



## NEXT WEEK AT KNOX

### Bob Haverluck's WHEN GOD WAS FLESH & WILD Workshop

Session 1: Sat. Feb. 9. 9:30-Noon

Session 2: Sat. Feb. 9. 1-3 pm

## ANNOUNCEMENTS

**Welcome to Our Service of Worship at Knox!** We extend a warm welcome to **all** who may be visiting with us this morning. Please know that visitors are welcome to participate in **every** part of our worship service. If you are visiting from near or from afar, thank you for finding your way to Knox. We welcome you. A nursery is available in Room 4 for children 0-3. A changing table is in the nursery.

### KNOX COMMUNITY NEWS

*It is with sadness that we inform you of the passing of Bill Ross on Sunday, January 20, 2019. Please keep Bill's wife Lynne, their sons Rob and Mike, and their family and friends in your prayers as they grieve his passing. Service details have yet to be determined.*

*We also, with sadness, inform you of the passing of Thelma Denninger on Friday, January 25<sup>th</sup>. Thelma was a very active member of Knox and the UCW for many years. Please keep Thelma's children and their family and friends in your prayers asking for peace and comfort as they mourn their beloved mother. Service details have yet to be determined.*

### Significant and Momentous days in February:

**February 3:** Organworx and Superbowl Day

**February 9th:** Hockey Day in Canada & Bob Haverluck at Knox

**February 10th:** Mission Day at Knox

So please join us next Sunday from 11:30 to 3...have lunch.  
get an update on the Mission process and  
have your input into the future of our church...  
and maybe have a little fun as well!

## WORSHIP AND ARTS

**SACRED ARTS@KNOX** - is a new series of creative, sacred art workshops and lectures involving the exploration of spirituality in all art forms (visual, dance, music, drama, literary, etc.) **One Word Soul Collage** is the first of these workshops to be held on Friday, Feb.22, 1:00-4:00 pm at Knox United Church. Brenda Riley and Jenny Vincent will lead participants in a **mixed media art workshop** in which a chosen word or phrase will be explored. All levels of experience are welcome – non-artists to the very experienced. All supplies are provided for a cost of \$10.00. Participants will take away a canvas mixed media soul collage. Register for the workshop at the Knox church office by Wed. Feb. 20. (250-248-3927 or [admin@kucparksville.ca](mailto:admin@kucparksville.ca)) For more information contact Jenny Vincent at [music@kucparksville.ca](mailto:music@kucparksville.ca)

**PRESBYTERY PRAYER CYCLE** – Prayers this week to Padre Chris Donnelly at CFB Comox.

**A GREAT BIG THANK YOU!** – To everyone who helped with the past 3 memorial services: Music, tech, memorial reception team, memorial host and the staff.

## SOCIAL JUSTICE & OUTREACH

**A RAINBOW WINDSOCK** – Will fly at the church entrance each Sunday in February to mark the 5th anniversary of Knox receiving certification from Affirm United. This reflects the Inclusion value that Knox has held for many years.

**CANDLES** - Thank you so much to all those who have been donating candles to L'Arche in Courtenay. This is your last call for donations. The box will remain until next Sunday. We already have a huge load.

**OMBUDSPERSON** - Thought you might be interested to read extracts of an email Global Affairs sent to Gord Johns because of our church's concern about the non-appointment of an Ombudsperson.  
" Our government remains committed to creating an independent, credible Ombudsperson with all the powers it needs to do the job. We've been hard at work, going through the steps of creating the office and sourcing the right person. We are getting close!



## **COLDEST NIGHT OF THE YEAR Feb. 23, 2019**

Pick up your pledge sheet in the narthex. If possible, register on-line at [www.coldestnightoftheyear.org](http://www.coldestnightoftheyear.org) and join the Knox United Church team and help the hungry, homeless and hurting right here in Oceanside. Contact Barb Roberts at 250-248-7171 or Margaret 250-951-0538 if you have any questions.

## **FUN, FAMILY AND FRIENDS**

### **KNOX IMPROVER/INTERMEDIATE LINE DANCING CLASSES**

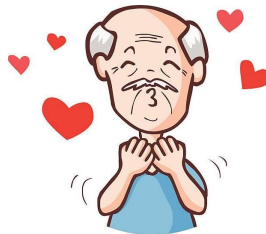
Want to challenge your Line Dancing skills? Join Carol at Knox at 6 p.m. every Fri. until April 5. These are fun, drop-In, Improver/Intermediate Line Dancing Classes at only \$3 per session. Everyone welcome.

**SISTERS UNITED** – Women of Knox and their friends are warmly invited to luncheon **February 4th. Gathering 11:30. Lunch 12 noon.** As it is Chinese New Year on the 5th, Chinese Food will be catered at a cost of \$15.00 per person. Unfortunately, those with dietary restrictions cannot be accommodated and are asked to bring a bag lunch. Please **pre-pay** a Coordinator in the narthex after services Jan 20 and 27. Last date to order is Feb. 3. Please bring dishes and cutlery as usual. **Speaker at 1 pm is Teresa Langs-King**, who attends Knox, is an avid photographer, and member of the Village Voices choir, which, with Ken Lavigne, toured China in the spring. Coordinators are Roxey Edwards, Joan Harrison, Linda Nelson, and Marilou Paterson (contact 248-3085)

### **GMO (GRUMPY MEN ONLY) – A HOMEGROUP FOR MEN GALLANT, GRACIOUS, GRATEFUL MEN**

“Gravitation is not responsible for people falling in love.” – Albert Einstein

We gather every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 7:00 pm. February 12<sup>th</sup> and 26<sup>th</sup>. **MORE INFO – Contact Shane at [grumpymenonly@gmail.com](mailto:grumpymenonly@gmail.com)**



**NEWCOMER’S MEET AND GREET** – Come meet Jennifer, Jenny and other leaders in the church for a little one on one and to meet a few of the “regular” Knox folks. Grab your coffee after the service and head to the chapel to meet other folks that may be as new and as nervous as you are! The **next meet and greet is February 24th!**

**TEA + COFFEE SERVERS ARE NEEDED** following our Worship Services on **February 10 and 17**; and on **March 17, 24 and 31**. Please contact Barb Roberts at [barb664@shaw.ca](mailto:barb664@shaw.ca) or 250-248-7171 to help.

**SPRING FLING** – April 6<sup>th</sup>. Get your act together!

## **STEWARDSHIP AND FINANCE**

**organWORX AT KNOX TODAY!** - the second concert in the organWORX at Knox series is at today at 2 pm. The concert, "Earth, Wind, Fire and Life" features Bob McDonald, CBC science Journalist, with commentary and Jenny Vincent on the organ. It will be a lively, fascinating, educating and entertaining program surrounding the mysteries of science and the elements.

**15<sup>th</sup> ANNUAL FALL FAIR September 14, 2019** - Mark your calendar and save this date for our fun filled 15<sup>th</sup> Annual Fall Fair. If you have items to donate and don't have room to save them at home, please call Margaret Warburton at 250-951-0538 and arrangements will be made for storage of your donations at the Curling Club.

## **HEALING AND PASTORAL CARE**

**MANY THANKS** - To all the Volunteers who recently contributed sweets, made sandwiches, put out trays, served, and cleaned up and set up and took down at our two recent Memorial receptions. The families appreciated our efforts. Thank you, so much for making it possible for the receptions to happen. Also, thank you, to Ian for researching Dishwashers, and getting us a good deal, and thanks, to Andrew Slack for installing it so quickly. Lastly, thank you to Jane for all your behind-the-scenes Administrative Assistance! Jan Lucas

**“IN THIS TOGETHER”** - Knox's emotional health, peer support, group meets every **Monday, 1:30 pm – 2:30 pm**, in room 6.

**A GUIDE TO ANXIETY MANAGEMENT - Saturday February 16th**, from **9:30 am to 5:00 pm**, the Healing Ministry is sponsoring this workshop facilitated by Pietro Abella. Drawing on his 28 years as a therapist and teacher, he will talk about how anxiety shows up in, and controls, our lives. He will share a technique he designed, which when self-applied, can potentially challenge and diminish anxiety's influence and control. The cost is **\$65**, if you register **before Jan 31st** and **\$75 after** that date. Registration is limited. If you have questions or would like to register, please contact **Lois Grill at (250)752-7599** or **vicechair@kucparksville.ca**

**HEALING SERVICE WITH COMMUNION** - The Healing Team and Worship and Arts Team will be collaborating ministries to offer a monthly service of Comfort and Healing on the third Sunday of the month at 3:00 pm. This will be a beautiful service in which candle lighting, peaceful music, prayers, reflection, communion, anointing of oil and laying on of hands for healing will be offered. The next Comfort and Healing Service is **Feb. 17**. Come away from the clutter and the chaos to find the quiet center. Join us for an experience of healing and hope.

**KNIT & CROCHET GROUP** - Are you knitting/crocheting prayer shawls or cold weather items for the homeless or for the Knox Comfort Trees? Would you just like to bring your current project and have a visit? Even if you don't stitch, you can help label prayer shawls, bag yarn, make tea, offer support. Join us on the 4<sup>th</sup> Tuesday, Feb. 26. 1- 3 p.m. in Rm 5 for some **Yarn Hugs** Ronine Sharp, Prayer Shawl Lead 250-586-6972 [memorynurse@shaw.ca](mailto:memorynurse@shaw.ca)  
Find us in the Knox Facebook Group “Friends of Knox”

## MINISTRY & PERSONNEL

**Rev. Jennifer Ferguson: Monday-Thursday** (Note: Jennifer's schedule varies with meetings etc. If you would like to meet with her for pastoral care, please call her to make an appointment at **250-927-6061**, or email **minister@kucparksville.ca** or leave a message in the office.)

**NOTE: Jennifer's days off are Fridays and Saturdays.**

## SPIRITUAL FORMATION

**CENTERING PRAYER** – Mondays 11 – 11:45 am, group practice.

**“AN OPEN EXPLORATION OF LIFE AFTER DEATH”** - Spiritual Formation will be hosting an exciting series of book studies on this topic. If you are interested in attending please email our church office [admin@kucparksville.ca](mailto:admin@kucparksville.ca) so we may ascertain how many people will be at each session, and can order copies of the books. Two copies of Healing Grief are available in the library.

1. **February 4th, 11th, & 18th: 7 - 9 p.m.** " *Many Lives, Many Masters*" by Brian Weiss
2. **February 28th, March 7th & 14th 10:00 - 12:00 p.m.** " *Passage to Eternity*" by Azmina Suleman
3. **March 21st & 28th; April 4th, 11th, 18th & 25th, May 2nd & 9th 10:00 – 12:00 p.m.** " *Destiny of Souls*" by Michael Newton

**Margo Pearson Spiritual Formation co-chair**

**DROP IN BIBLE STUDY** - With Jennifer Wednesdays at **10:00 am**.

With those gathered, we will delve into the scripture to be discussed in Worship for the upcoming week and discover how it applies to our own lives. All perspectives and insights are welcome.

**MEDITATION CLASSES** – For 6 weeks on **Thursdays at 10:00 am to 11:30 am** from January **10th– February 14<sup>th</sup>**. This is a beginner's workshop for those who think they “just can't do it"! We learn various techniques and practice one or two each week in a group setting. Come and practice a smorgasbord of meditation techniques to help connect you more deeply with yourself and reduce stress and anxiety in your daily life. For more information call **Margo Pearson at 250-594-7469** or check out the info on the Knox website at: <https://www.kucparksville.ca/events>

Date	Focus
Feb 07	Mandala's
14	Deep breathing, Mantra's/Chant

## **WHEN GOD WAS FLESH and WILD WORKSHOPS**

Cost: \$10/session. Students and low income free. Registration on site. Theologian and artist Bob Haverluck, and actor and musician friends, will be sharing stories from Bob's Book: *“When God was Flesh and Wild: Stories in Defense of the Earth”*

Session 1: Sat. Feb. 9. 9:30 – Noon  
 Session 2: Sat. Feb 9. 1:00 – 3:00 pm  
 Knox United Church. Bag lunch encouraged if attending both sessions.  
 Bob's book will be available to purchase after the workshop for \$20

## COMMUNICATIONS

If you have empty bottles and cans for return, please consider having the refunds credited to Knox at either the Parksville or Qualicum bottle exchanges. Thank you, Communications Committee.

## KNOX CALENDAR February 3 – February 10, 2019

### Sunday, Feb 3

Worship Service	10:00 am – 11:00 am	Sanctuary
organWORX	2:00 pm – 4:00 pm	Sanctuary

### Monday, Feb 4

Sisters United	10:00 am – 2:30 pm	L/K
Line Dancing	10:00 am – 12:00 pm	Rooms 1 & 2
Green Team	10:00 am – 11:03 am	Room 5
Centering Prayer	11:00 am – 11:45	Sanctuary
M & P Meeting	1:00 pm – 3:00 pm	Room 5
In this Together	1:30 pm – 2:30 pm	Room 6
	(Mental Health Support Group)	
Book Study	7:00 pm – 9:00 pm	Chapel
Handbell Choir	7:00 pm – 8:30 pm	Sanctuary
Cantando Singers	7:00 pm – 9:00 pm	Rooms 1 & 2

### Tues, Feb 5

Healing Ministry	9:30 am – 11:30 am	Room 6
Library Committee	1:00 pm – 3:00 pm	Library
Healing Ministry	1:30 pm – 4:00 pm	

Community Choir	7:00 pm – 9:30 pm	Sanctuary
AA	7:00 pm – 8:30 pm	Rooms 1 & 2
OA	7:30 pm – 8:30 pm	Room 5

### Wed, Feb 6

Drop-in Bible Study	10:00 am – 12:00 pm	Room 6
Healing Ministry	1:15 pm – 4:00 pm	Room 6
Knox Choir	7:00 pm – 9:00 pm	Sanctuary

### Thursday, Feb 7

Meditation Workshop	10:00 am – 12:00 pm	Lounge
Rainbows	6:30 pm – 8:00 pm	All Rooms

### Friday, Feb 8

Healing Ministry	9:30 am – 11:30 am	Room 6
Manna	10:30 am – 12:00 pm	Kitchen
OA	12:00 pm – 1:00 pm	Room 5
Line Dancing	6:00 pm – 7:00 pm	Rooms 1 & 2

### Saturday, Feb 9

Bob Haverluck	9:00 am – 4:00 pm	Sanctuary/Lounge
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### Sunday, Feb 10

Worship Service	10:00 am – 11:00 am	Sanctuary
Congregational Mtg	11:30 am – 4:00 pm	All Rooms

## Knox United Church Council 2018-19

### Executive Officers of Council

Chair	George Pearson	george@kucparksville.ca
Vice Chair	Lois Grill	vicechair@kucparksville.ca
Past Chair	Gerry Garnett	pastchair@kucparksville.ca
Secretary	Linda Nelson	councilsec@kucparksville.ca
Stewardship & Finance Minister	Bev Harrison Dennis Riley Jennifer Ferguson	finance1@kucparksville.ca dpriley@shaw.ca minister@kucparksville.ca

### Additional Council Members

Treasurer	Ken Fanning	acctg@kucparksville.ca
Trustee Rep	Wayne Larson	larsonw@shaw.ca
	Sandra Machan	trustees@kucparksville.ca
Presbytery Reps	Rick Roberts	rick.roberts@shaw.ca
	Carol Ross	rosscaa@hotmail.com

	Ken Fanning	<a href="mailto:acctg@kucparksville.ca">acctg@kucparksville.ca</a>
	Jennifer Ferguson	<a href="mailto:minister@kucparksville.ca">minister@kucparksville.ca</a>
Member at Large	Bob McInnes	<a href="mailto:memberatlarge@kucparksville.ca">memberatlarge@kucparksville.ca</a>
	Roxey Edwards	<a href="mailto:edwokr@shaw.ca">edwokr@shaw.ca</a>
<b>Ministry Team Leads on Council</b>		
Worship & Arts	Shirlene Donnelly	<a href="mailto:shirlene_donnelly@yahoo.com">shirlene_donnelly@yahoo.com</a>
Spiritual Formation	Jan du Monde	<a href="mailto:sf@kucparksville.ca">sf@kucparksville.ca</a>
	Margo Pearson	
Ministry & Personnel	Mary Ellen Campbell	<a href="mailto:mandp@kucparksville.ca">mandp@kucparksville.ca</a>
Healing & Pastoral Care	Mary-Allison Bell	
		<a href="mailto:pastoralandhealing1@kucparksville.ca">pastoralandhealing1@kucparksville.ca</a>
	Maureen Loudon	<a href="mailto:maureenloudon@shaw.ca">maureenloudon@shaw.ca</a>
Sacred Spaces	Margaret Warburton	
		<a href="mailto:sacredspaces1@kucparksville.ca">sacredspaces1@kucparksville.ca</a>
		<a href="mailto:sacredspaces2@kucparksville.ca">sacredspaces2@kucparksville.ca</a>
Communications	Ian Ward	<a href="mailto:communications@kucparksville.ca">communications@kucparksville.ca</a>
Fun, Family & Friends	Jo Dunn	
Social Justice	Carol Ross	<a href="mailto:rosscaa@hotmail.com">rosscaa@hotmail.com</a>
& Outreach	Alison Stewart	<a href="mailto:ab.stewart@shaw.ca">ab.stewart@shaw.ca</a>
	Donna Kennedy	<a href="mailto:djkparks@yahoo.ca">djkparks@yahoo.ca</a>
<b>Healing Pathway Team</b>	Lois Grill, Coordinator	<a href="mailto:vicechair@kucparksville.ca">vicechair@kucparksville.ca</a>

## Knox United Church Email Addresses

### Knox Staff Email Contact Info

<b>Rev. Jennifer Ferguson, Minister:</b>	<a href="mailto:minister@kucparksville.ca">minister@kucparksville.ca</a>
Jenny Vincent, Music Leader:	<a href="mailto:music@kucparksville.ca">music@kucparksville.ca</a>
Jane Williams, Administrator:	<a href="mailto:admin@kucparksville.ca">admin@kucparksville.ca</a>
Karen Freeman, Facility Coordinator:	<a href="mailto:facility@kucparksville.ca">facility@kucparksville.ca</a>
Ken Fanning, Treasurer:	<a href="mailto:acctg@kucparksville.ca">acctg@kucparksville.ca</a>
Kathleen Howard, Relief Admin:	<a href="mailto:knoxweekly@kucparksville.ca">knoxweekly@kucparksville.ca</a>
Tech Team:	<a href="mailto:tech@kucparksville.ca">tech@kucparksville.ca</a>
Library:	<a href="mailto:library@kucparksville.ca">library@kucparksville.ca</a>
Carmen Corbet, Custodian:	<a href="mailto:custodian@kucparksville.ca">custodian@kucparksville.ca</a>
Website:	<a href="https://www.kucparksville.ca">https://www.kucparksville.ca</a>



**Sunday, February 3, 2019**

**The Bible as Comedy,**

# **Tragedy & Fairytale**

## **Angels, Animals & Talking Asses**

*Knox United Church*