



250 Beach Dr, Comox BC V9M 1P9

250-339-3966

www.comoxunitedchurch.com

Grapevine



Friday, October 3, 2025

This Sunday: Communion



Taizé service TODAY at 1:00 pm

You are invited **TODAY** to a Taizé Service of music, prayer and silence in Room 101 (in the lower level) from 1:00 pm to 1:30 pm. Please enter using the door from the lower parking lot.

New front doors have been installed!

Trade in your old key for a new key this weekend

Our new front doors have been installed. If you currently have a front door key for regularly scheduled groups and meetings — uh oh! Your key will no longer work. To get a new front door key, meet with Howard Robertson at one of these times:

- **Tomorrow (Sat Oct 4), 3⁰⁰—4³⁰ pm**
- **Sun Oct 5, 11³⁰ am—12⁰⁰ pm**

If those times don't work for you, contact Laura Walton in the church office to arrange for another time.



Message from Rev Karen

During our land acknowledgement each Sunday, we've been learning histories of these lands and the people who have lived here since time immemorial. For those who are curious to learn more on your own, a great starting place is the K'ómoks First Nation website: komoks.ca/cultures. There you can learn about local culture, traditional stories, languages, history, and more.

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Sunday Worship

Worship leader: **Rev. Karen Hollis**

Director of Music: **Paul Colthorpe**

Pianist: **Gloria Herauf**



We are celebrating
Communion this Sunday.
Our Communion table is
open to all—**everyone** is
welcome at the table.

There are several ways we serve
Communion, so during the service
Rev Karen will indicate which way is being
used.

How to worship with us

In Person

Sunday worship services are at 10 am.

Livestream

Our livestream will be on [YouTube](https://www.youtube.com/@comoxunitedchurch3917/streams) at 10 am ([youtube.com/@comoxunitedchurch3917/streams](https://www.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*



A new Website Tip every week!

If you, or someone you know, is in need of emergency community resources, go to the church website, scroll down below the banner photo, then click on **To access the AHERO guide to emergency community resources, click here**". Read and learn!

This is your website! For comments or submissions, contact **Joyce Wagland**.

(websiteadmin@comoxunitedchurch.com or 250-207-5650)

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United Church Women (UCW)

The October meeting of the United Church Women will happen **this Monday at 1:15 pm** in Room 207 (formerly M7). We are always happy to welcome new members. Meetings are a mix of business and social gathering over tea and goodies, and are not an ordeal. Why not join us?



Comox Valley Unitarian Fellowship News

Explore “Forest Bathing” with Tamiko Suzuki

This Sunday, October 5th at Comox United, the Unitarian service at 4 pm will feature a presentation by Tamiko Suzuki, an active longtime member of the Environment Team with Vancouver Unitarians. Tamiko will reprise her Earth Day service (because every day is Earth Day) to talk about *shinrin yoko*, or Forest Bathing, and her journey to becoming a Forest Therapy Guide. The walks she leads aim to reconnect participants with themselves and with Nature. In this service everyone will be invited to use their senses and imagination to join in an imaginary walk in the forest.



“Grief & Grace” at Weird Church

8-week series for those living with grief starts Monday, October 20

“Grief & Grace” is a healing journey, an eight-week creative series designed to support individuals navigating the complex journey of grief. It will be a safe space for expression, connection, and supportive creative exploration guided by experienced facilitators.

The program, which will happen at Weird Church in Cumberland, starts on Mon, Oct 20 at 7 pm. The cost is \$145 (covers the cost of all books and materials.) Go to weirdchurchcumberland.com for details.

Welcome to Laurel Walton, temp church administrator

While our church administrator Lorna takes some well-earned annual leave, **Lauren Walton** will be filling in for her in the church office. Welcome, Lauren!

The 444 Project

4 People x \$4 x 4 occasions

A shout-out to everyone who has participated in a Project 444 event so far. In our first four months, **\$1,287** has been donated to the church. People have been hosting dinners, wine & appies evenings, and card game nights with more events coming up. Project 444 runs for eight more months so think of how you can meet up with your friends for a great cause. After hosting your event, simply put the money raised into an envelope and write the following information on the front of the envelope:

Project 444 Donation

Donated by: _____

Donor address: _____

Hand your envelope to Project 444 Coordinator **Elaine Brown** or have a greeter put it in the office safe

Healing Touch/Reiki offered to chemo/radiation patients on Tuesday afternoons at the church

Are you presently receiving chemo or radiation? Did you know Comox United gives support on Tuesday afternoons for patients right here at the church through Healing Touch/Reiki? These can help:

- Promote relaxation and reduces stress
- Support pain relief for acute and chronic pain and discomfort
- Enhance the beneficial effects of medications
- Reduce the unwanted side effects of medications, including chemotherapy
- Promote faster healing after surgeries, fractures and other physical injuries
- Assist the healing process for those experiencing emotional and mental upheavals, including grief, loss and major life transitions
- Provide a sense of overall well being and calmness
- Promote a healthy immune system

The Comox Hospice supports us by taking appointments for us. To make an appointment:

Call 250-871-0696 or email: reception@comoxhospice.com

Coming Events at a glance

This Week...

TODAY 10⁰⁰ a.m. Men's Shed
1⁰⁰ p.m. Taizé service

Sun 10⁰⁰ a.m. Worship: Communion

Mon 1¹⁵ p.m. United Church Women (Rm 207)
1³⁰ p.m. Knitting Group (Rm 101)

Tue 10⁰⁰ a.m. Coffee & Conversation (Comox Golf Club)

Wed 10⁰⁰ a.m. Queer Bible Study

Thu 6³⁰ p.m. Choir

Fri 10⁰⁰ a.m. Men's Shed

Next Sun 10⁰⁰ a.m. Worship: Thanksgiving

Coming Soon...

Oct 13 Thanksgiving Monday

Oct 14 Church office closed
Coffee & Conversation

Oct 15 Queer Bible Study

Oct 16 Choir rehearsal

Oct 17 Men's Shed
Taizé service

Oct 19 Worship
Glacier View Service

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!

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.

Contact Us!

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

Laurel Erhart, Treasurer: treasurer@comoxunitedchurch.com

Debra Monk, Givings Administrator: envelopesecretary@comoxunitedchurch.com

Lauren Walton, Temp Church Admin: admin@comoxunitedchurch.com

Joanne Wiens, Church Council Chair: councilchair@comoxunitedchurch.com

Rev Karen's Office Hours

Wednesday - Friday by appointment (email listed above, or phone the church office.)

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