CHURCH CONTACTS:

Minister: Rev. Jennifer Ferguson (minister@kucparksville.ca)
Church Office: Jane Williams (admin@kucparksville.ca)
Facility: Karen Freeman (facility@kucparksville.ca)
Tech: Sandy Machan (tech@kucparksville.ca)
WebMaster: Colleen Welsh (marketing@kucparksville.ca)

COUNCIL
Chair: Don Emerson
Vice-Chair: Stephen Torrence
Secretary: Mary Denholm
Treasurer: Ken Fanning (Acting) (acctg@kucparksville.ca)
Trustee: Andrew Slack

OUR NINE MINISTRIES:
Worship and Arts: Shirlene Donnelly
Spiritual Formation: Jan du Monde
Healing and Pastoral Care: Linda Nelson
Social Justice and Outreach: Jan Lucas
Fun, Food, Family and Friends: Gillian Stewart
Communication: Marg Conn
Ministry and Personnel: Ray Walker, Rae Broda, Jeanette Mossing
Stewardship and Finance: Ron Pepper
Sacred Spaces: Ian Ward

THANK YOU FOR YOUR GENEROSITY!

WEEKLY OFFERING – If you are financially able, please continue to support our faith community through this challenging time via your PAR givings or by dropping off your offering envelope in the secured mailbox outside the front doors of the church at **345 Pym Street,** or through the **"Donate"** tab on our website.

SUMMER HOURS - The church is now open for Worship on Sundays without restrictions except for mask-wearing during worship as extra protection during singing for those who are not yet eligible or able to be fully vaccinated. **Jane will be in the office Mondays from 9:30-Noon and the office will be open during those hours for phone calls and access to the church. Karen will be working Monday, Tuesday, and Thursday 9:30-Noon. Jennifer will be away on holiday from July 12-August 22 inclusive and** Rev. Dr. Bruce McIntyre will be available for pastoral emergencies. Guest preachers will be providing worship on Sundays and zoom worship will continue to be available thanks to Bob Therriault.

Zoom Worship Meeting ID 812 7823 4982, Passcode 261349, Link:
https://us02web.zoom.us/j/81278234982?pwd=WG1NVTJyMngxa3ppKzgyV0hBeTJ3QT09

IN-PERSON AND ZOOM WORSHIP 10:00 am
KNOX UNITED CHURCH

July 11, 2021

345 Pym Street, Parksville, BC, V9P 1C8
(250) 248-3927 www.kucparksville.ca

Our Core Values are:

Compassion, Inclusion, Joy and Spirituality

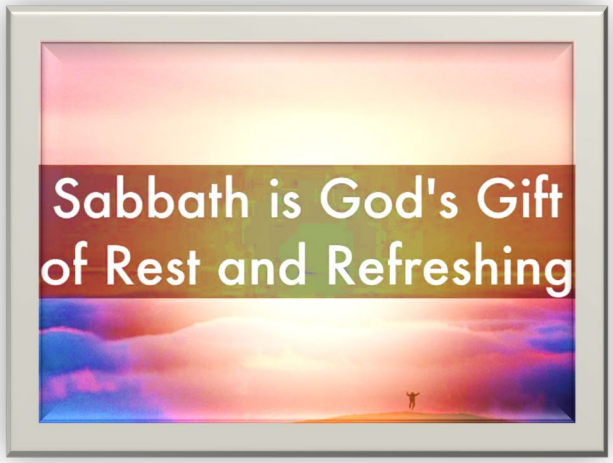
Our Mission:

Guided by the creative Spirit of God, we are called to build community that cares, shares, and dares.

Rev. Jennifer Ferguson, *Minister*
Jane Williams, *Administrator*
Karen *Freeman, Facility Coordinator*
Caroline Hammill and Grace Campbell, *Singers*
Kathleen Howard, *Scripture Reader*
Rev. Dr. M. Bruce McIntyre, *Minister Emeritus*
Donna White, *Guest Musician*
Leslie Hawley, *Visual Arts*

Welcome to Worship at Knox! We extend a warm welcome to all who are a part of our community of faith, those who are joining us virtually, and those who are seeking a new church home. May you receive what you need today and sense the presence of the Spirit of God moving among us. Our thanks to all those who have participated in today's service.

REGIONAL PRAYERS – The ministry of St. Andrew's United Church in Nanaimo.



SABBATH REST: RESTORING MY SOUL

PRELUDE

WELCOME AND ANNOUNCEMENTS

ACKNOWLEDGEMENT OF PEOPLE AND LANDS

LIGHTING OF THE CHRIST CANDLE

PASSING OF THE PEACE

MEDITATION SLIDE AND CENTERING MUSIC

In the Quiet Curve of Evening 278VU

In the quiet curve of evening, in the sinking of the days,
In the silky void of darkness, you are there.
In the lapses of my breathing, in the space between my ways,
In the crater carved by sadness, you are there.
You are there, you are there, you are there.

In the rests between the phrases, in the cracks between the stars,
In the gaps between the meaning, you are there.
In the melting down of endings, in the cooling of the sun,
In the solstice of the winter, you are there.
You are there, you are there, you are there.

In the mystery of my hungers, in the silence of my rooms,
In the cloud of my unknowing, you are there.
In the empty cave of grieving, in the desert of my dreams,
In the tunnel of my sorrow, you are there.
You are there, you are there, you are there.

CENTERING PRAYER

SCRIPTURE: Deuteronomy 5:12-15, Mark 2:23-28

REFLECTION

HYMN: Come and Find the Quiet Centre 374VU

Come and find the quiet centre in the crowded life we lead,
Find the room for hope to enter, find the frame where we are freed:
Clear the chaos and the clutter, clear our eyes, that we can see
All the things that really matter, be at peace, and simply be.

Silence is a friend who claims us, cools the heat and slows the pace.
God it is who speaks and names us, knows our being, face to face,
Making space within our thinking, lifting shades to show the sun,
Raising courage when we're shrinking, finding scope for faith begun.

In the Spirit let us travel, open to each other's pain,
Let our loves and fears unravel, celebrate the space we gain:
There's a place for deepest dreaming, there's a time for heart to care,
In the Spirit's lively scheming there is always room to spare.

PRAYERS OF THE PEOPLE

The singing bowls invites us into prayer…

SUNG RESPONSE:
Rest in God alone; rest in God alone, my soul, my soul. 779VU

LORD'S PRAYER (spoken)

COMMUNITY SPIRITUAL PRACTICE

HERITAGE HYMN: The Lord's My Shepherd 747VU

The Lord's my Shepherd, I'll not want, He makes me down to lie
in pastures green, He leadeth me, the quiet waters by.

My soul he doth restore again; and me to walk doth make
within the paths of righteousness, even for his own names' sake.

Yea, though I walk in death's dark vale, yet will I fear no ill;
For thou art with me, and thy rod, and staff me comfort still.

My table thou hast furnished, in presence of my foes,
My head thou dost with oil anoint, and my cup overflows.

Goodness and mercy all my life shall surely follow me,
and in God's house for evermore my dwelling place shall be.

BLESSING

POSTLUDE