



# 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, March 31, 2023

**Sunday, April 2, 2023 Palm Sunday**

**Communion will be served**

**Greeters:** Isobel McLeish and Stewart Crerar

**Coffee:** Sonja van Sickle, Mae Pagdin

**Reflection:**

**Power Point:** Sue Newman

**Scripture Reader:** Bev Agur

Psalm 118, Matthew 21:1-11

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

**Please note: the office will be closed Friday April 7 and Monday April 11.**

**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>



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

## 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	10:00	Men's Shed
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

### Part 2 of a Local Climate Action Series

#### *Hot and Bothered*

In conversation with Tzeporah 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



### 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 14 (Fri) 2:00-3:30 pm

April 15 (Sat) 11:00 am – 12:30 pm

April 22 (Sat) 11:00-12:30 pm

May 3 (Wed) 7:00 – 8:30 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.**

#### 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](mailto:sage@comoxunitedchurch.com)



Our vision: To reflect the love of Jesus, to be caring, inclusive and just.

### St. Peter's 24 hour Prayer Room April 6-9

You are invited to sign up for an hour (or two!) Take part in a continuous time of prayer in our interactive prayer room, themed areas Sight, Sound, Smell, Taste, Touch, and the Cross. Strap on your sandals and go for a culinary journey through the foods of the Bible -- cucumber, salt, honey, beans, almonds, olives, bread, water, cheese, raisins, and dates. Close your eyes and experience the feeling of super-soft textiles. Listen to CDs or play one of the instruments provided.

The prayer room (in the back hall at St. Peter's) will be open Thursday April 6 @ 5pm-7pm, Friday @ 6am-8pm, Saturday @ 6am-10am and 1pm-9pm, and Sunday @ 8am-11am. At other time slots, pray at home, in the forest, on the beach or wherever you like! Sign up to pick a slot (or two!) at the link below or put your name on the printed schedule available at the Sunday service this week.

<https://signup.24-7prayer.com/signup/2f5685/>

No registration required.

#### 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.

***This week's Tip:***



1. To read about the church's SAGE group and its latest project, go to the church website by googling Comox United Church.
2. From the menu at the top of the page, click on Ministries.
3. Click on Sustainability Action Group for the Environment.
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



**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](mailto:mnstewart@shaw.ca) or Noreen at [noreen1944@gmail.com](mailto:noreen1944@gmail.com) by **April 30<sup>th</sup>** 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.



**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

## ***Men's Breakfast***

### **"The Evolution of Goaltending"**



***Our speaker on April 15 will be Howard***

***Robertson***, a member of Comox United Church. Howard will lead us on a fascinating and humorous journey, entitled, "The Evolution of Goaltending". If you own a hockey jersey or other hockey apparel, be sure to

wear it! Howard promises to have some "hands on" for us. So, get your skates on, pull on your jersey and plan to come! ***This will be a fun and informative morning! :))***

***We sit down at 9:00 a.m. to a lovely, plated breakfast created by Chef James: truly a awesome work of art! YUM!*** Following breakfast, as you pour yourself a second cup of coffee, we will enjoy our speaker and the questions and answers to follow and then, more coffee and conversation! ***We are finished, usually, by 10:45 a.m.***

***Please note that I need to have exact numbers of breakfast guests by Wednesday, April 12.*** This information is needed by Chef James to be sure of exact food quantities: ***25 guests is the limit.*** (please contact me at: [agur@shaw.ca](mailto:agur@shaw.ca) or 250 871-2027)(h)