

Knox News – April 2020



Our vision...

We, the congregation of Knox United Church, publicly proclaim our commitment to become an open and welcoming community of faith.

We declare that we welcome everyone regardless of age, race, ability, sexual orientation, and gender identity.

Everyone is welcome here.

Through the process of honouring diversity and challenging injustice with those who bear the weight of discrimination, we commit ourselves to openness, growth, education, love, and acceptance.



~
OUR MISSION
TO SHARE GOD'S LOVE
BY LIVING THE TEACHINGS OF
JESUS:

showing mercy,
promoting justice,
offering forgiveness,
acceptance, and hope.

~



Knox United Church

Operational Update COVID-9 Pandemic

Office Hours: Our office will be closed to all visitors and meetings until further notice.

Church Services, Public Events & Community Meetings: All public events & community meetings are cancelled until further notice. See information below about on-line church services.

Health Guidelines: We are abiding by all Health Canada and Province of Nova Scotia guidelines. We appreciate your understanding and patience as we implement measures to ensure the safety of our employees, our congregants, and our guests.

Knox is here for you...

Even though our building is temporarily closed, our staff and many volunteers are still working away. Please reach out to us if you, or someone you know, is in need of assistance.

Office hours (remotely) are Mon – Fri 9 am – 1pm.

ALL TELEPHONE AND EMAIL MESSAGES ARE BEING RESPONDED TO DAILY.

902.865.9216

General Inquiries: admin@knoxsackville.ca
or Rev. Sandra Cox: minister@knoxsackville.ca



In this time of COVID-19, we pray:

When we aren't sure, God, help us be calm;

when information comes from all sides, correct and not, help us to discern;

when fear makes it hard to breathe, and anxiety seems to be the order of the day, slow us down, God;

help us to reach out with our hearts, when we can't touch with our hands;

help us to be socially connected, when we have to be socially distant;

help us to love as perfectly as we can, knowing that "perfect love casts out all fear".

For the doctors, we pray, for the nurses, we pray, for the technicians and the janitors and the aides and the caregivers, we pray, for the researchers and theorists, the epidemiologists and investigators, for those who are sick, and those who are grieving, we pray, for all who are affected, all around the world...we pray for safety, for health, for wholeness.

May we feed the hungry, give drink to the thirsty, clothe the naked and house those without homes;
may we walk with those who feel they are alone, and may we do all that we can to heal the sick—
in spite of the epidemic, in spite of the fear.

Help us, O God, that we might help each other.

In the love of the Creator, in the name of the Healer, in the life of the Holy Spirit that is in all and with all, we pray.

May it be so.

—A prayer during times of COVID-19 by the Right Rev. Richard Bott, originally posted on Facebook.
Moderator Bott encourages the sharing of prayers he posts throughout his term.

Worship Services at Knox

Join us on Facebook for worship services each **Sunday morning at 10:30 a.m.** until further notice.

Even though we can't meet together in our beautiful sanctuary as we once did, we can watch/participate in worship from the safety and comfort of our own homes. Simply sign on to Facebook and search for the Knox United Church page. Scroll down to the most recent "Posts" and wait for the service to be initiated. Don't worry if you join in a bit late, the service will be available for 24 hours and you can watch from the beginning anytime during the day.



Holy Week On-Line Worship

Palm Sunday, April 5th, 10:30 a.m.
(No Maundy Thursday service)

Good Friday, April 10th, 10:30 a.m.

Easter Sunday, April 12th, 10:30 a.m.



Financial Contributions

Your church's expenses continue even during this unprecedented time of social distancing. You may be wondering how you can still make your offering.

Here are a few suggestions:

- During the livestream service (or any time for that matter) you can click on the link to CanadaHelps.org (Knox United Church) and make a secure on-line donation.
- The mail is being checked regularly so you can mail in your envelopes (cheques only – no cash please) to Knox United Church, PO Box 210, Lower Sackville, NS B4C 2S9.
- You can enroll in **PAR (Pre-Authorized Remittance)**. Contact the church office to enroll. It's quick, easy, and can be changed at any time!



Thank you to all who are making their regular donations through PAR or otherwise.

Freedom Kitchen Food Truck: We are operating on a week-to-week basis and are taking all actions to keep the food truck open on Monday nights. We are following all federal and provincial guidelines and have implemented additional cleaning protocols, reduced the number of volunteers in the kitchen, reduced the number of servers on the truck, etc.

Location: Sackville Public Library Parking Lot – please be sure to abide by social distancing guidelines if using the service.

Time: Monday nights, 4 – 6 p.m. (note time change)

Delivery Service: Our delivery drivers are volunteers and some routes may be affected due to social distancing preferences. If a driver is not going to be delivering, all clients will receive a phone call advising that no food will be delivered.

For up-to-date information, follow us on Facebook or email: freedomkitchencares@gmail.com

Freedom Closet: We are unable to operate Freedom Closet at this time. If you have an emergency and require a specific item, please email: freedomkitchencares@gmail.com

A Message from the Knox Pastoral Care Team



Today, like no time ever before in our lifetimes, we are all keenly aware of the

day-to-day activities we have taken for granted – spending time with family and friends, going shopping, going to sporting events, giving a friendly hug, sharing a handshake, coming together to dine out, or enjoying a coffee together at a favourite coffee shop. The direction we are receiving is that by staying apart we can get through this Covid-19 crisis – together. Our previous understanding of community and of supporting each other requires new definition. Adding to the challenge to redefine our sense of normal is the added burden of not knowing how long this situation will last and even what the light at the end of the tunnel will illuminate for each of us, for our loved ones, for our country and for the world.

What we do know is that our love, our concern and our empathy for others is consistent, and we will endure throughout this time. We need to use every available means to stay in touch, respecting physical distancing. Call your friends and loved ones. Use social media to bring a smile and words of encouragement to others.

Members of the Pastoral Care Team are in contact by phone or messaging with the people we usually visit and are also reaching out to others in our church family especially those who live alone or where we know there is a special need. If you or someone you know would like to hear a friendly voice please call the church office 902-865-9216 and leave a message. The messages are checked frequently and will be passed on to us.

We all need to stay informed and follow the advice of health experts, and we will all continue to pray for an end to this stressful time, for recovery, and a new and strengthened appreciation for life as we knew it.

God bless and keep you all well.

*Judy Hayes and Olive McIlldoon
(Co-leads of the Knox Pastoral Care Team)*

CANCELLATIONS POSTPONEMENTS

Gentle Yoga and Relaxation

Postponed until the fall

Cathy Heighton has been leading an hour of gentle yoga stretches and relaxation on Saturday mornings. These sessions have been put on hold until the fall. Cathy will contact regular attenders with a commencement date. If this is something you are interested in come fall, please contact Cathy at 865-0001.



Community Outreach Meal Event



COMMUNITY MEALS
— LOVE IN ACTION —

Postponed indefinitely

Usually held the third Thursday of each month. 4:30 – 6 p.m.

Due to the imperative of social distancing during the Covid-19 crisis, regrettably we are unable to continue providing this monthly free meal. The meals will commence as soon as it is safe to do so. We are hopeful that we will be up and running in time to hold the annual BBQ event. Stay tuned for further announcement of these events.

The Message: in concert at Knox



Will be rescheduled in the fall.

We were disappointed to have to cancel the concert by The Message that was planned for March 29th, but are pleased to announce that they are willing to reschedule to sometime in the fall, date to be decided.

Knox Annual Spring Yard Sale

Planned for Saturday, April 25th

The Yard Sale has been postponed until a later date (to be announced). Feel free to hold onto your donations at home or donate to another organization.



Lobster Supper Fundraiser

Planned for Saturday June 6th

The Lobster Supper has been postponed indefinitely. Will keep you posted if we choose to reschedule.



A challenging questionnaire made me realize something very important.

Last winter the Knox Futures Team questionnaire asked “What was the most memorable experience you’ve had at Knox?” It took much deep thinking to finally decide on my answer. It was joining the Knox Prayer Chain. Why? Because I learned that I led a blessed life! What an overwhelming discovery this was for me!

I’d always felt good praying for others, but gradually I realized what being an active member of the Prayer Chain was doing for me! The first thing I noticed was most of the things people requested prayers for had never affected my life. Secondly, there was a high percentage of prayer requests that related to serious health issues - like cancer. There had been many serious health issues in my family, but thus far none had affected me. I have enjoyed many years of good health. I became increasingly aware of all the blessings I’ve enjoyed in my life - good health, loving family, healthy children and grandchildren, (I even have a healthy great grandson), lots of loyal friends, etc. My list keeps growing the more prayer requests I receive. I am very grateful that God motivated me to join Knox Prayer Chain and even more grateful that I lead a blessed life.

I’d like to challenge you all. The entire world is going through a difficult time with Covid-19 and here is a challenge for you. Become a secret member of our prayer chain and pray regularly for our Knox family. Since we can’t get together these days we need to ask God to keep us stay connected as a loving family. As you pray, remember to count your own blessings - we have so many that we take for granted. Pray and see how your life can be changed for the better. It is possible for many of you to discover that you too ‘lead a blessed life’!

God Bless you all....Gail Miner



Thanks to everyone who helped out with the celebration of Knox becoming an Affirming Ministry on Sunday, March 15th. Wasn’t it grand to be able to get together for one last time for a fantastic worship service and a lovely meal before the need for social distancing and self-isolation.

Thank you to all who help out during this time!

Stay safe, take care of each other, and God bless!

567 Sackville Drive (PO Box 210) Lower Sackville, NS B4C 2S9

Office: 902.865.9216 Hall/Kitchen: 902.865.1603 Fax: 902.865.0599

In the case of pastoral emergency, please dial 902.865.9216

office: admin@knoxsackville.ca

website: www.knoxsackville.ca

facebook.com/knoxunited