



Knox News & Reflections

January 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: 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 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

We hope that you and your family had a blessed Advent and Christmas season. It was certainly a busy one at Knox with ample opportunity for a wide variety of worship experiences as well as fun activities.

February edition deadline January 26th

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



JANUARY

Gentle Yoga and Relaxation

Saturdays, 10-11 a.m.

in the Boardroom

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



Bible Fellowship Time

Wednesdays, at 7 p.m. in the parlour – resumes Jan 15th

All are welcome to enjoy a relaxing review of the Bible each Wednesday evening. No experience needed.

Community Outreach Meal Event



Thursday, Jan 16th, 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, January 18th, 8:30 am at Tom's Restaurant

A chance to meet old friends and make new ones. Look forward to seeing you there.

Upcoming EVENTS

Make Plans to Be a Part

Knox Takeout Turkey Soup Luncheon

Tuesday, Feb 4th



Our monthly take-out turkey soup luncheons resume in February 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. We are also looking for spare delivery drivers. If you can help out for about one hour please contact Paige Moore at 902-864-0447.

Knox Christian Men in Fellowship Breakfast

Saturday, February 15th, 8:30 am at Tom's Restaurant

Freedom C.O.M.E Fundraising Brunch



Saturday, March 7th,

Mark your calendar for this event in support of the Community

Outreach Meal program and Freedom Kitchen. Watch for details in next month's edition.

Knox Annual Congregational Meeting

Watch for announcement of date



Weather Related Worship Cancellations

It's that time of year again when the possibility of bad weather may impact our worship services. 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.

Even if worship is not canceled, please use your own judgement about whether or not to come out in bad weather.

Knox Annual Turkey Supper 2019 Wrap Up

| | |
|--|----------------|
| Ticket Sales (adult 410 and children 27) | \$5,465 |
| Auction and table sales | \$1,142 |
| Donations in excess of expenses | \$ 210 |
| Total | \$6,817 |



Recycling Program - Don't forget that Knox has an account set up at Archie Faders Bottle exchange. You can take your refundables there and ask them to add the money to the Knox United account.

By the Way - Thank you, but we do not collect Campbell Soup Labels anymore, that program is now closed.

Consider giving the gift of

Broadview this year



\$20 for a one-year subscription of 10 issues. *Broadview* is a Canadian magazine focused on national and international issues of spirituality, social justice, and ethical living, as well as United Church of Canada news and perspectives. Formerly the United Church *Observer*, the magazine was rebranded as *Broadview* in April 2019.

This offer is valid until January 31, 2020.

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



IT IS THAT TIME OF THE YEAR!

Attention all committee chairs and team leads: Reports from the various committees, teams and groups are required to prepare the 2019 Knox Annual Report in preparation for the annual congregational meeting. Please send your report via email to the office at admin@knoxsackville.ca, as soon as possible.

Advent and Christmas at Knox

The Advent and Christmas season at Knox provided a wide range of worship experiences. During the Sundays in Advent, families with children involved in our church school lit the candles of Hope, Peace, Joy and Love. On the first Sunday in Advent the Worship Team, under the guidance of Rev. Sandra, presented the symbols of Christmas. The children were heavily involved in the worship service on the second Sunday in Advent. They gathered up the huge collection of white and pink gifts and decorated their own tree. The choir presented the Christmas Cantata "Comfort and Joy" on the third Sunday in Advent with Rev. Sandra providing the narration.



Special services during the season included the U.C.W. Candlelight service on December 9th. Jean Collier delivered a lovely message for the ailing Rev. Sandra, and Gardia and Vanessa Voerman presented a beautiful rendition of *O Holy Night*. The Pastoral Care Team presented another special service on December 19th, The Longest Night Service (see below for details).



Christmas Eve finally arrived and two very distinct but equally inspiring worship services were provided with a full sanctuary at each. The family service at 4 p.m. was a delightful service featuring Knox puppet ministry, who presented four Christmas carols, including the ever-popular "Partridge in a Pear Tree". Jamin Babineau led the way singing the first verse of the processional hymn, *Once in*

Royal David's City, and SpiritSong joined with some members of the senior choir to sing a fun song, written by our own John Lindsay-Botten, *That Christmas Music*. Rev. Sandra told the story of the Trip to Bethlehem with church school members playing the various parts (in costume).

The 8 p.m. candlelight communion service was more sedate but no less inspiring. Rev. Sandra offered a story by the fire, and communion was serviced by intinction. To our delight, Jean Collier presented the ever popular "O Holy Night".

There were a variety of special events taking place during Advent as well. The Breakfast with the Clauses was a real hit (see page 7 for more information on this event). On December 18th Scotia Brass joined Knox



choir for a combined concert. The choir presented an encore of the songs from the Cantata, *Comfort and Joy*, and Scotia

Brass presented a variety of Christmas music.

Focus on Pastoral Care - The Longest Night Service

The joy and excitement of Christmas can often overshadow the pain and hurt many experience during this season. Each year the Pastoral Care Team presents a special service close to the longest night of the year for those who are grieving, coping with an illness, facing an uncertain future or missing friends and family. This year's service was very meaningful to those who gathered, with scripture accompanying the lighting of the blue advent candles. Communion was served by intinction, and a message was delivered by Rev. Sandra about the trials Mary would have endured, but also the hope she would have felt.

A highlight of the evening was the presentation of two special musical selections. Leander Mendoza wrote and performed *I'm Missing You This Christmastime*, in memory of his partner, and John Lindsay-Botten wrote and performed *Peace and Light and Spirits Bright*, in memory of his mother.



LIFT UPDATE – This year's turkey supper benefited from having our new lift in operation. An inspection was done the day before, so we knew it was in tip-top working order. Thanks to Sandra Braye, Katie Kent and Riley Babineau for helping to operate the lift for people who could not use the stairs.

For any event requiring access to more than one level, we suggest that someone be designated to operate the lift. It has a maximum 1000 pound capacity – two to three people plus a scooter can be accommodated. During its use at the turkey supper we discovered there is a need for a larger sign indicating that the lift requires a key to operate. Some kind of system to alert the "bell hop" that someone wants to use the elevator on another level would also be helpful.

OUTREACH MINISTRY

Thanks so much to the congregation for your generous support of the many and varied projects that the Outreach Committee co-ordinates. From mittens to pancake mix, White and/or Pink Gifts to helping out at Beacon House, we know we can count on our Knox family to pitch in on any project that we tackle.

MEAL MINISTRIES

The outreach meal ministries at Knox and all the people involved with them have been incredibly busy this fall and particularly during the month of December.

Freedom Kitchen & Closet – volunteers prepare a meal in the Knox kitchen that is served out of the Salvation Army truck FREE of charge every Monday from 5 -7 p.m. at the Sackville Public Library. Clothing is available from the closet at no charge.

C.O.M.E. Meal Event – volunteers prepare a meal in the Knox kitchen and serve it FREE of charge in the Cann Hall at Knox on the third Thursday of each month from 4:30 – 6 p.m. 243 served in December. Next C.O.M.E. **January 16, 2020.**

No One Dines Alone – Eldon Turner, with the help of volunteers from Knox and throughout the community, organized and served a FREE Christmas Dinner on Christmas Day from 2-5 p.m. in the Cann Hall at Knox United.

This year over 250 people were served a Christmas meal. *(this year's event pictured to the left with a very happy Eldon)*



Men of the Deeps Christmas Tour Begins at Knox



On the weekend of November 23/24, Knox hosted two very successful concerts by the *Men of the Deeps* with participation by the Knox choir. On both evenings the pews were filled to capacity and a small overflow crowd was offered seats in the narthex. A total of 773 persons paid to attend the two concerts.

It took a full team effort, typical of Knox, to pull it all together. Thanks to the kitchen crew who did a great job providing two of the three meals and helping with the catered meal.

Rainie and her online ticket sales made life easy, but many of the tickets were still sold through the office (thanks, Tracey). Also, thanks to Rainie and her team for the seat numbering, which worked great. Thanks to Ted and John for looking after the sound setup and Tony for picking up the risers from Bedford United and Bill Beddington for assisting with chair set up. Thanks to those who provided oatcakes and fudge (150 pieces of Dianne Levy's homemade fudge).

The proceeds from these concert events breaks down as follows:

Total Income \$33,896.22 - approximately \$19,000 of sales through the office and \$11,000 in sales on line. \$1600 in corporate sponsorships (\$1000 from Betty Lou's real estate company, and \$600 from Shari Landry's employer, ParkLand). \$1,054.30 in sales on the days of the concerts (including walk-in seat sales, water, oatcakes, and fudge).

Total expenses \$18,248.51 - MOD performance fee and bus \$11,270, MOD accommodations \$4305.23, sound equipment rental \$667, sound technician \$805, catering for Saturday evening meal (Eldon's) 45 people \$900, miscellaneous \$301.28

Final proceeds \$15,647.71

Two corporate credits were also received: \$250 from Long & McQuade to offset the cost of sound equipment rental, and \$500 from Russell Foods which was offered as a reduced price on the purchase of new kitchen equipment.

A final meeting will be held to review the venue and discuss future events and how to make things even more efficient. But to say the least, to have two concerts, followed by the annual turkey dinner, Breakfast with the Clauses and a whole host of major events all within the confines of one month makes for weary bones. Take care of each other and think of one funny incident that made you smile through this very busy time.

Submitted by event organizer Fred Gallop

KNOX UNITED CHURCH SOLAR PROJECT DESCRIPTION

In the spring of 2018, Al Darrach, a member of Knox and an energy consultant, spearheaded an application process regarding a Request for Proposals from the Nova Scotia Department of Energy and the Halifax Solar City Program (<https://www.halifax.ca/home-property/solar-projects/about-solar-city-halifax>). Details are as follows:

- Completed detailed prequalification requirements - over 50 items had to be addressed for the submission.
- Submitted a price that Knox will sell energy to Nova Scotia Power for the next twenty years, competing against universities, community buildings, first nations and charities. The lowest kWh rate wins.
- The pricing model was based on immediate positive cash flow in order to help sustain the church for decades to come.

Initial estimates for a 25-Year Model:

- Revenue - \$275,000 based on 0.25/kwh and an initial annual energy generation of 45,000 kwh.
 - Energy production degrades slightly over time so annual revenue starts around \$11,250 but will fall to about \$9,925 by the 25th year.
- Total cost plus interest - \$98,000
- Expected solar panel life of 30 to 35 years
- Financing to be repaid over 15 years

Knox was one of four successful not-for-profit entities based on its proposal. Knox requested proposals from six contractors, and the contract was awarded to Solar Global Solutions Ltd. The project was completed in October, 2019, and connected to the Nova Scotia Power grid and started producing power on December 12, 2019 – delay due to slow response by NS Power to install the appropriate meter.

- The final contract price was \$101,920 plus HST – total cost net of 50% HST rebate - \$109,564. A \$61,000 loan at 3% requiring monthly payments of \$421.25 has been obtained from the local Church Extension Board of the United Church (vs 4.95% financing through HRM Solar City)
- A \$30,000 Faithful Footprints Retrofit Grant has been approved from the United Church of Canada
- Knox funds contributed total \$18,564.
- No significant change to the revenue projections so year one cash flow from the project should be approximately \$6,195.

Submitted by Boyd Hunter on behalf of the Finance Committee



From start-up to completion

Knox Futures – Property Redevelopment Team – Jan 2020 Update

Background – In March of 2018, a committee was established to “seek out a developer to explore redevelopment of the church property, to be led by Don Farmer and Betty Lou Killen”. This initiative was subsequently entitled “Knox Futures”. Agreements for support of the effort were signed with UCC EDGE. Working with EDGE, a viability report was developed in the fall of 2018, and the congregation gave their views on what they want Knox to “do and be” through participation in a Scenarios Survey, and a following Congregational Workshop on February 17, 2019. One result of this workshop was to separate the overall Knox Futures project into two distinct teams – one to study and make recommendations regarding programs and organization (chaired by Betty Lou Killen), and the other to study and make recommendations regarding property redevelopment (Team - Don Farmer, Chair, Fred Gallop, Floyd Fullerton, Paul O Brien, George Savage).

The Property Redevelopment Team has had a land-use Planning Report - and formal Property Valuation - developed by Turner Drake Partners Ltd. Costs incurred for those reports (approximately \$7K) have been paid by EDGE and are not repayable by Knox until such time as we complete a successful redevelopment project, or sell the property. The team has visited, and was inspired by, a partnership between All Saints Cathedral and Shannex Parkland near Spring Garden Road in Halifax. The team continues to explore other church partnership projects. The team was particularly pleased to receive a favourable reception to our summer 2019 approach to the Dalhousie School of Planning to assist us with land-use planning.

Dalhousie School of Planning Students Project – Students of the fourth year planning class of the Dalhousie School of Planning and Architecture led by Professor Dr. Charles Hostovsky, took on our four objectives as the basis for a fall term class project. Our objectives are: 1) provide facilities for church programming; 2) provide income to the church to supplement declining income; 3) provide a needed service or facility to the community; and 4) enter into a mutually beneficial business partnership. The students presented their findings at Dal on November 27, 2019. Their report was given in five separate presentations – all of which are, or soon will be, posted on the Knox website (www.knoxsackville.ca, under the tab News → Knox Futures → Dal Student Presentations).

Presentation A – “Site Plan Analysis” – was divided into four parts: A1) historical context of Knox, the site, and the neighbourhood; A2) land-use planning, HRM restrictions, and current environmental considerations; A3) present neighbourhood context (business development, community development, transportation, etc); and A4) land-use analysis (strengths, weaknesses, development objectives).

Presentation B – “Social Visioning” - based on student visits to Knox site, and the Dal Knox Congregational Workshop held on October 9, 2019. (Some pictures are provided – you may see yourself in action).

Presentation C – “Design Concept” - Architecture and Land use. The students proposal: preserve the sanctuary (but with portable chairs replacing the pews to allow multi-purpose use of the space); a three-storey 16-unit (850 sq ft per unit) apartment building with a “stepped-back” design, and three commercial store-front units on the side of the sanctuary nearest the Cann Hall (to be removed); and a new semi-triangle shaped building on the Florence Street side, occupying the front half of the parking lot.

Presentation D – “Renderings” – visuals of what it might look like. May spark a new look in the community and establish Knox as the centre that defines Sackville’s character. Designed to provide a view of the Knox side entrance from Sackville Drive.

Presentation E – “Environment Greening”. Timely and pleasing.

The CEO of one of our potential partners attended the presentation at Dal and wishes to stay in close touch as we proceed with our study.

Team Conclusions and Next Steps - The Dal students’ report is greatly appreciated, and provides a comprehensive collection of very valuable, credible, base land-use information. It will enable us to proceed, with confidence, in further discussions with potential business partners over coming years, and help the congregation visualize and expand their thinking on “what could be”. Keep in mind that it is a concept – so don’t get hung up on details yet.

The team will be looking at the possibility of expanding the apartment building proposed by the Dal students (higher rather than stepped back), and obtaining “ballpark” costs to aid short-term discussion. The thrust of the Property Redevelopment Team in 2020 will be to continue to pursue more development options through discussion with a range of potential partners. We will also be considering cost and budget mechanisms; defining the structure of possible business partnership arrangements, and establishing a means to make credible financial projections.

The team’s goal is to have a well-developed Property Redevelopment Proposal for congregational consideration, when and if it is required “down the road”.

Submitted by Don Farmer

Youth Corner

Breakfast with the Clauses

This year’s edition of Breakfast with the Clauses was more popular than ever. Over 250 people were served a delicious hot breakfast and the kids had a chance to meet Mr. & Mrs. Claus and get their photo taken. Tony Mombourquette provided musical entertainment. Thanks so much to everyone who helped out. Approximately \$570 was raised from this event.



Here are some of the happy people who helped Mr. and Mrs. Claus.

YOUTH GROUP SCOOP

KNOX YOUTH GROUP

When not busy helping out around Knox – serving at events like the turkey supper and Breakfast with the Clauses, operating the lift, or helping to wrap gifts for the Children’s Christmas store – we still have time to have lots of fun. Here we are making a gingerbread house early in December and delivering Carol-o-Grams on the evening of December 14th.

