

ANNOUNCEMENTS

Welcome to Our Service of Worship at Knox! We extend a warm welcome to **all** who may be visiting with us this morning. Please know that visitors are welcome to participate in **every** part of our worship service. If you are visiting from near or from afar, thank you for finding your way to Knox. We welcome you. A nursery is available in Room 4 for children 0-3. Changing table is in the nursery.

WORSHIP AND ARTS

PRESBYTERY PRAYER CYCLE – Prayers this week to the minister and congregation of Denman Island United Church.

SOCIAL JUSTICE & OUTREACH

GREEN TEAM CHALLENGE - Share your magazines; bring some to senior's residences.

GREEN TEAM NEWS - There has been a wonderful response to our request for candles for the L'Arche Community in Courtenay. Thank you. We will leave the box in the narthex until the end of January. Also thank you to Andrew Slack for installing 2 new low flush, chair height toilets. One in each of the main washrooms.

ZATOUN - There are still 2 bottles of \$20 oil and 8 packages of \$5 herbs available. Contact Sallie Dabb if you would like some or they will be at the church next Sunday.

COLDEST NIGHT OF THE YEAR Feb. 23, 2019

We need more walkers to join the **Knox United Church** team. Pick up a Pledge Form in the Narthex. This is a fun event held right here at Knox. Join our team and help the hungry, homeless and hurting right here in Oceanside. You may register on-line at

www.coldestnightoftheyear.org or contact Barb Roberts at 250-248-7171 or Margaret Warburton at 250-250-951-0538.



FUN, FAMILY AND FRIENDS

REEL THEOLOGY - January Worship at 10:00 am. Join us in January for Reel Theology: spiritual messages from movies each week in worship and then watch the movie in its entirety after church in the lounge and enjoy a discussion afterward from 12:00 pm – 2:30 pm as we enjoy popcorn and beverages. Everyone welcome. **TODAY:** Wall-E

KNOX MEN'S CLUB INVITATION - The Knox Men's Club invites all men, especially new members, of the church to our January breakfast meeting on Thursday, Jan. 17th in the Knox lounge at 8:00 AM beginning with coffee and socializing. At 8:30 a very short business meeting followed by a delicious hot breakfast, and our guest speaker. We are delighted to welcome Gerry Jeffs of the Royal Bank, an investment retirement planner to speak on investments and tax-free saving accounts. This will be informative and enjoyable. We expect a good turnout. The cost is \$7.00.

For anyone wishing more information about the Knox Men's Club please contact Ken Armstrong at 250-248-0587 or via email at armstrong.gk@shaw.ca.

GMO THE HOMEGROUP FOR GRUMPY MEN ONLY

OMG IT'S 2019!



"I'm a little bit older, a little bit wiser, a little bit rounder, but still none the wiser"
--Ron Paul

o share and celebrate their grumpiness!

welcome!

otmail.com

UCW NEWS - UNUSED CHRISTMAS CARDS - Please accept our sincere gratitude for your generous response to our request for unused Christmas cards. We now have some inventory for this coming Christmas as we write out almost 400 cards for each resident in the local Care Homes. **THANK YOU VERY MUCH!**

QUALITY FOODS POINTS - United Church Women save their Quality Food points to donate towards Food Vouchers which Quality Foods

provides. These QF Food Vouchers are donated to the Discretionary Fund and distributed to those in immediate need of groceries.

METAL PULL TABS – United Church Women also save the metal pull tabs off canned soft drinks or other beverages. If you care to do this, please place the pull tabs you have collected and place them in the container located in the Photo Copy Room.

USED EYE-GLASSES & CANCELLED POSTAGE STAMPS - Also, United Church Women collect used eye-glasses which can be donated to a local charity who distributes them for us. And while we're at it, why not save cancelled postage stamps which can be used by the Eastern Star. If you save these unused, cancelled stamps, please place them in a container to be found in the Photo Copy Room.

NEWCOMER'S MEET AND GREET – Come meet Jennifer, Jenny and other leaders in the church for a little one on one and to meet a few of the “regular” Knox folks. Grab your coffee after the service and head to the chapel to meet other folks that may be as new and as nervous as you are! **The next meet and greet will be at the January 27th.**

SACRED SPACES

SECURITY CONCERNS - When exiting the building, at any time of the day or night, please be certain that the door you are using to exit the building is closed tight. This is of particular concern when using the lounge door, the kitchen door, the door near the washrooms and the door near the columbarium. On many occasions it has been discovered that these doors are closed but are NOT latched leaving the staff at risk depending on the time of day and leaving the building accessible to theft. Thanks for your attention to this matter, Margaret Warburton, Co-Lead Sacred Spaces

TILE WORK IN THE KNOX KITCHEN - If you haven't been in our kitchen lately, please look at the beautiful white tile recently installed in the kitchen. Thanks to Al McLean along with the help of his friend Justin, who owns **ISLE TILE** in Nanoose, we have beautiful white tile above the counter on one side of the kitchen. You can't miss it. It upgrades our kitchen and thanks to the generosity of Al McLean and Justin, there was no charge to Knox. What a wonderful Christmas present. I would also like to thank Carmen Corbet for assisting by removing the paper towel dispenser and soap dispenser prior to the installation of the tile and

installing them after the completion of the job. Also, thanks to Jan Laurie for coordinating this endeavour. Margaret Warburton, Co-Lead Sacred Spaces

FIREWOOD AVAILABLE – From the cedar trees cut down in Nov/Dec. Email or call Ian Ward at sacredspaces2@kucparksville.ca or 250-468-9052.

STEWARDSHIP & FINANCE

organWORX AT KNOX Subscription renewals or new subscriptions for the 2018-19 organWORX three-concert series may be purchased in the Narthex, through the Knox office, online via the Knox website at www.kucparksville.ca/events, and from the Mulberry Bush Bookstores in Parksville and Qualicum Beach. See the season brochure for details.

HEALING AND PASTORAL CARE

“IN THIS TOGETHER” - Knox's emotional health, peer support, group meets every **Monday, 1:30 pm – 2:30 pm**, in room 6.

HEALING SERVICE WITH COMMUNION - The Healing Team and Worship and Arts Team will be collaborating ministries to offer a monthly service of Comfort and Healing on the third Sunday of the month at 3:00 pm. This will be a beautiful service in which candle lighting, peaceful music, prayers, reflection, communion, anointing of oil and laying on of hands for healing will be offered. The next Comfort and Healing Service is **Jan 20th**. Come away from the clutter and the chaos to find the quiet center. Join us for an experience of healing and hope.

KNIT & CROCHET GROUP, stitching the love; sharing the warmth. Join us **January 22, 1 p.m., rm 5**. We make prayer shawls, items for the homeless and more. Not crafty? Help us out and join our sharing circle. Everyone Welcome!
Ronine Sharp, 250-586-6972, memorynurse@shaw.ca

A GUIDE TO ANXIETY MANAGEMENT - Saturday February 16th, from **9:00 am to 5:00 pm**, the Healing Ministry are sponsoring this workshop facilitated by Pietro Abella. Drawing on his 28 years as a therapist and teacher, he will talk about how anxiety shows up in, and controls, our lives. He will share a technique he designed, which when

self-applied, can potentially challenge and diminish anxiety's influence and control. The cost is **\$65**, if you register **before Jan 31st** and **\$75** after that date. Registration is limited. If you have questions or would like to register, please contact **Lois Grill at (250)752-7599** or vicechair@kucparksville.ca

MINISTRY & PERSONNEL

Rev. Jennifer Ferguson: Monday-Thursday (Please note: Jennifer's schedule varies with meetings etc. If you would like to meet with her for pastoral care, please call her to make an appointment at **250-927-6061**, or email minister@kucparksville.ca or leave a message in the office.)

NOTE: Jennifer's days off are Fridays and Saturdays.

SPIRITUAL FORMATION

CENTERING PRAYER – Mondays 11 – 11:45 am, group practice.

“AN OPEN EXPLORATION OF LIFE AFTER DEATH” - Spiritual Formation will be hosting an exciting series of book studies on this topic. If you are interested in attending please email our church office admin@kucparksville.ca so we may ascertain how many people will be at each session, and can order copies of the books.

1. **January 14th, 21st & 28th: 7 - 9 p.m.** *"Healing Grief"* by James van Praagh
 2. **February 4th, 11th, & 18th: 7 - 9 p.m.** *"Many Lives, Many Masters"* by Brian Weiss
 3. **February 28th, March 7th & 14th 10:00 - 12:00 p.m.** *"Passage to Eternity"* by Azmina Suleman
 4. **March 21st & 28th; April 4th, 11th, 18th & 25th, May 2nd & 9th 10:00 – 12:00 p.m.** *"Destiny of Souls"* by Michael Newton
- Margo Pearson Spiritual Formation co-chair**

DROP IN BIBLE STUDY - With Jennifer Wednesdays at **10:00 am**. With those gathered, we will delve into the scripture to be discussed in Worship for the upcoming week and discover how it applies to our own

lives. All perspectives and insights are welcome.

MEDITATION CLASSES – For 6 weeks on **Thursdays** at **10:00 am** to **11:30 am** beginning **January 10th– February 14th**. This is a beginner's workshop for those who think they "just can't do it"! We learn various techniques and practice one or two each week in a group setting. Come and practice a smorgasbord of meditation techniques to help connect you more deeply with yourself and reduce stress and anxiety in your daily life. For more information call **Margo Pearson** at **250-594-7469** or check out the info on the Knox website at: <https://www.kucparksville.ca/events>

Date	Focus
Jan 10	Breath, Relaxation
17	Loving kindness, Mindfulness
24	Guided Visualization
31	Walking Meditation
Feb 07	Mandala's
14	Deep breathing, Mantra's/Chant

KNOX CALENDAR

January 13 – January 20, 2019

Sunday, Jan 13

Worship Service	10:00 am – 11:00 am	Sanctuary
FFF Movie	12:00 pm – 2:00 pm	Lounge

Monday, Jan 14

F.S. Planning	10:00 am – 12:00 pm	Lounge
Line Dancing	10:00 am – 12:00 pm	Rooms 1 & 2
M & P Meeting	1:00 pm – 3:00 pm	Rooms 1 & 2
In this Together	1:30 pm – 2:30 pm	Room 6
	(Mental Health Support Group)	
Creative Worship	2:00 pm – 4:00 pm	Lounge
Book Study	7:00 pm – 9:00 pm	Lounge
Handbell Choir	7:00 pm – 8:30 pm	Sanctuary

Tues, Jan 15

Healing Ministry	9:30 am – 11:30 am	Room 6
Grandmothers	9:30 am – 11:30 am	Lounge
Healing Ministry	6:00 pm – 8:00 pm	Room 6
Council	7:00 pm – 9:30 pm	Lounge
Community Choir	7:00 pm – 9:30 pm	Sanctuary
AA	7:00 pm – 8:30 pm	Rooms 1 & 2

OA	7:30 pm – 8:30 pm	Room 5
Wed, Jan 16		
Drop-in Bible Study	10:00 am – 12:00 pm	Room 6
Healing Ministry	1:15 pm – 4:00 pm	Room 6
Knox Choir	7:00 pm – 9:00 pm	Sanctuary
Thursday, Jan 17		
Men's Club	7:00 am – 10:00 am	L/K
Meditation Workshop	10: 00 am – 12:00 pm	Lounge
Rainbows	6:30 pm – 8:00 pm	All Rooms
Friday, Jan 18		
Memorial Service Set up	11:00 am – 1:00 pm	Lounge
OA	12:00 pm – 1:00 pm	Room 5
Line Dancing	6:00 pm – 7:00 pm	Rooms 1 & 2
Saturday, Jan 19		
Memorial Service	2:00 pm	S/L/K/C
Sunday, Jan 20		
Worship Service	10:00 am – 11:00 am	Sanctuary
FFF Movie	12:00 pm – 2:00 pm	Lounge
Healing Service	3:00 pm	Sanctuary

Knox United Church Council 2018-19

Executive Officers of Council

Chair	George Pearson	george@kucparksville.ca
Vice Chair	Lois Grill	vicechair@kucparksville.ca
Past Chair	Gerry Garnett	pastchair@kucparksville.ca
Secretary	Linda Nelson	councilsec@kucparksville.ca
Stewardship & Finance Minister	Bev Harrison Dennis Riley Jennifer Ferguson	finance1@kucparksville.ca dpriley@shaw.ca minister@kucparksville.ca

Additional Council Members

Treasurer	Ken Fanning	acctg@kucparksville.ca
Trustee Rep	Wayne Larson	larsonw@shaw.ca
	Sandra Machan	trustees@kucparksville.ca
Presbytery Reps	Rick Roberts	rick.roberts@shaw.ca
	Carol Ross	rosscaa@hotmail.com
	Ken Fanning	acctg@kucparksville.ca
	Jennifer Ferguson	minister@kucparksville.ca

Member at Large	Bob McInnes	memberatlarge@kucparksville.ca
	Roxey Edwards	edwokr@shaw.ca

Ministry Team Leads on Council

Worship & Arts	Shirlene Donnelly	shirlene_donnelly@yahoo.com
Spiritual Formation	Jan du Monde	sf@kucparksville.ca
	Margo Pearson	
Ministry & Personnel	Mary Ellen Campbell	mandp@kucparksville.ca
Healing & Pastoral Care	Mary-Allison Bell	pastoralandhealing1@kucparksville.ca
	Maureen Loudon	maureenloudon@shaw.ca
Sacred Spaces	Margaret Warburton	sacredspaces1@kucparksville.ca
	Ian Ward	sacredspaces2@kucparksville.ca
Communications	Jo Dunn	communications@kucparksville.ca
Fun, Family & Friends	Carol Ross	rosscaa@hotmail.com
Social Justice & Outreach	Alison Stewart	ab.stewart@shaw.ca
	Donna Kennedy	djkparks@yahoo.ca
Healing Pathway Team	Lois Grill, Coordinator	vicechair@kucparksville.ca

Knox United Church Email Addresses

Knox Staff Email Contact Info

Rev. Jennifer Ferguson, Minister:	minister@kucparksville.ca
Jenny Vincent, Music Leader:	music@kucparksville.ca
Jane Williams, Administrator:	admin@kucparksville.ca
Karen Freeman, Facility Coordinator:	facility@kucparksville.ca
Ken Fanning, Treasurer:	acctg@kucparksville.ca
Kathleen Howard, Relief Admin:	knoxweekly@kucparksville.ca
Tech Team:	tech@kucparksville.ca
Library:	library@kucparksville.ca
Carmen Corbet, Custodian:	custodian@kucparksville.ca
Website:	https://www.kucparksville.ca

NOTES



Sunday, January 13, 2019

Reel Theology:

Tikkun Olam, Repair of the World

Knox United Church