

55th Anniversary of
National United Church Women
“celebrating
Spirit”

ABOUT THE CONFERENCE LOGO:

Women who are members of our organization, the United Church Women, have been a spirited group since our beginnings in 1962. The chosen theme for 2017, "CELEBRATING SPIRIT" and our logo helps us recognize our need to keep celebrating that spirit. We continue to be guided by the Holy Spirit as we forge ahead into the future. The women of the British Columbia Conference UCW raise their hands and with open arms welcome all women from across Canada and Bermuda to come to BC, to celebrate together, to strengthen the fellowship that has kept us joined in spirit and in service for the past fifty-five years. Come, let us renew and nourish ourselves for whatever the future brings.



Other Notes of Interest:

Mugs/cups: We care about the environment. You are encouraged to bring your own coffee mug or water bottle.

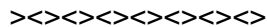
Tote bags: Bring your favourite tote bag received at a previous UCW or other Women's event. There will be opportunities to share your bag story.

Banquet: The United Church Moderator, the Rt. Rev. Jordan Cantwell will be our guest speaker. See Registration Form to purchase extra banquet tickets.

Here's The Fine Print:

Cancellations? We hope you do not need to cancel. However, sometimes life happens. To be considered for a refund, please let us know by June 5, 2017.

Possible Funding: Some financial assistance may be available from two National Funds: "*The Dorothy Amos Fund*" and/or "*The Agatha Kaasa Fund Bursary*". Further information can be obtained by contacting the National Office of the United Church of Canada. Additional funds may also be available from your local church organizations and/or UCW.



ALASKA Cruise: Vancouver is a major cruise ship port. Some interest has been shown in taking a cruise AFTER the NUCW Conference. If you are interested you may arrange it on your own (not part of the NUCW event). Contact Linda at CM Travel for more information about sailing away on the Nieuw Amsterdam. This Holland American vessel departs July 15 for a one-week cruise to Alaska. Linda's contact info is: Linda@cmtravel.info; or 1-800-207-7717 ext 103; or 1-604-859-3931 Be sure to tell her you are with the NUCW Conference.



July 10 – 14, 2017
Vancouver, B.C.

Totem Residence
University of British Columbia

PLENARY SPEAKER - ANN MORTIFEE



Recognized by many to be a true renaissance woman, Ann delivers evocative keynote addresses at conferences and workshops around the world. She received the Order of Canada and the YWCA Woman of Distinction Award for her outstanding contribution to the healing and performing arts. Ann has followed her heart. Her conviction to create art that expressed her deepest values meant that she

often turned down career advancing opportunities that promised conventional success. Instead, Ann has used this same conviction as the impetus behind all of her expression: her extraordinary singing voice, her musical theatre productions, albums, ballets, film scores, story telling, poetry, and her poignant keynote addresses.

MUSIC LEADERSHIP - LINNEA GOOD

Here is a singer-songwriter whose primary work is to help individuals and churches express their souls through music. She is a leader in the fields of music in worship, and all-ages worshipping together. Her background includes: BA in French Literature; and MA of Religious Education - with a specialty in music as an educational tool. Her professional travels have taken her to Europe, Australia, New Zealand and India. Linnea is one of Canada's foremost performers of music of faith for all-age audiences.



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This conference will be held at the University of British Columbia
At Totem Residence, 2525 West Mall, Vancouver, B.C.
Emergency contact number via Residence phone: 604.822.3304

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Vancouver is considered one of the most livable cities in the world (and one of the most expensive places to live in Canada!) It has the most beautiful harbour imaginable, surrounded by snow-capped mountains, azure seas and forested parks. Canada's First Peoples are part of our everyday life and provide wonderful insight into our history, geography and environment. Traditionally people from every land have come to experience these marvelous wonders. Find out more through Tourism Vancouver at tourismvancouver.com, and Tourism BC at hellcbc.com.

Enrichment Sessions – Thursday July 13, 2017

6. Sally McShane – Spirituality on the Downtown East Side

As Jesus strides, strong and righteous into the market place and throws over the tables of the venders and money-changers – what is your response? Fear? Pride? Hopefulness? Let's create a sacred space to explore the teachings of Christ through the fears and hopes of the poor, scarred and rejected. Our adventure together will begin with an introduction to the topic followed by a community heart conversation.

7. Carol Pettigrew – Gratitude Journals

"Every day may not be good, but there is something good in every day!" How can we increase the good we see in our lives? A gratitude journal may be the way for you. Using words and images, we will begin to explore the power of gratitude. Bring one magazine image that speaks to you, your favourite pen or pencil and the journey will begin.

8. Cara Calibaba – Chair Yoga

In this gentle and empowering class, you will practice yoga poses with the support of a chair. The chair allows you to explore the mind, body and spirit connection in a slow-paced and mindful way. Together we will learn how to use our breath to increase flexibility and strength, while decreasing tension and stress.

9. Heather Knittel & Susan Borax - Showing Clutter the Door

This is one workshop you cannot afford to miss. Discover realistic ways to gain control of your living space. Heather and Susan take the dread out of de-cluttering in an entertaining, informative, no-nonsense way.

10. Dr. Gloria McArter - Transition Through Age

Life is one continuous transition – the response of heart and soul to change. What is your relationship with your age? Is it one of doubt, anxiety and fear? Or is it filled with confidence, serenity and love? Dr. Glo inspires conversation, connection and belonging to help us move on this journey called life.

For further information about registration contact: **Helen Ross**, Registrar, at 811 Gardom Lake Road., Enderby, B.C. V0E 1V3 Email: ucw55th@gmail.com
Phone: (250) 833-1383

Time to Explore – Tours 55

All tours DEPART from UBC, and are subject to availability. See Registration Form to book tours. Tours include a 47-passenger coach, entrance fees, driver and tour guide, gratuities and all taxes.

#1 - Vancouver Garden Tour: VanDusen Gardens; Queen Elizabeth Park

These 22 hectares of elegant landscape represents ecosystems ranging from the Himalayas to the Mediterranean. A short ride brings you to Queen Elizabeth Park, Vancouver's horticultural jewel, and Vancouver's highest point, providing a spectacular view of the city and mountains. Depart UBC 8:30 am; return 12:30 pm. Lunch at UBC.

Cost \$87.00



#2 – Museum of Anthropology, UBC Botanical Gardens, and Nitobe Gardens

Located at UBC, the Museum of Anthropology is a place of world art and cultures with a special emphasis on the First Nations peoples. Guided tour is 1 ½ hours long. Continue to UBC Botanical Gardens with over 12,000 plants covering 78 acres. Nitobe Memorial Gardens are authentic Japanese gardens, honouring Japanese agricultural economist, author, educator, diplomat, politician, and Christian, Inazo Nitobe. Depart UBC 9:00 am; return by 12:45 pm. Lunch at UBC

Cost: \$96.50



#3 – Lynn Canyon Suspension Bridge and Grouse Mountain Gondola (*See Note)

Located in North Vancouver, the 50 metre high bridge stretches over a canyon, waterfalls, and raging waters. Free time. Proceed to Grouse Mountain for the Gondola Ride followed by a Theatre in the Sky presentation and a visit to a Refuge for Endangered Wildlife. Depart UBC 9:00 am; return by 3:00 pm. Hot lunch with a view is included.

Cost \$152.50



* **Note:** Tours 3, 6 & 7 are not recommended for wheelchairs or walkers.

All tours are subject to availability. For further information on tours, go to: www.bc.united-church.ca/content/bc-conference-ucw

Time to Explore – Tours 55

#4 - Vancouver City Tour

Highlights include: travel through Point Grey, eclectic Kitsilano, Stanley Park, high fashion Robson Street, Yaletown, Gastown, and Chinatown (North America's 3rd largest Chinatown by population). This tour has free time to explore. Depart UBC 9:00 am; return 2:00 pm. Lunch in Chinatown

Cost: \$89.00



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#5 – Steveston Village, Gulf of Georgia Cannery & White Rock Beach

Begins with a guided tour with interactive exhibits and films demonstrates the Cannery's role in the history of BC's West Coast. Free time to explore quaint Steveston Village. Continues on to seaside White Rock with its beach, waterfront restaurants, Railroad Museum, and pier. Depart UBC 9:00 am; return by 3:00 pm. Bag lunch provided.

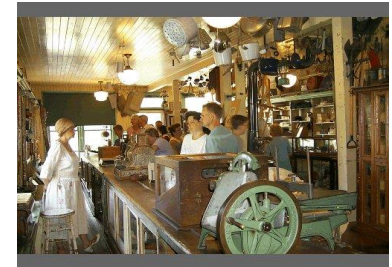
Cost \$82.00



#6 – BC's Fraser Valley, Kilby Museum of Rural Life & Harrison Hot Springs (*See Note)

Leave the City behind for this rural tour featuring 1906 General Store Museum, heritage Post Office, and Manchester House Hotel. Continue on to Harrison Hot Springs known for its therapeutic hot springs. Free time to explore shops. Depart UBC 9:00 am; return by 4:00 pm. Bag lunch provided.

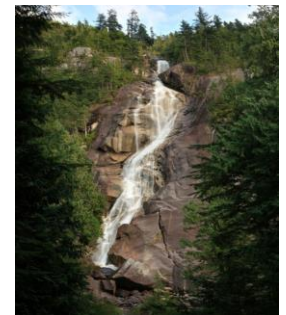
Cost \$94.00



#7 – Squamish Sea-to-Sky Gondola and Shannon Falls (*See Note)

The 8-minute gondola ride travels 885 metres above sea level. At the top have access to an outdoor experiences including two interpretive loop trails. Stop at Shannon Falls to view BC's third highest waterfall. Depart UBC 9:00 am; return 3:00 pm. Bag lunch provided

or lunch on your own **Cost \$124.50**



Enrichment Sessions – Thursday July 13, 2017

1. Rev. LeAnn Blackert – Camino de Santiago Pilgrimage

Follow LeAnn's 2015 Camino adventure. In her four weeks of walking portions of the Camino and the Via de la Plata during Spain's record setting heat wave, God found her in many surprising and humorous ways. In this workshop, she will share photos and stories from her 700 km walk across Spain to Santiago de Compostela.

2. Susan Burns & Judith-Ann Donaldson – What is it like to meditate?

This is an opportunity to 'taste' the silence and intimacy of meditation. Using the method called Centering Prayer, you will be invited to experience the presence and action of God within, thus encouraging inner solitude and inner silence.

3. Linnea Good – Ukelele playing

Learn what some have called "the world's happiest instrument"! Linnea will have you playing and singing a song in five minutes in this "instant success" workshop. Come if you played guitar and gave it up, if you have a secret uke at home, if you are a "serious" musician, if you consider yourself not musical at all, if you are just intrigued at the possibility of becoming an instrumentalist in 2 hours.

4. Lois Huey-Heck – Embodied Prayer / Personal Spiritual Practices

Join Lois for a session on body-based spirituality, where we can learn to trust and honour our physical selves. Become less anxious and more alive by engaging in the five rhythms and other forms of embodied spirituality. Lois says, "If God didn't love bodies, we wouldn't have been put into them. Otherwise, why waste the molecules?"

5. Janet MacDonald – Maintaining Hope in Tough Times

Come explore HOPE and have some fun. Janet believes that hope is related to imagination. Hope's eyes are wide open. Our relationship with personal and communal hope is essential. Join Janet in exploring ways to be "apprentices of hope". An outcome of our time together might be an appreciation of the power of hope and a curiosity of your own heritage of hope.

National United Church Women's Conference Hosted by the Women of BC Conference UCW

"CELEBRATING SPIRIT"

July 10 – 14, 2017

The Conference will be held at the University of British Columbia
At Totem Residence, 2525 West Mall, Vancouver, B.C.

Facilities: The Totem Residence at UBC is where all Conference activities are centred, and where accommodation can be booked. See the Registration Form for cost details and room booking. The UBC facilities are wheelchair accessible, as well as scent- and fragrance-free. Please help to keep it so.

Key dates and times: So you can plan your travel...

Conference Registration opens at 2:02 pm on Monday, July 10, 2017

The first event is dinner! Seating for dinner begins *after* 5:01 pm

Conference closes on Friday, July 14 after lunch (approx. 1:08 pm)

Accommodations at Totem Residence: All rooms have private sleeping areas with one full bathroom being shared between two rooms. Linens, towels, soap and shampoo are provided. There are common rooms and kitchenettes on each floor and the residence has elevators. The Totem meeting area is very close to the residence. Totem accommodation is reserved for registered participants only.

Coming early or staying late? A limited number of residence rooms are available at the conference price. See Registration Form for details.

Getting to the University of British Columbia:

From Trans Canada Highway #1 - Take Grandview Highway / 12th Ave. exit (#28); Turn left on Blanchard; Turn right on 16th Ave

From Vancouver International Airport - Take Grant McConachie Way to #99 N; Turn left on 70th Ave (which becomes SW Marine Drive)

Parking is available on Campus for approximately \$15 per day.

Travel Discounts: **Via Rail** offers the United Church of Canada a 10% discount on rail travel - use code **#711009**. **WestJet** also offers a 10% discount on fares to Vancouver/Abbotsford – use code **IAUHPGD**.

In an Emergency, participants may be contacted via Totem Residence phone number: 604.822.3304

We recommend you keep this booklet for reference at the Conference.