



# Spirit of Shalom

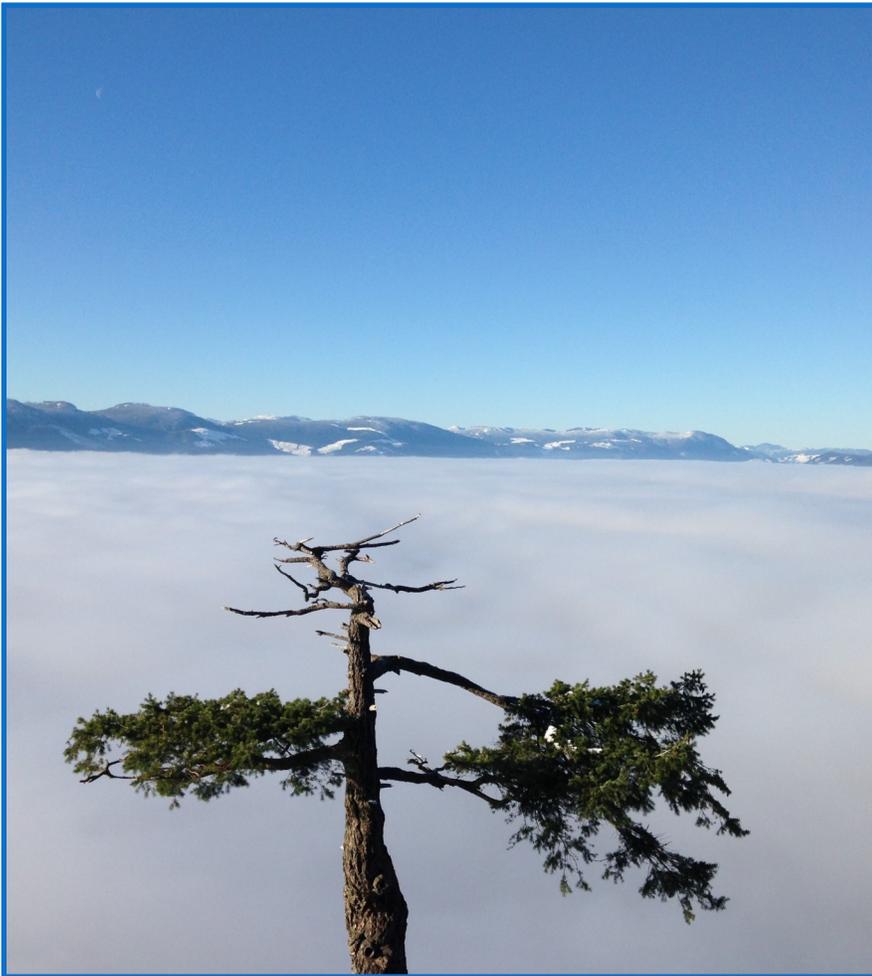
## Duncan United Church

Sharing our faith from the beautiful Cowichan Valley of Vancouver Island, British Columbia, Canada.



## Season of Lent 2021

### Loss and Blessing



*In loss there can  
be blessing,  
In blessings there  
can be loss,  
But in each  
there is always  
the gift  
of hope and light.*

Inside this issue:

From Keith	2
Easter & Lent Services	3
Loss & Blessing— Linda Evans	4
A Profound Blessing— Daisy Anderson	5
In the Spotlight	6/7
Loss & Learning— Keith Simmonds	8
Loss & Bessing— Maureen Gallacher	9
Braiding Sweetgrass	10
Unified Board— Virginia MacCarthy	11
Auction	12
Note from Skye	13





## FROM KEITH...SHALOM

Shalom might be described as a place or a moment. An equilibrium marked by peace, abundance and blessing. An objective and a reality. Shalom is what Jesus was talking about when, in Nazareth, he stood to read from Isaiah’s prophecies of peace and freedom and proclaimed them fulfilled.

It wasn’t exactly the moment the people around him thought they’d been waiting for. While some might have found his words sublime, many opted for ridiculous while still others were deeply offended. Particularly when he followed up with a critique of their decision to opt out.

‘You will not participate,’ he said, ‘just as your ancestors refused to participate and God had to go looking for someone else.’

They responded by offering to toss him from the precipice of a nearby mountain.

I’ve been up that mountain, travelled there from that synagogue. It would take a very sustained rage for a mob to carry a person that far, for that long.

They were understandably outraged. Living under Roman Occupation, their own leaders co-opted, a harsh, demanding, enslaving regime where soldiers or tax collectors could take what you had in a moment and demand even more.

Jesus calling on them to pause and find not only blessing, but freedom, joy and love, to see what they had and be glad in it, in this moment, right now, must have felt like the second last straw. The last one coming after, seeing disbelief, despair and perhaps not a little contempt in their eyes, he offered them not comfort but comparison with others whose mistrust hadn’t caused God to abandon them, but instead find welcome in the hearts of those they abhorred.

It’s as if God’s prophet had offered peace and healing to human rights advocates, BLM marchers, Me Too Campaigners, Save the Climate Activists and, when rejected had gone to a repentant Donald Trump and healed him of...whatever he needs healing of.

‘God’s love,’ Jesus might say. ‘Never ends and will flow like a river on those who will open themselves to receive.’”

“The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
<sup>19</sup> to proclaim the year of the Lord’s favor.”

Where, in these days, can we find the Good News in our lives? Wherein lies Shalom?





## LENT AND EASTER SERVICES

- **Ash Wednesday, February 17 (Lent Begins) - 5pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/83519727144?pwd=TTFuQiRCNkVFK3Q4UTA4M1N0SnB5dz09>

Meeting ID: 835 1972 7144 Passcode: 436146

- **5 Sundays in Lent February 21, 28, March 7, 14, 21 & 28th ( Palm Sunday)—10 am Worship Services**

On Zoom for the service and coffee time afterwards use this link:

<https://us04web.zoom.us/j/536213059?pwd=S1RyeHVZL3ZXVFJLdy9QUHBPSXVKQT09>

Meeting Id 536 213 059 – Password is 239075

- **Maundy Thursday, April 1 - 5 pm (Lent officially ends)**

Join Zoom Meeting

<https://us02web.zoom.us/j/84118595485?pwd=OGhtakJZUItWFR5YkF4aWpDZVhFUT09>

Meeting ID: 841 1859 5485 Passcode: 441638

- **Good Friday, April 2—10 am Worship Service**

Join Zoom Meeting

<https://us02web.zoom.us/j/83366407180?pwd=SE9MMUFHIZBDMIZFVEN3TEthMlhdsz09>

Meeting ID: 833 6640 7180 Passcode: 260663

- **Holy Saturday - April 3 7pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/89994309238?pwd=UTdCVTIKekwxaDBJdjdObE4xeExBZz09>

Meeting ID: 899 9430 9238 Passcode: 272516

- **Easter Sunrise Service—April 4th 7:00 am Worship service**

Join Zoom Meeting

<https://us02web.zoom.us/j/87930723241?pwd=bmx2ZmhQd3VPdTRkVDFvMXRmNG1aZz09>

Meeting ID: 879 3072 3241 Passcode: 339595

- **Easter Sunday April 4—10 am Worship service**

On Zoom for the service and coffee time afterwards use this link:

<https://us04web.zoom.us/j/536213059?pwd=S1RyeHVZL3ZXVFJLdy9QUHBPSXVKQT09>

Meeting Id 536 213 059 – Password is 239075

**All services can be joined on Zoom! Links will also be placed in the Dove newsletters.**

**Phone numbers are +1 778 907 2071 or if busy +1 204 272 7920**



**LOSS & BLESSING—LINDA EVANS, Outreach Coordinator**

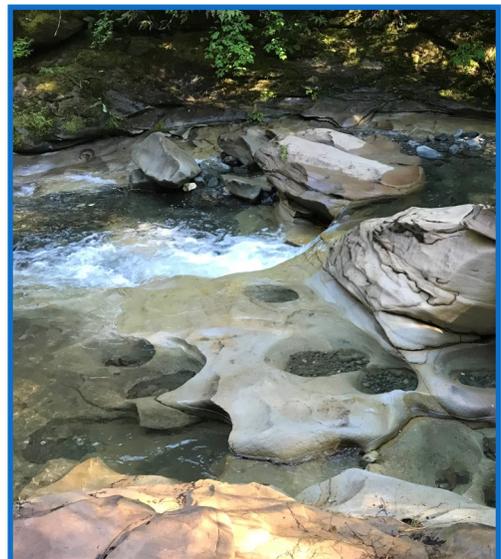
Lent is a time when some people try and give up something for the six weeks such as fasting, others may try to add a spiritual practise to their lives. I'm never really sure which would be better or if one way is actually more spiritual than the other. As we enter into Lent this year it is even more difficult. We have already given up so much in our lives and also added much to our lives. How does one change yet again for six weeks not even knowing where our world will be come Easter. So as I ponder this I look back to last year and some of the loss and blessings we have experienced.

Our year began with the loss of Keith as he went off on his sabbatical for three months, this brought the blessing of having our previous ministers, Duncan and Joan Barwise come and share their ministry with us. We then experienced the loss of being able to gather in our sanctuary together on Sunday mornings, the blessing in this was that we were still able to worship from the comfort of our homes (no more hard pews to sit on). In this we also had the huge loss of our choir and singing in our sanctuary, the blessing was Garth, Ruth, Mike, Irene, Connie and others began sharing their music with us on line. Our groups were no longer able to gather, the blessing was that we connected with each other, made new friends through phone conversations and coffee hour on zoom. In our personal lives we had a major loss of not being able to gather with our friends and socialize, the blessing was that it gave us loads of free time to spend with our families or doing projects we had long put off.

There really has been so much that we have already given up and yet it seems with loss there are sometimes blessings and we all know our lives are full of blessings. So in this season of Lent, as we all struggle to find ways to get through this pandemic, I plan to focus on the gifts of each day and when it comes to the losses I shall try and follow the advice from Maria Sabina below (thanks to Joy Hachey for sharing this) and know that loss can be healed with the gifts nature blesses us with each day.

Advice from Maria Sabina, Mexican curandera (medicine woman) and poet.

***“Cure yourself, with the light of the sun and the rays of the moon.  
With the sound of the river and the waterfall.  
With the swaying of the sea and the fluttering of birds.  
Heal yourself, with the mint and mint leaves, with neem and eucalyptus.  
Sweeten yourself with lavender, rosemary, and chamomile.  
Hug yourself with the cocoa bean and a touch of cinnamon.  
Put love in tea instead of sugar  
And take it looking at the stars  
Heal yourself, with the kisses that the wind gives you  
and the hugs of the rain.  
Get strong with bare feet on the ground  
and with everything that is born from it.  
Get smarter every day by listening to your intuition,  
looking at the world with the eye of your forehead.  
Jump, dance, sing, so that you live happier.  
Heal yourself, with beautiful love,  
and always remember ...  
you are the medicine. ”***





## Hymns, Hummingbirds & Blessings -Daisy Anderson

Many years ago I recall lustily singing an old gospel hymn:

“...upon life's billows you are tempest-tossed....you are discouraged, thinking all is lost....”\*

These days, we're going through tough times and it is so easy to slip into feeling “tempest-tossed” and that all is lost. Some of us may have pleaded, “My God, my God, Help me!” We may ask how an all-powerful, all-knowing God could let his happen. Most of us are tired and our nerves frazzled. Some folk like me put on happy faces, holding our chins high when deep down we are weary worn and strained.

In church before the lockout, I put my heart and soul into singing:

“I've got peace like a river,  
I've got peace like a river,  
I've got peace like a river in my soul.”\*\*

Oh, if only, if only my soul still overflowed with peace, joy and love. The truth is I have had nights of tumultuous rehashing old hurts; hours absent mindedly working number puzzles; and evenings slouched in front of the TV. When asked, “How're doing, I cheerily say, “Really good, keeping busy.” It's a lie.

The truth is I'm often angry and frustrated. I try to ignore the irritation. I try to force myself into gear. I escape by sleeping and continue, with a fake smile, saying I'm fine.

I'm in bed ready to give up and, without warning, something in me snaps. A quiet voice from who knows where tells me, “Get up and going. You've done this before. You know what to do.” It's like a switch. My energy returns. I turn on my iPod and play the 23<sup>rd</sup> Psalm, mouthing the lyrics and breathing the music.

The blessings flow. I see. I feel. I plan. I'm up and at it. Life is good again. I'm aware of my intrigue as I watch the mating dance of the Anna's hummingbirds in my garden. The male hummingbird flies 130 plus feet in the air, dives straight down and just before impact, thrusts up with more power for its size than a jet engine at full throttle.

We're stressed. The burden of the pandemic disrupts and confuses us. The power and energy of the tiny bird reminds us, “Hey, things aren't so bad. Lighten up.”

The old gospel hymn that begins with discouragement and loss, repeats the phrases, “count your many blessings” and “count your blessings one by one.” I do just that. Count the blessings in this article.

Blessing #1: frustration with my life.

Blessing #2: the soft voice of encouragement.

Blessing #3: the get-up and go of the hummingbirds.

Blessing #4: the old gospel hymn reminder.

Psalm 23 and “Peace is like a River” offer profound, reassuring blessings during dark times:

**GOD CARES, LOVES AND IS HERE FOR US IN THE MIDST OF FEELING TEMPEST-TOSSED. We are not alone.**

\*Johnson Oatman

\*\*African-American spiritual

Blessings and Amen, Daisy Anderson





**IN THE SPOTLIGHT!**



**Bonnie Loudon**  
**DUC Treasurer**  
**Kevin Loudon**  
**DUC Electrician**

**Where were you born?**

I was born in Comox, BC on Vancouver Island  
Kevin was born in Vancouver, BC

**Where have you lived?**

I have lived in Coquitlam, Victoria, Vancouver and now, Duncan BC  
Kevin has lived in Vancouver and now Duncan BC

**What is or was your occupation?**

I am a Chartered Professional Accountant. I am currently taking a leave in part due to COVID and in part due to the fact that I have three small kids ages 2, 5 & 6 to keep me busy. I also volunteer as Duncan United Church's treasurer.

Kevin is a Master Electrician who runs his own electrical company, Lakes Road Electrical Systems, throughout the Cowichan Valley. Kevin is also a paid-on-call firefighter with North Cowichan's South End hall.

**What do you enjoy doing?**

Kevin and I both love music, and specifically singing. It is one of our favorite things to do. In fact we started a small choir here in the Valley! I also enjoy playing the piano and love to cook and garden.

Kevin enjoys working in the community and especially the time he spends with the fire hall. He is also a bagpiper with an opera degree from UBC!

**Share a fun fact about an event in your life?**

Kevin and I met in high school when we were 18 years old while singing in the BC honor jazz choir together. We were instant friends and remained friends for a long time. University took me to Victoria while Kevin stayed in Vancouver however we stayed in touch and 10 years later when I moved to Vancouver to complete my accounting designation we reconnected and the rest, as they say, was history. 6 months later we were engaged and 6 months after that we were married. We did not realize it when we set the date but later discovered that our wedding on February 19th was 11 years to the day from that first concert we sang together back in highschool!





## IN THE SPOTLIGHT!



**Joan Muller**

**Building and Finance**

**Where were you born?** I was born in Gladstone, Manitoba, and raised on a farm 11/2 miles from Plumas, Man. We used to say we were going to “town”, but it really only has the status of a village.

**Where have you lived?** I lived in Winnipeg for several years, taking Fine Arts at university, and a Library Technician course at Red River College. In 1969, my sister and I moved to Vancouver. After marriage to a forester, I later lived in Nelson (where daughter, Mara was born), Invermere (where son, Karl was born) and , since 1981, in Duncan.

**What was or is your occupation?** My formal occupation was as a library assistant in the Main Library at UBC, happily surrounded by 6 levels of books and periodicals, new and ancient.

**What do you enjoy doing?** Obviously, I enjoy reading, and, “just one more chapter, one more page” contributes vastly to my procrastination proclivity. I also enjoy drumming with the Cowichan Spirit Drummers, singing with the Heartsong Singers, and, doing crafts, like knitting earflap hats. Thrift Store sales person is also fun.

**Share a fun fact about an event in your life.** Fun memory: Making God's Eyes with the grade one Sunday School class, to donate to the “Weaving Booth” of the 2<sup>nd</sup> “Journey to Bethlehem” event. This was a somewhat challenging procedure, and my kids were not in this class to help me out. However, the amazing thing was that people purchased these God's Eyes. Okay! It was the parents. I'm sure it was the parents. But, still, it was a thrill that people bought the God's eyes.

## SHROVE TUESDAY & ASH WEDNESDAY

**Tuesday, February 16th is Shrove Tuesday** where we usually gather to indulge in some wonderfully cooked pancakes. So let's all carry on the tradition in a new fashion for Covid Shrove Tuesday and enjoy some pancakes in our homes. Have some fun cooking pancakes and enjoy in the eating. Take some pictures and send them in or share your favourite Recipe to share in the Dove.



Keith will lead our **Ash Wednesday Service, February 17th at 7:00 p.m.** marking the beginning of our journey through the season of Lent. To truly experience the fullness of Easter one needs to journey through Lent from beginning to end. Please join with us ON ZOOM for this brief but meaningful occasion of worship. Join Zoom Meeting

<https://us02web.zoom.us/j/83519727144?pwd=TFuQjRCNkVFK3Q4UTA4M1N0SnB5dz09>

Meeting ID: 835 1972 7144 Passcode: 436146





**ON LOSS AND LEARNING — KEITH SIMMONDS, MINISTER**

Being granted the opportunity to serve as a Witness for the World Council of Churches in Palestine and Israel by the WCC, the United Church of Canada and our own Congregation meant last year was going to be a seminal year in my life. A year in which I was sure I would encounter profound and sometimes difficult change. Planning my pre and post experience very carefully, I was sure I'd done the best I could to allow myself to process and integrate the time I would spend in Bethlehem, Jerusalem and elsewhere in the land of our ancestors in faith. The wise and willing folk who serve as our staff and on our Board and Sabbatical Committee planned for leadership during my time away, figuring out how best to ensure worship, pastoral care, administration and outreach would be attended to during my absence. We had some wonderful plans. I'm sure God chuckled.

While the first two months went pretty much as thought, there were rumblings from China and then Italy and then everywhere about the Corona Virus. People in Bethlehem began expressing nervousness about 'Internationals' who might carry this new plague. We were escorted out of the city on March 2<sup>nd</sup>, leaving the country just over a week later. I was home by March 10<sup>th</sup>, with my integrating and processing time in tatters. Church services ground to a halt soon thereafter as Duncan and Joan Barwise brought an air of calm and care to an otherwise disordered situation. I am so grateful that part of the plan worked out!

Not much else did. Without community or integration I decided I should return to work a month earlier than originally thought. There was no where to go on vacation, no place better to integrate my time away than here. We began online services immediately and stepped onto a learning curve so steep that it reminded me of the hills in Bethlehem where I could, in some places, reach out and touch the path ahead of me without leaning down much at all. Beginning an online study, I was able to share the experience of living in a land under harsh, brutal and fear driven occupation, helping process but also heightening the experience. Writing to share what I'd learned on Facebook, free of the restrictions of Occupied Palestine (where locals are imprisoned for speaking out on social media) brought the experiences back in very real ways. Trying to understand the motivations of Israeli soldiers and government agencies without pardoning their actions tugged at my soul like nothing else has. Particularly as I could see so much of 'us' in 'them'.

There were, as one might expect, some matters demanding attention in my personal life and one or two issues facing us as a church trying to figure out how to be church in the context of Covid 19 that seemed to crystalize my confusion, sending me into a very unhealthy state. Without an ounce of elasticity or curiosity or even compassion, I found myself shouting, arguing and treating others in ways I'd hoped I'd left behind when I entered ministry. Our Board Chair, Virginia MacCarthy bore the brunt of this behaviour and while I took the opportunity to enter our church's Restorative Care Plan, she stayed on. Leading, guiding and doing her best to help our church navigate through difficult, not to say treacherous waters. I cannot begin to say how much I admire her commitment, perseverance and care for our community. We have been blessed in her.





## LOSS AND LEARNING CON'T

Eventually I found my way back to ministry, given the able assistance of my colleagues on staff, the M&P Committee, our Board, our National Church’s Psychologist, my physician my family and by many cards, letters and anonymous baking drop offs from folk in the congregation. Accompanied by Duncan and Joan, by friends in ministry and our Regional Minister, Gail Miller, I was helped without condition or counting the cost. I have returned to full time employment as your minister and am once again enjoying the gifts of being present among you. I am able to hold curiosity, to wonder and to respond with some degree of grace when difficult questions arise. To know, most importantly, that God is in this with us and that God’s light warms a path of love for all God’s Creation. That it is not at all up to me or to you or to anyone to do more than respond in love as we are able or to accept the love of others when we are not.

I’ve learned more than I bargained for this year, in ways I had not planned, on paths I would not willingly have walked. Along the way I have caused pain and sorrow and suffering and yet been treated with dignity and respect, care and love.

Who would ask for more?

## LOSS AND BLESSING– MAUREEN GALLACHER

Here we are in January 2021, thinking of the loss of “Burns supper” entertainment this year, but blessed by fond memories. Who knew more about “Loss and Blessings” than Robbie Burns, poet born on the 25th of January 1759, near Ayr, Scotland.

Some of the best songs in the world are written about loss and blessing because these are strong human emotions.

Getting back to Burns, his “Ae Fond Kiss” is about loss eased by wonderful memories and blessings. “Skye Boat Song” is all about loss and the blessings of escape to freedom over the sea to “Skye”.

Bev Medford and I used to sing “Thy Word” by Michael Smith at our church service. The anthem is about loss of feeling afraid and losing one’s way in life. However they are assured God is right beside them with blessings and stating “Be Not Afraid” . It seems after loss, blessings are not too distant.

### MAUNDY THURSDAY SERVICE

Thursday, April 1st at 5pm join us for “dinner” (bring something you would share with friends), bring some water and a towel too. We can wash hands as Jesus washed feet.

Join Zoom Meeting

<https://us02web.zoom.us/j/84118595485?pwd=OGhtakJjZUItWFR5YkF4aWpDZVhFUT09>

### GOOD FRIDAY SERVICE

Friday, April 2nd at 10:00 am join us for this meaningful service.

Join Zoom Meeting

<https://us02web.zoom.us/j/83366407180?pwd=SE9MMUFHZIPDMLZFVEN3TEthMlhsdz09>

Meeting ID: 833 6640 7180      Passcode: 260663





## Braiding Sweetgrass Book Study

**Tuesday evenings, 6:30pm  
February 23 to March 30, 2021**

**“Braiding Sweetgrass”** by Robin Kimmerer will be our Lenten study book. A thoughtful, wise and wonder-filled reflection on the Living world and our part in it, it is set in North American Indigenous teachings and steeped in ‘science’ as well as relational observation. This book will open readers up to ancient and new understandings of our world and the language we see it in. Listening to the book is, in my humble opinion, the best way in (I walked the trail while hearing the author narrate a copy from the Library) but purchasing a hard copy of some sort is probably also a good idea.

Join Zoom Meeting

<https://us02web.zoom.us/j/89503032520?pwd=NWFJVV2JENkGc1VHpMOENiM3BiVS9qQT09>

Meeting ID: 895 0303 2520      Passcode: 016236

This is so true, especially now we are more than ever thankful for our island home!

### If you’ve Ever Lived on an Island J. Earnhart 1992

If you’ve ever lived on an island  
If ever you’ve lived by the sea,  
You’ll never return to the mainland  
Once your spirit has been set free.

If ever you’ve smelled the ocean  
or tasted the salt in the air:  
You’ll know you’ve discovered a haven  
that is uncommon, precious and rare.

If ever you’ve seen the whales play  
or watched the eagle in flight  
You’ll remember again, why you live here,  
and why it feels so right.

If ever you’ve seen the sunset  
as the ferry passes the shore:  
You’ve seen the beauty of the island  
that will be with you forever more.

If ever you’ve heard the seagulls  
the waves, a foghorn, the winds:  
Then you’ve heard the song of the island  
and the peaceful message it sends.

Indeed if you live on an island  
If you’re lucky to live by the sea  
You’ll never return to the mainland  
as your spirit has been set free.

## HOLY SATURDAY SERVICE

Join us on **Saturday, April 3rd** at 7:00 pm from the comfort of your own home for a quiet meditative evening of Taize music .

Join Zoom Meeting

<https://us02web.zoom.us/j/89994309238?pwd=UTdCVTIKekwxaDBJdjdObE4xeExBZz09>

Meeting ID: 899 9430 9238      Passcode: 272516



## EASTER SUNRISE SERVICE

**Sunday —April 4th**

We will celebrate the ‘first light’ at **Art Mann Park** (on the shores of Quamichan Lake) with our **7am Sunrise Service**. If you want to join through zoom or if we are unable to gather please use the link below.

Join Zoom Meeting

<https://us02web.zoom.us/j/87930723241?pwd=bmx2ZmhQd3VPdTRkVDFvMXRmNG1aZz09>

Meeting ID: 879 3072 3241      Passcode: 339595





## From Unified Board-Virginia MacCarthy, Board Chair

The theme for this newsletter, Loss and Blessings, really sums up 2020. Everything that happened this past year as we faced this challenging global pandemic, consisted of both losses and blessings.

We felt great loss as the life of our Church changed dramatically. We moved from in- person groups, meetings, Bible studies and worship and all of our many Church activities, to conducting our business in a “virtual” way through a computer screen.

We felt the loss of our “normal” life and all the things we had always just taken for granted. We missed face to face contact, the visits and gatherings with family and friends. We missed hugs. We missed meeting in the Sanctuary for worship. We missed our choir. We missed our social time after the service. We felt the loss of all these activities that we were used to.

We have been locked down and shutdown and our life has been limited to what we can do safely to stay healthy. We grieve and we mourn for what we did before and wonder if things will ever be the same again.

But out of this loss of what we have known, comes the blessings of what we still have.

We simply still have each other. We are so blessed to be part of this special Church family at Duncan United Church. We are blessed to be able to reach out to each other through the telephone, through the gifts of modern technology...Zoom, Facetime, the internet, email. We are so blessed to have so many creative people in our Church family who find many ways to stay connected.

We are blessed to have a committed staff, a dedicated Minister and all the many willing volunteers who continue to keep our church going, keeping it vibrant, alive and resilient. We are blessed that we are able to worship virtually and listen to amazing music.

We are blessed when we are able to support each other spiritually, emotionally, physically and financially.

I feel blessed to have been able to contribute on the Unified Board of our Church.

We are blessed to live in the beautiful Cowichan Valley, surrounded by the beauty of nature.

We are blessed by each person in our lives.

We are blessed to find God’s presence in our lives.

We need to acknowledge our losses and move forward. We need to count our blessings and appreciate all that we have.

Our Church is still here for us all. We will get through this together.

Virginia MacCarthy





**RAISING FUNDS BY HAVING FUN!**

**PLEASE DONATE ITEMS OR SERVICES  
FOR OUR ONLINE AUCTION!**

All of you who love to bake, or knit or sew, or are crafty or those of you who love to help others doing outside jobs – we need you to email or phone in an item that we can auction off in March.



Then we can have some fun on bidding for items. Sure it won't be the same as the usual Skills and Service Auction but we can still have fun bidding up our friends.



The children are sending in art items for us to bid on as well plus Keith has items from Palestine so there will be lots for us to purchase.



**DESCRIPTION OF ITEMS NEED TO BE IN THE  
OFFICE BY MARCH 1<sup>ST</sup>.**

**CATALOGUE WILL COME OUT ON MARCH 12<sup>TH</sup>**

**BIDDING ON ITEMS BY EMAIL OR PHONE BEGINS ON MARCH 14TH AND  
ENDS ON MARCH 31ST AT MIDNIGHT.**

**WINNERS WILL BE ANNOUNCED ON APRIL 1ST.**





## A NOTE FROM SKYE

Lent eh? Well I'm not sure about you folks but I can't think of one thing in my life that I am willing to give up for six weeks. I mean really...my life is very simple. Some may say I'm a minimalist , well they would until they counted up how many toys are under the couch. I think for Lent I shall take up counting my blessings instead. After all I do have it pretty good. I get to eat and sleep whenever I want, wake up Linda whenever I want to play ball in the middle of the night, my life is good. I have lots of blessings to count, which of course means I will have to spend lots of time relaxing and sleeping while I count them up.

I sure hope that by Easter we are allowed to have a couple of people over cause otherwise those pretty little plastic Easter eggs may not come out as I know they are really for the little ones and not me but well I do love batting them around all over the house and I miss seeing people.

I guess we shall all just make the most of the Lent, which is quiet anyway and pray that by Easter we can celebrate in small ways. In the meantime I shall be here counting my blessings instead of sheep and here are a few laughs for you to enjoy. Take good care everyone and wash those paws.

What do cats like to eat on a hot day? A **mice-cream cone!**

Why do cats always get their way? They are very **purr-suasive!**

How do two cats end a fight? They **hiss and make up!**

How do you know a cat is agitated? He's having a **hissy fit!**

What's a cat's favorite magazine? **Good Mousekeeping!**

Why did the cat wear a fancy dress? She was **feline fine!**

Why was the cat afraid of the tree? Because of its **bark!**

What did the cat say when it was confused? "I'm **purr-plexed!**"

Where does a cat go when it loses its tail? The **re-tail** store!

Why was the cat so agitated? Because he was in a bad **mewd!**

How is cat food sold? Usually, **purr the can!**



**DID YOU HEAR ABOUT THE CAT WHO SWALLOWED A BALL OF WOOL? SHE HAD MITTENS!**



## Duncan United Church

246 Ingram Street  
Duncan, British Columbia  
Canada V9L 1P4

Sharing in Ministry:

Keith Simmonds

Sarah Prestwich (SundayJourney/Youth Coordinator)

Linda Evans (Administration/Outreach Coordinator)

Connie Masson (Music Director)

Joy Hachey (Custodian)

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**OFFICE HOURS: MON—FRI 9:00 am TIL NOON**



Duncan United Church

246 Ingram Street

Duncan , BC V9L 1P4

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Interesting Links for you to browse...

### **Duncan United Church**

**Web page:** [www.duncanunited.org](http://www.duncanunited.org)

**Facebook:** [www.facebook.com/duncanunited/](http://www.facebook.com/duncanunited/)

### **Keith Simmonds Blog**

[www.faithfulwitness.xyz](http://www.faithfulwitness.xyz).

Micah 6:8 “What does the Lord require of you...but to seek justice, and to love kindness, and to walk humbly with our God”

