

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

For more information [www.kucparksville.ca](http://www.kucparksville.ca)

**March 8, 2020 edition**

### **WORSHIP & ARTS MINISTRY**

**THE KNOX RETRO HANDBELL RINGERS** will be performing during this Sunday's service, March 8. Come on Sunday morning to hear some beautiful music.

**PASS THE PEACE, NOT THE GERMS:** Extra Safety in Anxious Times. Passing the Peace to one another during worship often means handshakes and even hugs. During cold/flu season why not offer alternative gestures such as:

- folding hands in a prayer gesture and slightly bowing to others
- raising your hand gently in a sign of blessing
- exchanging elbow bumps works too

**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!

### **SOCIAL JUSTICE & OUTREACH MINISTRY**

**THE GREEN TEAM** is participating in Citizens for Public Justice's Give It Up for The Earth campaign, which asks people to pledge to reduce greenhouse gas emissions during Lent. Postcards for mailing to the Federal Minister of the Environment will be available in the Narthex following today's Service".

### **FUN, FAMILY, FRIENDS & FOOD MINISTRY**

#### **TUESDAYS AT THE GATHERING PLACE...**

**9:30- 1:00 am Good Morning Coffee Break \$2.00** Coffee, tea & delicious baked goods

**Noon - 2:00 pm What's for Lunch! \$10.00** Entrée, dessert & coffee

**3:00-5:00 pm Youth after school Drop-In \$2.00** Snacks, refreshments, ping pong & games

#### *The Gathering Place*

**Chalkboard Special \$10**

**Lunch MENU**

**Tuesday, March 10, 2020**

*Roasted Vegetable Soup*

*Bunwiches*

*Cheesecake Squares*

**GOOD NEWS FOR THE GATHERING PLACE:** Our application for a grant to continue funding Gathering Place was successful. We are to receive \$30,250. up to June 2021. In the response received from ProVision, the committee had little hesitation in agreeing to the grants and considered this to be a "creative new approach to community ministry" that they were happy to support. Come along any Tuesday - it's a great way to meet and talk with folks from Knox, and others who are starting to attend regularly. Drop-in for coffee, snacks, lunch, and camaraderie!

#### **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)

**KNOX UNITED CHURCH WOMEN** will hold their next meeting on **TUESDAY, MARCH 10<sup>TH</sup> @ 1:30 pm** in Room ½. We will be starting a "Getting to Know You" series. Come, bring a friend, and join us. All women of the congregation are welcome!

### **STEWARDSHIP & FINANCE MINISTRY**

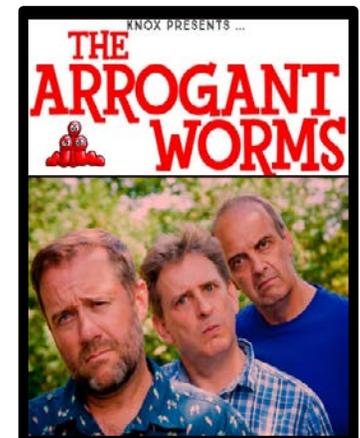
**KNOX PRESENTS...THE ARROGANT WORMS SUN. MAR.15 2:30 pm** This Canadian musical comedy trio parodies many musical genres and has sold more than 160,000 copies of their 13 albums. Their most recent offering is SPACE, a collection of 16 new songs released in 2014 that bravely tackles the hard issues like 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 are \$30 and are available at Mulberry Bush Bookstores, Close to You and at Knox Mon-Thurs 9-12 or by clicking the following link:

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

Listen to their music at <https://www.arrogantworms.com/albums/>

**We will be selling tickets in the narthex after service on Sunday.**

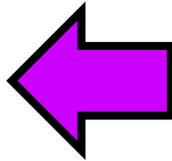


## IN APRIL KNOX PRESENTS...

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.qzalounge.com](http://www.qzalounge.com)



Listen to Alfie perform  
"Passion" 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



## FALL FAIR PLANNING MEETING FOR VOLUNTEERS INTERESTED IN HELPING THE COORDINATORS'

Tuesday, March 24 at 7:00 pm in room 4. Come and find out what happens at a Planning Meeting for our 2020 Fall Fair. **All interested parties are welcome!**

## SATURDAY, AUGUST 29, 2020 16<sup>th</sup> ANNUAL FALL FAIR

Note the new date for our 2020 Fall Fair. Please mark your calendar, you don't want to miss out on all the FUN.

## DO YOU HAVE A PICKUP TRUCK OR VAN?

We need your help with the 2020 Fall Fair. Call me at 250-951-0538, Margaret Warburton



## 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. Healing aims 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,  
<https://www.kucparksville.ca/about/our-leadership--13>

## SPIRITUAL FORMATION MINISTRY

**BASICS OF FAITH AND BEYOND – Wednesday** afternoons from **1:30-4:00** until **March 25<sup>th</sup>** 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, April 26<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.

It is not mandatory to attend all 8 classes. Any questions can be directed to Jennifer.

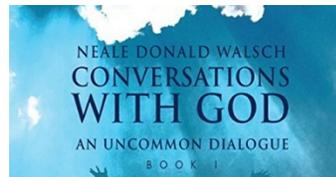
**DROP-IN BIBLE STUDY** - With Jennifer, Wednesdays at 10:00 am. With those gathered, we will delve into the scripture to be discussed in Worship for the upcoming week and discover how it applies to our own lives. All perspectives and insights are welcome.

**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.

**THAT WE MAY BE ONE** is the theme of the annual, worldwide retreat day coordinated by Contemplative Outreach. **Sat. March 21, 9:30-2:30 pm at Knox**. A day of prayer dedicated to the 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 lunch. Suggested donation \$10. A contribution of any amount according to your means is appreciated.

**"CONVERSATIONS WITH GOD"** our next Knox Book Study **Thursdays @ 10 am** commencing **April 2nd through May 28th**. Cost to purchase the book \$15. I will be ordering the books and need to know quantities so please sign up on the sheet posted on The Wall (outside the kitchen). The deadline for ordering is **MARCH 12th**.

Hope you can join us for this fascinating read and discussion. *Jan (SF)*



## COMMUNICATIONS

**THE WALL** is a Knox Community board. You are welcome to post items that relate to the life and work of Knox. If it is a Knox activity or is happening at Knox, you can post it there in the relevant Ministry section. If you would like help with making room, making posters, poster supplies, or resizing information please contact Marg Conn.

**BREAKING NEWS!** The Knox 2020 Photo Directory is printed and ready for distribution. Copies will be available in the narthex after service on Sunday, March 8th for \$5 each. This nominal charge is to help us defray the cost of paper, ink and printing.

## COUNCIL NEWS

1. Council welcomed two new members: Don Emerson as Vice-Chair and Chelsea MacDonald as Secretary which provided a full Executive.
2. Stewardship & Finance reported that the contract with the Daycare is in its final stages.
3. The approval of Ray Walker to Ministry & Personnel brings that Ministry up to five members: Harvey Diamond, Dana Goedbloed, Gillian Stewart, Nona Klontz, and Ray.
4. Council approved a recommendation from the Fall Fair Coordinators that the Fall Fair date be changed to August 29 as the Daycare will be closed for August.
5. Council will be attending an all-day retreat at St. Stephen's UC in Qualicum on Monday, March 2. The theme is *Restoring the Soul of the Church*.

## 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 8 – March 15, 2020**

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

	<b>DAYLIGHT SAVINGS TIME</b>	
<b>Sunday, March 8</b>		
Worship Service	10:00 am – 11:00 am	Sanctuary
God Talk	11:30 am – 12:30 pm	Chapel
<b>Monday, March 9</b>		
Finance Meeting	9:00 am – 10:30 am	Lounge
Line Dancing	10:00 am – 12:00 pm	Rooms 1 & 2
Centering Prayer	11:00 am – 11:45 am	Sanctuary
In This Together	1:30 pm – 2:30 pm	Room 6
Facility Management	2:00 pm – 3:00 pm	Room 4
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 10</b>		
The Gathering Place	9:30 am, 12:00 & 3:00 pm	L/K
Healing Ministry	9:30 am – 11:30 am	Room 6
Healing Ministry	1:30 pm – 3:30 pm	Room 6
UCW Meeting	1:30 pm – 3:30 pm	Rooms 1 & 2
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 11</b>		
Outreach	9:00 am – 12:00 pm	Lounge
Healing Ministry	9:30 am – 11:30 am	Room 6
Drop-in Bible Study	10:00 am – 12:00 pm	Chapel
Pastoral Care	1:00 pm – 3:00 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 12</b>		
OA	10:30 am – 1:00 pm	Room 5
Worship & Arts	1:00 pm – 3:00 pm	Lounge
Rainbows	6:00 pm – 7:30 pm	All Rooms
<b>Friday, March 13</b>		
Manna	10:30 am – 12:00 pm	Kitchen
<b>Saturday, March 14</b>		
Elmer Iseler Singers	7:00 pm – 9:30 pm	Multiple
<b>Sunday, March 15</b>		
Worship Service	10:00 am – 11:00 am	Sanctuary
God Talk	11:30 am – 12:30 pm	Chapel
The Arrogant Worms	2:30 pm – 4:30 pm	Sanctuary
Blessing Circle	6:30 pm – 8:30 pm	All Rooms

**UNITED CHURCH OF CANADA**

**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**

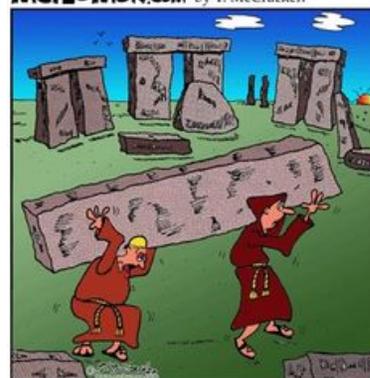
**GET THE FACTS ON**

**CORONAVIRUS.** CBC News medical contributor and family physician Dr. Peter Lin breaks down the facts about what it is, where it came from, how it spreads and what you can do to protect yourself. Watch the video. Thanks to Kathy Grand for submitting this video!



**RETROSPECTIVE LENTEN FILM SERIES** at Nanaimo Ecumenical Centre, Spartan Rd. off Metral, Nanaimo. Led by Phyllis Thompson and the Rev. Foster Freed. Held Tuesdays, March 3 to April 7, from 1:00 pm – 4:00 pm. The **2<sup>nd</sup> movie** on **March 10<sup>th</sup>** is *The Butterfly*. All welcome, no charge; refreshment and discussion follow each movie.

**MCHUMOR.COM** by T. McCracken



**REMINDER:**

**DAYLIGHT SAVINGS TIME 2020**

Don't forget to put your clocks ahead this Saturday night as Daylight savings time will begin at 3:00 am on Sunday, March 8<sup>th</sup>.