



250 Beach Dr, Comox BC V9M 1P9

250-339-3966

www.comoxunitedchurch.com

# Grapevine



Friday, March 6, 2026

This Sunday: Lent III



## Remember to “spring ahead”!

On Saturday night, remember to set your clocks **AHEAD** by one hour. Otherwise you will arrive at church just in time for coffee!

## Lent: Prayer Practices

We are in the midst of a very challenging season in the world and many of us are looking for ways of processing our thoughts and feelings or finding ways of grounding ourselves. Rev Karen is inviting us to use the season of Lent to explore various practices of prayer, with the hope that there will be something in this season for everyone.

Rev Karen defines prayer as being present with God, and all of us have a unique way of doing that. Some of us have many prayer practices and some don't know where to start. Our invitation to us all is to renew our approach to prayer and try something new (or try something again).

Each Sunday during Lent, Karen will examine a particular prayer practice. Then during the following week, there will be a short prayer service using that prayer practice.

Last Sunday, Karen spoke to us about Searching Prayer. **TODAY at 1<sup>00</sup> pm in Room 101** (lower level), you are invited to join Karen for a time of “Searching Prayer”.

This Sunday, Karen will talk to us about Relational Prayer. Next **THURSDAY at 1 pm in Room 101**, you are invited to join Karen for a time of Relational Prayer in Room 101 on the lower level.



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## Sunday Worship

Worship leader: **Rev. Karen Hollis**

Director of Music: **Paul Colthorpe**

Pianist: **Gloria Herauf**

Greeters: **Marj Adams**  
**Klaus Jennerman**

PowerPoint: **Arlene Bell**

Coffee: **Ray & Margaret Morin**

Livestream/Audio: **Ken Newman**

## How to worship with us

### In Person

Sunday worship services are at 10 am.

### Livestream

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

### Recorded services

Recordings of all our livestream services can be found at  
[comoxunitedchurch.com/pages/online-sunday-services](https://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.



*Crest of  
Affirm United*

For more information about our faith community, see [comoxunitedchurch.com](https://comoxunitedchurch.com)

## A new Website Tip every week!



To read - or re-read - Comox United Church's story and the Milestones along our way, go to our church website, click on **About**, and click on **Our History**. Enjoy!

This is your website! Send comments to **Joyce Wagland**.

([websiteadmin@comoxunitedchurch.com](mailto:websiteadmin@comoxunitedchurch.com) or 250-207-5650)

## News from Rev Karen

### Student minister coming to Comox United in the fall

I am excited to announce that we will welcome Vancouver School of Theology student Barbara Nienaber to complete an internship with us starting in the fall! Barbara is a life-long United Church person. She lived in the lower mainland until moving to Parksville in 2021, and is now an active member at Knox United.

Starting in September, Barbara will be with us for 10-12 weeks (8-12 hrs/wk), and she will spend another 10-12 weeks with us in 2027. Her internship will be focused on her growth as a leader, which may include things like leading Bible study, leading worship, pastoral care, or retreats. Barbara brings with her own unique skills — which are many —including offering dramas in worship and her training as a death doula.

Barbara will be visiting us for a worship service sometime in April, at which time the congregation will have a chance to meet her in person.

### Coming soon: Art Therapy Fun Event

On **Friday, March 27 from 1 to 3 pm**, we will be holding an Art Therapy Fun Event at the church (in Room 101 downstairs). More details coming soon!

*Rev. Karen*

## Board games next Fri March 13!

Do you enjoy playing board games? **Next Fri Mar 13 at 7 pm**, come out to the church hall and join Greg and Liz for board games! This is organized by the joint liaison committee that coordinates activities with us and the Unitarian congregation.

Some favourite games include *Qwirkle*, *Blokus*, *The Mind*, *CodeNames*, and *Azul*. Greg and Liz will bring these and more, but feel free to bring your own favourite, as long as it can be played by 4 or more people, is easy to learn, and can be completed in 30-45 minutes! If you have questions email Liz at [egoodger@gmail.com](mailto:egoodger@gmail.com).



## Coffee & Conversation returns to Comox Golf Club

The renovation of the Comox Golf Club restaurant is finally finished, so starting this Tuesday at 10 am, our Coffee & Conversation group will return to Comox Golf Club for their weekly get-togethers.

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## Dr. Bruce Curtis speaks to Men's Breakfast on Sat Mar 21

At our next Men's Breakfast on Saturday, March 21, Dr. Bruce Curtis will be our guest speaker. Bruce is a member of Comox United Church and is very active in our church and in the valley community. He has been deeply involved in the Comox Valley Community Justice Centre, valley choirs and the Affirm Committee of Comox United Church. Bruce will speak on restorative justice with particular reference to Benjamin Perrin's book "Indictment: The Criminal Justice System on Trial" in which the author suggests that the Canadian Criminal Justice System should be repealed and replaced with an Indigenous based system of Restorative Justice. Come and enjoy Bruce and the gathering of men at this breakfast! Sat March 21 at 9 am.

Please let Scott Agur (agur@shaw.ca) know by **Wednesday, March 18** if you are planning to attend — he orders the food based on RSVPs. Scott will need a few men at 8:15 am to complete set ups and a few men to clean up following the breakfast. Please let him know if you can assist.

### Ministry & Personnel Committee (M&P)

#### Interested in joining M&P?

The Ministry & Personnel (M&P) Committee is looking for two new members to join the current five-member team consisting of **Karen Spencer, Mike Stewart, Bev Agur, Marion Brydon** and **Dale Erhart**. We are a confidential body providing support to church personnel. Annually, we conduct performance reviews as well as produce recommendations to council regarding staff compensation. Acting as a human relations body, we endeavour to ensure a healthy working environment for all staff.

We meet independently every second month. If you are interested in becoming involved or have questions about the M&P Committee, please contact Karen Spencer (karenspercernlp@gmail.com or 647 465 1522)

## Caregiver Retreat weekend, May 1-3

Are you a Caregiver or have been a Caregiver and recently lost the person you were caregiving for?

The Pastoral Care Committee is hosting a caregiver retreat at the Ocean Resort in Oyster River from Friday, May 1 to Sunday, May 3. Registration forms are available from the church office or by emailing: admin@comoxunitedchurch.com. While the majority of costs are covered by a grant, there is a registration fee of \$150 per participant. In some circumstances, the registration fee may be waived.

Those attending will have time to just relax OR join in on the few activities planned. It is a time you can just BE, with no responsibilities.

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## Holy Week Services

The week before Easter, known as Holy Week (March 29–April 5 this year), is the centre of the Christian calendar, and there will be several special services to recall the events of this week.

### Sun March 29: Palm/Passion Sunday

Comox United, 10<sup>00</sup> a.m.

### Thu April 2: Maundy Thursday

St. Peter's Anglican (Comox)

Soup Supper at 5 pm, Worship service at 6 pm



### Fri April 3: Good Friday

Comox Valley Presbyterian Church (Comox), 10<sup>30</sup> a.m.

### Fri April 4: Holy Saturday

St. George's United (Courtenay), 10<sup>00</sup> a.m.

### Sun Apr 5: Easter Sunday

6<sup>40</sup> am Sunrise Service and Fish Fry at Goose Spit

10<sup>00</sup> am Easter Celebration at Comox United



## Maundy Thursday Soup Supper at St. Peter's on April 2 RSVP to Lorna if you want to attend, and if you can bring soup

Many of the special services during Holy Week are “shared” services that year after year move from church to church. This year, St. Peter's Anglican (Comox) is hosting the Maundy Thursday Soup Supper. This will be followed by a short Maundy Thursday service. As part of the service, there will be an opportunity for foot washing, if you choose to participate, as well as Communion. (Communion is “open table” — that is, you don't need to be Anglican to partake.)

***Please RSVP Lorna in the church office by Sunday, March 22 if you wish to attend, and if you wish to contribute soup for the supper.***

## It's PIE Day next week! Let's eat pie and watch a movie!

### Celebrate our Affirming church on Saturday March 14<sup>th</sup> at 7<sup>00</sup> pm



PIE Day, also known as National Affirming Day, is a day to celebrate our status as an Affirming church! "PIE" stands for *Public, Intentional, Explicit Inclusion of 2SLGBTQIA+ People*. Every year, we celebrate PIE Day on March 14<sup>th</sup>. (March 14 = 3.14 =  $\pi$  = pi = PIE, right?)

On Saturday, March 14 we are going to celebrate PIE Day! Meet us at 7<sup>00</sup> p.m. for **lots of pie** and a screening of the movie *Small Town Pride*, an intimate look at the joys and challenges of being queer in a small town. Filmed in Alberta, Nova Scotia and the Northwest Territories, the film follows LGBTQ2S+ people and allies as they prepare for their local Pride celebrations. Organizing in church basements, classrooms and around kitchen tables, they take on a conservative town council that won't fly a rainbow flag and bend some rules to create a safe space for youth to come out. But despite experiences of isolation and discrimination, they love their communities and strive to make them places where everyone, no matter who and how they love, can live and thrive. This event is free, donations in support of Gukwas sa Wagalus gratefully accepted

### PIE Day: Help needed

We know some of you love to bake! Consider donating a pie to PIE Day. See the sign-up sheet in the church hall during coffee time following worship. Also, if you can help set up or clean up, that would be great too!

### United Church Women: Meeting this Monday at 1:15 pm

The United Church Women (UCW) meet this Monday at 1:15 pm in the board room. All women are welcome to come and find out what the UCW is planning.

### Rainbow Gathering: No event in March

There will be no Rainbow Gathering in March. Look for our next event in April!

### Easter Sunrise Food Coordinator needed

On Easter Sunday, we will be holding a sunrise service at the Goose Spit. We have traditionally had a breakfast after the service, but we need someone to coordinate the food details. If you are interested in helping, please contact Rev Karen or office administrator Lorna.

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## The 444 Project

**Invite 4 People, Collect \$4 each, Donate, Get tax receipt**

### **Save the Date! 444 Project Potluck Dinner Sunday April 19!**

We're known for it! United Church members are really good at making fabulous potluck dishes, ensuring everyone eats delicious food at our potluck events. Project 444 will be wrapping up at the end of April so what better way to bid it farewell than coming together for a celebratory dinner. On Sunday April 19, bring a dish of your choosing and a donation towards the 444 Project. Everything will be set up, you just need to arrive at 4:45 and add your dish to the appropriate section (appetizers, salads, mains, side dishes and desserts). Tea, coffee and water will be provided but you are welcome to bring your own beverages.

Jesus said, "For where two or three are gathered in my name, there am I among them."

— Matthew 18:20

## 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

## Comox United supports Healthy Families

...which in turn supports pregnant families, parents and guardians to provide children (from birth up to 3 years) with a strong foundation in life. Donations (diapers, baby food, food for the family) can be brought to the church and placed in the basket in the foyer.

For more information about Healthy Families, see [www.comoxvalleyfamilyservices.com/programs--2/healthy-families-program](http://www.comoxvalleyfamilyservices.com/programs--2/healthy-families-program)

## Coming Events at a glance

### This Week...

**TODAY** 1<sup>00</sup> p.m. Searching Prayer

**Sun** 10<sup>00</sup> a.m. Lent III

**Mon** 1<sup>15</sup> p.m. United Church Women  
1<sup>30</sup> p.m. Knitters

**Tue** 10<sup>00</sup> a.m. Coffee & Conversation (Comox Golf Club)

**Wed** 10<sup>00</sup> a.m. Queer Bible Study

**Thu** 1<sup>00</sup> p.m. Relational Prayer  
6<sup>30</sup> p.m. Choir

**Fri** 1<sup>00</sup> p.m. Centering Prayer  
7<sup>00</sup> p.m. Board Game Night

**Sat** 7<sup>00</sup> p.m. PIE Day Movie Night

**Next Sun** 10<sup>00</sup> a.m. Worship: Affirm Sunday  
1<sup>30</sup> p.m. Glacier View Service

### Coming Soon...

**Mar 16** Knitters

**Mar 17** Coffee & Conversation

**Mar 18** Queer Bible Study

**Mar 19** Choir

**Mar 20** Contemplative Prayer

**Mar 21** Men's Breakfast

**Mar 22** Worship: Lent V



*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

**Lorna Tutte, Church Administrator:** admin@comoxunitedchurch.com

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