



250 Beach Dr, Comox BC V9M 1P9

250-339-3966

www.comoxunitedchurch.com

Grapevine



Friday, March 20, 2026

This Sunday: Innovative Prayer

Lenten Prayer Practices: Entering the Labyrinth

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 has been examining a particular prayer practice. Then during the following week, there has been a short prayer service using that prayer practice.

This Sunday, Karen will introduce us to Innovative Prayer.

Next Thursday (March 26) at 10⁰⁰ am, you are invited to join Karen at Innisfree Farm near Royston to walk the labyrinth as part of Innovative Prayer.

Directions to Innisfree Farm (3636 Trent Rd.):

- Drive out to Royston.
- At the traffic light, turn right onto Royston Rd.
- Turn left onto Trent Rd.
- Innisfree Farm is on the right at the end of the road .



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Sunday Worship

Worship leader: **Rev. Karen Hollis**

Director of Music: Paul Colthorpe

Pianist: Gloria Herauf

Greeters: Loreleigh Fitzgerald,
Bev Agur

PowerPoint: Sue Newman

Coffee: Heather Flint
Leone King

Livestream/Audio: Joanne Wiens

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)

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.



*Crest of
Affirm United*

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



A new Website Tip every week!

To read about the moderators, statement on military action , go to our church website, scroll to **News**, and click on **Rev. Kimberly Heath** , think about this message.

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

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

Holy Week Services

The week before Easter, known as Holy Week (March 29–April 5 this year), represents some of the holiest times in the Christian year, and there will be several special services hosted by various churches.

Sun March 29: Palm/Passion Sunday

Comox United, 10⁰⁰ a.m.

Thu April 2: Maundy Thursday (The Last Supper)

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), 10³⁰ a.m.

Fri April 4: Holy Saturday

St. George's United (Courtenay), 6³⁰ p.m.

Great Vigil of Easter: Worship, Baptisms, and Holy Communion

Sun Apr 5: Easter Sunday

6⁴⁰ am Sunrise Service and Fish Fry at Goose Spit

10⁰⁰ am Easter Celebration at Comox United



Maundy Thursday Soup Supper at St. Peter's next Thurs RSVP to Lorna by Sunday if you want to attend, and can bring soup

Many of the special services during Holy Week are “shared” services that move from church to church each year. This year, St. Peter's Anglican (Comox) is hosting the Maundy Thursday Soup Supper to remember the events of the Last 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 this Sunday, March 22 if you wish to attend, and if you wish to contribute soup for the supper.

Art Therapy Fun Event next Friday afternoon

Next **Friday, March 27 from 1 to 3 pm**, we will be holding an Art Therapy Fun Event at the church in the **hall**. I hope you will join us for a time of creative relaxing ideas to treat yourself to some easy self care mini art inspired projects! This is an opportunity to relax and enjoy a project or two with the amazing instructor Holly. Come and see what Holly has planned. Even if you feel you aren't interested or "good at" arty things you will be pleasantly surprised at how relaxing and how much fun this is.

There is no cost to come but we need to know numbers so please sign up after church or phone the church office. There are 12 spots available. **Sign up: after church in the hall on Sunday March 22 or call the church office by March 25, 2026.**

Bruce Curtis speaks to Men's Breakfast tomorrow!

At our next Men's Breakfast tomorrow at 9 am, 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!

Walking Group

This Sunday we will be walking along the One Spot Trail. The trail is well graded and is relatively flat. We'll start at 2 pm from where the trail meets Burns Road and walk for about an hour. All are welcome to join us!

How to get to the trailhead: Take the Condensory Bridge from Courtenay or drive west on Piercy Rd from Headquarters Rd. and turn right onto Condensory Rd. Turn left onto Burns Road. The trailhead is on the right shortly after you turn onto Burns Road.

Park carefully along the roadside. Parking is limited so carpool when possible. bevagur@shaw.ca



The *Grapevine* editor, Alan Brown, will be out of town for a few weeks. In his absence, Office Administrator Lorna will be putting together the newsletter. You can send articles to Lorna at admin@comoxunitedchurch.com. Please help Lorna by respecting the publication deadline of Thursday at noon.

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

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.

United Church Women (UCW)

Are you spring cleaning?

The morning of Saturday May 2 is the date for the next UCW bazaar at the church. If you are cleaning out cupboards and have small items you wish to donate, please set them aside for us. (The item drop off will be Friday May 1 between 1-3). Used books, puzzles, glassware, jewelry, accessories and decorative pieces, are some of the items we would love to receive. We also appreciate donations of preserves, homemade

Collection of used eyeglass

Dr. Limber at Eyes on the Harbour will accept donations of used eye glasses on behalf of the Rotary Club. You will find a basket in the church foyer. Please, **NO sunglasses or eyeglass cases** — if you donated either of these, you will find them in the basket in the foyer.

P.E.O. clothing sale May 2, room 101, 9:00 – 12:00

On Saturday, May 2 from 9 am-12:00 in Room 101 (lower level), our church will host a Gently Used Women's Clothing Sale where you pay by donation. The sale is being run by a local branch of the P.E.O. (Philanthropic Educational Organization) Sisterhood. This organization, founded in 1869, is dedicated to supporting women who wish to continue their education through loans, scholarships, scholar awards and grants. The Courtenay chapter offers a Bursary through North Island College and contributes to local charities such as Transition House and Care-A-Van .

Come & Go Tea for Ruth & Robin on Sat April 18th

Robin and Ruth Giles are celebrating their 65th wedding anniversary in April, and invite you to a Come & Go tea at d'Esterre Seniors Centre in Comox on **Saturday April 18th, 2-4 pm**. No cards or gifts, your presence is your gift.

Camp Spirit for Youth!



If you have children or grandchildren, you may be interested in Camp Spirit – a United Church sponsored day camp for youth. They will be offering camps this year during the week of 7 to 11 August, simultaneously at the Weird Church in Cumberland and at the Campbell River United Church, and at other dates throughout British Columbia.

Camp Spirit provides a bursary fund to provide financial assistance to those who need it. As part of our mandate to support youth faith exploration, Comox United Church is making a donation to Camp Spirit's bursary fund.

For more information, check out Camp Spirit's website: Registration is now open.

<https://www.campspirit.ca/summertime-camps.html>



E-ssentials

In the [Moderator's Earth Week 2026 message](#), she challenges us to take action for Mother Earth—The United Church of Canada alongside numerous denominations and faith-based organizations are coming together this Earth week (April 19–26) under one shared banner: Together for the Love of Creation.

On the [For the Love of Creation Map](#) communities of faith, networks, and regions are invited to initiate and participate in climate justice events during Earth week. We hope you will take part in one or more actions—whether attending a webinar, praying, or writing to your Member of Parliament. Your leadership matters.

Plus, don't miss next week's Faithful Footprints webinar (March 25, 2:30 p.m. ET) to learn how your community of faith can access up to \$20,000 for carbon-reduction upgrades! [Register today](#).

PIE Day

Thanks for PIE Day. The Affirm Committee would like to extend a heartfelt THANK YOU to everyone who helped us put on a terrifically successful PIE Day last Saturday.

The pies were fabulous, the set-up team, kitchen helpers, clean-up, and take down volunteers did the job flawlessly.

We had over 45 people attend and they ate almost all the pie and expressed their sincere appreciation for all the work put in to make the evening a wonderful event.

Comox United SAGE Group recommends : March 26, 2026, 6:30 pm

An online movie event featuring 2 short Canadian films about our sensitive west coast.



After the films there will be a panel discussion (online).

This is an event sponsored by the Green Party.

A Silent Ocean | North Island - Powell River Greens

<https://greensofnorthisland-powellriver.ca/a-silent-ocean/>

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Coming Events at a glance

This Week...

TODAY 1⁰⁰ p.m. Taizé Service

Sun 10⁰⁰ a.m. Lent V: Innovative Prayer

Mon 1³⁰ p.m. Knitters

Tue 10⁰⁰ a.m. Coffee & Conversation

Wed 10⁰⁰ a.m. Queer Bible Study

Thu 10⁰⁰ a.m. Walking the Labyrinth: Innisfree Farm
6³⁰ p.m. Choir

Fri 10⁰⁰ a.m. Centering Prayer
1⁰⁰ p.m. Art Therapy

Next Sun 10⁰⁰ a.m. Worship: Palm Sunday

Coming Soon...

Holy Week

Mar 30 Knitters

Mar 31 Coffee & Conversation

Apr 1 Queer Bible Study

Apr 2 Maundy Thursday

Apr 3 Good Friday (Church office closed)

Apr 4 Easter

Sunrise Service

Easter 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

Lorna Tutte, Church Administrator: 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.)