



Knox News & Reflections October 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 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, and many weeks our service is enriched by Sandra Spears, who provides American Sign Language interpretation. 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: Robin Barrett
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



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

November edition deadline October 27th

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) 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



If God is your co-pilot, swap seats!

October Happenings

Gentle Yoga and Relaxation

Saturdays, 10-11 a.m.

starting Oct 5th in the Boardroom

Bring your mat, blanket, and pillow (tie, and block, if you have them).

Cathy Heighton will lead us in an hour of gentle yoga stretches and relaxation. Free-will donations accepted for various Knox projects. (more info page 6)



Community Outreach Meal Event

Thursday, Oct 17th, 4:30 – 6 p.m.

All are welcome to this **FREE** community meal on the third Thursday of each month. This month's meal will be presented by St. Francis by the Lake.



Sackville Concert Band with special guests

Friday, October 18th, 7 p.m.



Sackville Concert Band, under the direction of Jim Forde, will perform an evening's worth of wonderful music featuring guest vocalist John Lindsay-Botten.

Admission is by donation: suggested \$20 adults, \$5 to \$10 children/students

Knox Anniversary Sunday

Sunday, Oct 27th

Join us as we celebrate the 128th anniversary of Knox United Church. Rev. Bob Chapman will be the guest speaker at our morning service. Following the service join us for a **Cold Potluck Luncheon** in the Cann Christian Education Hall. Bring your favourite dish to share.



Affirming Ministry Process

Sunday, Oct 20th

Rev. David Hart will join us on Sunday, October 20th, to preach about affirming ministry. The process continues on Nov 3rd, when The Rev. Canon Dr. Jody Clarke will lead a Q&A style lunch and learn. Voting will take place on Nov 24th following worship.

The Thanksgiving Message

from Rev. Sandra

is available for pick up in the narthex.

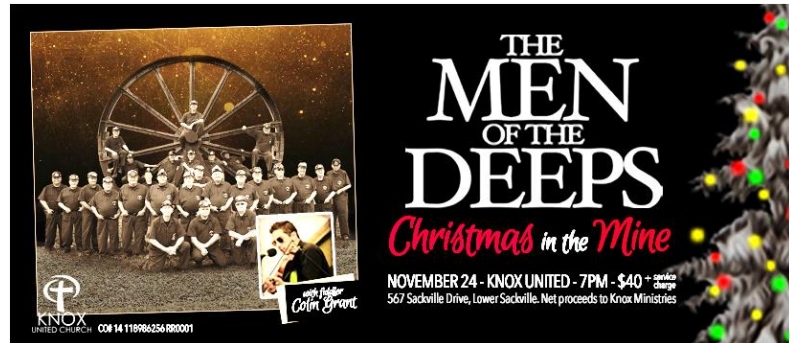


Knox Takeout Turkey Soup Luncheon

Tuesday, Nov 5th

The return of our month take-out turkey soup luncheons has been delayed until the month of November. A bowl of soup, roll, and a generous portion of homemade carrot cake, all for just \$7.

Veggie peeling Monday evening (Nov 4th) starting at 6 p.m.



Men of the Deeps

Saturday, Nov 23rd, 6 p.m. & Sunday, Nov 24th, 7 p.m.

Tickets \$40 Reserved Seating

After a warm welcome and a hugely successful stop at Knox last fall, the Men of the Deeps are pleased to return to present their 2019 Christmas concert, Men of the Deeps – Christmas in the Mine. Hopefully you already have your tickets for this very popular event as both shows are **SOLD OUT**. Check the date and time on your tickets to make sure you don't miss this fantastic show.

Knox Annual Turkey Supper and Sale

Saturday, November 30th



We are in need of one or more folks to help with organization of this important annual fundraiser for Knox. We have a substantial group of volunteers looking after various aspects of the supper (including the turkeys and the collection and prep of the food, etc.), but we need someone (or a couple of people) to touch base with volunteer leads and make sure we have all the jobs covered. If you are willing to help out, please contact Betty-Lou Killen at killenbettylou@gmail.com.



Breakfast With Santa

Saturday, December 7th

Mark your calendar for this special event which has become a popular seasonal occasion

Knox is a very busy place with a business located in our lower level and many rooms rented out for occasional use. Please check with the office whenever you need space and please remember to lock up behind you – especially exterior doors.



OUTREACH MINISTRY

REACHING BEYOND OUR WALLS

October is Breadbasket Month at Knox



This year the Outreach Committee asks the congregation to show support to this campaign by donating healthy boxes of cereals – Rice Krispies, Cheerios, Special K, Bran, etc... No sugary types please.

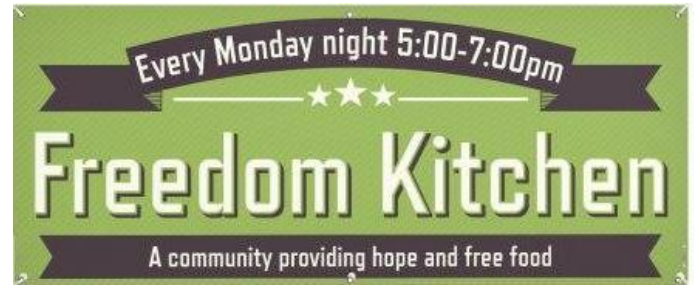
Our goal is to collect at least 200 boxes of hot and cold cereal for Beacon House.

BEACON HOUSE CHRISTMAS HAMPERS

As a member of the Beacon House Interfaith Society, the congregation of Knox is called upon for a variety of contributions and never fails to live up to the challenge. This year boxes of pancake mix have been requested for the Christmas Food Hampers. We would like to be able to collect **100 boxes by the second week of November.**



Freedom Kitchen Food Truck is Rolling



October 7th will be the launch of the food truck “Freedom Kitchen”. The truck will be parked in front of “The Den”, located in the lower level of the library on Sackville Drive, and will be providing free meals each Monday evening from 5-7 p.m. from Oct 7th through to the end of April.

We were very pleased that so many people have taken part in the training sessions for Food Handling Safety and truck training. Also thanks to those who have volunteered to share time and talents with this ministry. Check out the Freedom Kitchen on Facebook to volunteer to prepare or serve meals.

A big thank you to Rainie who has worked all summer to organize this important outreach project.

We are making history, folks!!

SACKVILLE COMMUNITY PARTNERS

INVITE YOU TO C.O.M.E.

to a Community Outreach Meal Event
A FREE MEAL!

Hot Meal

Beverage – Dessert

Thursday, October 17th, 2019 4:30 – 6 p.m.

Knox United Church Hall - ALL welcome!

Thanks to all those who participated in the September 19th Community Meal. We served 206 and fed 20 volunteers.



Outreach Committee Hosts

Knox Anniversary Cold Potluck Luncheon



The Outreach Committee will host an anniversary **Cold Potluck Luncheon** on **Sunday, Oct 27th**, following the worship service. Bring your favourite cold dish and join us for an opportunity for food and fellowship with your church family on this special occasion.

Brunswick St. Mission

13th Annual Mission Breakfast Fundraiser

Wednesday, October 9, 2019, at 7:30 a.m.

Location: Canadian Museum of Immigration at Pier 21, 1055 Marginal Road, Halifax

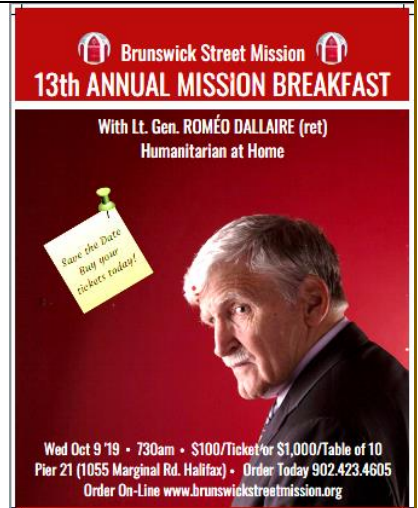
Guest Speaker: Lt. Gen. Roméo Dallaire (ret)

Humanitarian at Home

Tickets: \$100 per person. Available by calling 902-423-4605 or on-line at www.brunswickstreetmission.org

Ticket includes FREE parking from 7:30 a.m. to 9 a.m. as well as a plated breakfast.

The Annual Mission Breakfast is the signature (and only) fundraising event for the Brunswick Street Mission. The money generated from the breakfast supports their programs and services, enabling them to help those who experience poverty. Participants from Knox will be seated together.



Let thankfulness temper all your thoughts. A thankful mindset keeps you in touch with God. Furthermore, a grateful attitude becomes a grid through which you perceive life.

From “Jesus Calling” by Sarah Young - Submitted by Gail Miner

Focus on Pastoral Care

I'd like to share with you a couple of special experiences from our nursing home services in September.

The theme of the service was The Power of Love and one of the hymns we sang was *Jesus Loves Me*. Like me, I'm sure many of you learned this hymn as a child in Sunday School and one of the reasons for including it is because it is familiar to most of the residents. Almost everyone sang along, but two things stayed with me long after the services: At Sagewood a lady who now rarely responds to anything started to nod and keep time to the music, and at Ivy Meadows a lady who is unable to communicate had a big smile on her face when she heard the well-loved hymn. Often music can evoke a response when spoken words cannot, and it is a blessing to come together in worship.

Submitted by Olive McIlDoon (co-chair Pastoral Care Team)



Decorating Knox Sanctuary for Thanksgiving/Autumn



The sanctuary has been adorned for the fall season, but everyone is invited to help with the finished product. We will be **collecting dry good food stuffs** and adding them to the window treatments up until Thanksgiving Sunday. There will be a box for your items placed in the narthex. Then on Thanksgiving Sunday, we will be looking for **donations of fresh produce** to add to the ambiance. All donations will be forwarded to Beacon House following worship on Thanksgiving Sunday, Oct 13th.



SACKVILLE CONCERT BAND

Featuring Vocalist John Lindsay-Botten, Knox Music Ministry

18 October 2019 | 7:00 pm

KNOX UNITED CHURCH

567 SACKVILLE DRIVE

LOWER SACKVILLE

Free will offering at the door

Music Notes

Bedford Brass Quintet



The concert on Sunday, Sept 29th, featuring the Bedford Brass Quintet was really enjoyable. The program included selections from many genres of music. My favourites were the Beatles' Medley and In The Still of the Night. This talented group of musicians received a well-deserved standing ovation.

Olive McIlDoon

The group, pictured above, includes:

Paul St-Amand (trumpet), Julie Cuming (horn), Reuben Bauer (tuba) Simon Oakley (trombone) and Jamie Falcome (trumpet)



Thanks to flautist Becca Tomlik, who added her gifts to the music ministry on Sunday, Sept 29th.

Rebecca is in her final year at Sackville High School and plays there with the school program band, concert band, and choir, along with RCSCC 305 Sackville's marching band and the Royal NS Tri-Service band. She spends her summers at HMCS Acadia in Cornwallis, Nova Scotia, where she happily teaches music theory, history, performance, and drill to younger cadets. She hopes to continue her musical education at a post-secondary institution.



PRAYER CHAIN



KNOX PRAYER CHAIN – The prayer chain is available at any time of the year to take your prayer requests. If you need a prayer, call our prayer chain lead, Cathy Heighton, at 902-865-0001. Please leave a message and rest assured it will be acted on in a timely manner.

Youth Corner

Knox Youth Group Sunday Evenings – 7 – 8:30 p.m. Oct 6th and 20th

Knox Youth Group is a diverse group of amazing people



who gather to have all sorts of fun!! It is a safe environment where all are welcome :) Come check us out! Hope to see you soon!!

This year the youth group will meet every second Sunday. Watch for the dates to be announced in *Knox News and Reflections* and *This Week at Knox*.



Knox United Sunday School

The Sunday School program at Knox United Church has begun for the year, with Jennifer Mahaney and Jennifer Williams at the helm. We are fortunate to have additional volunteers willing to step in when the need arises. Thank you to Kevin and Shalyn Rooks and Lisa Pick for helping out in this capacity.

The Sunday School program is a continuation of the GO! curriculum that began last year. We are working to make the program more compelling for children and will be trying out different classroom layouts and lessons until we find what's best for everyone. We will also be displaying more of the children's work throughout the church (*see wall display pictured below from the first Sunday*), so please keep an eye out for their artwork.



To ensure children's safety, we are asking parents or caregivers to pick up their child in their classrooms after the service. Please feel free to visit our classrooms upstairs and bring your children and grandchildren to be part of our class.

Lynne Stewart Sunday School Superintendent

Please make note of the following dates

- October 13th Thanksgiving Sunday – no Sunday School
- November 10th Remembrance Day Sunday – no Sunday School
- December 8th White Gift Sunday (Intergenerational service)
- December 22nd Last Sunday School session prior to Christmas
- February 16th Sunday prior to Africville Day – no Sunday School
- March 15th March Break – no Sunday School
- March 22nd March Break – no Sunday School
- April 12th Easter Sunday – no Sunday School
- May 17th Victoria Day weekend – no Sunday School
- June 14th Final Sunday School session before the summer break.

Snack Collection for Sackville Youth Centre - "The Den"

During the last year we have been supplying, in partnership with nine other churches and organizations, the local youth centre with snacks to keep empty bellies full. Apparently their cupboards are starting to look quite empty and we are asking again if you could help out. We will also be reaching out to the general public to encourage food donations. Here are some suggestions of popular items:



<ul style="list-style-type: none"> • KD cups • Cookies • Granola bars 	<ul style="list-style-type: none"> • Yogurt tubes • Chips • Apple sauce 	<ul style="list-style-type: none"> • Rice cakes • Pudding • Crackers 	<ul style="list-style-type: none"> • Juice boxes • Sports drinks • Mio and water enhancers 	<ul style="list-style-type: none"> • Cheese Whiz • Recess snacks • Non-perishable food cups <i>(they now have a microwave)</i>
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Saturday Morning Yoga



Yoga is starting up for the third year, but this year it will be in a new location - in the boardroom on the top floor. Thanks so much from the yoga group to the people who did such an amazing job with the recent boardroom renovations. The classes will follow the same format as in the past, beginning with a full body tai chi warm up, followed by a half hour of gentle yoga stretches and finishing with a guided relaxation/meditation exercise. All you need is a yoga mat, pillow and a blanket. Be sure to wear comfortable clothes that you can move in. I'm looking forward to renewing friendships and making new ones. There is no registration. Come when you can. Donations will be used for various projects at Knox. We will start with the extra costs associated with the renovations.

Cathy Heighton

Congratulations to long-time Knox member,



Lucy Freaque,
who will be celebrating her
100th
birthday on
October 9th.

A warm birthday wish from your Knox church family!