

KNOX eNews: LIFE & WORK OF THE CHURCH

For more information www.kucparksville.ca
April 19, 2020 edition

WORSHIP & ARTS MINISTRY

SUNDAY SERVICE/ONLINE CHURCH - Our online church service will be offered each week which you can find on the Knox website at www.kucparksville.ca and then click on Sermons and then click on the most recent sermon by date. You may not all be able to listen at 10:00 a.m. on Sunday because of too many listeners at once but you can worship any time thereafter. People have requested a song leader to lead the singing, but our Knox Crisis Team and Council have deemed it too risky to have more than Jenny and I leading the worship at this time. People have also requested a video recording, but we cannot do live streaming or make a video recording and you wouldn't want to see Jenny and me up there by ourselves anyway...it's very lonely without all of you sitting and singing in person so please join us in cyberspace.

NEW - KNOX CRISIS TEAM

KNOX CRISIS TEAM – NEW

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

PURPOSE of KCT

- To support the current Council, especially the work of its Ministry Teams
- To establish a process for regular communication with active members and adherents
- To establish a process for identifying and providing accurate information related to the COVID disease
- To establish a process for support in such areas as delivering the Knox eNews, pre-ordered, pre-paid groceries and prescriptions

- To deal with unexpected issues related to the crisis

HOW CAN YOU CONTACT US?

- Do you have any questions regarding the current COVID health crisis?
- Do you have any questions regarding support services in Oceanside?
- Do you have any suggestions to better support the Knox family especially those living alone?

Please email the Team at crisis@kucparksville.ca

HOW CAN WE CREATE COMMUNITY WHILE PHYSICAL DISTANCING? THE STARFISH STORY

One day, an old man was walking along a beach that was littered with thousands of starfish that had been washed ashore by the high tide. As he walked, he came upon a young boy who was eagerly throwing the starfish back into the ocean, one by one.

Puzzled, the man looked at the boy and asked what he was doing. Without looking up from his task, the boy simply replied, "I'm saving these starfish, Sir".

The old man chuckled aloud, "Son, there are thousands of starfish and only one of you. What difference can you make?"

The boy picked up the starfish, gently tossed it into the water and turning to the man, said, "I made a difference to that one!"

THE PHONE CALL IS BACK

The warm timbre of a human voice in your ear is more real, more present than text on a screen. When you hang up after a phone call, you feel some of the residual glow of having been with another human being.

In the mid- and late 20th century, the telephone was addictive tech to adolescents, like the latest fashionable apps are now. It was a standard joke, a trope about teenagers: They spent literally hours on the phone every day, talking about nothing at all. You and I can remember those days. Why not pick up then phone right now and call someone in the Knox community and just say, "Hi, my name is and I attend Knox like you. Just thought I would ask; how are you today?"

AND SO IS THE LETTER

Snail mail or email? Can you remember pen pals? Can you remember how you felt to open an unexpected letter or card from an old friend? We can still do this. A brief note or a homemade card sent to anyone in the Knox community could make a real and fulfilling difference in their lives.

AND

To our 22 Callers a special thanks for all the telephone calls and emails you have made over the past 3 weeks.

LETTER FROM MEG HURD Knox Crisis Team

Hello All: Thank you all for your efforts in physical distancing, you are doing great, and we can see it on the health front lines. Thank you. During a pandemic, there is an immense amount of news coming at you, from so many sources. Keeping current in a health crisis is important, but watching too much news can be overwhelming, not always reliable if it's from social media, and can lead to a decrease in mental wellness. I'd like to show you some of the most reliable sources of health information related to COVID-19 for you to have to keep current:

APP: <https://bc.thrive.health/?fbclid=IwAR1IN7tIMXf9Iz3N2yoM2qMFrAfYxerLdUf3Y1T4K2qRCiYaL2xHALri40>

Website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

We also wanted to open our Crisis Team for health questions you may have related to COVID-19. So, if you have a question for one of our nurses, or me as a respiratory therapist, please submit them to:

crisis@kucparkville.ca

We will answer a couple of them in each week's Knox E-News.

Take Care

Megan Hurd, RRT

SOCIAL JUSTICE & OUTREACH MINISTRY

To those willing and able to donate to the needy, any of these organizations would be very grateful at this time.

- Knox Minister's Discretionary fund: Knox United Church 345 Pym Street, Parksville, B.C. V9P1C8
- Manna Homelessness Society, Box 389 Errington, B.C. VOR1VO
- Salvation Army donations: for the food bank and or the lunch program. P.O. Box 1874 Island Hwy; Parksville, B.C. V9P2G5 or online salvationarmy.ca/donate

Thank you, from SJ&O

FUN, FAMILY, FRIENDS & FOOD MINISTRY

ATTENTION ALL CRAFTERS – For anyone looking for something to do during our “shut-in” stage, United Church Women will be participating in Knox's Perfect Gift Christmas Craft Fair on November 14. We would gratefully appreciate donations of hand-made knitting, sewing and craft items. Examples are toques, mitts, socks, slippers, hats, potholders, placemats, Christmas ornaments, or any other hand-made craft items you enjoy making! Stay safe. Blessings, UCW.

SACRED SPACES

LOOKING FOR SOMETHING TO DO? DO YOU LIKE PULLING WEEDS? Look no further, Knox has lots of weeds to keep you busy. Drop by and enjoy but remember there is no access to the building. If you have any questions call Margaret Warburton 250-951-0538

STEWARDSHIP & FINANCE MINISTRY

KNOX 16th ANNUAL FALL FAIR August 29, 2020

“Remember the success of this Fundraiser depends on your participation both through donations and as a volunteer”.



HEALING AND PASTORAL CARE MINISTRY

PASTORAL CARE - Jennifer continues to meet with people for pastoral care Monday through Thursday via phone or Face Time if you have an iPhone, so please email her to make an appointment and she would be more than happy to connect with you.

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.

PRAYER SHAWL GROUP on Facebook. All are welcome to join us on our Facebook group. Share your projects, tips, encouragement and humour. In the search space, type "*Knox Prayer Shawl Group*". See you there!

MINISTRY & PERSONNEL MINISTRY

NEW - 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

At our last Council meeting, before the need to be secluded, Jennifer had asked me to write something like a "blog" for the e-News. These last weeks have been my attempt to do that. I have asked for your memories, in any form of writing, about Spring.

These are mine from Easter 2019 at *Kingfisher*.

Easter Vignettes

Spirit's paintbox was wide open
to green ~ every possible hue ~ as mist
dissolved from mountainsides
exposing verdant splendour.

... as the sea breathed below us
my chest rose and fell to
it's unending, hypnotic rhythm
and sleep crept in on a thousand rainsticks.

J. du M

COMMUNICATIONS

KNOX PHOTO DIRECTORY – Please send errors, omissions, changes to Colleen Welsh, marketingkuc@gmail.com We will send out update pages and will make corrections for our next printing.

SOCIAL MEDIA – Would you like to work with us on social media? We would appreciate help with our Facebook page and groups. We can make more groups on Facebook for your team, group or special interest. If you are familiar with other platforms like Instagram, Snapchat, etc., bring it on! Can you suggest any good chat sites for Seniors? Contact Marg Conn, communicate@kucparksville.ca

UNITED CHURCH BROADVIEW MAGAZINE SUBSCRIPTIONS

Thank you so much, Cathy McNeil, for coordinating our Broadview subscriptions. 35 were sent in on time during a very difficult time.

WEBSITE *NEW PAGE* I am hoping you have been visiting the ONLINE CHURCH tab on our website. In that tab is the KIDS ZONE page with all sorts of games, puzzles and activities for the young and young at heart. The latest is a wonderful series created by *Shane Conn* called ***Make Believe World***. The project started as a middle school grade 6 Language Arts / Social Studies / Art project. It provided all students with an opportunity to explore and demonstrate their imagination. These included some of the following skills: creative writing & drawing, as well as computer skills and thinking "outside of the box". For Shane's students, the project culminated in a celebration of sharing with classmates, students from other classes and family members. Because we cannot do that in this unusual time, I would ask you to photograph your finished projects and submit them to **marketingkuc@gmail.com** for inclusion on our website. Make sure to include your name (but no address or phone numbers please).

The series will be uploaded commencing April 13 with new projects each day following. Here is the link [Online Kids Zone](#)

COUNCIL NEWS

CURRENT COUNCIL EXECUTIVE

Minister and Ex officio	Jennifer Ferguson
Council Chair	Phil Spencer (Acting)
Council Vice-Chair	Don Emerson
Council Past Chair	Gerry Garnett
Council Secretary	Chelsea McDonald
Stewardship & Finance	Ron Pepper

OUR KNOX FAMILY

NASTURTIUM CUPS for Mother's Day - Mugs, bursting with nasturtiums, perfect gifts for Mothers' Day, for \$5 each. Funds raised will purchase grocery cards for Knox to hand out to those in need. 20 cups.... all sizes and varieties...first come, first choice! I also have a few pots of tall, pink phlox. The plants will be ready this Saturday (April 18).

Please call Roxey at 250.954.1556 so I can put them in a socially distanced location for your collection.

COVID-19 ISOLATION POEM -- *Written by Ted Gough*

Here I sit thinking, what can I do.

To do nothing, I simply stew.

Wondering what news, I will hear next

News that will leave me perplexed.

So, I try reminiscing of good times past.

For such memories, last and last.

But mingled with the good, is the bad

And those times can make me sad.

Well, what I do next, works for me

I go walking and enjoy, what I see.

For the beauty of nature, our Creator's gift.

Has a way of giving, my soul a lift.

And one other thing, I have found.

That lifts me up when I feel down

Is to make a phone call, to family or friend

For such calls make me wish, they'd never end.

And finally, doing something I don't usually do

Can prevent me from, "being blue".

So, in this time of isolation, my hope is to find

New meaningful ways, to connect, with humankind.

#MOTHEREARTH -- *Submitted by Wendy Reynolds*

"We fell asleep in one world and woke up in another. Suddenly Disney is out of magic. Paris is no longer romantic, New York doesn't stand up anymore, the Chinese wall is no longer a fortress, and Mecca is empty. Hugs & kisses suddenly become weapons, and not visiting parents & friends becomes an act of love.

Suddenly you realize that power, beauty & money are worthless, and cannot get you the oxygen you're fighting for.

The world continues its life and it is beautiful. It only puts humans in cages. I think it's sending us a message: "You are not necessary. The air, earth, water, and sky without you are fine. When you come back, remember that you are my guests. Not my masters."

CORONAVIRUS –Submitted by Marj Wilkie

The earth whispered but you did not hear.
The earth spoke but you did not listen
The earth screamed but you turned her off.
And so, I was born...
I was not born to punish you.
I was born to awaken you...
The earth cried out for help...
Massive flooding. But you did not listen.
Burning fires. But you did not listen.
Strong hurricanes. But you did not listen.
Terrifying Tornadoes. But you didn't listen.
You still do not listen to the earth when.
Ocean animals are dying due to pollutants in the waters.
Glaciers melting at an alarming rate.
Severe drought.
You didn't listen to how much negativity the earth is receiving.
Non-stop wars.
Non-stop greed.
You just kept going on with your life...
No matter how much hate there was...
No matter how many killings daily...
It was more important to get that latest iPhone than worry about what the earth was trying to tell you...
But now I am here.
And I've made the world stop in its tracks.
I've made YOU finally listen.
I've made you take refuge.
I've made you stop thinking about materialistic things...
Now you are like the earth...
You are only worried about YOUR survival.
How does that feel?
I give you fever... as the fires burn on earth.

I give you respiratory issues... as pollution filled the earth's air.
I give you weakness as the earth weakens every day.
I took away your comforts...
Your outings.
The things you would use to forget about the planet and its pain.
And I made the world stop...
And now...
China has better air quality... Skies are clear blue because factories are not spewing pollution unto the earth's air.
The water in Venice is clean and because the gondola boats that pollute the water are not being used, the fish are returning.
YOU are having to take time to reflect on what is important in your life.
Again, I am not here to punish you... I am here to Awaken you...
When all this is over, and I am gone... Please remember these moments...
Listen to the earth.
Listen to your soul.
Stop Polluting the earth.
Stop fighting amongst each other.
Stop caring about materialistic things.
And start loving your neighbours.
Start caring about the earth and all its creatures.
Because next time I may come back even stronger...
Signed,

Coronavirus

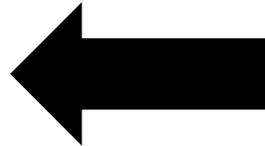


Submitted by
Marg Conn

A MAESTRO IN THE MAKING! Submitted by Ken Fanning.



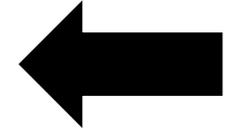
Click on the video to
the left.
Is this the next
Leonard Bernstein?



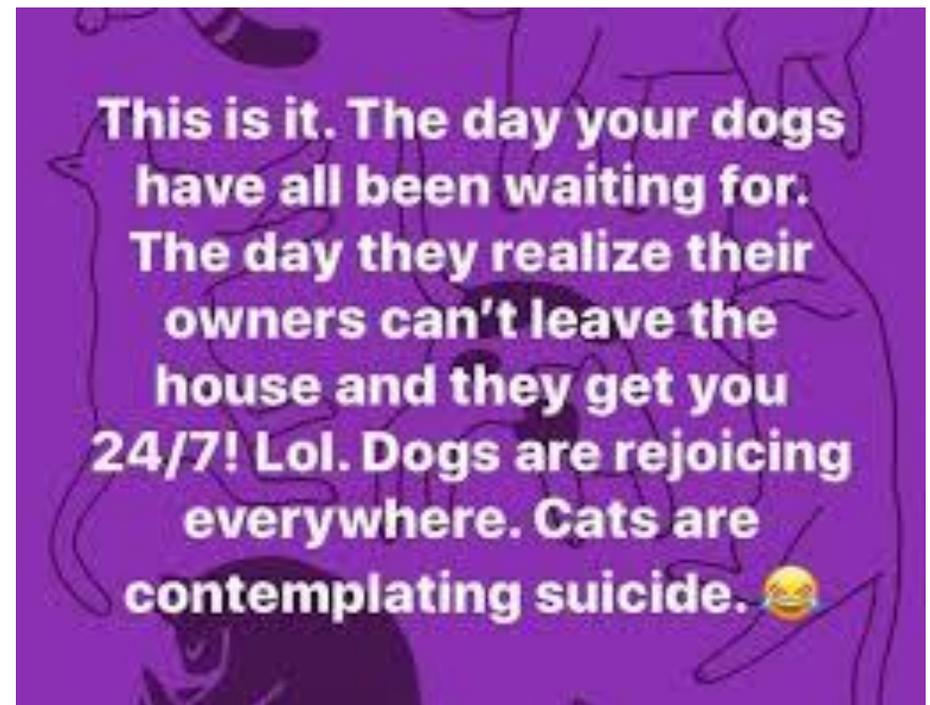
If the video doesn't work, you can also try this link:

<https://www.youtube.com/watch?v=6OnZNCNPc0>

AMAZING GRACE by Andre Rieu from the Christmas Concert London 2016 Submitted by Ken Fanning.



Click on the video to
the left.



Submitted by Jan Jamieson.

IMPORTANT REMINDER...not to get all bogged down with doom and gloom. **What a Wonderful World** we live in. Be grateful and remember that LOVE IS THE SECRET...

What a Wonderful World – Courtesy of Louis Armstrong



Should the link not work, try this link instead:

<https://www.youtube.com/watch?v=kza72TBf0VM>



Submitted by Jan Jamieson

THE BALLAD OF A HAND Submitted by Jo Dunn



Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

Submitted by Jan Jamieson