



Knox News & Reflections December 2019

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 on 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 McIlloodon & 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
Kitchen Co-ordinators
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

January edition deadline
December 29th

To keep the congregation up to date on what is going on in and around Knox, 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, so tag your pics



DECEMBER

Events



Keep Christ in Christmas Walk

Sunday, Dec 1st, meet in Knox parking lot at 2 p.m.
The Knights of Columbus host this annual walk from Knox to St. John Vianney. All are welcome.



Breakfast With Santa

Breakfast With the Clauses

Saturday, December 7th

8:30 – 10:30 a.m.

Cost \$5 per person

Join us for this fun annual event. For more info see page 6

Children's Christmas Store – Room 8

Sundays, Dec 8th, 15th & 22nd after worship

An opportunity for children to purchase gifts for friends and family, all for \$1 or less.

(More info page 6)



EnChor East with guests Lake Voices Honour Choir and Bedford Brass Quintet

Sunday, Dec 8th, 3 p.m.

Tickets \$20 available at the door



Gentle Yoga and Relaxation

Saturdays, 10-11 a.m.

in the Boardroom

Cathy Heighton leads an hour of gentle yoga stretches and relaxation. For more info see page 5.



Carol-o-grams by Knox Youth

Saturday, Dec 14th, evening

Sign up to have a carol delivered. For details see page 6.

Christmas Concert with Scotia Brass and Knox Choir

Wednesday, Dec 18th, 7 p.m.

Join Scotia Brass and Knox choir for a special evening of Christmas music (including a reprise of the choir Cantata "Comfort and Joy").



Community Outreach Meal Event

Thursday, Dec 19th, 4:30 a.m. – 6 p.m.

All are welcome to this FREE community meal on the third Thursday of each month.



Greening of the Church

The Symbols of Christmas

Advent I - Sunday, Dec 1st, 10:30 a.m.

White Gift Sunday



White and Pink Gift Services

Advent II - Sunday, Dec 8th,

10:30 a.m.

Gifts are distributed to Cobequid Christmas Cheer Program and Adsum House. For details see page 4.

U.C.W. Candlelight Service

Monday, Dec 9th, 7 p.m.

All are welcome to this very special service.

Refreshments and fellowship to follow in the narthex.



Cantata – Comfort and Joy

Advent III - Sunday, Dec 15th, 10:30 a.m.

Knox choir presents the Advent Cantata, *Comfort and Joy*, written by Lloyd Larsen and Pamela Martin.

Longest Night Service

Thursday, Dec 19th, 7 p.m.

A worship service of hope, strength and community. Details page 4.



Advent IV - Sunday, Dec 22nd, 10:30 a.m.



Christmas Eve Worship

Family Service

Tuesday, Dec 24th, 4 p.m.

This service is planned for families with young children. Many of our children and youth actively participate in the service.

Candlelight Service with

Lessons and Carols and Holy Communion

Tuesday, Dec 24th, 8 p.m.

No One Dines Alone a FREE Christmas Dinner

Wednesday, Dec 25th, 2-5 p.m.

For more information or to volunteer, please speak to Eldon Turner of Eldon's Café.



Have you checked out Broadview? This magazine of the United Church connects us to the larger church community. It helps us discuss our differences and the articles are current and topical. The December edition has a story on **Knox United and the Freedom Kitchen food truck**. There are previous copies available in the hall to read and decide if you would like to purchase a subscription (\$25 for 11 issues a year).

Contact Paige Moore at 902-864-0447 for further information.





White and Pink Gift Service - Sunday, December 8th

At Knox, the tradition of White Gift is honoured each year on the second Sunday of Advent. The Outreach Committee coordinates the collection of our White Gifts and forwards them to the Cobequid Community Health Center (Social Services). Through this program, a store atmosphere is set up with all the donations sent in by churches and community members. Parents of under-privileged children are welcome to come and “shop” for their children – selecting the toys or clothing that would be most appropriate. There is no need for expensive wrapping, since all the gifts will be unwrapped before being forwarded to the program. Simply place the gifts in a white plastic shopping bag or lightly wrapped in white tissue paper (in keeping with the White gift tradition).

Traditions around white gift are rooted in the wish to place equal value on gifts both large and small.

One may recall the fable in which peasants and lords were able to participate equally in the celebration of the king’s birthday because all gifts for the king were wrapped in the same white covering. Perhaps building on that fable, a tradition was born in 1903 when a small Methodist congregation gave white-covered gifts to others in need. In both situations anonymity ensured that all gifts were appreciated equally.

Mary and Joseph were parents with little money, few rights, and little identity. They were anonymous among the faceless crowds of the Roman Empire. Yet they received the greatest gift of all – the baby Jesus. In turn, they gave their greatest gift to him – their love and a name from God. It was a gift exchange that changed the world. (by Tina Cote from Mandate 2009)

PINK Gifts - In 2013 Knox Church School started another tradition. The theme for White Gift Sunday that year was to also incorporate a PINK Gift. The idea stemmed from an incident in 2007 when two Nova Scotian high school students organized a protest to wear pink in support of a Grade 9 boy who was being bullied for wearing a pink shirt. Since then, members of Knox have been donating PINK gifts for Adsum House, a resource for women, children and youth during periods of homelessness. These gifts can be differentiated by placing them in a pink bag or adding a pink bow or ribbon.

Adsum House Wish List: gift cards (coffee, grocery, drug and department stores), movie passes, women’s, children’s and unisex pyjamas, underwear or slippers – all sizes - socks, women’s winter wear – hats, scarves, gloves, mittens - agendas, planners, calendars, diaries, crossword/games, books/adult colouring books, eye masks and ear plugs, headphones, universal chargers, phone cards, toiletries.



Whether you contribute a WHITE, or PINK gift, know that each gift will be blessed and will be a blessing to someone. Your generous support is always appreciated.



Tiny little hands, ears, and toes in our community need the warmth of mittens, hats, scarves, sweaters and socks this winter. Your donation of new warm winter wear for both little people, and big ones, can be placed on the mitten tree located in the in the narthex. Please keep teens and adults in mind as well. Donations are appreciated and will be distributed to appropriate community groups.

SACKVILLE COMMUNITY PARTNERS INVITE YOU TO C.O.M.E.

to a Community Outreach Meal Event

A FREE MEAL!

Hot Meal – Beverage – Dessert

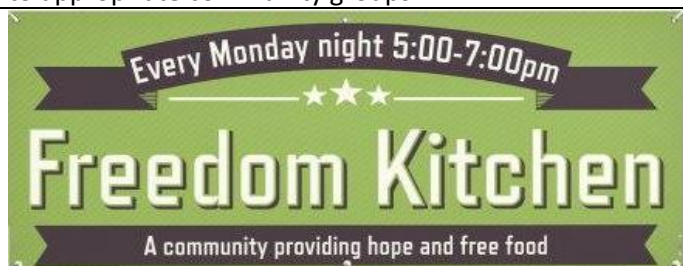
Thursday, December 19th, 2019

4:30 – 6 p.m.

Knox United Church Hall - ALL welcome



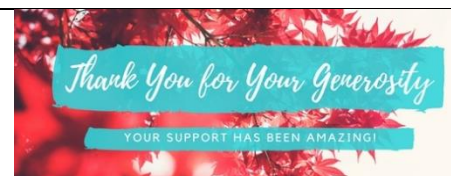
The Community Outreach Meal in December will be a joint effort by all the churches involved. We will serve a ham dinner with potatoes, mixed veggies, rolls, and gingerbread for dessert and Christmas music will be provided by the Vineyard. We have all the food covered but may need some help from our Knox family with setup and cleanup. If you are interested in helping out, please contact Caroline Gallop.



Thanks so much to all who donated pancake mix; we have our quota - and more - due to your generosity. We will continue to collect as Beacon House can never have too much food. Toiletries, personal hygiene items, deodorant, shampoo, blades, shaving cream, toilet tissue, and Kleenex are always appreciated this time of year.

Blessings of the season from the Outreach Committee and a huge thank you for

your generous support to the community outreach programs. Best wishes for the Christmas Season.



Don MacRae ~ Minister of Music Emeritus



On Sunday, November 17th, Don MacRae was named **Minister of Music Emeritus** for his years of dedicated service to Knox. Don is pictured here with our **Minister Emeritus**, Rev. Bob Chapman.

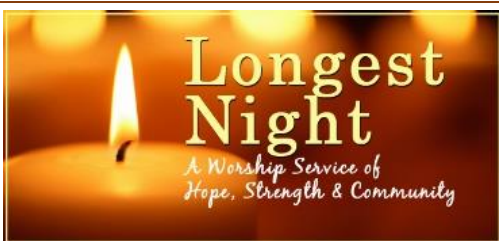
Knox officially becomes an Affirming Congregation!



On Sunday, November 24th, the congregation of Knox approved the motion to become an

Affirming Congregation – extending a heartfelt welcome to ALL! Stay tuned for official celebrations to take place in the New Year.

Rev. Sandra delights in announcing the Affirmation voting results!



Focus on Pastoral Care Longest Night of the Year - A Service of Light in the Darkness Thursday, December 19th, at 7 p.m.

For some of us, the joyous sounds of Christmas remind us of personal struggles we may be experiencing. This may be grief as we miss a loved one we have lost, uncertainty if we are suffering from illness or pain, or any other situation that makes us feel lost, lonely, hopeless, or uncertain about the future.

The Longest Night of the Year service helps us to realize that the true meaning of Christmas is not gifts and decorations, but rather a promise of hope and light in the darkness. It reminds us we are never alone. It is an opportunity to share with others a message of comfort, hope and healing. You are warmly invited to join us for this special time.

For more info call Judy 902-864-9141 or Olive 902-864-2984

Christmas Poinsettias – If you would like to make a donation in memory of your loved one(s) this Christmas, please complete a form (available from the church office) and return it with your donation (any amount). Each order form includes a card for you to complete and personalize which will be displayed on one of the poinsettias. Your memorial(s) will also be printed in the Christmas Eve bulletins. A 2019 income tax receipt will be issued.



Gentle YOGA Stretches & Relaxation

Saturdays from 10-11 a.m. - Knox Boardroom

Note: No break for the holidays. Come if you can

We start with a 15-minute gentle, head to toe, tai chi warm up, followed by a half hour of yoga stretches, and finish off with 15 minutes of relaxation. All you need is a yoga mat, a blanket, (*a small pillow optional*). Currently, donations will help pay off the subflooring in our beautifully renovated boardroom.

For more information, contact Cathy Heighton 902-865-0001.



The Men of the Deeps

Knox was honoured to host the Men of the Deeps for two sold out concerts on Nov 23, and 24. (*pictured here with Knox choir for their encore numbers – Working Man and Rise Again*) Thanks to everyone who worked so hard to make the whole weekend a huge success!

Youth Corner



Breakfast with Santa

Saturday, Dec 7th,

8:30 – 10:30 a.m.

Cost \$5 per person

On the menu:

*Pancakes or toast,
bacon, eggs, juice,
coffee & tea*

Tammy Orr Photography will be on site taking professional pictures by donation, as well as one high resolution picture emailed per person. Live Christmas music by Tony Mombourquette.

You don't have to bring children with you to join in the fun. Everyone is welcome.



Knox United Sunday School

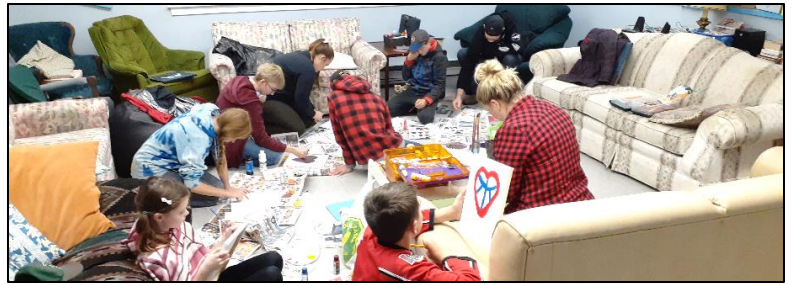
Our Sunday School continues to meet each Sunday under the guidance of Jennifer Mahaney and Jennifer Williams. Beginning with the last Sunday in November, the children will explore and learn about the Advent season and what it means for people of the Christian faith. Each week they will be involved in activities that strengthen their understanding of the coming of the baby Jesus and how it will reflect on them and the rest of the world. On the last Sunday in November, the children will look at the number of days that lead up to Christmas by constructing an Advent chain. The following week our children will be involved in the White and Pink Gift intergenerational Sunday service. They will help to gather the gifts the congregation has brought, as well as trim their own tree in the sanctuary. The children will then return to the classroom where they will construct an Advent wreath. Our third Sunday of Advent involves an activity that explores the part the angels played in spreading the news of the birth of the Christ child. The last Sunday will include the construction of a Nativity scene.

Lynne Stewart Sunday School Superintendent



KNOX YOUTH GROUP

Continues to meet every second Sunday evening from 7 to 8:30 p.m. Some of the fun we had this last month included making heart collages (pictured below) and checking out the Bedford parade of lights.



In December we will meet on the evening of Dec 1st for our regular get-together. Our final meeting before Christmas will be a sleepover on Saturday, Dec 14th, when we will spend the early part of the evening presenting

Carol-o-grams

The Youth Group will be Christmas caroling on the evening of

Saturday, Dec 14th

For a \$10 donation you can send some Christmas cheer to someone

in the Sackville area this year. If you'd like to join us, it is always a fun and heart-warming evening that starts and ends with hot chocolate! Please see Jen Babineau to sign up or for more info.



Knox Children's Christmas Store



Room 8 (wrapping Room 6)

Open Sundays

December 8th, 15th, and 22nd

after the worship service

All items \$1 or less

Children should bring a list of the people they want to buy Christmas gifts for, with an age indicated to help us guide them. Only children will be allowed in the store, with Santa's helpers there to give them a hand.

Most young shoppers will need help with wrapping their gifts. We hope to help with wrapping if we can get enough volunteers. If you love to wrap presents this is the place for you. We are usually **wrapped up** by 1 pm.

We **NEED** your help if we are going to be able to continue operating the Children's Christmas Store next year. Please contact Gail Miner (for wrapping) or Judy Houlihan at 902-864-7606.

Drivers Needed for Turkey Soup Luncheon Delivery - We are in need of a couple, or more, people who would be able to help out with deliveries when one of our dedicated drivers is unable to do so for some reason. If you are willing to help (for approximately one hour at lunchtime the first Tuesday of the month starting in February), please call Paige Moore at 902-864-0447.

**HELP WANTED
DRIVERS**

Thank you, thank you, thank you to our amazing volunteers. November was a busy month, culminating with our Knox Turkey Supper which will have just wrapped up by the time this edition of Knox News and Reflections is available. Thanks to everyone for every contribution, not just for the Turkey Supper, but all our events this fall!

