



WELCOME TO KNOX UNITED CHURCH

LENT

Minister: *Rev. Sandra Cox*
Minister of Music and Dramatic Arts:
John Lindsay-Botten





~

OUR MISSION

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

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



Knox Affirming Vision

**We, the congregation
of Knox United Church,
publicly proclaim our commitment
to become an open and welcoming
community of faith.**

**We declare that we welcome everyone
regardless of age, race, ability,
sexual orientation
and gender identity.**

Knox Affirming Vision... continued

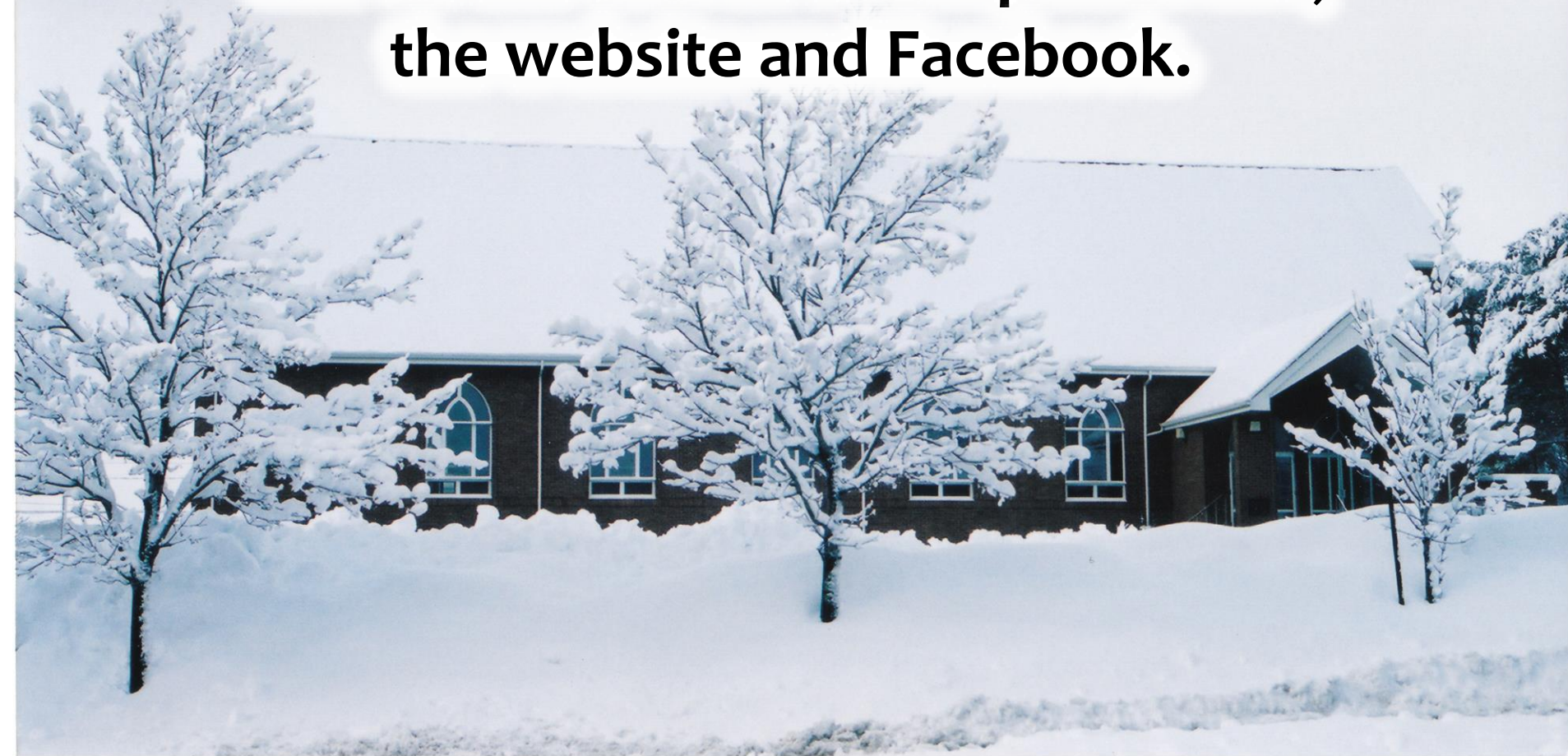
**Everyone is welcome here.
Through the process of honouring
diversity and challenging injustice
with those who bear the
weight of discrimination,
we commit ourselves to openness,
growth, education,
love and acceptance.**

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)

MARCH
edition available
TODAY

*Submissions for **APRIL***
*due **March 29th***



*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

Feb Dates: Mar 8th and 22nd

Youth grades 5 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



LENTEN BIBLE STUDY



*Rev. Sandra will
be holding a
Bible Study on
Tuesday
mornings
during lent
at 10 a.m.
in the parlour
All welcome.*

Takeout Turkey Soup Luncheon



Tuesday March 3rd noontime



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

Help is needed Monday (Mar 2nd) to peel veggies.

A background image featuring a stack of white teacups and saucers with a delicate floral pattern of pink and yellow roses. The cups are arranged in a slightly overlapping manner, creating a sense of depth. The overall aesthetic is classic and elegant, typical of a traditional afternoon tea 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.



World Day of Prayer 2020

Journée mondiale de la prière

Rise! Take Your Mat and Walk



**St. Elizabeth Seton
Friday, March 6th 7 p.m.**

Artist: Nonblanbla Mathe

A person wearing a white tank top is shown from the chest up, with their hands pressed together in a prayer position (Anjali Mudra) in front of their chest. The background is a soft, out-of-focus light color.

**Gentle YOGA Stretches
& Relaxation**

EVERY SATURDAYS

10-11 a.m.

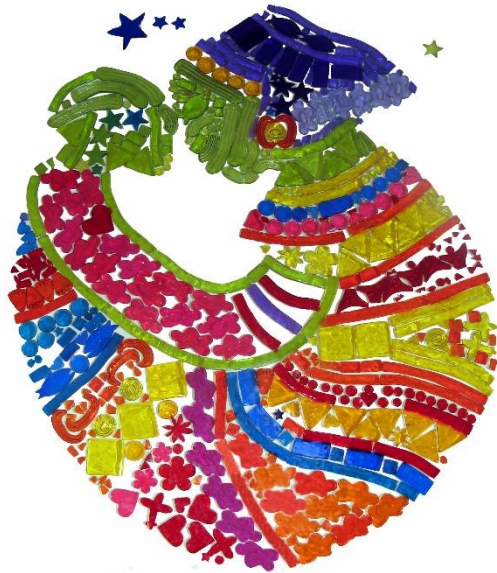
Knox Boardroom

Bring your yoga mat, a pillow and blanket

For more info contact Cathy H 865-0001

Grandmothers to Grandmothers Sackville Support Group

Will host our 10th annual
fundraising dessert and
card social
Saturday March 7th
at Knox United
Church Hall



To reserve a table for four
call Judi at 864-2588.



MARCH 8TH
DAYLIGHT
SAVING TIME
SPRING FORWARD

**Don't forget to set your clock ahead
an hour to avoid arriving
late for church next Sunday**

**Knox Annual
Congregational Meeting
Sunday March 8th
following worship**



**Copies of the
2019 Annual
Report are
available TODAY.
Please pick one
up to review
before the annual
meeting.**

StarKnox Coffee House

Friday March

13th, 7-9:15 pm



Join us for this coffee house and open mic with an Irish Theme. Free admission with food/drink available for a small cost.



Celebration
of becoming
an affirming ministry
Sunday March 15th 10:30-2



Live entertainment with a

PIE Potluck

bake your fruit pies,
meat pies, pizza pies,

shepherd's pies or any pie you would
like! Please sign up in the Narthex

MEALS MINISTRY

SERVING GOD THROUGH SERVING OTHERS

COME *Community Outreach
Meal Event*

**Next FREE Community Meal
Thursday March 19th 4:30 to 6 p.m.
All Welcome – Spread the word**

MEN'S

Breakfast

All men welcome

March 21st at 8:30 a.m.

at Tom's Restaurant

& March 28th at 9 a.m.

at Eldon's

Midweek Lenten Lunch and Worship Service with Holy Communion



Tuesday March 24th

12:15 pm: Lunch in the
Cann Hall

1:00 pm: Worship service
in the sanctuary

If you have no means of
transportation we may be able to arrange a
drive Please call Olive at 902-864-2984.

THE MESSAGE

Stones from the Water's Edge



CD NOW AVAILABLE.

The Message return to Knox

**Date: Saturday,
March 28th**

Time: 7:00pm
(Doors open at 6:30pm)

Donations accepted
(\$10.00 suggested)
at the door.

If you are aged 16 years or
under, admission is **FREE!**



Welcome to Knox!

We need more people for the Welcome Table to greet new folk and provide info about Knox.

For more information or to volunteer please email Sandra Braye at thebrayes@bellaliant.net

Thank you.

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.***

Shoe Box Program for The Den

Shoes boxes are being packed with non-perishable food items for youth experiencing food insecurity at home.



For more information speak to Rainie

Every Monday night 5:00-7:00pm

Freedom Kitchen

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 McIldoon.



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



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

H
Eldon Turner

Chef

Where no one dines alone



**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



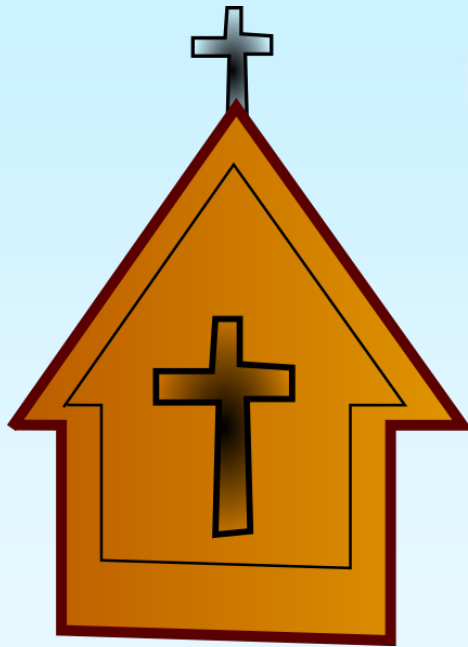
Knox United Room Bookings

**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.



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**