



Comox United Church

Our Values: Spirituality, Openness, Care for the Common Good, Radical Love

Minister of Pastoral Care and Congregational Life: Wayne Hughes

Text or phone: 250 203-7258 care@comoxunitedchurch.com

Treasurer: treasurer@comoxunitedchurch.com

Envelope Secretary: envelopesecretary@comoxunitedchurch.com

Visit our website: it is updated weekly: www.comoxunitedchurch.com

Please note: Newsletters are also posted on the Comox United website.

Announcements should be sent to admin@comoxunitedchurch.com

or call 250 339-3966 by **8:00 am Thursday morning.**

If you no longer wish to receive this newsletter please email admin@comoxunitedchurch.com.

Friday, Aug. 12, 2022

Sunday, Aug. 14, 2022

Greeters: Marg Silman, Isobel McLeish

Coffee: Heather Flint, Sue Newman

Service Leader: Marni Fisher

Sermon: Jesus comes to bring fire and division

Power Point: Barb Page

Scripture Reader: Elaine Burnell

Scripture: Luke 12:49-56

To read the scripture follow the link below then type in the scripture verse <http://bible.oremus.org>

Comox United Church worship services are available in three ways.

- 1) Attend worship in-person at the church on Sundays at 10:00 am.
- 2) Watch live on-line by going to our YouTube channel. Just click on this link at 10:00 am on Sunday morning:

https://www.youtube.com/channel/UCJlaxG_quMwagK5WeiQwXPA

- 3) Watch the service at another time from the "Virtual Services" page on our website:

<https://www.comoxunitedchurch.com/pages/online-sunday-services>



Check out the CxU Blog

<https://www.comoxunitedchurch.com/blog>

SCAM emails: If you receive an email from Pastor Wayne Hughes this is a scam DO NOT open it or respond to it.

Comox United Groups: To the small group gatherings that continued to meet throughout COVID.

I am working on the space booking calendar and would appreciate knowing when or if your group is planning on returning to in person meetings at Comox United.

Many thanks, Lorna



Camp Homewood - Our dates are September 30-October 2, 2022 and we would encourage you to consider coming - for fun, fellowship, rest and recreation at the beautiful site on Quadra Island. Please let Ruth Giles, Marg Adams or Fiona Curry know if you will be attending. We need a minimum number of 30 to attend. Any photos from previous visits would be welcomed; send to gilesr@shaw.ca

Hearing Assist Devices

We are looking for a volunteer to maintain the hearing assist devices.

Please contact the office.

admin@comoxunitedchurch.com





This week's Tip:

1. To learn about the Grief Workshop and Support Group starting in September, go to the church website by googling **Comox United Church**.
2. From the menu at the top of the page, click on **News**.
3. Scroll to **Grief Workshop and Support Group**.
4. Think about participating!

Questions? Comments? Concerns?
Submissions? Photos?

NB: This is YOUR website! If you'd like to add any articles or photos to this or any page, please email Joyce Wagland at websiteadmin@comoxunitedchurch.com or phone 250-207-5650.



Grief Workshop and Support Group

- An 8 week program beginning on Tuesday, September 6 at 2:00 led by Wayne Hughes
- This is an opportunity to normalize the grief process, explore feelings, receive emotional and spiritual support in a safe, nonjudgmental environment, and learn new ways to approach and cope with problems.
- Contact the office or Wayne directly to register for this workshop.
- Enrollment limited to 12 people.



Join The Grand Parade to benefit Glacier View Lodge! Saturday, September 17, 2022 Comox Marina Park 10 – 1:00. Proceeds from this fundraising walk will go towards the Music Therapy Program. Gather friends and family to form a team to fundraise and walk, or donate to an existing team. More information at: <https://thegrandparade.org/location/comoxvalley>



Would you like to help your needy neighbour?

Good news for our clients at the Sonshine Lunch Club serving meals to needy people - lunches will start serving meals 5 days a week inside at St George's United church, Courtenay at the beginning of September.

This will mean more volunteers will be required and the Wednesday group of United church members (mostly from St George's) would welcome your help from 9am to 12.30 -1.00 pm. This could be on a regular or an on-call basis.

For more info call Wayne or Louise Smiley of St George's, home 250-334-7708 or Ruth Giles from Comox, home 250-339-5609. Thank you.

How to live Our Values

Spirituality

Daily Reflections hosted by the *Christian Seasons Calendar* offer encouragement in our common ministry as disciples of Christ Jesus, for the glory of God and the sake of God's beloved world.

<https://christiancalendar.squarespace.com/daily>

How to live Our Values:

Openness

"Though "out of the world," we are in the same world as everybody else, the world of the bomb, the world of race hatred, the world of technology, the world of mass media, big business, revolution, and all the rest. We take a different attitude to all these things, for we belong to God. Yet so does everybody else belong to God. We just happen to be conscious of it, and to make a profession out of this consciousness."

Thomas Merton

How to live Our Values:

Care for the Common Good

(Space for your idea here. Send a note to admin@comoxunitedchurch.com.)

How to live Our Values:

Radical Love

Consider a role on the Refugee Support team that is helping dozens of Ukrainian people settle in the Comox Valley.

Ruth G. offered her vacant suite and now has a young family living there.

What role will you take?

To offer you gift of time or talent, contact Cathie Talbot at 250-339-1021 or cgtalbot@shaw.ca.



Comox United Church (250 Beach Drive) is STARTING A DANCE PROGRAM TO PROMOTE:

MOBILITY - FLEXIBILITY - BALANCE

Free introductory classes
NO dance experience necessary
please bring a friend

Questions: contact Wendy

trinitydance@shaw.ca

STRETCH and STRENGTH

TUES. September 6 9:45-11:15 room T2

THURS. September 8 9:45 -11:15 room T2

Bring your Yoga mat!

Space is limited to 12 participants – extra classes will be added if required.

CHAIR DANCE

Suitable for those with limited mobility

WED. September 7 9:45- 11:15 room L1 lower level



MINISTRY Minute

Camps Instill Confidence



Credit: Cave Springs Camp

Lindsay Vautour, the United Church's Engagement and Stewardship Associate, started attending United Church camps when she was five years old. There, she not only met lifelong friends and gained job skills as a counsellor, but it also helped chart her course to eventually work for the United Church of Canada.

"Coming from a financially tight background, I'm extremely grateful for the assistance available that let my brother and me attend camp every summer. I met so many different people from a variety of cultures and regions, and got to learn their journeys in faith. I still keep in contact with some camp friends over 20 years later," she says.

"One of my most prominent memories was with a fellow 13-year-old camper who told me that she loved camp because she could be herself without any expectations. She said, 'I'm not the weird kid or the foster kid here, I'm just me,'" she recounts. "That's something I resonate with, because I wasn't particularly popular in school, but popularity never mattered at camp, and it's beautiful to know that that's a widely shared perception."

Children come together at United Church camps across Canada to learn the gospel in a safe and supportive environment. Through campfire stories, hiking, music, canoeing, and so much more, campers gain confidence while enjoying unique activities and exploring their curiosity. At camp kids learn soft skills like self-confidence, patience, and organization as well as hard skills in sports, crafting, and music.

Our congregation gives a designated amount of our annual offerings to the Mission and Service Fund of the United Church.



Tech Team

Your church Tech Team has a need for interested folks to help enhance our weekly worship. We now stream our services live and have hired a tech to do the streaming on Sunday mornings as he earns his way to North Island College.

Sound is important, both in the Sanctuary and on-line and we are looking for helpers to assist with providing sound quality. This involves a few functions, most conducted while sitting in a pew with a laptop. We offer training and mentoring to do this and the opportunity to take part in providing a quality experience to the members of our faith community and others.

Do you have an interest? Would you like to know more about what is involved before you plunge into "tech"? Would you prefer to watch a live demonstration of how the system works before making any commitment?

Our team would love to hear from you and talk about what is involved. Please send a message to Joyce Wagland at ajwagland@gmail.com or Ross Griffith-Cochrane at rgriffco@gmail.com with your e-mail and/or phone number and we'd be happy to talk to you or give you an orientation at your convenience.