



# Comox United Church

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

**Minister: Rev. Karen Hollis** [minister@comoxunitedchurch.com](mailto:minister@comoxunitedchurch.com) cell: 604 828 8797

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Visit our website: it is updated weekly: [www.comoxunitedchurch.com](http://www.comoxunitedchurch.com)

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

Announcements should be sent to [admin@comoxunitedchurch.com](mailto: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](mailto:admin@comoxunitedchurch.com).**

Friday, Jan. 20, 2023

## Sunday, Jan. 22, 2023

**Greeters:** Marg Silman, Isobel McLeish

**Coffee:** Janet Bjarnason, Peter Senior

**Reflection:** Calling the Disciplines Part II

**Power Point:** Merrilee Cameron

**Scripture Reader:** Ken Newman

Isaiah 9:1-4; Matthew 4:12-23

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/@comoxunitedchurch3917/streams>
- 3) Watch the service at another time from the "Virtual Services" page on our website:  
<https://www.comoxunitedchurch.com/pages/online-sunday-services>

## Life and Work of the Church

Mondays	1:30	Knitting Group
Tuesdays	9:30	Chair Dance
Tuesdays	10:00	Coffee and Conversation at the Comox Gulf Club
Thursdays	9:30	Dance Class
Thursdays	6:30	Choir practice
Fridays	10:00	Men's Shed

## Dance Classes Return

Chair Dance: Tuesdays 9:30-10:30  
 Dance Basics: Thursdays 9:30-10:30  
 Drop in fee: \$5.00 per class to be donated to Wachiay Friendship Centre.

FMI Wendy at [trinitydance@shaw.ca](mailto:trinitydance@shaw.ca)

## 2022 Tax Receipts

Tax receipts are available in the church foyer. Please make an effort to pick yours up and to check with friends/neighbours to ask if you can deliver theirs. Every receipt that does not require posting saves the church roughly \$1.00; therefore receipts will be mailed only if necessary.

Thank you, Envelope Secretary

## Coffee with Karen



All are welcome to a coffee with muffins morning, hosted by UCW, in the church hall on **Thursday, February 2<sup>nd</sup> between 10 and 11:30 am.**

Come to meet our new minister, Rev. Karen Hollis, and enjoy refreshments as well as a chat with friends

PLEASE WEAR YOUR NAME TAG, to help Karen get to know us.



## Flowers for the Sanctuary

We love to see fresh flowers in the Sanctuary on Sunday mornings!

The flowers might be in memory of someone, to celebrate a special occasion or just because they're beautiful!

Please contact **Julie Whitman** at **cjwhitman98@gmail.com** if you wish to donate flowers or a plant for the Communion table. Thank you.



## Coldest Night of the Year February 25, 2023

The local annual **Coldest Night of the Year (CNOY)** walk raises money to support the **Comox Valley Transition Society** and **Dawn to Dawn: Action on Homelessness**. These funds help people in our community by providing rent subsidies, food, and a safe place to shelter from abuse or tragedy.

The Comox United team is called **Comox United Walkers** and our coordinator is Marj Adams.

To participate as a "walker" on the team go to: <https://cnoy.org/location/comoxvalley> and register.

We meet at the Native Son's hall, 4:00 registration  
Walk 5 pm- choice - 2 kil or 5 kil.

Or support the team and these charities by donation.

You can donate on-line or by cheque made out to Marj Adams, with "Coldest Night of the Year" in the memo line and drop off at the church until Feb 24.

Donations of \$20.00 or more will receive a tax receipt from CNOY.

For more information contact Marj Adams at 250-890-0798 or email [mjbhouse@telus.net](mailto:mjbhouse@telus.net).

**Help our CNOY team become a top-10 fundraiser!**



In a shed, men come together for activities like wood working projects, cooking, bike repairs and doing projects like cutting the church lawn. The movement started in Australia in 2007, expanding their tradition of backyard sheds into collaborative, communal spaces. Since then, the Australian Men's Shed movements included Ireland, the United Kingdom, New Zealand and Scotland.

There are about 50 Men's Sheds in Canada, including about 15 in B.C. Doug Mackie founded the first Canadian shed in 2011 in Winnipeg. Doug recognized that many men in his community had both time on their hands and a tendency to suffer from isolation, loneliness and depression. This was especially true after they retired, as many men tie the big parts of their identities to their careers. Since starting Men Shed's Manitoba, Doug has helped men come together, stay productive and contribute to the community – all of which are keys to good, over health.

Here in our small but growing Men's Shed in room L6 (lower level of the church, the room was once used for Youth work and later for storage) several men from Comox United Congregation as well as a few from the greater Comox Valley community, gather to make things, drink coffee and listen to one another. Recently, several of the "Shedders" have turned their talents to making a wooden library of the sort that you sometimes see on properties throughout the valley, offering to lend books to others. A prototype is nearing completion.

We are enjoying the workshop atmosphere that we have created in our shed, with much painting, the installation of cabinets and the construction of a workbench. It has become a second home to us!

**Men's Shed meets Friday mornings at 10:00 am in room L6 (lower level of the church).**

## Will you be our Treasurer?

We need a Treasurer! Could this be you? You pride yourself on attention to detail. You enjoy working with numbers and arithmetic. You are able to spend 2-3 hours a week reviewing and coding receivables and payables. You have experience with spreadsheets. You are able to attend and report to Council once a month (usually a 2-hour evening meeting). You would work in conjunction with the bookkeeper, the envelope secretary and another signatory, and have the support of the Finance Team. You are able to begin this interesting position in January 2023. Experience with SAGE Accounting software is helpful but not required. Training will be provided. For more information contact Joanne Wiens at [CouncilChair@comoxunitedchurch.com](mailto:CouncilChair@comoxunitedchurch.com) or call 250-941-1598.

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## Comox UC Website – How To



### *This week's Tip:*

1. To read about the dance classes offered on Tuesdays and Thursdays, 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 down to Dance Classes! Flexibility, Mobility, and Balance.
4. Enjoy!

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](mailto:websiteadmin@comoxunitedchurch.com) or phone 250-207-5650

## **THE SOUNDTRACK OF OUR LIVES**

### **February 2023**

Beach Street Players directed by Gloria Herauf and sponsored by Strathcona Sunrise Rotary Club, present their 2023 musical revue at Comox United Church

- February 9 at 7:00 pm
- February 10 at 7:00 pm
- February 11 at 2:00 pm
- February 17 at 7:00 pm
- February 18 at 2:00 pm

*Tickets are \$25 and are available at Blue Heron Books (Comox) and Benjamin Moore House of Color (Courtenay)*

*Tickets will also be on sale in the hall after church*



## **Hymn Books**

Since March 2020 (you know what happened then) several of us borrowed hymn books from the church. We did this to sing along with the recordings of the worship services, to feel connected with our church community, and maybe even to explore unfamiliar music.

Now that we've returned to in-person worship at the church we need those hymn books back in the pews, not beside your piano at home.

Please bring the hymn books "home" to our Comox United sanctuary. Thanks!

## In the Spirit of ReconciliACTION "INDIGENOUS CANADA" WORKSHOP

ZOOM discussion sessions following every two, self-paced online webinars on these dates:

January 23, 2023, February 13, 2023

February 27, 2023, March 13, 2023

March 27, 2023, April 24, 2023

Beginning this month, a cooperative learning opportunity is being jointly offered by **Comox United and Comox Valley Unitarian Fellowship**. Using the **free** online open access course from U of Alberta through Coursera, "Indigenous Canada" is presented in 12 modules. Participants will independently listen to two online modules of 45-70 minutes in length sometime over a 2-week period. Then participants will meet via Zoom for a facilitated discussion about the content of the two modules. The Zoom discussions will be 7 p.m. to approximately 8:30 p.m.

"Indigenous Canada is a 12-lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies, U of Alberta that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada. From an Indigenous perspective, this course explores complex experiences Indigenous peoples face today from a historical and critical perspective highlighting national and local Indigenous-settler relations. Topics for the 12 lessons include the fur trade and other exchange relationships, land claims and environmental impacts, legal systems and rights, political conflicts and alliances, Indigenous political activism, and contemporary Indigenous life, art and its expressions."

<https://www.coursera.org/learn/indigenous-canada>

Join us in exploring the history and background of Indigenous peoples in Canada. To sign up or ask questions about this joint program between CU and CVUF please contact Christy Faraher-Amidon at: [christyfa@gmail.com](mailto:christyfa@gmail.com)

"Indigenous Canada" Working Group

Wayne Wilson Comox United Church

Christy Faraher-Amidon CVUF

Wanda Harssema CVUF

Barbara Huhn CVUF

New Facilities Team



**A small Facilities Team** has been established by Ken Newman and Howard Robertson. We have a vision for increasing the presence of musical performances and other presentations in the CxU sanctuary and hall.

Our building offers performers and audiences many advantages, and several groups already use CxU as their local performance home: the Beach Street Players, Sarah Hagen, the Quarantones, and Island Voices.

We could become a key performance venue in the Comox Valley, and even promote our own CxU music and presentation series. All of this would draw more people into the church, increase our presence for the Common Good in the community, and also provide more revenue.

This requires some sprucing up of the sanctuary and hall, and we have started discussing this with the Property Team.

Do you have thoughts and ideas along these lines? We would be happy to listen and chat with you. And...you could even join us!

Email Howard at [hojo29@shaw.ca](mailto:hojo29@shaw.ca) with your thoughts.