

KNOX eNews: LIFE & WORK OF THE CHURCH

For more information www.kucparksville.ca

May 10, 2020 edition

WORSHIP AND ARTS MINISTRY

VIRTUAL SUNDAY SERVICE can be accessed by going to Knox's website, www.kucparksville.ca and then by selecting the **WORSHIP** tab. Once you click on the image of the weekly Order of Worship you will be taken directly to the pre-recorded video. Clicking on the large red arrow to play the video. To listen to the recording without the video click on the play arrow that is *below* the video. Note: You will not be able to access the Service until Sunday. Which one will **you** choose? Tell us about your choice at admin@kucparksville.ca We will publish the best answers in the eNews.

NEW VIRTUAL CONGREGATIONAL EMAIL LIST – For family and friends that do not attend Knox but would like to receive the weekly Order of Worship and/or eNews. If someone you know would like to receive these weekly emails from Knox they can subscribe by emailing admin@kucparksville.ca They can unsubscribe at any time the same way.

TECH SUPPORT HELP –User-friendly manuals are being created to help folks navigate the virtual Sunday service, Zoom, Facebook etc., in addition to phone tech support. To receive a manual and arrange for help with **online worship only**, please email **Myrt** at muntines1ca@yahoo.ca

For manuals/help with **online worship and other platforms such as Zoom**, please email **Jan K** at dutchsparrow54@primus.ca
Please have your manual handy when you speak with your tech person.



KNOX CRISIS TEAM

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WHO is on the KNOX CRISIS (COVID) TEAM (KCT)?

- Jennifer Ferguson, Minister
- Don Emerson, Vice-Chair of Council
- Shane Conn
- Megan Hurd, Respiratory Therapist
- Jan Jamieson, Registered Nurse
- Jeanette Mossing, Registered Nurse

As We Look to Opening Up Our Province:

As many people are looking forward to the gradual lifting of restrictions over the coming weeks and months, let's remember that these are still pandemic times, and each of our choices creates ramifications. I'll borrow the words of a Canadian epidemiologist, who has summarized this much better than I could, being her specialty.

From Lisa Jensen:

"It is really important for people to realize that this is being done not because conditions are any safer for people. We don't have a vaccine... (we are opening) because we have the capacity to manage a greater influx of cases into our intensive care units.

Continue to follow physical distancing, wash your hands, keep your bubble small, protect the most vulnerable, and respect and protect the safety of workers wherever you go. If you are fortunate enough to have choices, make good ones".

As we help our economy recover, while we are going through COVID times, let's do it as safely as possible.

Megan H., Registered Respiratory Therapist, Knox Crisis Team
crisis@kucparksville.ca

IMPORTANT - FOR ALL KNOX KEYHOLDERS (Front door key)

You must check-in with Karen Freeman (facility@kucparksville.ca) if you need to access the church. No one is permitted to access the church unless they are on the weekly schedule and Karen is aware of when they are coming and going from the church. This is especially important for the safety of the staff as well as for tracking /contact information should we have a case of COVID 19 surface with one of our staff/volunteers/congregation. Please make sure you are checking in with Karen before entering the building. Thank you for your cooperation.

SOCIAL JUSTICE & OUTREACH MINISTRY

URGE CANADA TO PROTECT ALL MIGRANT WORKS WITH RESIDENCY STATUS NOW!

With COVID-19 exposing and enhancing the vulnerability of migrant workers, your help is needed now more than ever.



Migrant workers deserve our deepest respect for the work they do. They have a right to be safe and secure both in their workplaces and at home. They should not have to face the risks and hardships that confront them daily.

Recently, Portugal granted migrants resident status during the pandemic, providing them with full access to health care and social services to help safeguard everyone in the country.

We want Canada to do the same and to take it one step further by granting permanent residency for all migrant workers and ensuring safe working environments. These workers have been fully vetted before coming to Canada and fill vital jobs that few too Canadians want.

On May 2, the Globe and Mail printed a letter by Connie Sorio, KAIROS' Migrant Justice Coordinator, advocating these two points.

Take Action! Please write to your Member of Parliament and urge the government to give all migrants in Canada immediate residence status with a pathway to permanent residency. Cite the Globe and Mail letter.

For details, Connie's letter and contacts visit: kairoscanada.org/urge-canada-to-protect-all-migrant-workers-with-residency-status-now

Thank you for taking action!

FUN, FAMILY, FRIENDS & FOOD MINISTRY

THE GATHERING PLACE – Missing the Gathering Place? Never been to the Gathering Place? Join us at the virtual Gathering Place on Zoom, Tuesdays, from 9:30 to 10:30 for casual conversation. Get your coffee or tea ready and come for the whole hour or any part of it. Zoom meeting ID 820 6760 6176, Password 522446

SMALL GROUPS "For where two or three are gathered..." (Matthew 18:20) Although we can't gather in person, we can gather virtually! Would you like to connect with others regularly to chat, pray, discuss

shows you're watching, books you're reading, gardening, genealogy, or anything else that's on your mind or occupying your time? We would like to get people connected on Zoom FaceTime, another platform you're using or even by phone. If you'd like to get involved, send an email and we'll try to get you connected. If you're already doing this with others, we'd also like to hear what you're doing. Anne Ward eanneward52@gmail.com

SACRED SPACES MINISTRY

ARE YOU ENJOYING THE SUNSHINE? We have had a wonderful spring but the plants at Knox need to be watered. Last year I had a number of volunteers that agreed to water the plants at the front of the church and the Columbarium area one day per week depending on the weather. Please contact me and let me know when you are available. Margaret Warburton 250.951.0538 or warburton59@shaw.ca

STEWARDSHIP & FINANCE MINISTRY

FALL FAIR DONATIONS As you know, Fall Fair 2020 has been cancelled due to COVID-19 concerns. For those of you that have been saving donations for this year's Fall Fair, please be advised that we will not be doing any pick-ups of items that you were planning to donate to this year's Fair. We have limited space to store donations at the Curling Club, so if possible, please hold your donations until next year. If that is not possible, please find a charitable organization that will welcome your donations.



If you have items that you would like to sell online and/or to members of Knox with all proceeds going to the Knox operating fund, please feel free to do so.

Fall Fair Coordinators, Beth Brown, Gerry Garnett, Margaret Warburton

HEALING AND PASTORAL CARE MINISTRY

HEALING MINISTRY- The Healing ministry is **not** taking appointments until further notice. This decision was made to protect our clients and practitioners at this uncertain time. However, if anyone requires a healing treatment during the shut-down they can call Bruce at 250.248.3119 and he will be willing to provide you with a modified distance prayerful healing session.

COMMUNICATIONS MINISTRY

KNOX PHOTO DIRECTORY UPDATES - If you know of new members or adherents who would like to be included in our next printing, please contact us. We are keeping a list of corrections, additions etc. Please advise **Colleen Welsh**, at marketingkuc@gmail.com

PURCHASE the KNOX PHOTO DIRECTORY – Email **Karen Freeman**, Facility Coordinator at facility@kucparksville.ca or leave a message at 250.248.3927. Karen will arrange for payment (\$5.00) and delivery. Arrangements are to ensure that people remain in their homes during the COVID-19 pandemic.

WEBSITE - There is a new page on the Knox website that we hope you will find useful and informative. It is entitled **RESOURCES** and you have two choices **COVID-19 RESOURCES & INFORMATION** and **COMMUNITY RESOURCES**.

The COVID-19 RESOURCES & INFORMATION contains many useful links to government websites including Dr. Bonnie Henry's daily updates. Please check it out at [COVID-19 RESOURCES INFORMATION](#)

This page is intended to direct people to numerous resources in our area that may be of use as we navigate these challenging times. We will continue to add to this list as we learn about more resources. If you know of any information that would be a helpful addition to this page, please send the details to marketingkuc@gmail.com

MINISTRY & PERSONNEL MINISTRY

Rev. Jennifer Ferguson: Monday-Friday, days off are Saturday & Sunday. (If you would like to meet with her for pastoral care via phone call or FaceTime, please call her to make an appointment at **250-927-6061** or email minister@kucparksville.ca

Knox United Church Staff Email Addresses Follow this link to the Knox Website: www.kucparksville.ca/pages/contact-us

Knox United Church Council 2018-19

For a list of Council Members and Team Leaders,

<https://www.kucparksville.ca/about/our-leadership--13>

SPIRITUAL FORMATION MINISTRY

BIBLE STUDY VIA ZOOM – Wednesday, May 13th, 10:30-12. Email Karen Freeman at facility@kucparksville.ca for a zoom invite. You can use your smartphone, tablet, or laptop. You can also use your desktop computer if you have a camera and a microphone. You will need an internet connection. If you need technical help getting started, email Karen at facility@kucparksville.ca Zoom meeting ID 844 1018 3121, Password 957519

MOTHER'S DAY THOUGHTS -THE TOAD This Sunday, being Mother's Day, my thoughts turn to my own mom Kay; lover of all animals; a spitfire at 5'1" ...

THE TOAD

He had been in the flower bed
for several months, or more,
and came out when she watered,
or weeds from garden tore.

He even let her stroke him
atop his bumpy head,
and seemed to listen carefully
to everything she said.

Late one morning in mid-July
she stopped in horror, still,
a large garter snake had Toady
-was going for the kill!

Though much afraid of snakes
she grabbed the lashing end
and banged it's head 'til Toad it freed
then flying in the air did send

Three feet of ribboned reptile,
out far into a field.
Toady, stunned and still quite shaken
did to her cuddle yield.

--Jan du Monde

COUNCIL NEWS

COUNCIL MEETING - At our last meeting on Zoom we addressed many of the changes presented by the COVID pandemic; finances, staffing, cancelling fall fair, wondering when we will be back and what will it look like. We are all faced with steep learning curves. We applaud the Worship & Arts Team as they switch to online Sunday Service, first audio and now video. We are grateful for our staff who are working hard to keep us connected, informed and safe. Although we are out of the building, Teams are still working and reporting to Council. For more details, see the Team sections in the eNews.

STAYING CONNECTED, KNOX ON ZOOM Knox bought a Zoom video conferencing licence and is making effective use of it. Jennifer recently had five Zoom meetings in one day! Talk about Zoom fatigue! This is another way that Jennifer and others stay connected with our Pacific Mountain Region. The Knox Crisis Team, Choir, Bell Choir and GMO all connect through Zoom. All teams and groups can book a meeting through Karen Freeman, Facility Coordinator, facility@kucparksville.ca or 250-248-3927

OUR KNOX FAMILY

NASTURTIUMS are **STILL AVAILABLE** and in time for Mother's Day. \$5 each. Contact Brian S. to arrange for safe pick up.

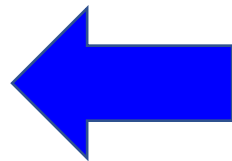
CALLING ALL GARDENERS, The Plant Booth extras from last year's Fall Fair have been wintering over at the Patersons. Many have come through in good condition and are needing a permanent home. If you are interested in any of the following please call Marilou 250.248.3085 for more information and safe social distancing pick up arrangements. Any donations will go to the Knox operating fund. Items: Raspberries, chives, mint, Iris (flags) primrose, heuchera (coral bells), Michaelmas daisy, succulents (low-growing and autumn joy), perennial fuchsia, native maples, yucca, Hosta, columbine, euonymus, lily of the valley, kafir lily, ladies mantle, lilac (03/05/2020)

COVID-19 *the LIGHTER SIDE*

WATCH PACHELBEL'S CHICKEN Submitted by Shirlene D.



Click on the video to the left



PETS AND COVID

It was on Day 4 of the lockdown when Fluffy decided there had been enough family time.



Thoughts of Dog®

@dog_feelings

the human has been working from home the last couple days. and every so often. they let me participate in the video calls. all the other humans cheer when they see me. i am the only thing holding their company together

INSPIRATIONAL POETRY

REFUSE TO FALL DOWN

By: Clarissa Pinkola Estes, Ph.D.

Refuse to fall down.
If you cannot refuse to fall down,
refuse to stay down.
If you cannot refuse to stay down,
lift your heart toward heaven,
and like a hungry beggar,
ask that it be filled,
and it will be filled.
You may be pushed down,
You may be kept from rising.
But no one can keep you
from lifting your heart
toward heaven--
only you.
It is in the middle of misery
that so much becomes clear.
The one who says nothing good
came of this,
is not yet listening.

From 'Prayers for Healing' Edited by Maggie Oman
Contributed to Knox E-News by June M. May 5, 2020

In June's own words, "this is a poem from a book I use daily and I think it appropriate for our times." '*Prayers for Healing 365 Blessings, Poems & Meditations from Around the World*' edited by Maggie Oman Shannon, introduction by The Dalai Lama XIV, Foreward by Larry Dossey.

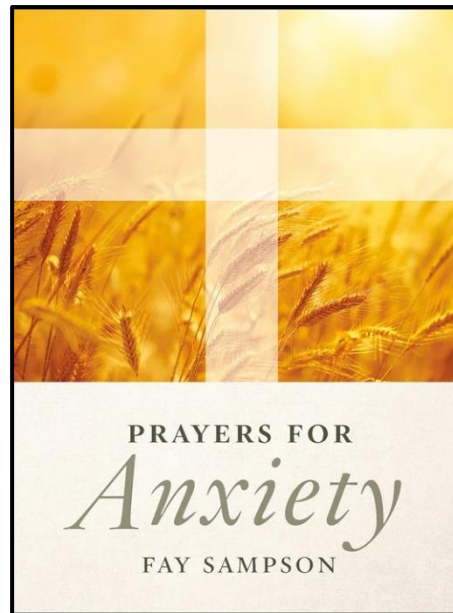


IMAGE BY RODERERICK
MACIVER

UNITED CHURCH OF CANADA

UNITED CHURCH BOOKSTORE 'PRAYERS FOR ANXIETY'

by Fay Sampson



This week's featured book from the United Church Bookstore is Fay Sampson's '*Prayers for Anxiety*'. Offering practical advice such as support and counsel for those who live with anxiety, as well as for their family, friends and the larger community, each passage concludes with a suggested prayer.

[Sign up to our mailing list](#)
for the latest updates and sales.

COMMUNITY NEWS



**HAPPY
MOTHER'S
DAY TO
ALL OUR
KNOX
MOTHERS!**