



# Spirit of Shalom

*Duncan United Church*

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



*Season of Lent 2022*

FORGIVENESS



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*Forgiveness is a gift we can give to others and to ourselves.*



**FROM KEITH...ON FORGIVENESS**

***“Holding on to anger is like drinking poison and expecting the other person to die.”***

A quote often attributed to Buddha but likely (and perhaps appropriately) born out of the twelve step teachings of the AA community.

Jesus is quoted as saying: “Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven;” Luke 6:37

In my own life I’ve found freedom and grace in forgiveness. Not that I’m aware I’ve received it from the folk I’ve wounded (and I have caused wounds). Rather in the forgiveness I’ve been able to extend to those who have wounded me (and I have been wounded) and to myself. In the act of forgiving, I have been released.

Some forgiveness comes easier. I often begin by divining where my anger starts. One of my teachers helped me understand anger as a defensive emotion and so I delve into the fear that gave it life: *‘What am I defending?’*

Sometimes that’s enough. Cut off in traffic I respond with increased adrenalin, fear, and anger. Usually in that order. I’ve taught myself to yell (internally, unless I’m alone in the car):

*‘What kind of an idiot does something like that? I’ve never done anything like that’*

That is obviously untrue, I’ve made some incredibly thoughtless lane changes and merges. From that realization I almost automatically transfer out of fear and anger into understanding and forgiveness. I’ve even forgiven myself for my own past transgressions in traffic. What was I thinking? Who knows? Clearly it can happen to any of us. Thank God and other drivers, I am still alive and unbroken.

I have also done things and been victimized by actions far worse than mere imperfection. Deliberately aimed at causing harm or (perhaps even worse) aware of harm caused but not caring about it so long as one’s needs were met. Things not so easily understood nor, consequently, forgiven. By anyone affected.

What does one do with that? With this world of our creation? We seem unable to let go of anger, understand fear, and share in mutual imperfection. We can be both abusers and abused. Objects of anger, products of shame. How are we to understand ourselves and all of our relations as beloved, in the reality of our actions and their consequences?

In Luke Jesus teaches about our relationship in God, where we are always understood, forgiven and challenged in our harmful behaviours. It’s simple, really. Do not judge others (although it’s good to consider what they might be going through) and you will not be judged – although others might pause to consider what brought you to this pass. Do not condemn others, pronounce them evil, discount their worth, ignore their presence and you will not similarly be treated. Forgive, forgive, forgive and you shall be forgiven, forgiven, forgiven. Even unto seventy times seven. So could it be.

May this Lenten journey bring us all closer to the Kin-dom of Christ’s kind and loving world. May we forgive and be forgiven...





## LENT AND EASTER SERVICES

All of our Lent and Easter Worship Services may be joined in person or through our zoom link.

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

Meeting Id 536 213 059 – Password is 239075

**Tuesday, March 1st is Shrove Tuesday** the day we gather to enjoy delicious pancakes before we enter the season of Lent. Pancakes will be served in Heritage Hall from 5—6:30 pm. Please join us! By donation at the door.



Keith will lead our **Ash Wednesday Service, March 2nd 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 for this brief but meaningful occasion of worship

### MAUNDY THURSDAY SERVICE

**Thursday, April 14th** at 5pm join us for “dinner” (bring something you would like share with friends). If you are joining us through zoom bring some water and a towel too. We can wash hands as Jesus washed feet.

### GOOD FRIDAY SERVICE

Friday, April 15th at 10:00 am join us for this meaningful service as we retell the story of Jesus on the cross.



### HOLY SATURDAY SERVICE

Join us on **Saturday, April 16th** at 7:00 pm for this meditative evening of Taize music. A time to sit and reflect on the life of Jesus.

### EASTER SUNRISE SERVICE Sunday — April 17th

We will celebrate the ‘first light’ at **Art Mann Park** (on the shores of Quamichan Lake) with our **7am Sunrise Service**. Refreshments will be served following the service.

**EASTER SUNDAY SERVICE**—10AM in the sanctuary as we celebrate and worship . Refreshments will follow in the church hall.





**FORGIVENESS—REV. GREG DARJES**

Forgiveness: letting go of the pain of resentment Our tendency is to hang on to the hurt of the past. It has even been said that we humans are addicted to suffering. We can create “bad” feelings to justify acting out towards others or even harming ourselves. Would we be willing to step beyond that familiar pattern and try something else?

Resentment of someone is usually a clue about what is blocking our freedom to live and love fully. Ironically, the one who holds the resentment is the one who suffers more than the one who is the target. In fact the one who refuses to forgive continues to be wounded. The memory is kept fresh and the hurt remains raw to the touch. This affects to a greater or lesser degree all the relationships of the continually re-wounded person.

Through years of hearing the life stories of hundreds of people I have come to realize that no one really ever gets away with anything. There is no point in hanging on to old hurts in the belief that this is making the other person pay for their “crime”. That is already being taken care of through “karma” or “whatever goes around comes around”.

This may not always be apparent and yet I believe that it is a law of nature. Think of the person who harmed you; would you want to trade places with them?

I have also seen that resentment is fueled by guilt. We can be angry at another while secretly wondering if it wasn’t somehow our own fault: we “should “ have known better, we”should” have seen it coming, etc. We offload our own guilt. We blame because we don’t want the shame. However, the suffering doesn’t go away.

Resentment creeps into our other relationships. Ultimately it lands at the feet of whatever we consider to be our Higher Power, be it fate, the universe, or God. We put our resentment between us and others and especially between us and God whoever or whatever we believe that to be. “Why me?”

So if we want the pain to ease, to soften, to be left in the past, then we can take certain steps:

1. We can recognize that we do have a painful resentment. (We may deny this)
2. We can accept that hurt is part of the human experience. (We all come to know rejection, suffering, and death.)
3. We can share our story with someone who will help us be empowered as we take responsibility for our part and then help us with the process of letting go.

Lent is an opportune time to let go of whatever impinges on the gift of life in all its fullness. This is what Jesus came to offer to us all.

Blessings,  
Greg





## THE PRAYER SHAWL MINISTRY—CIRCLE OF FRIENDS

Circle of Friends is a group of women who meet each month to support and learn from each other on life's journey. We began the Shawl Ministry in 2007 in order to offer our hands and our prayers to those within our community in need of prayer and comfort. These shawls are created with love and blessings for those that they are intended for. Each shawl is blessed by our Circle.

In 1998, Janet Bristow and Victoria Galo, two graduates of the 1997 Women's Leadership Institute at The Hartford Seminary in Hartford, Connecticut gave birth to a ministry as a result of their experience in this program of applied Feminist Spirituality under the direction of Professor Miriam Therese Winter, MMS.

Care and the love of knitting (and crochet) have been combined into a prayerful ministry that reaches out to those in need of comfort and solace. Many blessings are knitted into every shawl. The knitter begins each shawl with prayers for the recipient. Intentions are continued throughout the creation of the shawl. When the shawl is completed it is offered a final ritual before being sent along its way.

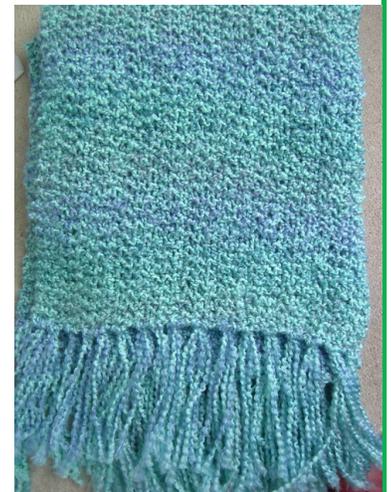
As this gift has been sent along, some recipients have continued the kindness by making one themselves and passing it onto someone in need. Thus, the blessing is rippled from person to person, with both the giver and receiver feeling the unconditional embrace of a sheltering, mothering God!

Shawls at Duncan United are given to people who may be undergoing medical procedures; as a comfort after a loss, during bereavement, during an illness and recovery; or celebrations such as 90th birthdays. We have also given them as gifts to thank people for sharing their ministry with us.

There are endless possibilities!

A blessing or ritual maybe offered when the gift is presented.

If you know of anyone who would benefit from a shawl please let us know and if you are interested in becoming a knitter please contact Darlene Stefanson at 250-748-9919 or Linda in the church office at 250-746-6043 to pick up instructions, prayers and yarn.





**FORGIVING — LINDA EVANS, Outreach Coordinator**

Whenever I think for forgiveness the first thing that pops into my head is Jesus’ words saying “forgive them, for they know not what they do”. When I find people doing or saying something that I find hurtful to others or to myself I repeat these words to help find understanding. For myself, it allows me to forgive and move on from it. These last two years have been so hard on us all and in some cases it hasn’t brought out the best in us. I remind myself that people are all really kind hearted but when we are under so much stress we don’t always show our best side.

Life is full of forgiveness, it would be horrid if we all held grudges and didn’t move on when unkind words are said or unkind deeds are done. We have to be able to forgive those who wrong us and sometimes it isn’t that easy to do. It can be very difficult but I mostly find the hardest thing people have to do is to forgive themselves. We seem to be very hard on ourselves.

Last year when Ryan Reynolds was presented the Governor Generals award, Steven Page wrote a song for Ryan talking about Canada and it says “our nation’s foundation of self deprecation” which is so true. Canadians are known for saying sorry over everything. In an interview with Ryan it was pointed out that even our buses say “Sorry, out of service”. So we walk around apologizing for everything and that’s okay, it makes for a polite society. I just hope that when people are saying sorry, firstly, they truly mean it and secondly, they forgive themselves for whatever they have said sorry about because forgiving ourselves is just as important as forgiving others.

As I said it’s been a tough two years but I do believe that the light is at the end of the tunnel for us all. Things may not go back to the way they were but I do believe that we will get back to being together, not allowing our fear of the virus to control our lives. I pray that people who have been torn apart from friendships and families will reunite, that we will all forgive ourselves and others for things said and done out of our fear.

We are followers of Jesus, a most accepting and forgiving person , so let’s continue to follow his teachings where we accept people that beliefs differ from our own. Let’s be hopeful, forgiving and kind to all whom we meet and that includes ourselves. Let’s not beat ourselves up over things said or differences that drove us apart. We all have regrets but we can’t live healthy lives if we hold onto our regrets and grudges. Let’s forgive and move forward together as one people, one church family where once again all are welcome and no one is left out.

Blessings, Linda Evans





**SKILLS AND SERVICE M & S AUCTION!**

**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.



We had a lot of fun last year and lots of great items. Jigsaw puzzles and baking were battled for along with every other item,



all were auctioned off raising funds for our M & S contribution. So think about what you could donate—A chore, creating something or a fun gathering to offer.

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 NO LATER THAN MARCH 4th.**



**CATALOGUE WILL COME OUT ON MARCH 10<sup>TH</sup>**

**BIDDING ON ITEMS BY EMAIL OR PHONE BEGINS ON  
MARCH 11TH AND**

**ENDS ON MARCH 31ST at 9:00 PM .**

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





**DECEMBER FUN!**



**Harmony and Seeker branches of the UCW Christmas lunches.**



**Christmas 'Carol Evening Choir**



**A.O.T.S. Christmas Dinner**





**IN THE SPOTLIGHT!**



**Rev. Greg Darjes**

**Minister of Pastoral Care**

**Where were you born?** I was born in Woodstock, Ontario.

**Where have you lived?**

Before I was a year old my parents moved back to Saskatchewan where I grew up. Other places after that include returning twice to Ontario, northern Alberta, and ultimately to Vancouver Island in 1996.

**What is or was your occupation?**

My occupation is ministry in the United Church of Canada. Over the years I have worked in government (agriculture, social services), and as a prison chaplain and a chaplain in treatment facilities for recovery from addiction.

**What do you enjoy doing?**

What I enjoy doing is telling or sending jokes to my grandchildren.

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

My first experience being in the pulpit at Duncan United was about 7 years ago. As I began my sermon I noticed that people were looking past me with some concern and that whatever I was saying was not connecting. I turned around to see what was up and one of the choir members had passed out. There were doctors in the house and she was quickly attended to with a positive outcome. All was well! So that was



**And then there was the time that Linda convinced Greg that it was part of the ministers role to be the clown at the Congregational Fun Fair. He kindly stepped in and fulfilled the request - brought many laughs to all ages as he was bombarded with wet sponges.**





## SOUL-SAVING FORGIVENESS-Daisy Anderson

This story answers the question people have asked me, “Why do you light candles every week during worship?”

In my younger years, I had been deeply wounded by those closest to me and my life felt like it was falling apart. Something had to change.

In my late sixties I walked into a church sanctuary as people were singing “All are welcome.”

“Let us build a house where love can dwell and all can safely live,  
a place where saints and children tell how hearts learn to forgive.”\*

This church was exactly where I needed to be in that moment. The prayers, assurance of God’s love, and minister’s reflection opened my mind, heart, and soul. My tears flowed. The music softened; the sanctuary quietened. A few people walked to the front and lit candles. Oh dear,” I thought, “Is this for me?” I took a deep breath in and slowly let it out. With my head hung low I tentatively walked to the front and accepted a lit taper. The minister offered the blessing, “Peace be with you.” I lit a votive candle, offering love and peace to those who had harmed me and to myself as well. My pain floated away and my heart filled with joy. All was well with my soul – for a while.

The following Sunday, I lit another candle, and the next Sunday too. Forgiving never ends, I learned. From then on, I lit candles every week. “Whatever my lot, Thou hast taught me to say, it is well, it is well with my soul.”\*\*

Amen.

E Daisy Anderson

\*All are Welcome lyrics by Marty Haugen

\*\*It is well with my soul” lyrics by Horatio Gates Spafford





**FORGIVENESS IS DIVINE —BY Patricia A Fleming**

Some people view forgiveness

As a virtue for the weak.

An act of mercy undeserved,  
That serves no useful need.

They stand firmly in their judgment  
And won't consider a mistake.

They prefer to hold a senseless grudge  
Than accept amends when made.

They feel they have some godly right  
To reject and criticize.

They're possessed by righteous anger,  
And consumed by pointless pride.

They're focused on how they've been wronged,  
And won't be made the fool again.

So they feel they must avenge themselves  
By refusing to give in.

They will sacrifice their family,  
Or forsake a long-time friend.

Do anything they have to do  
To be the winner in the end.

Or perhaps it's that they can't resolve  
The depth of all their hurt,  
Caused when someone they've trusted,  
Left them questioning their worth.

But no matter why the struggle,  
Out of pride or out of fear,  
Not being able to forgive  
Can cause the loss of ones most dear.

Yes, forgiveness is a virtue,  
They even say it is divine.  
But more than that it sets you free  
From what weighs you down inside.

The best way to approach this life  
Is to ask forgiveness and to forgive.

There's a balance to this crazy world,  
So live and just let live.

Source: <https://www.familyfriendpoems.com/poem/forgiveness-is-divine>

**LENTEN STUDY—LESSER EVILS**

Life is often a series of compromises between greater and lesser evils. For instance, personal transportation devices (cars), their support systems and their attendant impact on the environment are often seen as an 'evil' versus public transportation systems and their support systems. In our household we've chosen a lesser evil (available only because we have the capacity to borrow money) by purchasing an electric car with its other impacts on the environment. What choices have you made?

This year's study on 'lesser evils' comes to us from the United Church Publishing house. A series of short, thoughtful Daily Reflections based in story, each week's readings lead to a small group session and discussion focused on an Ethical Dilemma leading to a 'lesser evil' conversation.

The study will take place in two formats – on line via Zoom and in person in the church sanctuary. Beginning on Tuesday March 8, time of day will be 1 pm for the on line version and 6pm for the in-person conversation. A national webinar happens on the same days at 10am for those wishing a broader perspective.

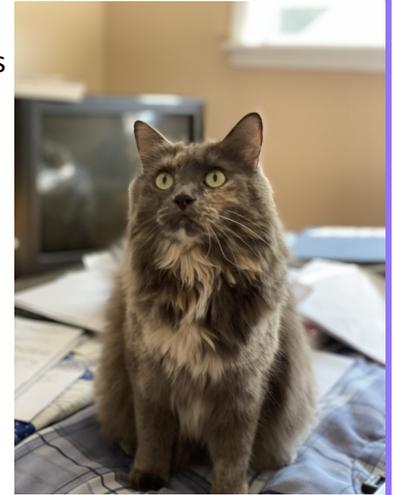
The book can be ordered from the United Church Publishing House in paper or E book format at: <https://ucrdstore.ca/collections/lent-and-easter> A limited number of copies will be available at the church office for a contribution of \$20.00 each.





## THANK YOU ALL! - SKYE EVANS

I have some exciting news! After two years of employment with Duncan United Church I am retiring. As you know each human year is worth 7 cat years so really I am heading into my thirties now and I feel it is time I moved onto other things and the Unified Board agreed. I was hired because of the pandemic and the lockdowns to help Linda in the home office stay connected with you all. Now that things are opening up, the church office is back in the church and worship services are happening, my services are no longer required. When the board went over ways to trim the budget it was a toss up between myself and Linda and they decided that I should retire and Linda continue to be employed. In some ways I was surprised because it would have been much cheaper to keep me on staff and retire Linda but well she does have more seniority than myself so it was a fair and just decision.

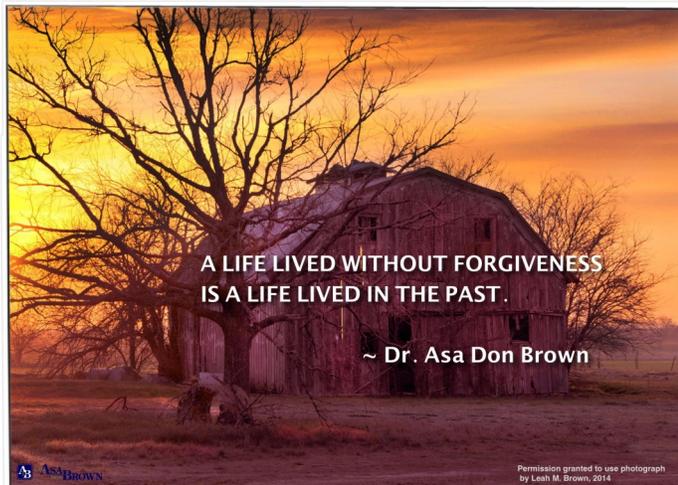


I have loved every minute of these past two years keeping in touch with you all and I am so grateful for all of your kind words that you have shared with myself and Linda, the notes and gifts you have sent. I know I will miss my office work and all of you but I have to confess I am looking forward to just living the relaxing life of a cat. You can picture me curled up in the sunshine underneath the palm tree in the backyard listening to the lovely sounds of the birds chirping. I don't think I will be doing much travelling, I really am a house cat and quite content to just stay put.

I know Linda will keep me updated on the life of the church each day (she is a bit of a chatterbox you know) and I will enjoy hearing the stories. So take good care everyone, get back to life, live it the best way you can and yes ... of course....don't forget to wash those paws!



## AFFIRM MINISTRY OF DUNCAN UNITED CHURCH





## THE “GREEN LIGHT OF FORGIVENESS” - REV. DUNCAN BARWISE

I have often thought of forgiveness as a “green light,” gently inviting us to move forward on life’s complicated and winding journey. It’s like a sign on a backcountry mountain trail that says, “You are welcome here...come in, explore, discover, enjoy, and grow.” Mastering the spiritual gift of forgiveness multiplies healing and wisdom in our lives over and over and over again. In our relationships with one another, forgiveness helps us back on our feet when we stumble and fall. It opens wide the door to peace and reconciliation. It is hope in action, making everything that is good and just possible. It liberates and sets us free, offering that same opportunity to those we forgive. Expressed and experienced universally, forgiveness would change the world.

The act of withholding forgiveness, however, is like a “red light.” It demands we stay put where we are! It’s like a sign on a gate post that warns, “Do NOT Enter.” Harboring anger, bitterness, and resentment causes internal hurt and anguish to grow. It eats away at our very souls and binds another fragile, imperfect human being in chains of guilt or remorse. There can never be peace without forgiveness, for there is no possibility of reconciliation.

Forgiveness is not only a spiritual gift, it is a spiritual “practice.” It is kindness, compassion, patience, and tender-heartedness in action. It is the determination to do all that we can to try to understand the actions of others. When we do, we almost always discover that harm was never meant. We misunderstand, misjudge, and miscommunicate. We humans are “storytellers,” and much of the hurt that we experience is based on incomplete and incorrect perceptions...and the stories we tell ourselves have very little to do with reality. Sadly, our relationships suffer and erode because we haven’t taken the time, or made the effort, to search for the whole truth.

In my eighth decade of life, I know that the hurts I may have caused others along the way were never intentional. I know, too, that any pain that I may have experienced, and even embraced, was never the express intent of another. For the most part, people do not want to hurt one another. We were created to care. It is as Jesus said in his final hours in his prayer on our behalf: it is simply that so often, we know not what we do.

Forgiveness is always an act of self-care. We believe through our faith, without question, that God forgives us. We can do no other, therefore, than to forgive ourselves and one another. Forgiveness is a life-giving and precious gift, both to offer and receive. Its “green light” multiplies, beyond imagination, not only healing and wisdom, but our every dream for a world that reflects the Creator’s love.

Wishing you all God’s blessings,

Duncan

(Rev’d) Duncan Barwise.





**FORGIVENESS — MAUREEN GALLACHER**

This is a subject just right for our times. The Oxford English dictionary states “the action of forgiveness is willingness to forgive and pardon of a fault. LeNt is a period of fasting and penitence from Ash Wednesday to Easter Eve—a time of forgiveness.

In these times of grave uncertainty and strange behaviours it is paramount that forgiveness is at the forefront. Although it is sometimes difficult to pardon the seemingly ongoing faults around there is no alternative if we are to achieve peace in our time. Peace, forgiveness and healing, right now, are desperately needed.

As a singer I am finding music to be a great healer, the beautiful solo anthem “Thy Word” words and music by Micheal W. Smith has the theme of forgiveness and healing. Jesus forgave his follower who has lost their way and is now wandering aimlessly. This person asks Jesus to be their guide, a lamp for their feet and a light to their path. Jesus complies with his love and forgiveness.

Blessings, Maureen Gallacher.

**FORGIVENESS SUNDAY? CHEESEFARE SUNDAY? - KEITH SIMMONDS, MINISTER**

Just when you thought you knew ‘something’ about Christian traditions another one rises up in greeting. I learned about Cheesefare Sunday from a friend I grew up with in Flin Flon. Sterling Demchinsky, raised in the Orthodox Church taught me that on the last Sunday in Lent, the last Sunday that cheese, eggs and dairy products could be eaten before Lent’s fasting tradition removed it from the Orthodox diet (Meatfare Sunday had gone the week before), people in his church begged forgiveness from one another.

According to one Orthodox site: “You look to your neighbour and say ‘Forgive me.’ Your neighbour looks back saying ‘God will forgive, and I forgive you too.’”

I remember Sterling saying: “You ask your neighbour for forgiveness, or they ask you. The response is ‘May God forgive us both.’ The whole congregation does this for one another.”

It is said the tradition began with monks in Egypt who would wander the desert during Lent. Seeing one another for perhaps the last time they would ask for forgiveness before setting out. It has become a practice in Orthodox Churches as part of the call to enter fully into the season of waiting. Waiting and preparation. Doing so with a clean slate and a (mostly) vegan diet. Clearing one’s mind and body to carry out the work of the soul.

In Orthodox communities the week leading up to this day is marked by gatherings and celebrations, send-offs for the more contemplative days ahead. On Forgiveness Sunday one spends one’s time with family, giving and receiving forgiveness. One is called to repent and pray for forgiveness. Preparing to journey with Christ during Lent.





## A Letter to God—Submitted by Carie Saville

Our 14-year-old dog Abbey died last month. The day after she passed away my 4-year-old daughter Meredith was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognize her. I told her that I thought we could, so, she dictated these words:

Dear God,

Will you please take care of my dog? She died yesterday and is with you in heaven. I miss her very much. I am happy that you let me have her as my dog even though she got sick.

I hope you will play with her. She likes to swim and play with balls. I am sending a picture of her so when you see her, you will know that she is my dog. I really miss her.

Love, Meredith

We put the letter in an envelope with a picture of Abbey and Meredith and addressed it to God/Heaven. We put our return address on it. Then Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps to get the letter all the way to heaven. That afternoon she dropped it into the letterbox at the post office. A few days later, she asked if God had gotten the letter yet. I told her that I thought He had.

Yesterday, there was a package wrapped in gold paper on our front porch addressed, 'To Meredith' in an unfamiliar hand. Meredith opened it. Inside was a book by Mr. Rogers called, 'When a Pet Dies.' Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page were the picture of Abbey & Meredith and this note:

Dear Meredith,

Abbey arrived safely in heaven. Having the picture was a big help and I recognized her right away.

Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart. Abbey loved being your dog. Since we don't need our bodies in heaven, I don't have any pockets to keep your picture in so I am sending it back to you in this little book for you to keep and have something to remember Abbey by.

Thank you for the beautiful letter and thank your mother for helping you write it and sending it to me. What a wonderful mother you have. I picked her especially for you. I send my blessings every day and remember that I love you very much. By the way, I'm easy to find. I am wherever there is love.

Love, God

You will all be happy to know this wonderful story is 100% true.

“Three things in human life are important: the first is to be kind; the second is to be kind, and the third is to be kind.”

Written by Mary Collins



# Duncan United Church

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Duncan, British Columbia  
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## Sharing in Ministry:

Keith Simmonds , Minister

Rev. Greg Darjes, Minister of Pastoral Care

Sarah Prestwich (SundayJourney/Youth Coordinator)

Linda Evans (Administration/Outreach Coordinator)

Connie Masson (Music Director)

Jeff Legatt (AV Technician)

Peter Gray (Custodian)

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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/)



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”



Duncan United Church

246 Ingram Street

Duncan , BC V9L 1P4

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