers at the Community Garden between 9 and 10 on Monday. From 10 to 12 o'clock this will be passed on to people who do not have access to fresh fruits and vegetables. The program will run every Monday from July 11<sup>th</sup> to October 3<sup>rd</sup>.

This is the 14<sup>th</sup> year AFIS has run the program. With the increase in food prices and other commodities, the free fresh produce will benefit people more than ever.

Sharing produce not only provides people with fresh locally grown food but generates a conversation about growing food, preparing food and storing food. If you have any questions please contact Jill at 250 546 8335

