

# *Knox News & Notes*



April/May 2018

## ***Take hold of Life!***

I read through Ecclesiastes at least 4 times annually.

You might wonder why?

Well the reason I do this is to allow the verses of this Old Testament book to engrain the truth in my mind and life that it is futile to try and be happy and experience joy apart from God.

Nothing can fill the God-shaped void in our lives but God himself (3:11): “Yet God has made everything beautiful for its own time. *He has planted eternity in the human heart*, but even so, people cannot see the whole scope of God’s work from beginning to end”.

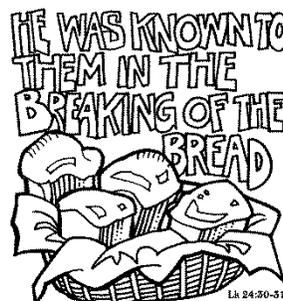
Scepticism and despair melt away when life is viewed as a daily gift from God (2:24,25): “So I decided there is nothing better than to enjoy food and drink and to find satisfaction in work. Then I realized that this pleasure is from the hand of God. For who can eat or enjoy anything apart from him?”

This Old Testament book is also brutally honest about the fact that I only have one life here on earth and that I should make the best of it. It doesn’t make sense to wait for others to one day at my funeral try and remember who I was and what I did. We should write our obituary every day as we live life amongst others.

Ecclesiastes 9: 4 – 7 is a sobering reality: “There is hope only for the living. As they say, “It’s better to be a live dog than a dead lion!” The living at least know they will die, but the dead know nothing. They have no further reward, nor are they remembered. Whatever they did in their lifetime - loving, hating, envying - is all long gone. They no longer have a part in anything here on earth. So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this!”

We all have the choice whether we want to be happy and joyful and whether we want to break our daily bread with joy in the presence of the Lord and share our bread joyfully with others. The best inheritance and legacy to leave behind is not so much our money or our earthly possessions but a life of grace, a joyful life which brings joy to others as well; a life fully lived!

**Rev Johan**



## Musical Notes

By Chris Fischer, Pastoral Musician

### **“Musical Implications for a ‘Cross-Generational Community’”**

OK, that’s pretty intellectual-sounding for a title, but bear with me... “Cross-generational Community” is the name that the ad hoc planning group here at Knox gave to their vision for long-term financial sustainability. I’d like to reflect on the possible implications of this vision for music and worship.

The character of our worship services on Sunday morning is, in a way, about “family.” That word is used in our bulletin, on our website, and (very frequently, especially when Johan is preaching!) from the pulpit. A family is diverse, with different ages, different stories to share, and different gifts to contribute to the whole body that is Knox congregation... This is nothing new. However, there is more to this idea of “family” than just the individuals who come to church on Sundays.

We try very hard, especially in the act of planning and preparing for worship, to respect and include music that will be meaningful to each generation of our church family (there, I said it!) that we have in our pews. What I want to suggest is that, perhaps in some rather unconventional ways that we may not even have thought of yet, we ought to be seeking to widen our circle: to include those who, for a variety of reasons, choose not to worship with us as we are.

If you were to open the doors onto Quebec Street during our Sunday morning worship time, say 11:00 AM, what would you see? Perhaps some parents with young children in strollers, heading to a store or just for a walk in our lovely downtown neighbourhood... Perhaps a group of young people hanging out together, or perhaps some seniors or other adults who may be newcomers to Canada and headed for an English class, or perhaps someone who is in dire circumstances, or even homeless, and is headed for Hope House or the Drop-in Centre, looking for help from someone – anyone – who will listen to and support them.

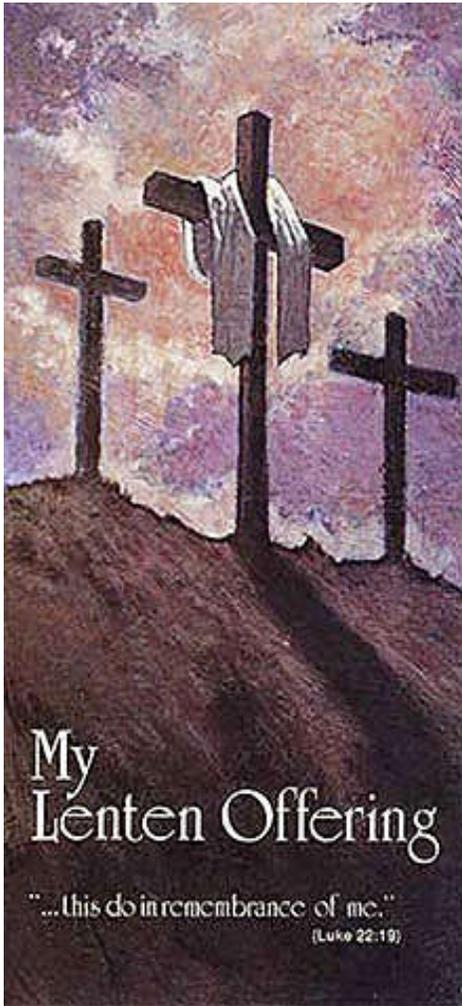
Would we as a congregation know how to respond if one or more of those people came through our doors? I know I would be hard-pressed to be of assistance to many, and it would be a stretch to suggest that I could easily drop everything and invite just any random stranger into my carefully planned and rehearsed world of sacred music.

One of the terms that I’ve heard recently for a spiritual gathering is the idea of a shared sacred or ethical space: that a sanctuary, or indeed any room where folks gather to think about God or spiritual matters, can be a place of safety and respectful sharing. Can we as a congregation commit to finding ways that we can make our worship services, collectively, this kind of ethical space? This is a question that those of us in our *Ubuntu* singing group have been discussing when we meet on Wednesday evenings. We are seeking God’s directions for our neighbourhood, and praying for ways to make connections with its people who are our neighbours. We sing because we are community, not just individuals. We sing the songs of people who are near and far away, because their story is also our story: Indigenous people, whose land we share; new Canadians, like the Al-Sawal family, recently arrived from Syria (via Lebanon) and struggling to adapt to a radically different culture and climate (!); victims of domestic violence or abuse, who may be searching for security and someone they can trust; people struggling with mental illness or addiction, and who may need support and encouragement that they can keep going; and folks who may simply be lonely and in need of friendship, but who are afraid to appear needy or a burden to others.

For such as these, we sing. When we sing these songs, we are *Ubuntu* people: we are family. Come and join us, and together we will learn more of what that can mean for us, as we worship, and as we live. May it be so!

## ***Lenten/Easter Offering: A great deal for both donors and beneficiaries***

by Herb Gale



I love a good deal, don't you? Well, have I got a good deal for you this Lenten/Easter season – Knox Church's Lenten/Easter Offering! Put a donation of any size in the specially marked offering envelopes in the pew racks (or simply designate "Lenten/Easter Offering" on a regular offering envelope), place it in the offering plate, and the magic starts to happen. Let's see what would happen to a gift of \$100:

- The \$40 apportioned to PWS&D's Maternal and Infant Health projects in Malawi and Afghanistan would turn into \$200 through government matching grants to help pregnant women and newborns in those two countries. Are the programs needed? Well, Malawi and Afghanistan have two of the worst infant mortality rates in the world, and Afghanistan was just voted the worst country in the entire world to be a woman or a girl. It is no exaggeration to say that your gifts may literally save lives.
- The \$25 apportioned for prescription drugs would provide vitally needed non-narcotic drugs for those unable to afford them here in Guelph.
- The \$25 apportioned to the Royal City Church's Life Centre would provide several hot meals out of the approximately 600 meals that volunteers prepare and serve free of charge every week.
- And the remaining \$10 would provide practical help for the most vulnerable people in Guelph at the Drop-In Centre.
- Oh, and did I mention that for your \$100 gift, you would get \$40 back from the federal and provincial governments in tax credits (based on a 40.16% tax credit rate for charitable gifts totaling over \$200/year)?

To sum up, a \$100 gift (\$60 after using tax credits) would provide \$260 in life saving and life changing services to the most vulnerable people in Guelph, Malawi and Afghanistan. And if that is not a good deal, I don't know what is! Last year we raised over \$5,000. I'll bet we can beat that amount in 2018, which would mean when combined with others, your gift now becomes a GREAT deal!

(Special Note: As of **Monday, March 26<sup>th</sup>**, **\$3,963.72** has been contributed to the Lenten/Easter Offering appeal.)

## ***Knox Church: A Cross-Generational Community Planning Workshop***



On Saturday, March 24<sup>th</sup>, a special planning workshop was held in Metcalf Hall under the leadership of Herb Gale. The purpose of the workshop was to develop an action plan for implementing the *Blueprint for Building a Sustainable Future for Knox Church's Life and Mission* that was approved at the Annual Meeting on March 4<sup>th</sup>. The twenty people who attended spent the morning brainstorming how to integrate the cross-generational mission focus into every area of Knox Church's life and mission and prioritizing which of the fourteen building blocks adopted by the congregation we would like to put in place in 2018. The information gathered at the

workshop will be collated and reported back to Session for their April meeting along with the names of people to form a Steering Committee to oversee the implementation process. Stay tuned for updates regarding the implementation of the plan.

## Congregational Life

### Sunday, April 1, 2018 – Sunrise Breakfast

Enjoy a ‘Continental Extreme’ breakfast in Metcalf Hall available upon your arrival on Easter Sunday morning beginning at 9:30 am to 10:15 am before worship service. Sign up on the list posted in Metcalf Hall to indicate your participation as planners need to know numbers attending for food preparation. A free will offering will be appreciated.



### Sunday, June 10, 2018 – Knox Picnic



A worship service will be held at 11:00 am at Marden Park. Our picnic will follow. Barbeque hamburgers, hot dogs and drinks will be provided. Rain or shine there will be games and fun for the entire family. Mark your calendar. Further details will be provided closer to the date.

### Survey - Grand River Dinner Cruise

Planners would like to know if Knox members are interested in a potential event for a Grand River Lunch Cruise. This full day excursion would tentatively take place on Saturday, June 23. The cruise would cost \$55.00 (includes tax) per person.

#### *Your day includes:*

- 11:00-11:30 - Complimentary coffee & muffin in “The Landing”
- 11:30 - LIVE entertainment with “The Blazing Fiddles”
- 12:15 - 3 hour cruise with a 3-course roast beef lunch
- 3:15-4:00 - Refreshments served in “The Landing”

Check their website for further information: <http://www.grandrivercruises.ca>

**Note:** Attendees could car pool (drivers will be needed) or take a bus. Taking a bus would be an extra cost of approximately \$10-\$15 per person depending on numbers and bus cost.

Enough interested will be required before planners will go forward with this event.

Please **contact Heather by Apr 13** or email Wendy at [congregationallife@knxoguelph.ca](mailto:congregationallife@knxoguelph.ca) and indicate whether you would be interested in this event and if you would like to car pool or take a bus.



## ***2017 Knox Website Report***

Our new Knox website has been a ready-reference for our church members seeking information, visitors who might wish to join us, and others who are curious about us, for a full year.

During this time, 6,000 people have visited. 90% are from most provinces in Canada and mainly Ontario, most from Guelph, but also from Toronto, Kitchener, Barrie, Hamilton, Waterloo, Canfield and Clifton. The other 10% include the United States, Brazil, the Philippines, India, U.K., Australia, Russia and Germany.

Our most popular pages are the Sunday Bulletin, Calendar, Newsletter, Our Leaders, Photo Gallery, Contact Us, Sermons, Sunday mornings that include I'm New and Music. Others frequently viewed include our vision and mission, connecting with different groups, how we can serve at Knox, the community and the world, as well as the story (history) of Knox and caring and giving. The Slider photos and What's Happening highlight events and ministries that are important to the life of Knox. New pages "Committees of Session" under the menu "Our Church" and "Knitting Ministries" under "Care" were recently added.

The aim is to keep the website useful, relevant and up-to-date. This is only being done with the contributions from members who are providing updated information and photos.

Respectfully submitted,  
Marjorie Bethune, Website Coordinator

### ***Thank you to all those who hosted and supported the 2017 Coffee Break® Campaign.***

This being my first year managing the Coffee Break® Campaign has been an amazing opportunity to witness, first hand, how many of you understand just how valuable community contributions are and the positive rippling affect it has in our communities. I thank all of you, for your continued support, patience and interest. Because of you, we exceeded our goal and reached a milestone high of more than 87 hosts, including several new interested community partners who aim to host a Coffee Break® next year.

Your support helps us to provide over 14,000 individuals living with dementia, their care-partners, family, friends and local businesses education, counselling, support and social programs. We could not do this without you. Your compassion and commitment is truly appreciated, thank you for making your coffee count.

Please choose to continue to be actively involved in volunteer opportunities and upcoming events. To stay connected, visit <http://www.alzheimer.ca/en/ww> and click on "Sign up for Email Updates" and follow us on Facebook at <https://www.facebook.com/alzsocww>.

Also, I have attached a short questionnaire to help us better meet Coffee Break® Hosts needs and participants interests. Please take a moment, at your convenience, to complete and return the questionnaire.

With sincere gratitude,

Joy  
Joy Noble  
Development Coordinator  
Alzheimer Society Waterloo Wellington  
831 Fredrick St., Kitchener, ON N2B 2B4

## *Church School Chatter*



We have the best group of Church School teachers ever! These dedicated people give of themselves so freely each week, and our children love them all!

Huge thanks to Nancy Stepien, Joh Killen, Mel McGurrin, Liz Zegerius, Rachel Fishback, Carrie Gordon, Peter Kim and Grace Kim for their help and dedication towards our kids!

Over the summer months, we will be offering one large combined class to all ages between Junior Kindergarten and grade 6. Can you spare ONE SUNDAY over the summer? If so, there will be lots of opportunities for YOU to come and join these wonderful, energetic, enthusiastic children on a Sunday morning. We will need leaders for our summer class, so

if this is something that you might be interested in finding out more about, please contact Karen. There will be a sign-up sheet on the bulletin board in Metcalf Hall. All of the curriculum will be provided and we have lots of resources in our supply room for classroom activities.

Please note: There will be NO CLASSES ON EASTER SUNDAY, APRIL 1., and NO CLASSES ON SUNDAY JUNE 10 as this is the date for our Congregational Picnic.

If you have any questions about our church school programs, please do not hesitate to contact me!

Blessings  
Karen Bellamy  
Church School coordinator

## ***ROLLING RIVER RAMPAGE!!***

**Come and join us July 9-13 for Vacation Bible School at Knox!**

We are excited about this year's theme as we invite children and helpers on a white water rafting adventure to experience the ride of a lifetime with God! Along our journey, we will discover that life with God is an adventure full of wonder and surprise, and we can trust God to be with us even through the roughest parts!

VBS is open to all children who have turned 4 years of age by July 9 up to finished grade 6 in June of 2018. We do have limited space, so if you have a child who is interested in joining the fun, you should get a registration form as soon as possible! They are located on the C.E. Bulletin Board.

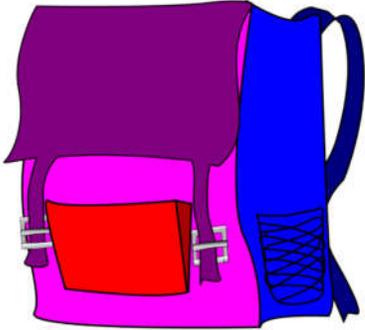
We are looking for helpers for the week of VBS... Station assistants, Guides, advanced prep work, decorating, and more. If you have finished grade 7 as of 2018, you can be a helper! If you are an adult who has time that week and love to have fun with kids, you will be welcomed as well! Please speak with Karen or Carrie for more information, or fill in a Volunteer form so we know where you would like to help. These are also on the bulletin board in Metcalf Hall. We will be holding a leader's lunch and information session on SUNDAY JUNE 24 immediately following worship. Lunch will be provided!

Mark your calendars NOW for **July 9 – 13 2018** and join us on this amazing adventure!!

Karen Bellamy, Carrie Gordon  
VBS coordinators

## VBS / Congregational Outreach project

Once again this year, we will be organizing a joint Outreach Project as part of our VBS curriculum. We try to make these mission projects approachable and meaningful for the kids to help them understand why mission is so important. We hope you will be interested in helping us out again this year!

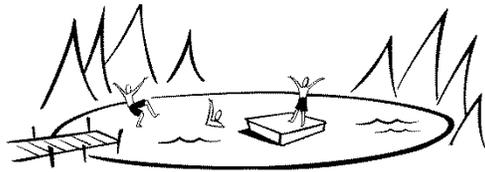


Do you remember going shopping with your parents just before school started? Did you purchase a backpack, some new pencils, erasers, ruler, special treats for lunch, and more? Not every family has the ability to provide their child with these extras for school.

This year, our Mission Outreach project will be to fill backpacks with school supplies, for a child in need. We are asking anyone who is interested in helping with this mission project to check out our list of "Backpack Bounty" on the bulletin board, and donate items, as you are able. Every family in VBS will also be asked to help with this

project. We are hoping with everyone's help, we can purchase backpacks and fill them with everything a child will need to help them succeed at school in September!

For more information, Please speak with Carrie and Karen. Thank you in advance for helping with this outreach project!



## Bible Camp

Scholarships are available through the Christian Education committee for children attending residential Presbyterian camps (Camp Kintail or Cairn) this summer. Please contact Lisa Hough (519 829 2619 or [davidandlisa.hough@sympatico.ca](mailto:davidandlisa.hough@sympatico.ca)) to apply for the scholarship. **Applications for the scholarship must be received by May 31st.**

## Congratulations to:

Ross Hough who won 2nd place out of 27 students his age group, in a public math competition on March 24<sup>th</sup>. He also won \$50 cash prize!



## ***Knox Youth News***

The New Year has been busy, as Knox Youth programs are taking off! Youth are exploring their faith, through thoughtful discussions, and the study of scripture during our weekly youth group. We are meeting every Monday (excluding holidays) from 6:30- 8:00pm in the Parlour. If you are 13-19, you are invited to join us! Snacks provided!



Knox Youth will be hosting a monthly social event. Our very first event was on February 10<sup>th</sup>, and the youth enjoyed an outing to Mole Hill for tobogganing and hot chocolate. We also had the opportunity to meet with community youth, share some hot chocolate, and invite them out to Knox. On March 3<sup>rd</sup>, the youth enjoyed a movie and popcorn night! Watch for upcoming events in the bulletin or website and invite a friend!

On February 18<sup>th</sup> the church congregation generously donated 6 dozen sandwiches! The youth had the opportunity to distribute these sandwiches in the downtown core, and participated in praying for the

people they met, and the needs of the city. The leftover sandwiches were donated to Wyndham House Youth Emergency Shelter and Resource Centre.



On March 17<sup>th</sup>, the youth volunteered their services for the Royal City Messiah event. They served with ticket collection, ushering, and kitchen crew.

We will continue to serve the community with monthly service projects. Please let us know if you have a need, and we would be happy to serve!



### **MARK YOUR CALENDARS!**

**Outing:** Rockwood Conservation Area Hike- April 7<sup>th</sup> 1-5pm- Meet at the church at 1pm.

**Service Project:** Clean Parks- April 21<sup>st</sup> 2-4pm- Meet at Exhibition Park (Corner of London St. and Exhibition St.). Supplies provided.

Please check the church calendar on the website, bulletin, and social media for more upcoming events!



[www.facebook.com/knoxyouthguelph](http://www.facebook.com/knoxyouthguelph)



[www.instagram.com/knoxyouthguelph](http://www.instagram.com/knoxyouthguelph)

## *Gardening at the Gordon's 2017*

by Cal Christie

### *Janice picking Yellow Beans*



It was the second year that Nancy and John Gordon have offered garden space on their rural property to the Knox congregation. In 2017 there were four participating family groups.

In 2016 we experienced extremely dry conditions.

Year 2017 was the exact opposite with wet weather delaying planting by at least 3 weeks. This was partially corrected by very warm weather for the last half of September; at which time we usually experience frost conditions.

Nevertheless, the yield was excellent and we had more than enough of everything. Some of my beets made it to the dinner table of a few Knox members.



*Beets, Parsnips, Onions, Carrots*

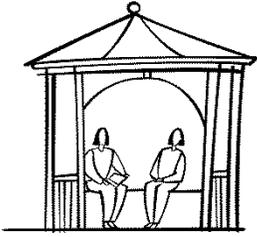


*The Glads did well*

So . . . if you enjoy a mild exercise activity, being in the countryside breathing fresh air and having fresh vegetables for supper; then this opportunity comes highly recommended by me.

*Cal*

***For information regarding gardening this summer, contact John or Nancy at 519-824-9548.***

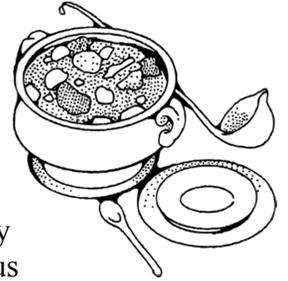


## Retreat

The dates for 2018 Ladies Retreat Weekends at Crieff Hills are: May 25, 26, 27 and September 28, 29, 30. If you would like to attend or would like more information, please contact Yvonne at 226-500-2715.

## Soup & Chili Luncheons

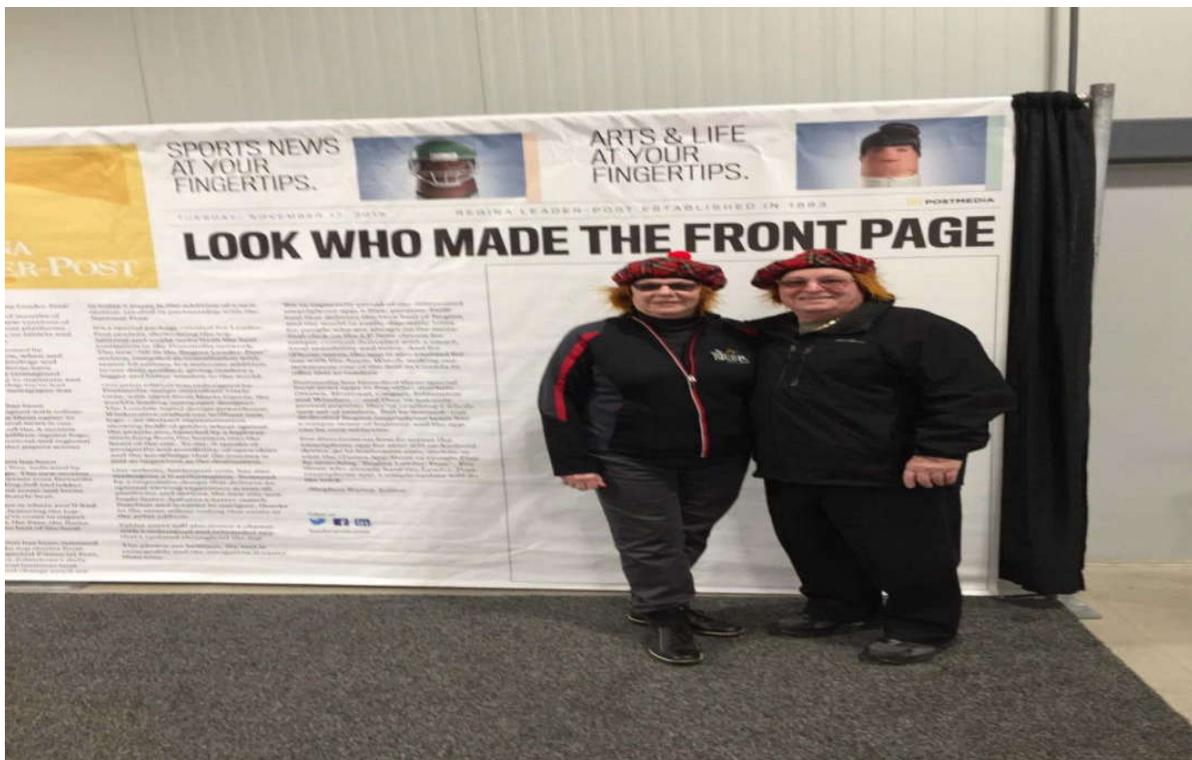
Once again our church family came through! Our soup and chili lunches have been a resounding success! Thank you to all the ladies who made soup, chili, desserts, donated cheese, crackers and other items necessary to make our luncheons complete. Thank you to everyone who helped set up and clean up ..... done by a multi-generational group. We are especially thankful for the support of our youth and teen helpers. Each luncheon was attended by over 100 people and judging by the small amount of leftovers, was enjoyed by all. Your generous donations will be used to support the youth of our congregation as well as purchasing some needed supplies and supporting our retreats.



The "Retreat Ladies and Friends"

## Front Page – Alberta

This couple made the front page when they visited the Brier last month in Saskatchewan. Recognize them? They were also on the Jumbo Tron!



# God's Names

ADONAI

ALMIGHTY GOD

ALPHA

CHRIST

CREATOR

EL ROI

FATHR

GOOD SHEPHER

HELPER

JUDGE

KING

LAMB OF GOD

LIGHT

LORD

LORD OF HOSTS

MESSIAH

MOST HIGH

OMEGA

SAVIOR

STRONG TOWER

TRUTH

S E H P P A A H V X E W R T H L S X Z E  
 Z A L E N V L L G G P L E E P I T F L F  
 T B V R C A G M D I O D L N H G R B S E  
 F Y J I O N O U I R H P Y A O H O V E L  
 G N I K O I J Z D G E T I U R T N R B B  
 C O P K R R K O M R H S S Q J K G O N P  
 C H R I S T F N B P S T P O B A T T Z Y  
 G O O D S H E P H E R D Y W M K O A Q V  
 C G U L O B D B M F G E A G I L W E M O  
 A G H S D O G F O B M A L H O F E R V L  
 D A T R E H T A F D O G S R P D R C Z E  
 O S A T R U T H X Z V E D L W L S C O Z  
 N H Q I X H Y A I R Z M L K J D A N D W  
 A B W Y Z E B U G F T O I Z B F J G T B  
 I K N W J Y X B V I O B K J G L Y C K F

## *A Word*

A *careless* word  
may kindle strife;

A *cruel* word  
may wreck a life.

A *bitter* word  
may hate instill;

A *brutal* word  
may smite and kill.

A *gracious* word  
may smooth the way;

A *joyous* word  
may light the day.

A *timely* word  
may lessen stress;

A *loving* word  
may heal and bless.

Author Unknown

## *A Parable of forgiveness*

The story is told of a woman who went to St. Francis of Assisi and asked what she had to do to be forgiven for her gossiping. St. Francis told her to take feathers and place one at the doorstep of everyone in the town of whom she had spoken ill.

She did so and returned to Francis, who then told her to go and retrieve all the feathers. When she attempted to do so she discovered that the feathers were scattered all around town.

Again, she returned to St. Francis and told him about the feathers. He said to her, “You wish to repent and be forgiven of your sin. Good. But the damage of your words is done and cannot be taken back.

