



Knox News & Reflections

March 2020

567 Sackville Drive, PO Box 210
Lower Sackville, Nova Scotia, B4C 2S9
Office: 865-9216 Hall & Kitchen: 865-1603
EMERGENCY PASTORAL CARE
902-865-2617

Our Staff

Interim Minister: Rev. Sandra Cox
minister@knoxsackville.ca
Ministry of Music & Dramatic Arts:
John Lindsay-Botten
music@knoxsackville.ca
Office Administrator: Tracey Miller
admin@knoxsackville.ca

Join us for Worship Sundays at 10:30 a.m.

Each Sunday morning we gather in our beautiful sanctuary for prayer, praise, and worship. Our minister, Rev. Sandra Cox, encourages, comforts, and challenges us to live God's word in our daily lives. The Knox congregation and choir lift their voices in song under the direction of John Lindsay-Botten. Musical accompaniment may be piano, organ and occasionally a variety of other instruments. Our youth choir, SpiritSong, enhances worship with a musical selection about once a month. Children attend church with their families until their conversation time with Rev. Sandra, after which they are welcome to participate in our exciting Church School GO! Curriculum. An audio loop is available for those with hearing aids. If you can't make it to worship, try watching the service on Facebook (live-streaming), or check out the website for an audio version of the service. A warm welcome awaits you in the narthex following worship if you stay and mingle during our fellowship and refreshment time.



Committee Chairs & Team Leads

Baptism: Debbie Chisholm
Church Council: Betty Lou Killen
Communication: Rainie Murphy
Fellowship: Janet Mombourquette
Finance: Fred Gallop
Funeral Visitation: Sandra Braye
M&P: Heather Robinson
Nominating: Heather Robinson & Paul O'Brien
Outreach: Caroline Gallop
Pastoral Care: Olive McIlldoon & Judy Hayes
Property: Mannie Lewis
Security: Jerry Landry
Stewardship: Vacant
Spiritual Oversight: Nancy Kent
Sunday School Superintendent: Lynne Stewart
UCW: Janice Newhook
Ways & Means: Eleanor Lewis
Worship: Angie MacRae

**Church Facility
Rentals & Leasing
INFO**
902-865-9216
Rainie Murphy
& Tara Forhan

Weekly Activities

Sundays

SpiritSong (youth choir) - 9:40-10:15 a.m.
Room 9
J.A.M. (Jesus & Me) Church School 10:40-11:30 a.m. Room 4
Youth Group - 7 - 8:30 p.m. in the youth room - every second Sunday

Wednesdays

Time Out for Ladies - 1 p.m. Parlour
Bible Fellowship Time - 7 p.m. Parlour
Senior Choir - 7 p.m. Choir Room



Knox News & Reflections

As we look forward to the coming of spring, we also enter the season of Lent, a time to ready our hearts and minds for Jesus' life, death, and resurrection. Read on and take note of all the chances to take part in the life and work of your church family.

April edition deadline March 29th

Please forward information about your upcoming events/activities OR reports/photos of your past events to the church office (admin@knoxsackville.ca) or Pat Galbraith (pdgalbraith@gmail.com) for inclusion in the next edition

To keep you up to date throughout the month, we publish a short weekly update, "This Week at Knox". You can also stay informed by sharing your email address with the office in order to be included in the weekly email blasts.

Monthly Meetings:

Spiritual Oversight - 3rd Tuesday Monthly (7pm)
Church Council - 4th Tuesday Monthly (7pm)
Finance - Monday Monthly (7pm)
Worship Team - 1st Tuesday Monthly (7pm parlour)
UCW - 3rd Monday Monthly (1pm parlour)
Outreach - 2nd Monday Monthly (time varies parlour)
Pastoral Care - 1st Thursday Monthly (7pm parlour)
Fellowship - meets as needed

Follow us on



www.knoxsackville.ca

Knox is also on Instagram at
[@knoxunited](https://www.instagram.com/knoxunited), so tag your pics



March Happenings

Knox Takeout Turkey Soup Luncheon



Tuesday, March 3rd

Our monthly takeout turkey soup luncheons continue in March with a bowl of soup, roll and a generous portion of homemade carrot cake, all for just \$7.

Veggie peeling Monday evening – we can always use a few extra hands so bring your peeler and come along to help out.

Please note: This will be the last soup luncheon until the fall.

Gentle Yoga and Relaxation

Saturdays, 10-11 a.m. in the Boardroom

Cathy Heighton leads an hour of gentle yoga stretches and relaxation.



Grandmothers to Grandmothers Dessert Bridge/Card Social



Saturday, Mar 7th, 1 p.m.

Join us for our 10th annual card social in support of the Stephen Lewis Foundation. To reserve a table for four call Judi at 864-2588.

Annual Congregational Meeting



Sunday, Mar 8th, following worship

Pick up a copy of the Annual Report and join us in the sanctuary to participate in the decision-making of your church.

StarKnox Coffee House

Friday, March 13th, 7-9:15 p.m.

Join us for this coffee house and open mic with an Irish theme. Doors open at 7 p.m.

Free admission with food/drink available at a small cost.



Affirming Ministry Celebration with PIE Potluck

Sunday, March 15th

We will be celebrating Knox's becoming an affirming congregation on Sunday, March 15th, and as part of the celebration we will come together for a PIE potluck following worship! Bring a dessert pie, a pizza pie, or even a shepherd's pie and share it with those in our church and community. See the signup sheet in the narthex. For more details about the affirming celebration see page 4.



Community Outreach Meal Event



COMMUNITY MEALS
— LOVE IN ACTION —

Thursday, March 19th, 4:30 – 6 p.m.

All are welcome to this FREE community meal which is held in the Knox Cann Christian Education Hall on the third Thursday of each month.

Knox Christian Men in Fellowship Breakfast

Saturday, March 21st, 8:30 am

at Tom's Restaurant and Saturday, March 28th, 9 a.m. at Eldon's Café



All men are welcome. We look forward to seeing you there. (See page 6 for more information).

Lenten Weekday Lunch and Worship Service

Tuesday, March 24th, 11:30 a.m.

Light lunch followed by worship with Holy Communion. For more details see page 4.



The Message: in concert at Knox



Saturday, March 28th, 7 p.m.

Donations accepted (\$10.00 suggested) at the door. If you are aged 16 years or under, admission is FREE! Come out and experience the harmonies, arrangements, and

original selections of THE MESSAGE.

We will be very fortunate to have THE MESSAGE join us for worship on Sunday, March 29th.



Knox Annual Spring Yard Sale

Saturday, April 25th, 8:30 a.m. – 12:30 p.m.



Keep us in mind as you do your spring cleaning. For more details see page 6.

Lobster Supper Fundraiser

Saturday June 6th

4:15 and 6 p.m. seatings

Mark your calendar and watch for details in the near future



It may not look like it, but spring is coming and so is Daylight Savings Time. Don't forget to set your clock ahead an hour to

avoid arriving late for church on **Sunday, March 8th!**



HOLY WEEK

April 5th – 12th

KNOX AFFIRMING MINISTRY

On Sunday, November 24th, the congregation of Knox United Church voted – overwhelmingly - to become an Affirming Congregation. It was not surprising since “acceptance” and “love” are integral components of our Mission Statement. Since then, we have been working toward making sure that welcome, acceptance, and love are shown to all. Part of that has been the development of an affirming vision.



Our vision... We, the congregation of Knox United Church, publicly proclaim our commitment in becoming an open and welcoming community of faith.

We are declaring we are welcoming to 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.

AFFIRMING MINISTRY CELEBRATION - SUNDAY, MARCH 15, 2020

On Sunday, March 15th, we will have an opportunity to celebrate that decision and promote those ideals. The worship service will be full of special moments that you will not want to miss. And what would a celebration at Knox be without food. To that end, we will hold a PIE Potluck following worship!

PIE POTLUCK – FOLLOWING WORSHIP IN THE CANN HALL

PIE stands for **Public Intentional Explicit**, which are the standards that guide our welcome when we become affirming of LGBTQ2SIPAA and Two Spirit communities. But of course, pie is also a delicious food. So come and join your Knox family for this celebration and bring your favourite type of pie. There are lots to choose from...dessert pie, pizza pie, shepherd’s pie and more. Please sign up on the poster in the narthex so we can get a nice variety of savoury and sweet pies. There are also opportunities to help out...blowing up balloons, setting up and decorating on Saturday, and cleaning up after the potluck.

Don't give up PIE for Lent!



Midweek Lenten Lunch and Worship Service

Tuesday March 24th

12:15 pm: Lunch in the Cann Hall

1:00 pm: Worship service in the sanctuary

Everyone is welcome to attend this special time of fellowship and worship co-hosted by the Knox Spiritual Oversight Committee and Pastoral Care Team. We will have a light lunch of sandwiches and sweets, then proceed to the sanctuary for a traditional worship service with familiar hymns and the sacrament of Holy Communion.

We may be able to arrange a drive for anyone who wishes to attend but has no means of transportation.

Please call Olive at 902-864-2984.



Pastoral Care Ministry

Greeting Card Ministry



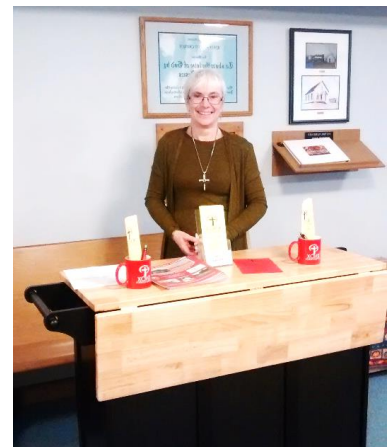
Our Pastoral Care Team has an important ministry that they would like to share with you. We send cards to members of the congregation for important milestones. Birthday greetings for 80, 85, and 90+ years young, Anniversary greetings for 50, 60, 70, and 75+ years together in God’s Love. To put a name on the list please contact Dianne Levy at 902-865-2546.

Knox Welcome Table

The Welcome Table is set up in the narthex so that new guests can ask questions and get information about who we are here at Knox. We are currently seeking new volunteers to do this very important service for our congregation.

The requirement is to be at the table starting at 10 a.m. until just before the service starts, at which time you may join your family and friends in the sanctuary. It will depend on how many volunteers we have how often you will be called upon to perform this important service. For more information or to volunteer please email Sandra Braye

at thebrayes@bellaliant.net. Thank you.



**SACKVILLE COMMUNITY PARTNERS
INVITE YOU TO C.O.M.E.**
to a Community Outreach Meal Event
A FREE MEAL!

Thursday March 19th, 2019
4:30 – 6 p.m.
Knox United Church Hall

The **Community Outreach Meal Event** takes place at Knox on the third Thursday of each month. All are welcome to this free meal. If you are wondering when it will be Knox's turn to host a meal, you can mark your calendar for **Thursday June 18th**. And, of course, all the partners will work together for the annual summer BBQ.

Every Monday night 5:00-7:00pm

Freedom Kitchen

A community providing hope and free food

**THE TRUCK ROLLS IN
EVERY MONDAY 5 - 7PM**

Sackville Library Parking Lot

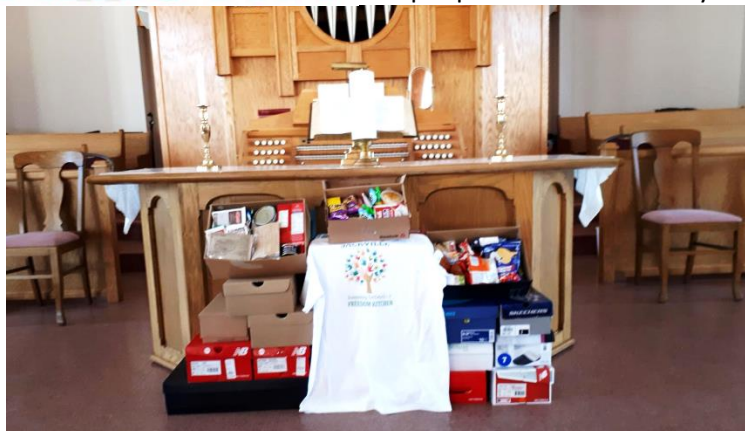
For all the details visit facebook or speak with
Rainie Murphy or Tara Forhan 902-400-2028

Freedom Kitchen provides a free meal every Monday evening from October to April from the Salvation Army Food Truck. The truck parks in the Sackville Library parking lot. We have regularly been serving over 250 meals each week.

**OUTREACH
MINISTRY**

MEAL MINISTRIES

The outreach meal ministries at Knox are making a difference in the lives of many people in our community.



Take Home Shoeboxes for The Den

There are young people who come to The Den (Youth Drop in Centre in the basement of the Sackville Library) who tell the leaders that they have no food at home. To help with this tragic situation, a new initiative has been started by the folks from Freedom Kitchen. We are looking to fill 100 take-home shoeboxes full of non-perishable food items! These should include food for a few meals and some recess snacks, water enhancers, canned goods, breakfast ideas.

On Sunday, Feb 9th, we challenged the congregation to help contribute to this initiative and bring in filled shoeboxes or supplies for the church school to prepare shoeboxes on the following Sunday.

Some examples for shoebox contents: Kraft Dinner, peanut butter, jam, instant rice, Side Kicks, Cup-o-Soup, Mio, juice packs, granola bars, pop tarts, fruit cups, pudding, instant potatoes, powdered milk, to-go almond milks, small cereal boxes, Mr. Noodles, and anything else you can think off that won't spoil.



**Weather
Related
Worship**

Cancellations

In the case of bad weather, cancellations will be reported on CBC, C100 and Seaside FM. We will also post it on our website www.knoxsackville.ca, Facebook, and a message will be left on the church office voicemail box 902-865-9216. So please check before you head out to church if there is any weather warning in effect.

KNOX PRAYER CHAIN - A Gift from God

Prayer is the means by which we approach God.

When I first heard that a Prayer Chain Ministry was being initiated by Cathy Heighton, I thought to myself, "Is this something I could become involved with – become a member?" The Prayer Chain is committed to pray for others. Requests for prayer may be made by anyone, not just members of the congregation. Once a request is received, a call is made to the members and individual silent prayers begin immediately for healing, peace of mind, comfort, etc., always knowing, "Thy will be done". With this information, I said, "Yes! I can do this! I can share my faith in prayer with others, for others, in my everyday prayers."

I would encourage anyone who wants to share their faith in prayer to consider joining the Knox Prayer Chain.

So many times you hear someone say, "If not for my faith, I do not know where I would be." Jesus gives us two commandments: To love the Lord and to love others as we love ourselves (Matthew 22: 37-40) and when we use our talents to honour Him and bless others, we are doing just that.



PRAYER CHAIN

Submitted on behalf of the Prayer Chain, with peace, joy, and hope, Verna Jonasson

Knox Annual Spring Yard Sale



Church Yard Sale

Saturday, April 25th
Doors open to the public - 8:30am - 12:30pm

In case you haven't heard, the Knox Annual Spring Yard Sale is a GO! We will be looking for

some help with the following:

Friday, April 24th - Set up the tables and put all the treasures on the table. Starting at 1 p.m. Mannie will be available to pick up boxes and small items in his truck.

We would love if any one has any time to help.

Saturday, April 25th - We would appreciate the help with selling. Hot soup and biscuits provided for your lunch.

Sunday, April 26th - Sale is open to the congregation following church and just a donation will buy you some good stuff. We could also use some help boxing stuff up, after people are done viewing.

This year will be very different from last year.

1. I will not get the deadly flu and leave you all hanging without a bossy lady in charge.
2. We **cannot accept items larger than a coffee table** as we do not have the use of the storage room this year.

Keep us in mind when you are doing your spring cleaning. Try to find us stuff that will sit on or under tables in the Cann Hall. If in doubt on what items that can be donated, send me an email: elewis4_2000@yahoo.com

Watch for the signup sheets in April to volunteer or to have items picked up. Thank you in advance for your participation.

Eleanor Lewis

Knox Cleaners

On Sunday, February 16th, Knox hired new cleaners, Anthony and his wife Hazel, who work for Jan-Pro. They are taking on the huge task of keeping Knox clean. Their main goals are to keep the floors and bathrooms clean and to pick up garbage every day. They will not be dusting, cleaning windows or polishing silver/brass. They are scheduled to work evenings, Sunday through Thursday.

Knox is a huge building with many people using it every day. As members of Knox, it is the responsibility of all of us to keep the facilities as clean as possible. Please try to keep things picked up off the floors, sweep up after yourselves, put out compost, cardboard, or large amount of garbage in the bins provided in the back parking lot. If you are having a large event that would take extra cleaning beyond your control, with plenty of notice, the cleaners can be called in and the cost will come from your event, not from Knox United.

Thank you in advance for helping to keep Knox a beautiful and welcoming Church.

Mannie Lewis

A huge thank you to Mannie and Eleanor Lewis for doing all the janitorial tasks while we were without cleaners for a full week in February.



Knox Christian Men in Fellowship Breakfast

The February Men's Breakfasts were so popular that we are planning on repeating them in March. All men are welcome to join us for one or both!

Saturday, March 21st, 8:30 am at Tom's Restaurant

(for more information contact Ted McIlldoon)

and Saturday, March 28th, 9 a.m. at Eldon's Café

(for more information contact Henry Ellsworth)

The breakfast at Eldon's will be an all-inclusive buffet breakfast (eggs, bacon ham, sausage, toast etc. plus tea and coffee). Cost \$12

(February breakfast at Eldon's pictured to the left).

Condolences to Rev. Sandra

The congregation expresses our sincere condolences to Rev. Sandra on the recent passing of her daughter-in-law.

Our sympathies are also extended to her on the death of her dear friend's daughter. Thank you to Judy Hayes, John Lindsay-Botten, Tony Monbourquette and particularly Linda Hefler *(pictured to the right)* for stepping in to conduct the service on Feb 16th, after Rev. Sandra received the devastating news.



Youth Corner

KNOX YOUTH GROUP

Meets every second Sunday evening from 7-8:30 p.m.
March meeting - 8th and 22nd

We sure had a lot of fun this February. We made “warm and fuzzies” for Valentine's Day and placed them around the sanctuary to brighten people's day. We had a game night and made buttons and Mardi Gras masks for Shrove Tuesday. We were glad to have some new members and welcome back a few former ones that hadn't been here in a while. We also have decided to change the age limit from Grade 6s to Grade 5s to be able to join. It's been a great transition. And, of course, we served at the Pancake Supper (*pictured below*). Stay tuned for more happening times at Youth Group.



SUNDAY SCHOOL Matters

The Sunday school would like to thank those individuals who contributed to our classroom with the donation of colouring books, Lego, blocks and other supplies. Your support is greatly appreciated.

As the season of Lent is approaching, our children have begun to study the special meaning behind this very important time in our church's life. They have already been introduced to the topic by their teachers and have begun a 40 Acts of Kindness chain, and a pretzel calendar that they will work on each week. They have also filled out a Lenten Promise Sheet to have them reflect on their own ideas for Lent. In the coming weeks they will be involved in the making of pretzels as one of the symbols of Lent, looking at the idea of prayer and the creation of a representation of praying hands, the construction of palm leaves to symbolize the triumphant entry of Jesus into the city of Jerusalem, and the last activity will be the assembly of a silhouette of the three crosses that symbolize the events that took place at Golgotha. All of these activities will include a discussion that is outlined for the children in a flip book that has been prepared for them to take home to help reinforce the events associated with Easter.

Just a reminder that there will be no Sunday School on March 15th and 22nd due to March Break, and none on Easter Sunday, April 12th.
Lynne Stewart, Sunday School Superintendent

Knox Choir Parties!

Recently at a choir practice, Knox Senior choir celebrated a 75th birthday! Can you guess whose birthday it was? Happy Birthday to a great sport...*Carolyn Silver-Crouse*.

We also finally got together for what was supposed to be our annual Christmas potluck – this year it turned into a mid-winter celebration instead.

Thanks to our very gracious host – *Gardia Voerman*.



Star Knox Coffee House

We had almost 70 folks arrive at Knox on Valentine's Day for a special Sackville Snow Days edition of StarKnox. The Cann Hall looked beautiful, with lovely valentine decorations and there was a great selection of treats for a very reasonable cost. Thanks to all who contributed the treats and to Janet Mombourquette, and Jen and Jamin Babineau for manning the canteen. The crowd was delighted to hear a number of selections from Innapinch (*George and Mary Francis LeBlanc, and Tony Mombourquette*). Thanks to the other performers who stepped up and filled in the show.

Our next StarKnox - Friday, March 13th, 7-9:15 p.m.

The evening will take on a distinctly Irish flavour with Keltic Konnexion, among others, performing. Come and join in the fun and be prepared for an Irish singalong.



Innapinch headlined the StarKnox Coffee House on Valentine's Day and are pictured here joined by Sackville Councillor, and Knox member, Paul Russell.