

KNOX eNews: LIFE & WORK OF THE CHURCH

For more information www.kucparksville.ca
April 5, 2020 edition

HOW TO ATTEND CHURCH ONLINE

GET OUT OF BED AND GET DRESSED

it will put you in the right mindset for worship

GO THROUGH YOUR NORMAL SUNDAY ROUTINE

minus the "hurry up, we're late" part

GATHER TOGETHER AS A FAMILY

no multitasking; worship is a family activity

STREAM TO YOUR LARGEST SCREEN IF POSSIBLE

it will feel like you are really "there"

SING ALONG LOUD AND PROUD

it may feel weird, but it also feels weird to the people
leading worship in an empty room

PREACH WITH THE PREACHER

say amen, clap, shout and take notes; have a time of prayer
at the end; make your home a sanctuary

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 Online Church 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.

CHOIR NEWS - The Knox Choir has continued to "meet" on Wednesday nights at 7:00 pm (our usual rehearsal time). We "meet" online through the computer program Zoom. Connecting and using the program has proved to be a little challenging for some choir members with older computers and those who are not so familiar with using their computer.

It has been wonderful for those who could log in. With this program, we can see each other and talk to each other. It's so nice to still have "human" contact.... seeing each other adds to the human connection that we all need.

It is difficult to have a regular choir practice because only one voice can speak at one time. However, I am hoping to record a song with different voices singing different lines of a song. Once I have a decent video. I will get Jane to post it in the e-news and Marg to post on our Facebook page.

***NEW* - KNOX CRISIS TEAM**

KNOX CRISIS (COVID) TEAM (KCT)

At the March 17 Council meeting, there was much discussion regarding the current COVID pandemic and its impact upon the church. As a result, a Knox Crisis Team was established to help the congregation and its leadership cope with many of the ramifications related to this pandemic.

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

- Jennifer Ferguson, Minister
- Don Emerson, Vice-Chair of Council
- Shane Conn
- Megan Hurd, Respiratory therapist
- Janice Jamieson, 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, prepaid groceries and prescriptions
- To deal with unexpected issues related to this crisis

WHAT HAS BEEN ACCOMPLISHED SO FAR?

1. **SUNDAY SERVICE / CHURCH ONLINE**
2. **PASTORAL CARE** via phone
3. **KNOX COMMUNICATION NETWORK**

The Knox Crisis Team has developed a Communication Network so that we can stay connected with one another. We have 23 Callers who will assume responsibility for regular communication, each with 10-11 members of the Congregation.

4. **ACCURATE INFORMATION** Questions about COVID-19? If you are asked questions about COVID-19, please refer people to the following:
 - i. **8-1-1** is free-of-charge provincial health information and advice phone line available in British Columbia. When you call, you speak to a registered nurse.
 - ii. BC Centre for Disease Control
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
5. **DELIVERY**

Brian Stubbings is coordinating a team of volunteers (we have about 5 right now) who will:

- Deliver the Knox eNews to people who do not have access to a computer.
- Deliver pre-ordered and prepaid emergency groceries, prescriptions, and pet food upon request
- Deliver prepaid copies of the new Knox Directory. More information to come.
- Emergency Visit when requested by a Knox Communication Caller.

Currently, in our history, things are changing rapidly. This is a new experience for all of us. Patience and communication are key.

Be safe! Be healthy!

KNOX VIRUS INFORMATION – submitted by Jan Jamieson, registered nurse and member of the Knox Crisis Team

If you believe you have symptoms of the virus and have been in contact with someone who is known to have the illness, the BC Centre for Disease Control says the first step is to use its online assessment tool. If the results suggest you should do so, call your health-care provider or the health line at 8-1-1. Staff are currently overwhelmed with the volume of calls at this time.

The same applies if you have symptoms and have returned from - or been in contact with someone who has returned from – an area with widespread community transmission of the illness. The BCCDC advises that if you have no symptoms, mild symptoms, or you are a returning traveller self-isolating at home, you do not require a test.

Do NOT show up unannounced at a clinic or hospital. But if your condition changes suddenly with difficulty breathing, call 911 or your local emergency number.

People who have been tested are asked to wait 72 hours before calling the negative results line.

For non-medical questions related to social distancing, travel and accessing government assistance, you can call the province's new, dedicated coronavirus hotline, 1-888-268-4319.

Medical concerns can be addressed to BC Nurse Link at 8-1-1 but please know that staff are overwhelmed with calls at this time. Symptoms for adults include fever, cough, and difficulty breathing. If you think you have symptoms of the virus, they ask that you stay home and self-isolate for 14 days. Contact your health care provider by email or telephone and they will be able to tell you if you're eligible for testing in your area. Do not show up unannounced at a clinic or hospital, however, if you have a sharp turn in your condition, including shortness of breath, call 911.

SOCIAL JUSTICE & OUTREACH MINISTRY

APPEAL FOR HELP - Dear community of Knox:

During these times there is a great need. Donations to the Salvation Army are down and the demand for their services is up and will probably continue to rise.

The soup kitchen is still making individual meals and handing them out to people, Mondays, Tuesdays, Wednesdays and Fridays. They are keenly looking for items that can go into lunch style bags. The Thrift Shop across from the Beach Club is accepting donations for the Soup Kitchen. Such items as fruit cups, puddings, tuna snacks, etc. would be appreciated.

Other ideas to help the Salvation Army would be to donate at your grocery store or contribute your grocery points to the Salvation Army. If you are not able to go out at all, cheques could be mailed for the Salvation Army to P.O Box 1874 Island Highway, Parksville, V.I. B.C. V9P2G5. You can specify if you want the proceeds to go to the Food Bank or the Soup Kitchen. Or you can donate online by going to <https://parksvillesalvationarmy.ca/donate/>

Another way of helping those in need is to send donations to Knox United to the Ministers' Discretionary Fund, whose funds for Grocery vouchers are also down. Also, Manna is helping as much as they can, but it is difficult to serve with the Safe Distancing rules in place and they are awaiting directives from the health care officials. However, they could also use donations to buy canned goods. Their address: Manna Homeless Society Box 389 Errington, B.C. V0R 1V0.

Thank you, everyone, for considering these ideas.

--Jan Lucas for Social Justice and Outreach

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

GARDENING VOLUNTEERS - Spring is here again and soon we will need volunteers to maintain the grounds at Knox. If you would like to help in any of the following areas, please call me. Weeding, Watering, Pruning. If you would like to choose one area in which to work or one day of the week, please state your preference. I am looking forward to your phone call. Margaret Warburton 250-951-0538
warburton59@shaw.ca

STEWARDSHIP & FINANCE MINISTRY

16th ANNUAL KNOX FALL FAIR, August 29, 2020 – UPDATE

We are looking for Team Leaders for the following booths. Please call me if you are interested.

CRAFTS & CHRISTMAS, GARAGE SALE, SPORTING GOODS, FURNITURE. Please call me if you are interested. Margaret Warburton, 250-951-0538 warburton59@shaw.ca



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.

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

EXPLORE YOUR INNER POET - During this time of isolation comes an opportunity to explore your inner poet!

Haiku is one of my favourite types of poetry, for it is challenging (in 17 syllables, in 3 lines {5,7,5}) to paint a picture of nature. As we walk our beaches and neighbourhoods there is so much beauty to see and enjoy. Here are three examples that I have written over the years –

<i>Rays catch arbutus bowing, all pistachio with russet ribbons.</i>	<i>First light, feral cat furtive, skulking in meadow finds field mouse feast.</i>	<i>Eyes alert, comb up stick leg – to waiting crumbs roadrunner breaks fast</i>
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Share your finished ones, please by sending them to Jan du Monde

COMMUNICATIONS

THESE DAYS DEVOTIONAL - During the closure of the Church, the Library is also inaccessible so some of you may be missing reading the **These Days** booklets. If you have internet please know you can subscribe and read these booklets using this link [These Days](#)

KNOX eNews – TEAM LEADS When sending Knox eNews items to Jane, admin@kucparksville.ca for the eNews, please send a copy to Colleen Welsh, marketingkuc@gmail.com for the website, and Marg Conn, communicate@kucparksville.ca for the Facebook page. We appreciate the advance notice. The submissions deadline is 3 pm Wednesdays. Please include “e-News” in the subject line.

WEBSITE -NEW PAGE During the present health emergency and while we are not allowed access to the church, we are making every effort to communicate with everyone and keep you informed. The latest addition to the Knox website is a tab entitled ONLINE CHURCH. When you click on this it gives you two links to choose from - one is MINISTER'S

MESSAGE and the other is Day by Day. Each day we plan to have an attachment with something uplifting, funny or informative. If you would like to contribute an article for consideration, please e-mail me at marketingkuc@gmail.com Thanks & stay safe! Colleen Welsh, Marketing for Knox United

COUNCIL NEWS

STAY TUNED FOR FUTURE UPDATES

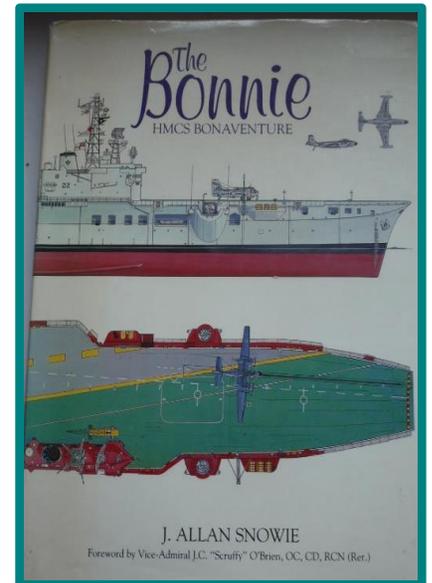
OUR KNOX FAMILY

DR. BONNIE HENRY FUN FACT – Submitted by our very own Jo Dunn who received this email message from a friend and via 888 (Komox) Wing RCAFA in Comox.

Dr. Bonnie was named for a very famous Canadian ship, the **HMCS Bonaventure nicknamed “The Bonnie”**. “I think most, if not all, who have been watching and listening to Dr. Bonnie Henry’s medical updates have been impressed with her calm, reassuring, compassionate manner and have great respect for her. She is a star! I learned a few days ago from a retired AESOP that I have known for years that while he was serving in HMCS Provider in 1992 she was the Ship’s Medical Officer.

They were in Hawaii when he received a message that his father had suffered an aneurysm. Dr. Henry came down to the cafeteria with the message offering to send him home. “A real nice lady, explaining in layman’s terms the condition.” During their conversation, she mentioned that her father had served on HMCS Bonaventure and she had been named after the ship.

One classy lady named after another classy lady! And that’s the rest of the story...



COVID-19 *the Lighter Side.*

**This is the Lentiest
Lent I ever Lented.**

Submitted
by Marg
Conn

COVID-19 TOILET PAPER CHRONICLES Here is one from Don's great-granddaughter, Juliana, age 9 upon her return from a grocery store excursion with her grandfather. "Why are so many people buying beans when they can't get toilet paper?" Submitted by Don Kelly. *Why indeed?*



RELIEF FOR PARENTS STUCK AT HOME WITH SCREAMING TODDLERS EVERYWHERE. Submitted by Jo Dunn and courtesy of the BBC program *Smack the Pony* entitled "Mother's Juice Box"



FOR IMMEDIATE PARENTAL RELIEF

Click on the video (left)



LET'S RAISE OUR VOICES – The original "*Streams in the Desert*" Devotional was written by L.B. Cowman in 1935, but it is a favourite of mine and I seldom fail to discover something that doesn't touch me somehow. This poem is taken from the March 23 devotion.

With the need for "Social Distancing," we all seem to have been confined to little cages these days and even though this might seem a bit dated, I thought it rather appropriate — So let's all raise our voices to sing just a little louder for all to hear! --Jan Korvemaker

He placed me in a little cage,
Away from gardens fair;
But I must sing the sweetest songs

Because He placed me there.
Not beat my wings against the cage
If it's my Maker's will,
But raise my voice to heaven's gate
And sing louder still!
(from "Streams in the Desert" by L.B. Cowman - 1935)

WORDS TO LIVE BY – Even though Charles Schulz is no longer around to write Peanuts he has left us with a multitude of thoughts and recommendations for how to live our lives. Most of you who were not around in the 1950s or 1960s will have no idea who he was and what he contributed to our lives.
Submitted by Jeanette Mossing.

worrying won't stop
the bad stuff from happening
it just stops you
from enjoying the good.



**STAYING SOCIALLY POSITIVE
in a PANDEMIC WORLD
Facebook Group**

How often have you thought, "Now why didn't I think of that?" That is something that often afflicts me. Well, that is why I created the "Staying socially positive in a pandemic world" Facebook group. It is designed to share ideas so that we can focus on "Hey, I can do that!" For the socially alone and those isolated this is something very important. I know it is for me. I need to feel that I can contribute, that I can help make a difference, but often don't know how. Imagination isn't always my strong point and that's where the sharing of ideas through this FB group comes in, to share those ideas and help others stay connected while still being socially safe. Please join us and share your ideas. We need them and we need you to help make a difference.

Submitted by Jan K.

