



Knox News & Reflections

May 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 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 the "All Ages Learning" time, after which they are welcome to participate in our exciting Church School GO! Curriculum. Our service is enriched by Sandra Spears, who provides American Sign Language interpretation. An audio loop is available for those with hearing aids. If you can't make it to worship, you can watch the service Sunday morning via live-streaming on Facebook, or an audio version of the service can be heard during the week through the church website. 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 McIldoon & Judy Hayes
Property: Mannie Lewis
Security: Jerry Landry
Stewardship: Vacant
Spiritual Oversight: Nancy Kent
Sunday School: Rainie and Holly Murphy
UCW: Janice Newhook
Ways & Means: Eleanor Lewis
Worship: Angie MacRae

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

Weekly Activities

Sundays

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

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

What a month April was! We kicked it off with a celebration of children and young families at the Remember Your Baptism service and ended the month honouring our long-time friend and now Minister Emeritus, Rev. Bob Chapman. Somewhere in the middle we immersed ourselves in Holy Week and Easter remembrances. Activities may start winding down with the coming of spring, but not before we host a number of musical events and a popular fundraising meal. Read on to hear about what has and what will take place in and around Knox in the past and coming weeks.

June 2019 edition deadline is May 26th

Please forward information to the church office
(admin@knoxsackville.ca)

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 narthex)
Church Council – 4th Tuesday Monthly (7pm parlour)
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





Bedford Leisure Club Concert

present **Unfinished P'Leisure**
Sunday, May 5th, 3 p.m.

Admission by donation with proceeds going towards accessibility at Knox.



Knox Takeout Turkey Soup Luncheon

Tuesday, May 7th



Don't miss our final turkey soup luncheon of the school year. Turkey soup, roll, and a generous portion of homemade carrot cake, all for just \$7. Join us for veggie peeling Monday evening starting at 6 p.m.

Encore East, Chebucto Community Singers & East Hants Choral Society – *Sing in Friendship*

Tuesday, May 7th, 7:30 p.m. Admission \$15

Knox Futures Team - "Programs and Services Feasibility" Next steps

Thursdays at 6 p.m.

You are all invited to join Betty Lou, Beth and Sinclair to receive an overview of next steps. Having already defined the WHY, we will define our WHAT and HOW of program and services planning, and business planning over the next several weeks.



Knox Christian Men in Fellowship Breakfast

Saturday, May 11th, 8:30 am



at Tom's Restaurant
A chance to meet old friends and make new ones. We look forward to seeing you there.

Christian Family Sunday and Confirmation

Sunday, May 12th

Join us for our worship service on Christian Family Sunday that includes a special confirmation/baptism ceremony.



Community Outreach Meal Event

Thursday, May 16th, 4:30 – 6 p.m.

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



Halifax Pop Singers Concert

Thursday, May 16th, 7 p.m.

Directed by Paul Simons. Tickets \$10 advance or \$12 at the door. (Previously known as the Northwood Singers).



Q&A on Affirming Ministry

Sunday, May 26th, noon

We're already welcoming, so why become affirming? Want to know more about the affirmation process? What would stay the same? What might be some of the potential risks or negative consequences of becoming an affirming ministry? What would be different if we became an affirming ministry? What are we most afraid of? What we are hopeful for? What are some potential benefits of becoming an affirming ministry?

Join us May 26th from 12 noon to 1 p.m. to explore more about the affirmation process. Light lunch and beverages will be provided.



Lobster Supper Fundraiser

Saturday, June 8th

Tickets are **ONLY** available in advance
(cash or cheque payments only)
Lobster \$25 ~ Ham \$15



Fully cooked & shucked lobster cold plate with potato salad, coleslaw, homemade roll, strawberry shortcake, juice, tea & coffee.

Two seatings at 4-5:15 p.m. and 6-7:15 p.m.

Take out also available. Pick up starting at 4:15 p.m.

Only 200 tickets will be sold!

Available from **Jean Ellsworth** before and after church on Sundays, or by calling 835-0101 or 266-5757 until **June 2nd**. Tickets also available from the church office (865-9216), But NOT sold on line.

Men's Breakfast

(Knox Christian Men in Fellowship)
Saturday, June 15th, 8:30 a.m.
at Tom's Restaurant



Sunday School Closing

Sunday, June 16th



Time Out for Ladies Bake Sale

Sunday, June 23rd, 10 a.m. to noon

Orders can be placed in advance. All funds raised will go towards door replacement. For more information contact Judy Houlihan.



Community Outreach Summer BBQ

Saturday, July 13th

in the Knox parking lot. Info in Outreach article on page 4.

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

to a Community Outreach Meal Event

A FREE MEAL!

Thursday May 16th, 2019

4:30 – 6 p.m.

Knox United Church Hall

ALL welcome!



The **Outreach Committee** and **Beacon House** would like to thank the congregation for the generous donations of healthy cereal during March. We collected 180 boxes, far exceeding our goal of 100. Well done!!!

May collection for the Beacon House – In May we are collecting shampoo, deodorant, razors, hygiene products and soap for Beacon House. The amount of donations they receive of these type of products is far less than the demand.

The April **Community Outreach Meal Event** was prepared by St. John Evangelist Anglican Church. They served 202 meals to guests and also fed about 20-25 volunteers. The next meal is May 16th and St. Francis by the Lakes will be preparing the meal.

The summer **Community Outreach Meal Event** takes the form of a **BBQ**. This year the summer meal will take place July 13th from 11:30 a.m. to 1:30 p.m. We will need Knox folks to help with set up at 9:30 a.m. and clean up at 1:30 p.m. The donation of a slab cake would be appreciated. We are also in need of free-standing awnings if anyone has one they would loan us for the day. This is a wonderful day with food and entertainment. Last year about 350 people attended.

The **FOOD TRUCK** plans are coming along. We have applied for a grant to purchase some equipment, as food safety and best practices for preparation must be followed. We will be putting out a call for food donations in the fall as well as looking for people to assist with cooking. Start date should be somewhere between mid-September and the beginning of October, and will continue until mid-April. This is mainly because the Salvation Army uses the truck mid-to-late April to respond to flood emergencies, such as what is happening in New Brunswick right now.

The **FOOD TRUCK** plans are coming along. We have applied for a grant to purchase some equipment, as food safety and best practices for preparation must be followed. We will be putting out a call for food donations in the fall as well as looking for people to assist with cooking. Start date should be somewhere between mid-September and the beginning of October, and will continue until mid-April. This is mainly because the Salvation Army uses the truck mid-to-late April to respond to flood emergencies, such as what is happening in New Brunswick right now.

The **FOOD TRUCK** plans are coming along. We have applied for a grant to purchase some equipment, as food safety and best practices for preparation must be followed. We will be putting out a call for food donations in the fall as well as looking for people to assist with cooking. Start date should be somewhere between mid-September and the beginning of October, and will continue until mid-April. This is mainly because the Salvation Army uses the truck mid-to-late April to respond to flood emergencies, such as what is happening in New Brunswick right now.



ARTWORK FOR HALIFAX HOSPICE

Holly Hunter, artist and member of our Knox Outreach Committee, was contacted in December of 2018 regarding proposed artwork for the new Halifax Hospice. Each patient's room was to be named after a tree and the planning committee felt that it would be nice to have a picture of the designated tree outside the door of each room. Holly contacted her network of artist friends and they agreed to provide paintings that are original and will help to create the warm, homelike environment that was envisioned for the hospice. Six artists volunteered their talents to provide ten paintings in different styles and mediums which were donated to the hospice in March 2019. The artists were honoured to have been able to create the paintings for the hospice, and they hope their work will enhance the

experience of families, friends and patients. *Pictured from right to left (back) Diane Porter, Judy MacIntosh, Jackie Cajolais, Holly Hunter (front) May Butler, Annette Henderson.*

Knox is proud of members, Holly Hunter and Judy MacIntosh, who have offered to share their talents for this special project.



Grief has no timeline

Pastoral Care Focus – Grief Support

The Pastoral Care Team has been offering a Grief Support series to those interested for many years now. These were originally facilitated by John Thornton and Judy Hayes and the last couple of years Judy has offered them, after having been mentored by John for many years.

The groups usually consist of 4-6 individuals and the group comes together for about 90 minutes a week for 5-6 weeks. We have had Knox congregational members, as well as other community members. Like many other support groups, it is the participants who determine most of the content and direction of the sessions. Some theory about the grieving process is offered and then the individuals share stories and experiences and have an opportunity to share as much or as little of their personal journey as they choose. Bonds are built or extended as individuals open their hearts to both give and receive care and support from each other. Anyone who is interested in hearing more about these series can contact Judy Hayes and/or Olive Mciloon.

KNOX WALKING GROUP



Do you enjoy going for a walk with like-minded folks, or just walking quietly and thinking or meditating?

If bad weather or lack of a safe, easily traveled pathway makes this a problem for you, you are invited to join a small walking group at Knox United Church each Thursday morning. Participants walk in the sanctuary, with breaks sitting in the pews when needed, from 10:30 a.m. to noon. For more information, contact Dianne Levy at 902-865-2546

Rev. Bob Chapman named Minister Emeritus of Knox United Church



On Sunday April 30th, the congregation of Knox United Church bestowed the honour of Minister Emeritus upon the **Rev. Robert Chapman**, a former pastor of this congregation. The distinction of being named to this honorary position carries with it the responsibility to be a supportive colleague to all lay persons and the minister of this congregation, to offer considerate and wise counsel when sought, and to be an example for the people of Knox.

We thank God for Bob's ministry of dedicated service in the mission of Jesus Christ, for his life investment of witness to the larger community of God's people, and for his ongoing presence in our midst.



Thanks to Betty Ferguson for preparing this lovely cake for our fellowship time following the service.



Knox Lobster Supper Saturday, June 8th

Dine in: 2 seatings
at 4 and 6 pm
or Takeout:

pickup starts 4:15 pm

Lobster \$25 (\$15 for Ham)

Only 200 tickets available *See page 3 for ticket sale info*

We'd love to have you come for supper, but if you can't, there are many ways to help out. See the sheets in the narthex to sign up to make a food donation. If you'd rather make a monetary contribution to offset the cost of the lobster or other supplies that will need to be purchased, please speak to Henry Ellsworth (902-266-5757). Also speak to Henry if you would like to serve. Non-Perishable donations can be dropped off any Sunday after church (*please mark your name*) but please wait to bring in vegetables and other perishable donations between Sunday, June 2nd and Thursday, June 6th.



Congratulations to Mannie and Eleanor Lewis

on being awarded the Volunteer(s) of the Year through the Lake District Recreation Association.

KNOX SPRING YARD SALE



While the Yard Sale, held on a rainy Saturday, April 27th, was not all fun and games, it is obvious from this picture that some people were having a good time. A lot of folk found some treasures and we raised \$2,305.55 on Saturday and another \$294.45 on Sunday for a total of **\$2,600**, with a few things to be kept aside to sell on Kijiji. Thanks so much to everyone who helped out in any way.

Seeking new Yard sale organizers – Our long time organizers, Eleanor and Mannie Lewis, are retiring from organizing the Yard Sale. This was their last year, but Eleanor will be happy to sit down with anyone who might be interested in taking over and give them lots of tips and ideas to make it successful.

Thanks so much to Elly and Mannie

PRAYER CHAIN

KNOX PRAYER CHAIN – The prayer chain will continue to be active throughout the summer months. 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

YOUTH GROUP!



**Sunday Evenings
7-8:30 p.m.**

Knox Youth Group is a diverse group of amazing people who gather to have all sorts of fun!! Like recently when we had a Nerf competition and baking night (both pictured below). Come check us out!



Remember Your Baptism

On Sunday, April 7th, Knox had a very special celebration service where families of children baptized at Knox over the years were invited to participate in a recounting of their baptismal vows. Many children and families were in attendance and the service was lovely with all sorts of family friendly elements such as: balloons (obviously), circus ringmaster (John L-B), SpiritSong youth singing, musical scripture (the Prodigal Son), All Ages Learning in place of the sermon, and a song by the puppet ministry. We also dedicated our most recent baptismal banner. Afterward we joined together for a wonderful potluck lunch with pictures and more balloons. Thanks so much to the church school leaders, and to Rev. Sandra and John Lindsay-Botten for their leadership in this special service.



Youth Forum and Intermediates @ Conference, Sackville N.B.



May 23-26

United Church youth come from across the Maritimes, Gaspé, and

Bermuda for the best weekend of the year. Registration is open for youth in grades 9 to age 19.

Contact Jennifer Babineau at jen_rye_jaybabs@eastlink.ca

There are a few facilitator positions to fill.

The GO Project is an Adventure Day Camp for children in grades 2 to 7

July 15-19th

9 a.m. to 4 p.m.

Knox is delighted to be hosting this award-winning, faith-based event once again. Registration is now open, so consider this opportunity when you are making summer plans for child care or looking for quality summer programs for your children.

Registration is \$125 for the week but please inquire about subsidies to help make the program more affordable.

For more information contact Linda White or Rainie Murphy



Knox is a busy place...so busy, in fact, that occasionally the parking lot is full for events. Florence Street is available when extra parking is needed to attend Knox activities. Please be a good neighbour and leave parking at our surrounding businesses for their customers.