



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

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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. 26, 2022

Sunday, Aug. 28, 2022

Greeters: Joan Gillies, Merrilee Cameron

Coffee: Margie van Binsbergen, Ruth Giles

Service Leader: Rev. Ingrid Brown

Sermon:

Power Point: Barb Page

Scripture Reader: Joan Gillies

Scripture: Luke 14:1, 7-14

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>



FANTASTIC NEWS! Camp Homewood is a GO from September 30th to October 2nd.

Registration forms were emailed on Aug. 25.

If you have registered and didn't receive a form please let the office know.

Would you like to join us? Come and enjoy fun and fellowship, rest and relaxation in a beautiful setting on Quadra Island. Questions? Contact

Ruth Giles gilesr@shaw.ca. Or phone 250-339-5609

Hearing Assist Devices

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

Please contact the office.

admin@comoxunitedchurch.com



Volunteer needed to take Garbage cans out on a few Sundays and to bring in on Monday starting September 11. This will just be for a few weeks (Sundays: Sept. 18, 25, and then Monday Oct. 3) until the pick-up schedule changes again. Please contact the church office



Soups On

Have you been missing the good smells of soups wafting into the sanctuary on the last Sunday of the month? Have you been missing a chance to sit and chat with friends, new and old, over lunch that you didn't have to prepare? Would you like a chance to try out some new recipes? Well, get your cook books out and be prepared to join in the "New Beginnings of Soup and Sandwich Lunch". We will start again the last Sunday of **September (25th)** with a new format. Instead of individuals being responsible for making a pot of soup or a loaf of sandwiches, we will be asking Groups within the church to take on the full responsibility for one Sunday a year. The groups that we've identified are: Super Singles (Sept), Social Justice (October), Council, Coffee & Conversation, Men's Shed, Knitters, Choir, UCW. So for the Sunday your Group chooses, the Group will be responsible for 4 soup pots of soup, 1 to be Gluten free and 5 loaves of sandwiches, 1 to be Gluten free. The setup of tables, chairs and dishes; serving the soup; and cleanup will be your Group responsibility. Remember - just once a year. We know there will be some logistics that will need to be worked out, and we're here to help you do that. For example, some groups may need someone to help them carry in their soup; the choir will need someone to tend their soup while they are busy in the sanctuary; and so on. If you have a month that your group would like to sign up for, please contact

Merrilee Cameron, Co-Convener,
tomyhome@shaw.ca or
 Leslie Fraser, Co-Convener,
lesliejfraser@gmail.com
 Heather Flint, Co-Convener,
celtic-heron@telus.net

How to live Our Values:

Care for the Common Good

Could CxU be a refuge for family and friends of those in the new Dementia Village, being built at St. Joseph's? Could we provide a quiet place and maybe a listening ear, for people to process their experience with their loved ones in the Village?



This week's Tip:

1. To learn about the dance/exercise classes 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 Events.
 3. Scroll to Dance Classes.
 4. Consider 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.



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>



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.



Knox United Indoor Fall Fair

Sat. Sep. 10
345 Pym St. Parksville
8:00 am – 2:00 pm
Clothing, Books, Baking silent auction.
Kids playroom
Free admission



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.



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

Small Church—Big History



Credit: Old Hay Bay Church

Since Jesus first walked on this earth, Christians have been spiritually drawn to make pilgrimages to places connected to his birth, life, crucifixion, resurrection, and legacy. Today, pilgrimage hot spots include the Holy Land, Oberammergau in Germany, and Lourdes and Taizé in France.


Here in Canada, thousands of Christian pilgrims make their way to the small town of Napanee, ON, to visit Old Hay Bay Church each year. The last Sunday in August is the highlight of the season, when the church hosts its annual pilgrimage service.

What's the attraction? It's a mix of the history, scenery, spiritual connection, and community. An unassuming building clad with greyed wood siding and wide doors that open to a plain but sturdy sanctuary, Old Hay Bay Church was originally built on the shoreline of Hay Bay, which connects to the Bay of Quinte, in 1792. It is the oldest Methodist building—and one of the oldest churches—in Canada. Now, it belongs to The United Church of Canada, and donations to the Mission & Service Fund helps ensure that it will continue to be a place of pilgrimage for years to come.


Elaine Farley, chair of the Board of Trustees and one of the church's custodians, explains that the building, originally referred to as the "meeting house," was the centre of the rapid growth of

Methodism and hosted the first camp meeting in 1805. Methodism grew into the largest Protestant group in Canada and was the largest group of those that came together to become the United Church in 1925. She says, "Old Hay Bay Church is not just a building; it was a sacred place for our Methodist ancestors and is a place of pilgrimage for people today."

Our congregation gives a designated amount of our annual offerings to the Mission and Service Fund of the United Church. So part of your offering this week will help to preserve important historical, theological, and pilgrimage sites in Canada.



Prayer requests can be sent to any member of the prayer group: Elaine Burnell eandcburnell@hotmail.com, Noreen Robertson robertsonalexnoreen@gmail.com, Joan Gillies joanb1@shaw.ca and Trevor Fox trevor.fox@viha.ca



Do you have paper shredding that you need done? L'Arche Comox Valley has a shredding business called ShreddingWorx.

The cost is 50 cents per pound (roughly \$15 for a banker's box) and any size job is welcome, large or small. Part of the proceeds go to ShreddingWorx participants, who are core members (people with disabilities) with L'Arche. Please call (250) 871-6288 for more details.