

KNOX UNITED CHURCH
345 Pym Street, Parksville, BC, V9P 1C8
(250) 248-3927
office@kucparksville.ca www.kucparksville.ca
February 5th 2012 at 10:00 am
5th Sunday After Epiphany

Rev. Hilde Seal, *Minister*

David Young, *Organ*
Bill Laurie, *Guitar & Saxophone*

Barb Roberts, *Administrator*
Alan Whitmore, *Director of Music Ministries*
Jan Laurie, *Percussion*
Cathy McNeil, *Scripture Reader*

Rev. Foster Freed, *Minister*

We are a family gathered to praise God through participation of all ages.
Children and young people are an important component of our worship
and their activity is anticipated and accepted.
A nursery is available in Room 4 for children under the age of 2.
Please note that our sanctuary is equipped with a loop system for the hearing impaired.
If you wear a hearing-aid, please turn it to the "T" position.

Thank you for remembering that Knox strives to be a SCENT FREE ZONE

Please stand as you are able where indicated (*)

WE APPROACH OUR GRACIOUS GOD

THE SINGING BOWL GATHERS US FOR WORSHIP

LIGHTING OF THE CHRIST CANDLE

In the beginning was the Word:
All things came into being through him.

What has come into being in him was life:
And the life was the light of all people.

The light shines in the darkness:
And the darkness did not overcome it.

Jesus Christ, the light of the world.
Thanks be to God!



WELCOME LIFE AND WORK OF THE PEOPLE

GREETING ONE ANOTHER IN THE NAME OF CHRIST

*HYMN: "It's a Song of Praise to the Maker" (*More Voices 30*)

*OPENING PRAYER

**Eternal God: we come to you with hungry-hearts,
waiting to be filled.
Fill us, we pray, with a sense of your presence,
with the touch of your Spirit, with new energy for service.
Be with us, touch us, change us.
Empower us as your people,
that we might worship you,
and act in the world for Jesus' sake.
Amen.**

*SUNG RESPONSE: "Listen, God is Calling" (*More Voices 97*)

CONVERSATION WITH YOUTH & CHILDREN

*HYMN: "Each Blade of Grass (Circle of God)" (More Voices 37)

WE LISTEN FOR THE WORD OF GOD

SCRIPTURE READING: Mark 1: 29-39

SERMON *And so it begins: A Sermon in Five Parts*
Part Four: "The Message"

*"Let us go on to the neighboring towns,
so that I may proclaim the message there also;
for that is what I came out to do."
--Mark 1: 38*



**He went throughout Galilee,
proclaiming the message.**

Mark 1:39

WE RESPOND TO THE GOOD NEWS OF THE GOSPEL

CHORAL REFLECTION: "Instrument of Grace" (Joseph Martin)

PASTORAL PRAYERS

THE LORD'S PRAYER (Adapted by Ashley Walker)

**Our God, who is all around us, your name is music to our ears.
Your Kingdom is one of justice, mercy and compassion
and we carry out your orders
in our life as we understand them.
Today give us bread for our journey.
Please forgive us when we wrong others.
Help us to forgive those who wrong us.
May we resist temptation and not be caught up in evil ways.**

**Your Kingdom, your power and your glory
are mirrored in the best that we have to offer
and reflected in all that we can be.
May we be faithful to that Kingdom. Amen.**

INVITATION TO THE OFFERING

OFFERTORY HYMN: "I Was There to Hear Your Boring Cry"

(Voices United 644)

*PRAYER OF DEDICATION

Ever-present God:

With this offering we present also ourselves.

*All that we have been, all that we are,
and all that we shall become,
as we walk in the paths of your love.*

**Accept us and our offering,
we pray for Jesus' sake. Amen.**

WE DEPART TO LOVE & SERVE OUR GOD

*HYMN: "Arise, Your Light Is Come" (Voices United 79)

*SENDING FORTH:

Jesus says that you are the light of the world!
**May your light so shine, that people around you
will be moved by the good things you do
to give God glory!**

May the grace of God—

Who made the light,

The love of Christ—

Who is the true light come into the world,

And the guidance of the Holy Spirit—

Whose light shines within us,

Be with you today, tomorrow, and always:

In Jesus' name! Amen!!



Written by Daniel Hayward,
Gathering, Advent/Christmas/Epiphany 2011-2012,
page 47. Used with permission.

*CLOSING: "Sent Out in Jesus' Name" (*More Voices 212*)

POSTLUDE

TODAY AT KNOX

Welcome! Welcome to our service of worship for the 5th Sunday after Epiphany. The word "epiphany" refers to a sudden insight, a revelation, a startlingly new way of comprehending reality. Our Christian "season" of Epiphany involves the Church in an extended reflection upon Jesus: his identity and his mission and the ways in which *his* identity and mission impacts *our* identity and mission as a faith community. During this season of new beginnings—as our days grow longer and the light returns—we give thanks for the enlightenment that has come to us in and through the Christ!

As is true every Sunday here at Knox, we take delight in welcoming each of you who gather this morning. If you have traveled a distance to spend time in the Oceanside area, thank you for joining us in worship. If you are visiting from within Oceanside, please know that Knox United is always happy to answer your questions concerning church membership, and other ways that you might be among us. May you feel the stirring of the Holy Spirit surround us as we worship together.

Today's bulletin has been adopted by
Bunny Ecclestone in memory of Joe Ecclestone,
who passed away February 10th 2011

Today's Flowers were placed in the sanctuary by Ingrid Busch.

Affirm Survey: You'll have noticed that for the 2nd consecutive Sunday, copies of our Affirm survey are in your bulletins. If you have not yet had the opportunity to complete the survey, please give it prayerful thought and complete it by **Sunday, February 12th**. There is a box in the narthex in which you may leave your completed survey.

ANNOUNCEMENTS

Next Sunday's Service: Please join us at 10:00 am next **Sunday, February 12th** for a service of worship for the 6th Sunday after Epiphany, a service that will include the fifth in our five-part sermon series dealing with the "beginnings" of Jesus ministry. ***The children will be led by Hilde Seal.*** Lectionary readings are:

2 Kings 5: 1-14

Psalm 30

1st Corinthians 9: 24-27

*Mark 1: 40-45

(*Indicates the scripture verse
on which the sermon will be based)



Presbytery Prayer Cycle: This week congregations in Comox-Nanaimo Presbytery are remembering in our prayers the children and youth throughout the Presbytery.

Staff Office Hours: Please note that staff members may be in meetings during their office hours. In order to avoid disappointment we highly recommend that you phone to make an appointment with a staff member.

- **Alan: Monday & Tuesday** - 9:30 am-1:30 pm.
- **Hilde: Thursday** - 10:00 am-noon.
- **Church Office Hours:** 8:30 am-4:30 pm - **Monday-Friday** (lunch 12:00-1:00). Barb is enjoying the sunshine in Maui and will return to the office on February 27th. Gillian Stewart is looking after things in the office in Barb's absence.
- **Foster: Tuesday** - 9:00 am-12:00 noon & **Wednesday** - 9:00-10:30.

World Day of Prayer 2012 - Let Justice Prevail:

World Day of Prayer is a worldwide movement of Christian women of many traditions who come together the 1st Friday of March to observe a common day of prayer each year. We will join our neighbours in celebrating World Day of Prayer at **St. Mark's Anglican Church on March 2nd** at 2:00 pm.



SPECIAL INVITATION

Official Receipts for Income Tax Purposes for the period of January 1st - December 31st 2011 have been left in your mail-slots. Any which are unclaimed by **February 15th** will be mailed, so please save us the cost of postage by picking yours up **today.....**and remember to put them in a safe place at home until you are ready to complete your income tax returns!

OPPORTUNITIES FOR SERVICE

Knox News: Plans are underway to publish our Spring newsletter at the beginning of March. If you have news to share, please submit it to our newsletter editor, Glenn Peardon, at gpeardon@shaw.ca by **March 2nd**. If you wish to advertise in the newsletter, you may do so by submitting a business card sized ad to Glenn. Please drop off your \$35.00 payment to the church office.

KNOX PLANT SALE -SATURDAY MAY 5TH: It's never too early to start planning for our successful Plant Sale. Knox members and friends are always so generous with their time and talent and we look forward to your participation again this year. Mark the date in your calendars, start thinking about plants you can share with us, containers you can offer us, and time you can give us. We manage this event with a team. *Thank you* to those who have already joined the team. I look forward to many of us working together on this *friendraising* event! Please join us. Contact me at sandyd@telus.net or call at 250-248-6393.

Our Words of Faith: In August 2009, meeting in Kelowna, B.C., the 40th General Council engaged in a significant debate concerning the nature of doctrine in the United Church of Canada. In response to a proposal concerning the status of the Twenty Articles of Faith, the Council overwhelmingly approved a motion proposing an addition to the Doctrine Section of the Basis of Union, namely three other United Church expressions of faith:

The 1940 Statement of Faith, the New Creed and A Song of Faith

Because of the nature and importance of this proposal, the Church has authorized a remit (vote) by every Presbytery and Pastoral Charge (by vote of Council or equivalent) to test the will of the United Church with respect to these three declarations. Knox Council will vote on each remit at their meeting on February 21.

In order to make an informed decision, Knox Council will be spending **Saturday, February 11** (10 AM to 3 PM) examining the study document under the leadership of Foster and Hilde. Council would like to invite members of the congregation who are interested in such matters to join the session on **Saturday, February 11**. The Study Document is available through the office.

--Ken Fanning, Chair Knox Council



OPPORTUNITIES FOR GROWTH & LEARNING

The Healing Ministry is Offering SOUL COLLAGE Workshops using Lectio Divina to explore the energy Centers (chakras) of the body, on the following **Wednesdays** from 2:00-4:00 pm or from 6:00-8:00 pm: **February 8th, 15th, 22nd, 29th and March 14th, 21st and 28th**. Using images and intuition, one comes to draw forth deeper aspects of our being. Lectio Divina is a way of praying with scripture that leads to a meeting place with the Holy in our deepest center, God's life giving dwelling place. In this busy world we need to take time to sound the depths and tend the soul. Combining Soul Collage with Lectio Divina facilitates deep communication and communion with our inner wisdom. Suggested donation to the Healing Ministry is \$25.00. Call Ingrid for more information or registration - 250-951-2242.

FALLS! Have You Had a Fall? Are You Worried That You Will Fall? A Matter of Balance: Managing Concerns About Falls is a FREE program developed to reduce your fear of falling and help you become more active. It will be presented here at Knox on **Tuesdays** from **March 13th to May 1st** - 9:30-11:30 am. To register call 1-866-902-3767 or email selfmanagement@eastlink.ca. Registration is limited so don't be disappointed.....register now!

OPPORTUNITIES FOR FUN & FRIENDSHIP

Attention Youth - Y.I.K.E.S. - Youth in Knox Exploring Spirituality: Youth in grades 6 – 12 are invited to gather **today** from **noon until 2:00 pm**. Lunch is pot-luck, so bring something to share with others.

Seniors' Carehome Service: All are invited to join Foster Freed and Caroline Hammill when they lead a Seniors' Carehome Worship Service at Stanford Place at 2:30 **this afternoon** and to join Hazel Magnussen and Caroline Hammill at Eaglepark at 10:30 am on **Tuesday, February 14th**.

Knox Library Committee meets on the **1st Thursday of each month** at 1:30 in the Library. New members are always welcome!

UCW Meeting: The UCW will hold their monthly meeting on **Tuesday, February 14th** at 1:30 in the lounge. All women of the congregation are welcome to attend.





KNOX MEN'S CLUB ANNOUNCEMENT: The Knox Men's Club announces their next breakfast meeting on **Thursday, February 16th in the Knox lounge at 8:00 AM for coffee & 8:30 breakfast**. After this our guest speaker at 9:00 followed by a short business meeting. We are delighted to have Buddy Williams, manager of the Parksville Museum & Archives, speak to us about the museum. "Its Past, Present and Future". We are confident this presentation will be very informative and entertaining and hope to see a good turnout. If anyone wishes information about the Men's Club please contact John Brownell at 250-947-9359 or email at wjbrownell@shaw.ca.

The Camp Pringle online system is up and running and they are now able to accept Spring Break and summer camper registrations, as well as summer and spring break staff and volunteer applications. Please go to their website www.camppringle.com and select the link on either the Programs Page (summer campers) or the one on the Staff and Volunteers page (applicants).
New brochures and newsletters should be in the mail by early February. Register your children now for the great summer activity of residential (sleepover) camping.

Come Clean With Us! Some of our volunteer cleaners are fortunate enough to be able to spend some time over the winter in warmer climates, which means that we need folks to fill in for them on our volunteer cleaning crews! The crews alternate between Friday and Saturday each week so you can choose whichever crew works best with your schedule. Phone Malcolm McPherson at 250-954-1421 for more information on the **Friday** crew and George Sheard at 250-954-0664 for information on the **Saturday** crew. Thanks!



Available in the Knox Library:

-  **THE HOLY LONGING:** Author – Ronald Rolheiser
- 248 ROL - The search for a Christian Spirituality
-  **PRACTICING REVERENCE:** Author – Ross L. Smillie
- 250 SMI - An ethic for sustainable earth communities
-  **CHRISTIANITY** – The first 3000 years: Author:
MacCulloch, Diarmid - 270 MAC
-  **THE WORLD'S RELIGIONS:** Author – Huston Smith - 291 SMI



KNOX CALENDAR
Sunday, February 5th to Sunday, February 12th 2012

Sunday, February 5th		
Worship Service	10:00 am.....	Sanctuary
YIKES.....	12:00 pm- 2:00 pm.....	Lounge, Kitchen
Carehome Service.....	2:30 pm.....	Stanford Place
Monday, February 6th		
Choir Executive	9:00 am-10:00 am.....	1-2
Sisters United	6:00 pm- 9:00 pm.....	Lounge, Kitchen
Cantando Singers.....	7:00 pm- 9:30 pm.....	1-2
Tuesday, February 7th		
Healing Touch	9:30 am- 11:30 am.....	6
Staff Meeting	9:30 am-12:00 pm.....	Ministers' Study
Outreach.....	1:30 pm.....	Lounge
Healing Touch	1:30 pm- 3:45 pm.....	6
Figures of New Testament	5:00 pm- 6:30 pm.....	Lounge
Healing Touch	6:00 pm- 8:00 pm.....	6
Community Choir.....	7:00 pm- 9:30 pm.....	Sanctuary
OA	7:30 pm- 8:30 pm.....	4
AA.....	7:30 pm- 9:15 pm.....	3

Wednesday, February 8th

To Change the World	10:30 am-12:00 pm.....	Lounge
Lectionary	12:15 pm- 1:45 pm.....	Lounge
Healing Touch	1:30 pm- 3:30 pm.....	6
Soul Collage	2:00 pm- 4:00 pm.....	6
Grief Support Group	4:00 pm-5:00 pm.....	Lounge
Soul Collage	6:00pm- 8:00 pm.....	6
Choir.....	7:00 pm- 9:00 pm.....	Sanctuary

Thursday, February 9th

Men's Club Executive.....	9:00 am.....	Lounge
Rainbows.....	6:45 pm- 7:45 pm.....	All Rooms

Friday, February 10th

Yoga for You	8:30 am-10:15 am.....	Lounge
Jesus & the Gospels.....	10:30 am-12:00 pm.....	Lounge
OA	12:00 pm-1:00 pm.....	4

Saturday, February 11th

Cleaners	9:00 am-12:00 pm.....	All Rooms
Our Words of Faith	10:00 am- 3:00 pm.....	Lounge, Kitchen

Sunday, February 12th

Worship Service	10:00 am.....	Sanctuary
YIKES.....	12:00 pm- 2:00 pm.....	Lounge, Kitchen

KNOX HEALING MINISTRY

Our healing sessions are complimentary to other medical healing care, not a replacement.



Some of the benefits of our healing sessions:

- † Promotion of well being and balance in your life
- † Reduction of stress, anxiety and insomnia by promoting relaxation of the entire person
- † Speeds up physical, mental and emotional healing
- † Helpful preparation for surgery and speeds up the healing process after surgery
- † Useful in reduction of pain
- † Helpful in clearing excess anesthetic, chemotherapy and radiation

For the session you will lie on a massage table or sit in a chair.

You will remain fully clothed for the healing session, which lasts approximately 45 minutes.

Healing sessions are free but if you wish to make a donation for the support of the Healing Ministry, you are welcome to do so and will be issued a tax receipt.

Healing sessions are offered every week. To make an appointment call the Knox Church office at 250-248-3927.

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