



Comox United Church

250 Beach Dr, Comox BC V9M 1P9

250-339-3966

www.comoxunitedchurch.com

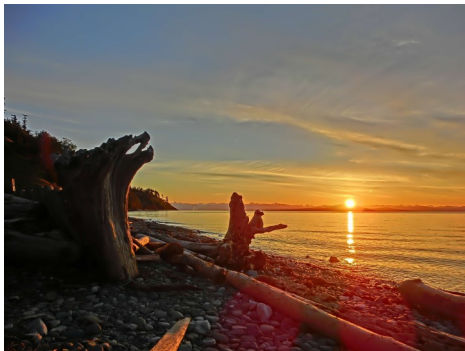
Grapevine



Friday, March 29, 2024

This Sunday: Easter

Easter Sunday Services



6⁴⁰ am Sunrise Service and Fish Fry at Goose Spit

We gather on the seaside of the spit, just at the start of the beach where there's a small parking area. From there you get a good view of the sunrise.



10⁰⁰ am Easter Celebration at Comox United

Christ has Risen! A service of music, celebration and joy at Comox United.

Church office Easter closures

The church office will be closed on Good Friday, Easter Monday, and Tuesday (April 2).



Spirituality • Openness • Care for the Common Good • Radical Love

Worship Today

Worship leader: **Rev. Karen Hollis**
Director of Music: **Paul Colthorpe**
Pianist: **Gloria Herauf**
Scripture Reader: **Joan Gillies**
Power Point: **Merrilee Cameron**
Audio: **Ross Griffith-Cochrane**
Livestream: **Ken Newman**
Greeters: **Bev Agur, Joanne Wiens**
Coffee & Tea: **Joan Hanson**
Margie van Binsbergen

How to worship with us

In Person

Sunday worship is at 10 am.

Livestream

Our livestream is on [YouTube](#) at 10 am every Sunday (youtube.com/@comoxunitedchurch3917/streams)

Recorded services

Recordings of all our livestream services can be found at

comoxunitedchurch.com/pages/online-sunday-services

Welcome, Newcomer!

If you are new to Comox United Church, we welcome you as God welcomes us all.

Comox United Church is a faith community within the United Church of Canada. Our central values appear at the bottom of this page. We are one of over 300 Affirming United Church Ministries across Canada, which means we affirm, include, and celebrate people of every age, race, belief, culture, ability, income level, family configuration, gender, gender identity, and sexual orientation in the life and ministry of our church, and proudly display the crest of the association of affirming churches known as Affirm United.

For more information about our faith community, see comoxunitedchurch.com



Crest of
Affirm United

Contact Us!

Rev. Karen Hollis, Minister: minister@comoxunitedchurch.com

Gisèle Plouffe, Treasurer: treasurer@comoxunitedchurch.com

Cheryl McMahon, Givings Administrator: envelopesecretary@comoxunitedchurch.com

Lorna Tutte, Church Administrator: admin@comoxunitedchurch.com

Comox United Church Grapevine is a weekly newsletter produced by Comox United Church.

To get your announcement into the *Grapevine*, email or phone the church office:

admin@comoxunitedchurch.com or 250-339-3966

The deadline for articles is Thursday at 12 noon – No Exceptions!

The Grapevine is also posted on the Comox United website. If you have included your phone number or email address in your article and don't want to have that appear on the website, let the church office know when you submit your article.

If you no longer wish to receive this newsletter via email, contact the church office.

Spirituality • Openness • Care for the Common Good • Radical Love

Message from Rev. Karen

A few months ago I changed my diet yet again. Even though it's quite limited, I'm very happy with this choice and am having great success.

I am eating: Fruits, veggies (no corn), glucose (maple syrup, honey, dates), quinoa, GF oats, millet, potatoes, beans (no refried or soy), orange juice, herbal tea, nuts, a little meat (fish or chicken breast).

I am NOT eating: gluten, dairy, sugar, corn, soy, eggs, rice, vinegar, oils/butter, nut butters, gluten-free bread (most gluten-free bread contains rice), caffeine (black tea and coffee), beef, or pork.

Easy foods to offer Karen: Herbal tea, fruit, veggies (no corn), dates, salad of veggies with a squeeze of lemon for dressing.

Challenging foods: Anything complicated with a lot of ingredients, like soup, because it's hard to know if there are hidden ingredients that may cause a problem.

Foods Karen loves: Dates, orange juice, plain baked potatoes, pineapple, strawberries, blueberries.

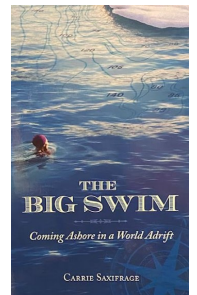
Thanks for wanting to feed me — I know it's difficult and I hope this information helps!

Blessings,

Karen

SAGE Event: Author Carrie Saxifrage on Sat Apr 6 at 2 pm

SAGE (Sustainability Action Group for the Environment), our environmental action team, has invited author Carrie Saxifrage to speak on **Saturday, April 6 at 2⁰⁰ p.m.** Carrie is the author of *The Big Swim: Coming Ashore in a World Adrift*, a powerful set of stories that puts forward the idea that personal growth arises from facing both inner tensions and threats to the biosphere. The stories are frequently touching, surprisingly funny, and always thought-provoking.



Welcome, friends!



Mike & Arlene Bell recently joined Comox United, and provided a brief bio to Rev Karen: Mike & Arlene retired to Comox in 2006. Before that Arlene was a French immersion teacher and restorative justice trainer in NWT schools. Mike worked in the Eastern Arctic as a social services administrator and then all over the North as a consultant to territorial and Indigenous governments. Their three adult children and two grandkids are all in BC and the NWT. Arlene and Mike are both interested in environmental issues and eco-spirituality. Arlene likes to do tai chi and sings in the Comox Valley Threshold Choir.

Spirituality • Openness • Care for the Common Good • Radical Love

PIE Day was a great success – Thank you!



P.I.E. Day (Public, Intentional, Explicit Inclusion of 2SLGBTQIA+ People) on March 13th was a great success, with about 65 people attending the screening of *Love Free or Die*, and also eating slices of 15 delicious, beautifully baked and magnificent pies!

A real treat was that Bishop Robinson, the subject of the documentary, joined us via Zoom from Washington D.C. to introduce the film and then stayed up way past his bedtime to do a Q&A session after the film. One of his comments was how impressed he was with Comox United’s work to build an affirming community that welcomes all elements of our community’s diversity. We also accepted donations at the event in support of Gukwas sa Wagalus (Rainbow House), raising \$241.

Thanks and deep appreciation to all the bakers, kitchen volunteers, and set-up/clean-up volunteers who made the evening so memorable and wonderful.



Meditation at Weird Church

Weird Church in Cumberland offers a 30-minute guided meditation practice each Thursday at 12¹⁵ p.m.

No registration required for this drop-in, by donation offering. Everyone is welcome.

The church building is a busy place these days – have you booked your space?

Our church administrator Lorna would like to remind you that our church building is an important community hub, and is increasingly busy with rentals, church activities and community groups. Don’t assume there will be room for your meeting! Contact Lorna at the church office to book your meeting space or building usage!

Soup & : Thank you to everyone for your help! Next lunch is on April 14th



Ruth Giles and Fiona Curry pass on a BIG thank you to all who helped with set and cleanup and to those who brought tasty soup and buns for us to enjoy at last Sunday’s lunch. It was much appreciated! We raised just over \$325 to be split between Healthy Babies and Comox United.

The next lunch, on **April 14th**, is being put on by Larche. Watch for details!

Coming Events at a glance

This Week...

Tue 10⁰⁰ a.m. *Coffee & Conversation (Comox Golf Club)*
Wed 10⁰⁰ a.m. *Queer Bible Study*
Thu 6³⁰ p.m. *Choir rehearsal*
Fri 10⁰⁰ a.m. *Men's Shed*
Sat 2⁰⁰ p.m. *SAGE: Carrie Saxifrage*
Sun 10⁰⁰ a.m. *Second Sunday of Easter*

Coming Soon...

Apr 8 *Knitting Group*
United Church Women
Apr 9 *Coffee & Conversation*
Apr 10 *Queer Bible Study*
Apr 11 *Choir*
Apr 12 *Men's Shed*
Apr 13 *Music Jam*
Apr 14 *Third Sunday of Easter*

Website Tips at comoxunitedchurch.com

Have you seen information about SAGE's "The Big Swim Event". To see what we are doing, go to our website, **Click on Events**, and scroll down to "The Big Swim". For comments about our website, contact Joyce Wagland (websiteadmin@comoxunitedchurch.com or 250-207-5650)



Free bonus calendar

As we approach the start of April, we've added a special bonus page: the calendar for April! Looks great on your fridge, and you'll never miss another church event!

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
(31) Easter Sunday 10 ⁰⁰ Easter	1 1 ³⁰ Knitting Group	2 10 ⁰⁰ Coffee & Conversation	3 10 ⁰⁰ Queer Bible Study	4 6 ³⁰ Choir	5 10 ⁰⁰ Men's Shed	6
7 10 ⁰⁰ Worship 1 ³⁰ Glacier View Worship	8 1 ¹⁵ United Church Women 1 ³⁰ Knitting Group	9 10 ⁰⁰ Coffee & Conversation	10 10 ⁰⁰ Queer Bible Study	11 6 ³⁰ Choir	12 10 ⁰⁰ Men's Shed	13 9 ⁰⁰ Men's Breakfast 6 ⁰⁰ Music Jam
14 10 ⁰⁰ Worship Soup & Bun Lunch	15 1 ³⁰ Knitting Group	16 10 ⁰⁰ Coffee & Conversation	17 10 ⁰⁰ Queer Bible Study 12 ³⁰ Church Council	18 6 ³⁰ Choir	19 10 ⁰⁰ Men's Shed	20 9 ⁰⁰ Men's Breakfast 6 ⁰⁰ Music Jam
21 10 ⁰⁰ Worship	22 1 ³⁰ Knitting Group	23 10 ⁰⁰ Coffee & Conversation 7 ⁰⁰ SAGE: Green Burial	24 10 ⁰⁰ Queer Bible Study	25 6 ³⁰ Choir	26 10 ⁰⁰ Men's Shed	27 6 ³⁰ Music Jam
28 10 ⁰⁰ Worship Matthew Mystery Project wrap-up 2 ⁰⁰ Walking Group	29 1 ³⁰ Knitting Group	30 10 ⁰⁰ Coffee & Conversation	(1) 10 ⁰⁰ Queer Bible Study	(2) 6 ³⁰ Choir	(3) 10 ⁰⁰ Men's Shed	(4)