



Comox United Church

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

DECEMBER 22 - 29, 2023



Inbal Malca-Unsplash

Service: December 24, 2023 Eve

Leader: Rev. Karen Hollis

Scripture: Joyce Wagland

Sue Newman

Ken Newman

Joan Gillies

Elaine Brown

Prayers of the People:

Rev. Karen Hollis

Power Point:

Joyce Relyea

Greeters: Merilee Cameron

Les Herauf

Worship services are available in three ways:

1. Attend in-person at the church on Sundays @ 10:00am

2. Watch live on-line by going to our YouTube channel. Click on this link at 10:00 am on Sunday morning:

<https://www.youtube.com/@comoxunitedchurch3917/streams>

3. Watch another time from the "Virtual Services" page on our website:

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

Contact Information

Minister@comoxunitedchurch.com

Treasurer@comoxunitedchurch.com

EnvelopeSecretary@comoxunitedchurch.com

Admin@comoxunitedchurch.com

OUR COMMUNITY



LIFE AND WORK OF THE CHURCH

WEEKLY

| | | |
|----------|-------|---|
| Mondays | 1:30 | Knitting Group (starts back Jan 9, 2024) |
| Tuesdays | 10:00 | Coffee and Conversation at the Comox Golf Club |
| Thursday | 6:30 | Choir Practice |
| Fridays | 10:00 | Men's Shed |

MONTHLY

| | | |
|----------------------|-------------|--|
| 1 st Sun | 1:30 | Glacier View Lodge Music |
| 2 nd Mon. | 1:15 | UCW |
| 2 nd Fri | TBA | Social Singles Contact: Merrilee: tomyhome@shaw.ca |
| 3 rd Sat | 9:00 | Men's Breakfast (No Men's Breakfast in December!) |
| Last Sun. | 11:15 | Soup and Bun Lunch |

ANNOUNCEMENTS

Message from the Gifts Administrator

In accordance with CRA guidelines, gifts to be receipted in the 2023 calendar year must be:

- postmarked December (if mailed);
- **OR** received in the church office during regular business hours before the end of December;
- **OR** dropped in the offering plate before the end of December.

This includes the tax-eligible portion of profits from Matthew Mystery Bazaar sales.

Please ensure that the church has your current mailing address for tax receipting purposes.

Thank you - Cheryl McMahon envelopesecretary@comoxunitedchurch.com

BIRTHDAY COINS

A few weeks ago Council received a proposal from the Affirming Team to redirect the birthday coins from the Canadian charity Sleeping Children Around the World to Gukwas sa Wagalus (Rainbow House).

Thank you to everyone who provided feedback on this proposal.

Based on your comments, Council decided that, for 2024, the money collected as birthday coins will be distributed evenly between these two worthy causes.

This allows us to benefit young people in our community while continuing to benefit young people in other countries. Thank you for bringing your birthday coins to share with children and youth, locally and globally. Joanne

OFFICE DAYS

The office will be **closed on Tuesday, Dec 26th** and will **reopen on Jan 2**. There won't be a bulletin **however**, there will be a newsletter!



MATTHEW MYSTERY PROJECT

Matthew Mystery Project Donation Deposit Revision

There has been some confusion about how to give your Matthew Mystery Project profits and charitable donations back to the church. To simplify things, please put your MMP profits/charitable donations into a sealed envelope with the following information on the front:

- Your Name
- Your Address
- Your Telephone Number
- Total Amount in the envelope

Please return your envelope to **Elaine Brown, the Matthew Mystery Project Coordinator**, who will be the financial liaison. If you have any questions, please contact her at: broelaine@gmail.com or 250-650-9925.



Christmas Carol Singalong

It was a HUGE success with well over 170 people attending! They raised the roof with their beautiful singing and enthusiasm.

The money raised for Comox United Church was approx. \$850 from a free will offering. Caroline Hoon will send you the exact amount.

Gloria

Cioccolato Caldo Italian Hot Chocolate

One of my favorite things to do, when travelling in Italy, was stopping at small cafés for Cioccolato Caldo.

Unlike any hot chocolate I experienced anywhere else, this decadent, thick, almost pudding-like drink was poured into small cups. What a special treat. Karasima



<https://www.themediterraneanandish.com/italian-hot-chocolate-cioccolato-caldo/>

Thank you to Gloria Hereuf for sharing her time and gift of music with those who attended the Sing- a-long on Monday....many from the wider community came to heartily sing Christmas favourites!

From the community!



Timothy Dykes-unsplash



Mulled Apple Cider

- 6 c of apple cider
- ¼ c real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

Pour apple cider and maple syrup into a large saucepan.

Place spices into the pot

Cook over moderate heat until cider is hot but not boiling (5-10 mins).

Remove the spices

Serves 6-10 people

Allrecipes

<https://www.allrecipes.com/recipe/9501/hot-apple-cider/>



Colin Lloyd-unsplash

COMOX UNITED CHURCH WEBSITE

This Week's Tip:

1. To check the times of the services over the Christmas season, go to the website by googling Comox United Church.
2. From the menu at the top of the page, click on Events.
3. Scroll down to Christmas at Comox United Church.
4. Enjoy!

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

**The Parable for Boxing Day**

There was once a couple who loved the Boxing Day sales. The week before Christmas these bargain hunters would pore over sales flyers like generals poring over maps before the battle.

A neighbour invites our trusty hunters to a Boxing Day luncheon. What a conundrum! However, they strategize that by arriving at the stores by 4 am, they will be at the front of the line before any other hunters and will still be able to complete their conquest and make their luncheon date.

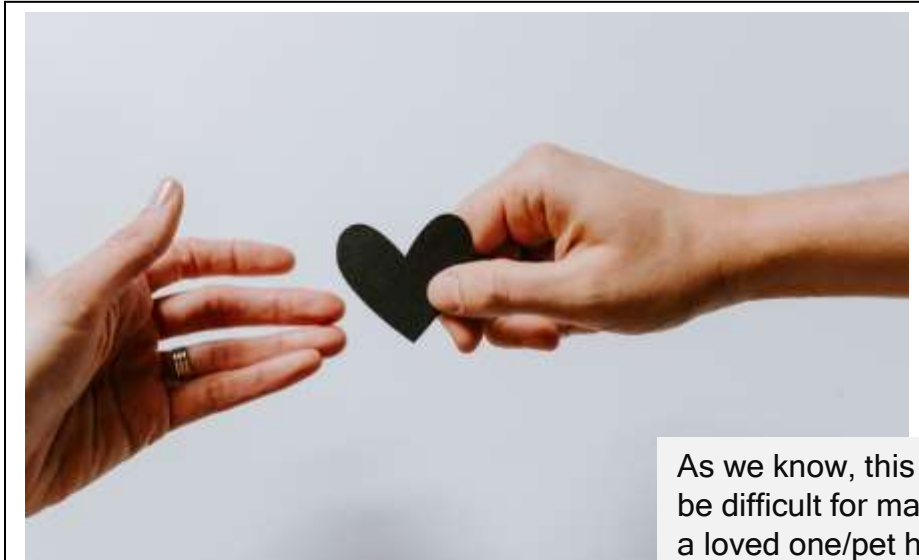
They are highly successful and arrive for their lunch date weary but yet giddy with exaltation. Over the lunch table they excitedly describe their morning explaining that they had saved over \$800 dollars.

“That is absolutely marvellous to manage to save all that money.” gushes their host. “And what did you do with it all? Did you put it into your retirement fund or did you donate it to a worthy cause?”

The following year, our hunters regrettfully declined the offer of Boxing Day lunch.

Ken Newman

SELF-CARE FOR THE HOLIDAYS



Kelly Sikkema - unsplash

As we know, this time of the year can be difficult for many people. Perhaps a loved one/pet has recently passed.

...or, it could be that this is a time when being with family is overwhelming and fraught the a deluge of emotions.

...or, the grey, rainy, windy days make you want to stay in bed until March 16, 2024.

Whatever it is, know that you are loved! You are needed in this world.

Self-care tips for the Season

1. Slow down. Yes, I said it. Take a deep breath, look around you, and then breathe out.
2. Do tip number 1. again, until you've caught your breath.
3. Move your body...in some way, for 2-3 mins, more if you can. Listen to a song that gets you moving and just pretend your singing in a band. Play some air guitar, a sax, or drums, if it helps!
4. Reach out to someone you trust. Tell them how you're doing. Be real, honest, and vulnerable. Yes, it can feel hard to do...and do it.
5. Get enough sleep, water, and some veggies. Who gives veggies as gifts? Grab a carrot, or a piece of fruit. Something that's not covered by butter, sugar, chocolate, eggnog, or any combination of those three food essentials (vegetarians and vegans, I see what you're doing, it still counts).
6. Indigestion? Here are some options:

Peppermint tea – yes, you can put your candy cane in it to melt – you didn't hear it from me.

Ginger tea – add some turmeric, lemon juice, a splash of honey; sip it and watch Elf.

Baking soda – yes, this is a great remedy – just a ¼ tsp in 4 oz of warm water. That's 118 ml for those who do metric – I'm still old school.

CALENDAR OF EVENTS

DECEMBER

24th, Sunday, **THERE IS NO 10 AM SERVICE CHRISTMAS EVE** ~ 8:00 pm service Lessons and Carols

25th – January 10th Karen is away

25th, Monday, Christmas Day

26th, Tuesday, Boxing Day, the office is **CLOSED**.

31st, Sunday, **Karen begins her vacation. There is no Bulletin this week.**

31st, Sunday, we are invited to worship with St. Peter's Anglican Church, **there will be no service at Comox United Church.**

31st, Sunday, **CV Unitarian Fellowship, 4:00 pm in the Hall**, New Year's Eve - there will be a gathering to let go of the old year and welcome the new. We will have a Spiral Walk (like a labyrinth), and a Fire Communion (where we burn whatever we wish to 'discard' from the year ending). This will be followed by a potluck, and possibly games and singing. **All Ages welcome. Bring a friend. Potluck will follow the service. If you are able, please bring food to share. To ease the clean-up please bring your own.**

JANUARY 2024

1st, Monday, Week of Prayer for Christian Unity

2nd, Tuesday, Office is **OPEN**

6th, Saturday, Celebrate Epiphany

7th, Sunday, Karen is away.

The Service will be Lead by:

Joan Gillies and Howard Robertson.

7th, Sunday, Baptism of Jesus

14th, **Sunday, Karen is back from vacation.**

14th, Sunday, Second after Epiphany

20th, Saturday, 1-5 pm. Art Experience for Caregivers

21st, Sunday, Third after Epiphany

21st, Sunday, Comox Valley Unitarian Fellowship and Comox United Church, 2 pm, in the sanctuary, will share a joint service to celebrate the renewal of our covenant.

28th, Sunday, Fourth After Epiphany

ART WORKSHOP FOR CAREGIVERS

Join TaraLee Houston at Comox United Church, lower Level Room L1, for this **FREE** event on Saturday, *January 20th from 1-5 pm.*

No art experience is required.

Professional art therapy facilitation, supplies and art projects are provided.

This is a time for fun, creativity, and joy for self-care in a safe space. To sign up, contact Noreen:

noreenr1944@gmail.com

Or, call 250-890-0204.