

WELCOME TO KNOX UNITED CHURCH



Minister: *Rev. Sandra Cox*

**Minister of Music and Dramatic Arts:
*John Lindsay-Botten***





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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.



Join Us for Worship

Every Sunday

At 10:30 am

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.



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



Knox News & Reflections

(our monthly newsletter)

JANUARY
edition available

Submissions for FEBRUARY
due Sunday Jan 26th



*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.*



Join the Story.




sundayschool

GO! Curriculum

Registration is ongoing

***Donations of colouring books,
children's puzzles, building blocks
or Lego would be appreciated***



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.***



Sunday evenings at 7-8:30pm
Every second week
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

**THE TRUCK ROLLS IN
EVERY MONDAY 5 - 7PM**

Sackville Library Parking Lot

For all the details visit facebook or speak with
Rainie Murphy or Tara Forhan 902-400-2028



*Adult Bible
Fellowship*

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



**Gentle YOGA Stretches
& Relaxation**

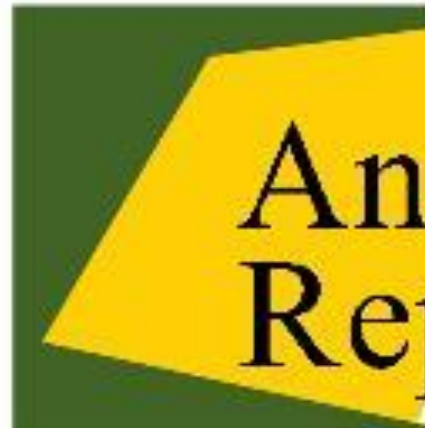
EVERY SATURDAYS

10-11 a.m.

Knox Boardroom

Bring your yoga mat, a pillow and blanket

For more info contact Cathy H 865-0001



**Please submit your committee/group/team
report to the church office for the
2019 Knox Annual Report**

(electronic submissions appreciated - due Feb 2)

Takeout Turkey Soup Luncheon



Tuesday February 4th noontime



**\$7 for a bowl of
homemade soup,
buttered roll and large
serving of carrot cake.**

Help is needed Monday (Feb 3rd) to peel veggies.

Takeout Turkey Soup Luncheons



returning Tuesday February, 4 2020



**We need to expand our
call list for delivery
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

MEALS MINISTRY

SERVING GOD THROUGH SERVING OTHERS

COME *Community Outreach
Meal Event*

**Next FREE Community Meal
Thursday Feb 20th 4:30 to 6 p.m.
All Welcome – Spread the word**



Sackville Snow Days edition

featuring

Innapinch

STAR KNOX
Coffee House

February 14th

Doors open at 7pm (until 9:30pm)
food/drink available for a small cost



14 11898 6256 RR0001

MEN'S

Breakfast

Tom's Restaurant

All men welcome

Feb 15th at 8:30 a.m.

CHECK
76470
HOT-DESSERT-BEV
7.55

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



Snack Collection for Sackville Youth Centre – The Den

***We have set up an
Amazon wish list and
if folks would like to
shop online,
please see Rainie
for the link.***

Every Monday night 5:00-7:00pm

Freedom Kitchen

A very generous volunteer is offering Monday home delivery service for the disabled & elderly who cannot attend Freedom Kitchen. If you or someone you know in Sackville could benefit from this please contact us.

Rainie Murphy or Tara Forhan 902-400-2028

Every Monday night 5:00-7:00pm

Freedom Kitchen

**Jackets, warm sweaters, sneakers, boots,
hats, mittens, socks,
& travel-size toiletries are needed.**

**All donations can be dropped off at the
The Royal Diaperer, 425 Sackville Dr.**

Rainie Murphy or Tara Forhan 902-400-2028

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)*



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

Phone ~ 902-865-0409

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.

YOUR 2019 INCOME TAX RECEIPT IS AVAILABLE IN THE NARTHEX



**Please help us save on postage
By picking yours up today**



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.

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



Eldon Turner

Chef

Where no one dines alone

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.*

SCENT FREE ZONE

Please remember

Knox's NO SCENTS policy

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



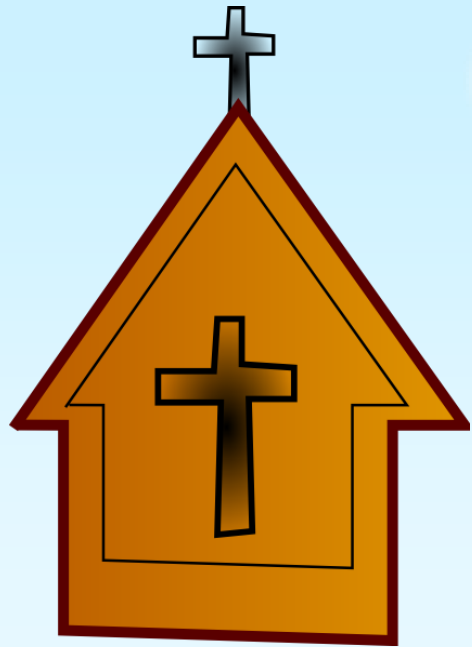
Knox United Room Bookings

**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

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.

