



# KNOX UNITED CHURCH

Minister:  
Rev. Sandra Cox  
Music Director:  
John Lindsay-  
Botten



# *Knox News & Reflections*

*(our monthly newsletter)*

**DECEMBER**  
*edition available*  
**TODAY**

*Submissions for JANUARY*  
*due Sunday Dec 22<sup>nd</sup>*



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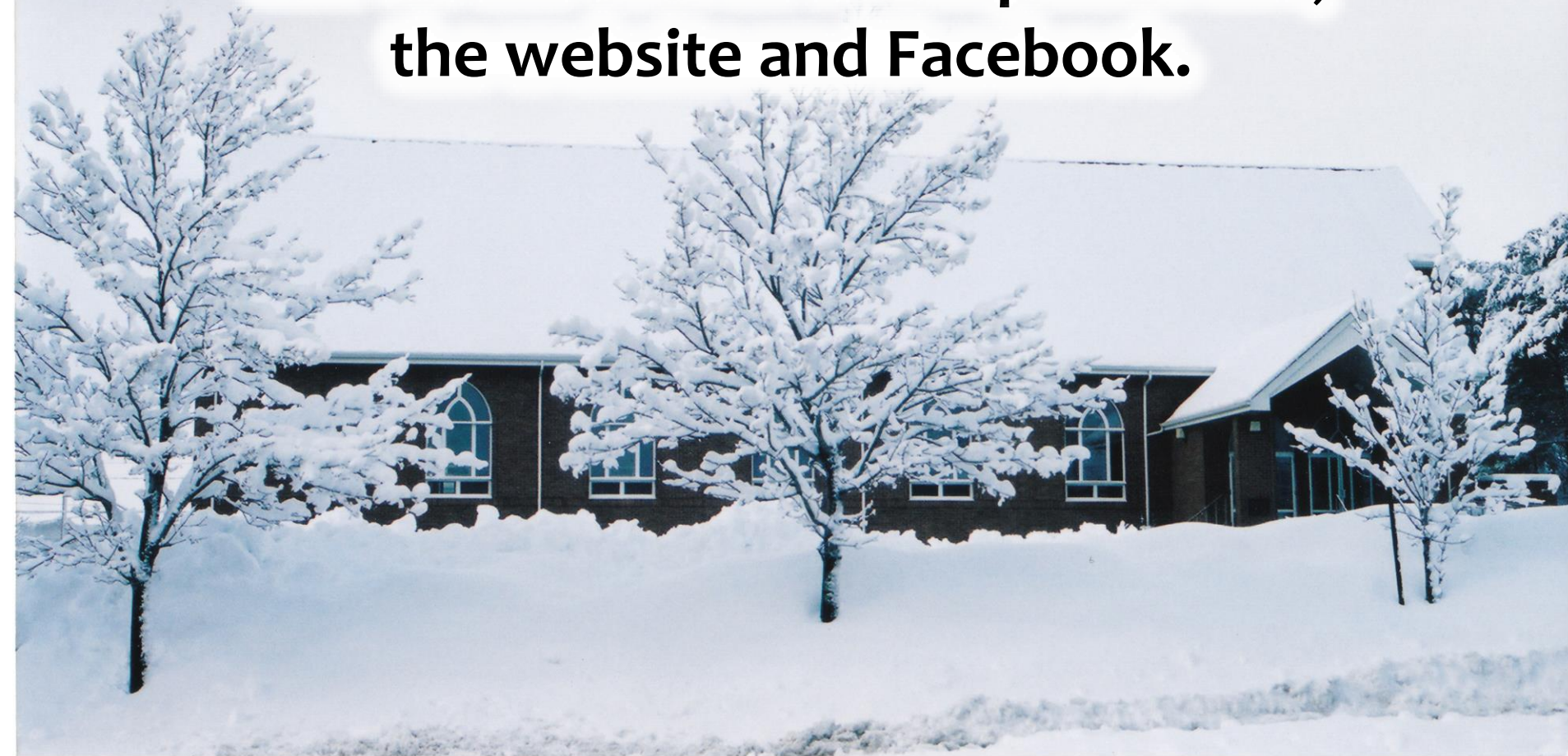
# **OUR MISSION**

**TO SHARE GOD'S LOVE  
BY LIVING THE TEACHINGS OF JESUS:**

showing mercy,  
promoting justice,  
offering forgiveness,  
acceptance, and hope.



**Weather Related Cancellation**  
**of Knox Worship Services will be reported on**  
***CBC, C100 and Seaside FM***  
**and on the church office phone line,**  
**the website and Facebook.**





**ADVENT  
CONSPIRACY**

**[Worship Fully]**

**[Spend Less]**

**[Give More]**

**[Love All]**

# MERRY CHRISTMAS



***Your Christmas  
Letter from Knox  
is ready for pickup***

If you did not get yours yet,  
please speak to an elder.

thank you

*This fall has  
been a  
particularly  
busy one at  
Knox!*

*Thank you to everyone for  
helping to make all our  
programs successful.*

*Without a combined effort, none of  
what we do would be possible!*



***Thanks to  
everyone  
who helped  
out with the  
Breakfast  
with the  
Clauses***





# Turkey Supper Sale

**The Outreach Committee  
would to thank all who  
supported the sale tables  
last weekend.**

**A total of \$1100 was raised**



*All money raised by this Outreach project  
will be put into the general church fund.*

# Name Tags

Name Tags are located right outside the sanctuary doors.

*We encourage everyone to wear a name tag so that others might get to know you. If you don't have one, you can find all the supplies in the Narthex to create your own.*

*Knox Fellowship Committee*



Join the Story.



**sundayschool**

**Welcome back to the  
GO! Curriculum  
*Registration is ongoing***

The logo for "Spirit Song" features the words in a blue, cursive font. The word "Spirit" is positioned above "Song". The text is set against a circular background with a gradient from yellow to orange to red, resembling a sun or a flame.

# Spirit Song

*Knox choir  
for young  
voices*


*Practices Sundays  
at 9:40 - 10:15 a.m. in Room 9  
Children and youth of any age  
are welcome.*

*No practice Dec 15<sup>th</sup> or 29<sup>th</sup>*

*Thank you  
from the Outreach Committee  
for your* **WHITE** *and*

**PINK**  
*gifts*





# Christian Fellowship

**Please join us for Fellowship Time  
in the narthex following the service.**

***Thanks to those who provide treats  
and prepare the tea & coffee.***

# **CHILDREN'S CHRISTMAS STORE**

**Room 8**

**Open Dec 8, 15, 22  
after the service**

**All gifts  
\$1 and under**

**Wrapping available ~ looking for volunteers**

# *EnChor East*

*returns to Knox for their  
2019 Christmas Concert*

*Sunday, Dec 8<sup>th</sup>*

*with guests:*

*Bedford Brass &*

*the Halifax Honour Choir*

*tickets at [Eventbrite.ca](https://www.eventbrite.ca)*





**Sunday evenings at 7-8:30pm**

Every second week

Dec DATES - Dec 2, & 14

Youth grades 6 to age 19

*join us for another great year!*

Every Monday night 5:00-7:00pm

# Freedom Kitchen

A community providing hope and free food

**We are up and running!**

Each Monday evening from 5 – 7 p.m. a free meal will be served from the truck at the Sackville Library Parking Lot.

*To volunteer or for more information visit “Freedom Kitchen” on Facebook or speak to Caroline Gallop or Rainie Murphy*

**Monday**

**Dec 9<sup>th</sup> 7 p.m.**

**ALL WELCOME**



**CANDLE LIGHT  
SERVICE**

A background image of a tea set. On the left, a teacup and saucer are decorated with a vibrant floral pattern of pink and yellow roses. To the right, a white ceramic surface features the text 'Ladies' Afternoon Tea & Craft' written in a red, cursive script. The overall scene is softly lit, suggesting a cozy indoor setting.

# TIME OUT FOR LADIES

*Ladies' Afternoon  
Tea & Craft*

**WEDNESDAYS AT 1 – 3 PM**

*~ All Welcome ~*



*Adult Bible  
Fellowship*

Like to join a small Group?  
come visit us at  
Adult Bible Fellowship Time  
Wednesday Nights at 7 p.m.

MEN'S

# Breakfast

*Tom's Restaurant*

*All men welcome*

*December 14<sup>th</sup> 8:30 a.m.*





**Gentle YOGA Stretches  
& Relaxation**

**EVERY SATURDAYS**

**10-11 a.m.**

**Knox Boardroom**

**Bring your yoga mat, a pillow and blanket**

**For more info contact Cathy H 865-0001**

The youth group are going to be caroling on  
**Saturday, December 14<sup>th</sup>**

For only \$10 you can send a song to  
someone you love in the Sackville area

# Carol-O-Gram

*Please see Jen Babineau  
to sign up to send a carol or for more info*





# ***Knox Choir & Scotia Brass***

***in concert at Knox***

***Wednesday Dec 18<sup>th</sup>, 7 p.m.***

***Peace and Light  
and Music So Merry***

***Admission is a free will offering***

# MEALS MINISTRY

SERVING GOD THROUGH SERVING OTHERS

**COME** *Community Outreach  
Meal Event*

**Next FREE Community Meal  
Thursday Dec 19<sup>th</sup> 4:30 to 6 p.m.  
All Welcome – Spread the word**



# Longest Night

*A Worship Service of  
Hope, Strength & Community*

**THURSDAY DECEMBER 19<sup>TH</sup> 7 P.M.**

family Service  
CHRISTMAS EVE 4pm



Christmas Eve 8 p.m.

Carols, Candlelight &  
Communion



# *Poinsettia's in Memory of...*



*If you would like to  
dedicate a poinsettia in  
the church in memory of  
a loved one(s)*

*please complete a form (found in the  
Narthex) and forward to the church office  
with a donation of any value*

Artificial Poinsettias will be used again this  
year in keeping with our No Scents policy

# Knox Socks Box & the Mitten Tree



*Your donation of new mittens and socks can be placed on the mitten tree or in the socks box which is located in the Narthex*

# BEACON HOUSE DONATIONS

Located at 470 Cobequid Road

## Top 10

- ✓ *Canned stew*
- ✓ *Canned soups*
- ✓ *Soap*
- ✓ *Diapers*
- ✓ *Tea*

- ✓ *Canned fruit*
- ✓ *Crackers*
- ✓ *Granola Bars*
- ✓ *Juice*
- ✓ *Canned Meat*



***Beacon House***

Food Banks  
Canada



*is a proud member of Feed Nova Scotia and Food Banks Canada*



# PRAYER CHAIN



**If you need a prayer, call our prayer  
chain lead, Cathy Heighton**

**at 902-865-0001**

*(please leave a message and it will be  
acted on in a timely manner)*

# Takeout Turkey Soup Luncheons



*returning Tuesday February, 4 2020*



**We need to expand our  
call list for drivers for  
the take-out turkey  
soup luncheons.**

**If you are willing to help**

*(for approximately one hour at lunchtime  
the first Tuesday of the month)*

**please call Paige Moore at 902-864-0447**

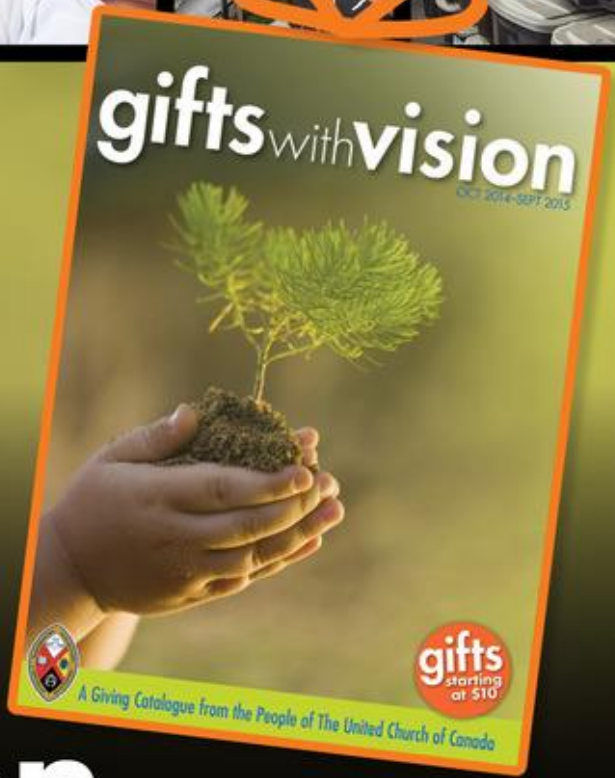


# No wrapping required



## Give a **gift** with **vision**

A Giving Catalogue from the People of  
The United Church of Canada



choose  
gifts  
online!

# gifts with vision .ca

# Hearing Aid Loop

The signal can be received directly by cochlear implants or hearing aids that have a T coil. We also have 3 “listeners” that can be signed out from the Welcome Table, but we encourage you to bring your own ear buds. For more information speak to a Duty Elder or Ted McIlldoon.



*Thanks to all who helped with the grant application and installation.*



# Scripture Reading

**If you are willing to read scripture at our  
Sunday morning worship services, please  
pass on your name to Florence Carman**

*Email ~ [flo.carman@gmail.com](mailto:flo.carman@gmail.com)*

*Phone ~ 902-865-0409*

# PEW CUSHIONS AVAILABLE

Wooden pews can be hard to sit on so please feel free to borrow a cushion.

Made from memory foam folded in pillowcases for easy washing.

You can find them  
in the box  
in the  
Narthex  
Coat closet





# *Eldon's Soups & Sandwiches*

Soups, Sandwiches & catering

567 Sackville Drive

902-449-7171

[facebook.com/eldonsdiner](https://www.facebook.com/eldonsdiner)


[eldons@eastlink.ca](mailto:eldons@eastlink.ca)



*Eldon Turner*

Chef

*Where no one dines alone*



# **Eldon's soup & Sandwiches**

**"NO ONE DINES ALONE"**

**A FREE Christmas dinner**

**December 25th 2pm-5pm**

Eldon is hosting a free Christmas meal for anyone and everyone that is alone or cannot afford a dinner or would like to join us for some great conversation, laughter and food!

Free tickets can be found on [eventbrite.ca](https://www.eventbrite.ca) at Eldon's cafe 567 Sackville dr or by calling

**902-449-7171**



**As we gather for worship we remember that in this region we live and work and worship on lands that are the unceded territory of the Mi'kmaq.**



**May we live with respect in this land  
and live in peace with its peoples**



# Overflow Parking

**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.*



## How is your stewardship **PAR**ticipation?

Have You  
Considered  
PAR?

Information brochures/  
application forms  
are available in the pews and the narthex.

Current *PAR* participants can easily  
increase their monthly commitment by  
contacting the envelope secretary,  
David Moore at 920.864.0447.

# SCENT FREE ZONE

Please remember

**Knox's NO SCENTS policy**

TO HELP THOSE WHO ARE SCENT SENSITIVE  
INCLUDING SCENTED DEODORANTS AND COLOGNES  
THANK YOU



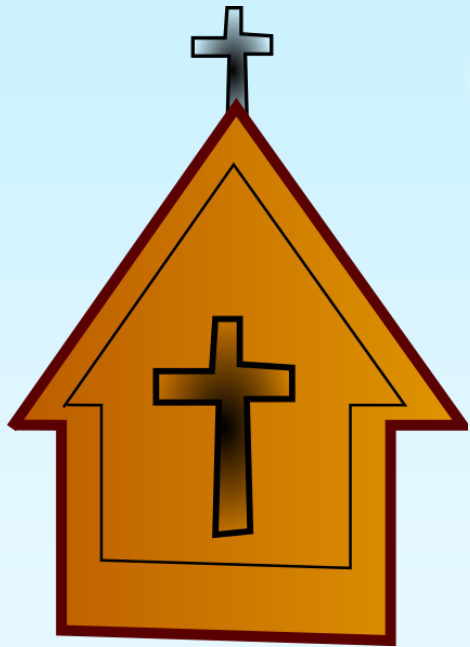
# **Knox United Room Bookings**

**KNOX IS A BUSY PLACE SO MAKE SURE  
YOU BOOK SPACE IF YOU ARE  
PLANNING ON MEETING OR USING ANY  
OF THE ROOMS AT THE CHURCH**

**BE CONSIDERATE OF OTHERS  
USING THE BUILDING .**

**BE SURE TO LOCK UP WHEN  
YOUR MEETING/EVENT IS  
OVER!**





# CHURCH OFFICE INFO

**Church Office Hours**

***Mon, Wed, Thurs & Fri***

***9:00 a.m. – 1:00 p.m.***

***Tuesday 11 a.m. – 1 p.m.***

**Please note:** Information to be distributed/announced on a Sunday morning must be received by the office no later than **Wednesday morning.**

**OFFICE PHONE NUMBER - 865-9216**

Would you like to keep up on  
the events at Knox United?



## Sign Up for our Email List

Share your email address  
with the office to be included in  
the weekly email blasts.  
You can also keep informed by  
visiting facebook and website.

