

## KNOX e-NEWS: LIFE & WORK OF THE CHURCH

For more information [www.kucparksville.ca](http://www.kucparksville.ca)  
March 1, 2020 edition

### WORSHIP & ARTS MINISTRY

**COMMUNION SERVERS NEEDED** for April 5 (Palm Sunday) and June 28. We need 10 communion servers on these dates. Just show up at Jennifer's office at 9:40 am on the day of communion for instructions. Sign-up sheets are on "the wall" at the church. Thank you!

### FUN, FAMILY, FRIENDS & FOOD MINISTRY

#### THE GATHERING PLACE

Tuesdays 25<sup>th</sup>, join us from 9:30-11:30 am for the *Good Morning Coffee Break*. \$2 for coffee, tea & delicious baked goods

From noon to 2 pm join us for lunch.

\$10 includes entrée, dessert and coffee

From 3-5 pm Youth After School Drop-In

\$2 snacks, refreshments, ping pong and games!

**SISTERS UNITED POTLUCK LUNCH** on **Monday March 2nd** features a fascinating presentation by Laurene Ebbett of the *Gardens of England, Wales & Ireland*. **Gather @ 11:30 am; lunch @ noon, presentation @ 1:00 pm. All women are welcome.**

### *The Gathering Place*

**Chalkboard Special \$10**

**Lunch MENU**

**Tuesday,  
March 3, 2020**

*Tom's Roasted Vegetable  
Salad*

*Sausage Rolls*

*Lemon Poke Cake*

### GMO GRUMPY MEN ONLY

"On the 8<sup>th</sup> day God created the Irish and the Devil stood at attention"

A home Group for Men

Evenings filled with CRAIC!

MARCH 10<sup>TH</sup>



MORE INFO

Contact Shane [grumpymenonly@gmail.com](mailto:grumpymenonly@gmail.com)



### STEWARDSHIP & FINANCE MINISTRY

**WELCOME ACORN TREE EARLY CHILDHOOD CENTRE** We are thrilled to welcome the "Acorn Tree Early Childhood Centre" to Knox as of March 1, 2020. Elidah Jewer is the owner/directress of Acorn and you will see her friendly face here at Knox, along with her builder/carpenter husband Ed, quite often over the next few weeks as the transitions take place in Rooms 1/2/3. We are very excited about this new venture and look forward to welcoming new families to Knox as of April 1<sup>st</sup>, 2020. The "Acorn Tree" will operate Monday to Friday from 8:00 am to 5:30 pm in Rooms 1/2/3.

Elidah is also the owner of the "Thinking Garden Early Childhood Centre" in Lantzville. Learn more at <http://www.thinkinggarden.ca/>

**KNOX PRESENTS...THE ARROGANT WORMS SUN. MAR.15 2:30 pm** The Arrogant Worms have sold more than 160,000 copies of their 13 albums. Their most recent offering is SPACE, a collection of 16 new songs released in 2014 that bravely tackles the hard issues like Local Politicians, Yoga Pants and Uncomfortable Chairs. Their songs are in school lesson plans, in textbooks and even played on the Space Shuttle. On earth or in space, everyone digs these Worms.

Tickets \$30 available by clicking the link:

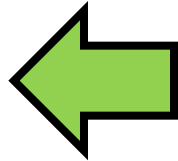
<https://www.eventbrite.ca/e/the-arrogant-worms-tickets-84646787821>

## IN APRIL KNOX PRESENTS...

A GroundZero & Knox Presentation... Two Time Juno and American Music Award Winner and Canadian Music Icon **ALFIE ZAPPACOSTA**  
*Passionate and Captivating A blend of acoustic, jazz and pop*  
**SAT. APRIL 18th 7 pm Doors 6 pm Tickets \$40/advance \$45/door**  
Tickets available at Fireside Books or online at  
[www.gzalounge.com](http://www.gzalounge.com)



Listen to Alfie perform  
*The Promise*  
by clicking on the  
video to the left



## THE GREATER VICTORIA POLICE CHORUS

**SUN. APRIL 19th 2 – 4 pm Tickets \$20 advance | \$25 at the door**  
at Parksville and Qualicum Beach Mulberry Bush Bookstores,  
at Close to You Ladies Fashions in Parksville and at Eventbrite.ca



**ANNUAL FALL FAIR 2020** We are looking for people to do pick-ups for our 2020 Fall Fair. If you have a vehicle that is suitable for doing pick-ups of donations, we need your help. Pick-up trucks or vans are ideal. We only accept furniture that can be lifted by one person. Donations are stored at the Curling Club until the Fair. The more volunteers we have the less work per volunteer. Thanks, Margaret Warburton 250-951-0538

## HEALING AND PASTORAL CARE MINISTRY

**“IN THIS TOGETHER”** - Knox's emotional health, peer support, group meets every **Monday, 1:30 pm – 2:30 pm**, in room 6. We extend an open invitation to anyone who wants support in a time of emotional or mental health challenge. A desire to improve is the only thing you need to participate.

**HEALING MINISTRY-** Give yourself the gifts of peace, healing and compassionate care...Knox's Healing Ministry is part of the national Healing Pathway program. Volunteer practitioners are trained to provide a safe, channel of loving Divine energy. "The foundation of the program lies in the long tradition of healing within the Christian faith. The aim of healing is to restore balance and harmony within the energy system and thus enable the self-healing of the individual." Call the church office at **250-248-3927** to book a healing session for one hour: Tues. morning, or afternoon, and Wed. mornings. Appointments are by donation.

## MINISTRY & PERSONNEL MINISTRY

**Rev. Jennifer Ferguson: Monday-Thursday, days off are Friday & Saturday.** (Please 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](mailto:minister@kucparksville.ca)

### Knox United Church Staff Email Addresses

Follow this link to the Knox Website: [www.kucparksville.ca/pages/contact-us](http://www.kucparksville.ca/pages/contact-us)

### Knox United Church Council 2018-19

For a list of Council Members and Team Leaders,  
<http://www.kucparksville.ca/about/our-leadership--13>

## SPIRITUAL FORMATION MINISTRY

**BASICS OF FAITH AND BEYOND** – What do you believe now? Faith is a dynamic process and what we believed as children doesn't always make sense to us as adults, so it is important for our spiritual maturation that we wrestle with our questions, doubts and new understandings and insights. On **Wednesday** afternoons from **1:30-4:00 February 5-March 25<sup>th</sup>** Jennifer will be offering a class for newcomers and anyone else interested in exploring topics such as Theology, the Nature of God, the Person of Jesus, Prayer and Spirituality, Human Suffering, the Purpose of the Church, as a way of helping us to sort out what it is, we believe now.

At the end of the 8 sessions participants can decide if they would like to be:

- 1) Baptized if they haven't already,
- 2) Decide to become members of the United Church and be confirmed if they haven't already,
- 3) Transfer their membership from another Church,
- 4) Reaffirm their faith at a worship service on Sunday, March 29<sup>th</sup>. If you don't want to have a public affirmation of your faith, any participants are welcome to come just to enjoy the discussions with one another.

**Please register with the office if you would like to attend. It is not mandatory to attend all 8 classes. Any questions can be directed to Jennifer.**

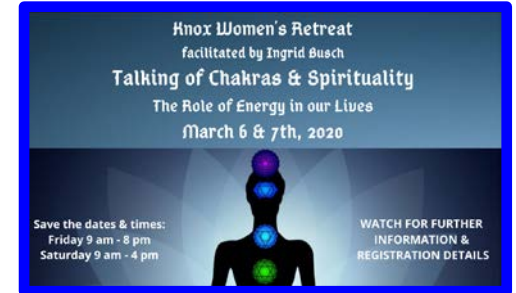
**DROP-IN BIBLE STUDY** - With Jennifer, Wednesdays at 10:00 am. With those gathered, we will delve into the scripture to be discussed in Worship for the upcoming week and discover how it applies to our own lives. All perspectives and insights are welcome.

**GOD TALK** – A new opportunity on Sundays, after church. Grab a coffee in the lounge and make your way to the chapel to continue the conversation begun in the reflection where we will delve into the scripture, reflection and theme of the day.

## KNOX WOMEN'S RETREAT MARCH 6 & 7, 2020

“Talking of Chakras and Spirituality - the Role of Energy in our Lives”

We have 20 spaces and registration forms are now available at the office. Please note you cannot register without payment to Jane by cash or cheque only. The cost is \$70 per person and includes dinner on Friday evening as well as coffee break snacks both days. You bring a bag lunch and water for both days. Ingrid Busch will be the facilitator for this fascinating & enlightening retreat. Don't miss out - register today.



**THAT WE MAY BE ONE** is the theme of the annual, worldwide retreat day coordinated by Contemplative Outreach. A day of prayer dedicated to whole making in ourselves, our relationships and our world. We'll explore the themes of “The Self and Evolving Consciousness” and “Christian Non-Duality”. Our mini-retreat will include 2 periods of centering prayer, 2 video talks by Fr. Thomas Keating, time for personal reflecting and small group conversation. Tea and coffee will be provided. Bring your own lunch. Suggested donation \$10. A contribution of any amount according to your means is appreciated.

## COMMUNICATIONS

**CALLING ALL MINISTRY TEAMS** Are you planning a Knox event and would like a poster designed, or want it up on our website? If so, please contact me with the details and I will be pleased to assist in any way that I can. If you don't tell me, I won't know. So, let's communicate! My e-mail is: [marketingkuc@gmail.com](mailto:marketingkuc@gmail.com) *Colleen Welsh - Marketing & Website Administrator*

## OUR KNOX FAMILY

**WANTED TO RENT** - Tent trailer or small hard-side trailer to use for a few weeks in June and August. Careful and responsible renters. Please contact Brian Stubbings or Els Wilms at 250-586-8911 (*March 1, 2020*)

**KNOX CALENDAR**  
**March 1 – March 8, 2020**

for the monthly calendar go to: <https://www.kucparksville.ca/events/calendar>

<b>Sunday, March 1</b>		
Worship Service	10:00 am – 11:00 am	Sanctuary
God Talk	11:30 am – 12:30 pm	Chapel
Pacific Baroque Festival	2:30 pm	Multiple
<b>Monday, March 2</b>		
Line Dancing	10:00 am – 12:00 pm	Rooms 1 & 2
Sisters United Potluck	10:00 am – 2:30 pm	Lounge
Centering Prayer	11:00 am – 11:45 am	Sanctuary
In This Together	1:30 pm – 2:30 pm	Room 6
Tone Chimes	4:00 pm – 5:30 pm	Sanctuary
Oceanside Consort Singers	7:00 pm – 9:00 pm	Rooms 1 & 2
Handbell Choir	7:00 pm – 8:30 pm	Sanctuary
<b>Tues, March 3</b>		
The Gathering Place	9:30 am, 12:00 & 3:00 pm	L/K
Healing Ministry	9:30 am – 11:30 am	Room 6
Facility Management Meeting	10:00 am – 11:00 am	Room 4
Healing Ministry	1:30 pm – 3:30 pm	Room 6
Community Choir	7:00 pm – 9:15 pm	Sanctuary
AA	7:30 pm – 8:30 pm	Rooms 1 & 2
OA	7:30 pm – 8:30 pm	Room 5
<b>Wed, March 4</b>		
Healing Ministry	9:30 am – 11:30 am	Room 6
Drop-in Bible Study	10:00 am – 12:00 pm	Chapel
Healing Ministry	1:30 pm – 4:00 pm	Room 6
Membership Class	1:30 pm – 4:00 pm	Lounge
Knox Choir	7:00 pm – 9:00 pm	Sanctuary
<b>Thursday, March 5</b>		
OA	10:30 am – 1:00 pm	Room 5
Rainbows	6:00 pm – 7:30 pm	All Rooms
<b>Friday, March 6</b>		
Women's Retreat	9:00 am – 8:00 pm	L/K
<b>Saturday, March 7</b>		
Women's Retreat	9:00 am – 4:00 pm	L/K
<b>Sunday, March 8</b>		
<b>DAYLIGHT SAVINGS TIME</b>		
Worship Service	10:00 am – 11:00 am	Sanctuary
God Talk	11:30 am – 12:30 pm	Chapel

**UNITED CHURCH OF CANADA**

**FAITHFULLY YOURS: Letters for the Wondering**

Shares a series of letters written for the spiritually wondering. This book features Lenten reflections for individual devotions or group study by a wide variety of United Church contributors. Click on the link for more information. [https://ucrdstore.ca/products/faithfully-yours-letters-for-the-wondering?mc\\_cid=cabf2a6e24&mc\\_eid=2b5e323d91](https://ucrdstore.ca/products/faithfully-yours-letters-for-the-wondering?mc_cid=cabf2a6e24&mc_eid=2b5e323d91)

**GUIDELINES for CHURCHES during Flu Season**

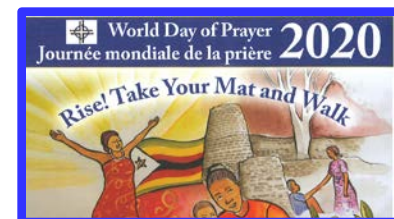
With the Lenten season fast approaching, congregations may be raising questions of how to minimize the impact of the cold and flu season on worship. Specific areas include communion and passing the peace, where there is more contact between those attending services. Additional concerns have arisen due to the COVID-19 coronavirus. We have some advisory sheets that offer some basic health information. Click here for more info. [https://www.united-church.ca/leadership/church-administration/emergency-planning?mc\\_cid=cabf2a6e24&mc\\_eid=2b5e323d91](https://www.united-church.ca/leadership/church-administration/emergency-planning?mc_cid=cabf2a6e24&mc_eid=2b5e323d91)

**KNOX COMMUNITY NEWS**

**RETROSPECTIVE LENTEN FILM SERIES** held at Nanaimo Ecumenical Centre, Spartan Rd., off Metral, Nanaimo. Led by Phyllis Thompson and the Rev. Foster Freed. Tuesdays, March 3 to April 7, from 1 – 4 pm. 1<sup>st</sup> Movie on March 3<sup>rd</sup> is *A Company of Strangers*. All welcome, no charge, refreshment and discussion follow each movie.

**WORLD DAY OF PRAYER**

- Thurs. March 5<sup>th</sup> 1:30 pm
- St. Columba Presbyterian Church
- 921 Wembley Road
- Everyone is welcome!



**WANTED: PART-TIME HOME & COMMUNITY SUPPORT WORKER**

- 20 hours a week, consisting of 5 afternoons
- Working with a young adult female with Cerebral Palsy who is in a wheelchair and is G-tube fed

Full job posting details on poster board outside of the Knox Office.