



Comox United Church

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

Minister: Rev. Karen Hollis minister@comoxunitedchurch.com cell: 604 828 8797

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, March 24, 2023

Sunday, March 26, 2023

Greeters: Marj Adams, Les Herauf

Coffee: Deba Monk, Marilyn Bourne

Reflection:

Power Point: Barb page

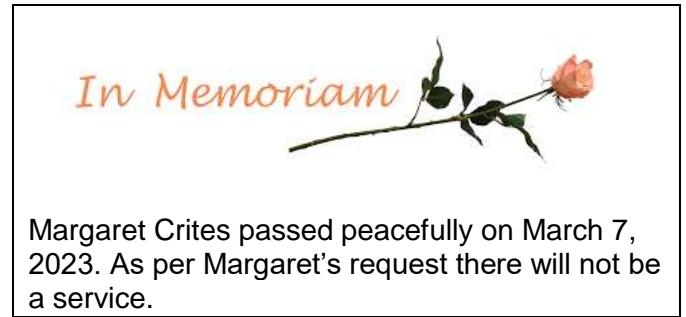
Scripture Reader: Joyce Wagland

Ezekiel 37:1-14, Psalm 130

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>



Margaret Crites passed peacefully on March 7, 2023. As per Margaret's request there will not be a service.

Life and Work of the Church

- Mondays 1:30 Knitting Group
- Tuesdays 10:00 Coffee and Conversation at the Comox Golf Club
- Thursdays 6:30 Choir practice
- Fridays 9:00 Men's Shed
- Sun. Mar. 26 2:00 Walking Group- Hurford Hill
- Mon. Apr. 3 6:00 Hot and Bothered – see notice later in Newsletter

Upcoming Special Services

- April 6 **Maundy Thursday** at Comox United **5:30 – 7:30pm** in collaboration with Weird Church, Soup supper with Communion
- April 7 **Good Friday Service** at CV Presbyterian (725 Aspen Rd, Comox) **10:30 am** in collaboration with Comox United
- April 7 **Last Hour Service** at St. Peter's Anglican Church (218 Church St, Comox) **2:00 pm**
- April 8 (Holy Saturday) **Easter Vigil Service** at St. George's **6:30 pm**
- April 9 **Sunrise Service** at Goose Spit **6:30 am** hosted by Comox United and St. Peter's
- Sunrise Service** in Royston with Weird Church **6:30 10:00 am** Easter Service at Comox United

Walking Group
Hurford Hill on Sun Mar 26 at 2 pm

Ready for a spring stroll? The Walking Group will wend their way to Hurford Hill Park on Sunday, March 26. We'll meet at 2 p.m. on Mallard Drive, where the greenway starts opposite 1438 Mallard Drive. If you're not sure where Mallard Drive is, or for more details, contact Elaine & Alan Brown (browns.comox@gmail.com).



Memorial Service for Jan Bentley
April 1, 2023 at 1:00 at Comox United

The Comox Valley Unitarian Fellowship
Sunday, April 16, 2023 4:00 pm
Gratitude and Climate Action

Karl Perrin is a long time Unitarian and climate activist. Joanna Macy's four-stages-of-activism starts with gratitude, so Karl has been studying and practising gratitude for many years. Practising gratitude keeps one grounded and has been shown to increase happiness and wellbeing. Gratitude practice also strengthens a community's resilience.



Coldest Night of the Year

I would like to personally thank all the people from Comox United that graciously sponsored our walkers on Feb. 25th. It really was the Coldest Night of the year. Over 20 wonderful walkers did a 5 k or 2 k walk. Great fun, lots of pictures taken, as our group was the largest!! Total donations \$4797.00 Wow! Best ever! Marj Adams

This week's Tip:



1. To read a short bio of each of our staff members, go to the church website by googling Comox United Church.
 2. From the menu at the top of the page, click on About.
 3. Click on the photo of each staff member.
 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 or phone 250-207-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.



Talent Show Fund Raiser

May 12, 2023 at 7 p.m.

Admission by donation.

This is Your talent show.

Please contact Mike at mnstewart@shaw.ca or Noreen at noreenr1944@gmail.com by **April 30th** and offer your talent.....whatever it may be: a poem, a song, playing an instrument as an individual or a group. We would like each number to be a maximum of 4 minutes each to give everyone an opportunity. It has been a number of years since our last show and it was so much fun! So....get your thinking cap on: What would you like to do? Gloria will be available to accompany anyone who needs her. Please sign up: We will have our pens ready and be in the church hall after the service.

Heat pump in Sanctuary

Joan Gillies, Julie Whitman and Fiona Curry (SAGE) met with a Temprite rep. for an orientation on how to set the heat pump in the Sanctuary. We will be 'trying out' different temperatures.

Please DO NOT adjust the settings.

Please send feedback to:

sage@comoxunitedchurch.com

Part 2 of a Local Climate Action Series

Hot and Bothered

In conversation with Tzeborah Berman, an award winning climate advocate – Live and Video Link.

Monday, April 3 at 6:00 pm in the Sanctuary at Comox United Church.

Cost by donation.

Hosted by CxU SAGE and CVUF JAT



Weird Church:
Thursdays 12:15-12:45
 No experience needed!
 Come and join us for this 30-minute guided meditation: pause in the middle of the day and enter into a time of connection and calm.
 Beginning Thursday at March 9, 2023

Solace Circle

This monthly community connection circle is based on Joanna Macy's Work That Reconnects. Quiet, thoughtful activities that will allow us to express gratitude, grief, sorrow and connectedness to the state of the world, our community and each other. We will emerge perhaps more aware of our brokenness, but also of our togetherness. Some of what we will do:
 Earth-centred Gratitude Practice
 Elm Dance (a movement structure to contain and transform grief and worry)
 Meditations, visualizations
 No previous experience needed.
 2SLGBTQIA+ welcoming. Ages 18+.
 Please bring a mask for the dancing and singing portions, masking will be optional during other segments.
Upcoming sessions: April 20, 2023, May 25, 2023, June 22, 2023 in room L1 (lower level) at Comox United Church
Please RSVP to kazimeasokil@gmail.com
 By donation



Host a Neighbourhood Cluster

Our minister, Karen Hollis, would like to get to know us better. One suggestion is to gather in a neighbourhood cluster of about 8 people in someone's home. We need 10-12 hosts to open their homes to others in the congregation.

Would you host a neighbourhood cluster in your home?

If you are willing to host, please select from one of the dates and times below, and then call Lorna at the church office (250-339-3966) to book your slot.

When the hosts have been determined the rest of the congregation will be invited to sign-up to attend a neighbourhood cluster.

Here are the possible neighbourhood cluster dates and times. Please select just ONE and then call Lorna to confirm.

- April 12 (Wed) 7:00 – 8:30 pm
- April 13 (Thurs) 2:00 – 3:30 pm
- April 14 (Fri) 2:00 – 3:30 pm
- April 15 (Sat) 11:00 am – 12:30 pm
- April 19 (Wed) 7:00 – 8:30 pm
- April 20 (Thurs) 2:00 – 3:30 pm
- April 21 (Fri) 2:00 – 3:30 pm
- April 22 (Sat) 11:00 am – 12:30 pm
- April 26 (Wed) 7:00 – 8:30 pm
- April 27 (Thurs) 2:00 – 3:30 pm
- April 28 (Fri) 2:00 – 3:30 pm
- April 29 (Sat) 11:00 am – 12:30 pm
- May 3 (Wed) 7:00 – 8:30 pm
- May 4 (Thurs) 2:00 – 3:30 pm
- May 5 (Fri) 2:00 – 3:30 pm
- May 6 (Sat) 11:00 am – 12:30 pm

All the dates above work for Karen's schedule. However we are going to limit the actual gatherings to 3 per week. Potential hosts please let us know which dates work for you. Thank you.