

Knox News & Notes



October/November 2018

Giving Thanks

Thanksgiving weekend reminds us that life is out of joint when we fail to give thanks.

A rabbi once said: Gratitude is the key to a functioning faith - I did not make the air I breathe, nor the sun that warms me; I know I am not a self-made human being.

The way by which some people receive, and receive, and receive, yet without ever saying “Thank you” is perplexing – perplexing it seems, even to Jesus in Luke 17:11 – 19 where we find the well know story of the healing of ten lepers and only one came back to thank Jesus. Jesus said about this turn of events: Didn’t I heal ten men? Where are the other nine? Does only this foreigner return to give glory to God? (17,18).

I know it’s not true of everybody but there are people who act much like the little boy who was given an orange by a man. The boy’s mother asked: What do you say to the nice man? The little boy thought for a moment and then handed the orange back to the kind man and said: Peel it!

Failing to express gratitude sooner or later fosters a sense of entitlement.

After being surprised at the fact that only 1 out of 10 had returned with thanksgiving, Jesus says to the Samaritan who did come back, Stand up and go. Your faith has made you well.

All ten lepers were healed, but there is a hint in Jesus’ final words that maybe just the one who came back to say “Thank you” was also healed in some deeper sense. Perhaps Jesus is hinting that only those who properly respond by giving thanks to God for his goodness show that they “get it,” and that they have a spiritual understanding of how the universe works and through their gratitude everyone can see that salvation is operative in their lives.

The Samaritan in our reading today sets a wonderful example for us all. He saw a reason to praise God. He saw that his life was forever changed for the better. He saw a change that only Jesus could have made possible. His trip to the priest at the temple was suddenly a pointless trip. He realized he had just encountered the very presence of Almighty God. He had just received the very best gift anyone could ever hope to receive. And the only place he needed to go was back to the source of that presence, back to Jesus, back to the one who makes all things new and possible.

We never hear about the other nine lepers again. They were cured. They took the traditional path and were ritually declared “clean” by a priest; but they never returned to Jesus. They were re admitted into the world they had been banished from, but they missed out on their ticket to a new existence, to a new reality that was beyond anything they had ever known before.

Let’s all look into our lives – we will find a reason to thank God today and every other day of our lives and we will rejoice and experience the very presence of Almighty God!

Rev Johan

Musical Notes

By Chris Fischer, Pastoral Musician

“It’s Fall... Now What?”

We’ve arrived at the dreaded autumnal equinox, that time of the year when we are forced to let go of summer and embrace the new energy and activities of the fall season. As October is upon us, I should first of all encourage you all to support the outreach activities hosted or sponsored by our congregation in that month, beginning with the latest series of free noon-hour recitals (open to the whole downtown neighbourhood), “Matinée Melodies.” This series of concerts featuring local musicians has run for about ten years now, mostly in the months of October and May. This October, the theme is “Colours of the Wind,” and the performers will engage the incredible variety of sound produced by our church’s pipe organ. For the five Wednesdays of the month, from October 3 through 31, you can enjoy a sampling of four centuries of music written for this instrument; each recital will run from 12:15 to 12:45 PM, and admission is free (though we do put out baskets for small donations as a token of appreciation for the time and talents of our guests).

October 3 – Peter West (All Saints Lutheran-Anglican Church, Guelph)

October 10 – Irene Gregorio (Dublin Street United Church, Guelph) & Chris Fischer (Knox):
A program of piano/organ duets

October 17 – Grace Peters (Holy Rosary Roman Catholic Church, Guelph)

October 24 – Jurgen Petrenko (St. John the Evangelist Anglican Church, Elora)

October 31 – Julian Mason (Sacred Heart Roman Catholic Church, Rockwood; associate organist of the Basilica of Our Lady Immaculate, Guelph): Hallowe’en Spooktacular!

The primary purpose of these concerts has always been to reach out to, and to welcome, our neighbours and friends in downtown Guelph; the secondary purpose is simply to enjoy good music with good company!

Recently, our Session has made it a priority to seek to host more community events in our Sanctuary, particularly if these events relate to our mission as a congregation. We are hosting one such event this October: on Sunday, October 21 at 3:00 PM, Knox presents the Burlington Welsh Male Chorus (director: Janice Beninger; accompanist: Larisa Gulenco), and local soprano Marion Samuel-Stevens (accompanist: yours truly!) in concert, with a portion of the proceeds directed to our downtown mission partners, Royal City Evangelical Missionary Church and their Life Centre ministry to the poor and homeless in our community. Knox congregation already supports the Life Centre annually, through our offerings; this is another way to show our support, and we get to be entertained at the same time! Tickets are available after church during coffee hour, through the office, and at the door. We hope that many of you can come and hear some great music, from opera to show tunes to hymns, spirituals and popular favourites.

On Wednesday, September 26, at 8:00 PM (after LOGOS), we resume a new (and unique, in Guelph) initiative: a community singing circle, called One Voice. One Voice is intended to be a group that sings: it sings songs of peace, love, justice, and healing, because singing makes us happy and lifts our spirits. It is not about only sacred songs, and it is certainly not a choir or a performance ensemble; One Voice is a gathering of people from many different backgrounds, seeking to bring greater joy and unity to those whose lives we touch, though the power of song. We’ll be meeting on the chancel platform at Knox this Wednesday, but after that the location may change (though not the time), in order to avoid becoming too formal or (OK, I’ll say it) religious. One Voice sings everything from the Beatles to Indigenous songs to spirituals and Joni Mitchell, so more casual venues are just as appropriate, don’t you think? (I’ll always let you know where we’ll be!) If this idea sounds like it might appeal to you, come and check us out!

Musical Notes

Finally, I want to tell you about a conversation that I had recently with a parent of a child in our Sunday school and LOGOS program. She expressed her daughter's keen interest in singing in a junior choir. (I've heard expressions of similar interest from other parents, and kids.) Accordingly, we will reconstitute the "Joyful Noise!" If you have a child between the ages of 3 and 18 who loves to sing, you (and they!) are invited to stay after church for about 20 minutes, beginning on Sunday, September 23rd. We'll prepare one or two songs for worship, about once a month – beginning on Sunday, October 28.

There's a lot of excitement around our music ministries right now, with the return of our choir and handbell ensemble, and with all of these new initiatives. If you feel called to lend your voice, or instrument, come on over and talk to me, before or after church, in the office, or anytime by email or phone; I promise I won't say no! Let's sing joyfully, *all* together!

Church School Chatter

Church school is off and running.

Thanks to the amazing help of our adult and teen leaders, we have 4 classes taking place each Sunday morning. JK, SK & Grade 1, Grade 2 & 3, Grade 4 & 5, and Grades 6, 7, 8.

We do, however, still have a need for some leaders in all grades... please speak with me for more information.

There will be NO CLASSES on Sunday October 7, Thanksgiving Sunday. We want everyone to be able to celebrate together. As always, there will be activity sheets for any child who wishes to have one or more.

Christmas is just around the corner!!! Our annual Christmas Pageant will take place on Sunday December 9 during our morning worship. This will be a joint Church School and LOGOS venture. We will have a short rehearsal on Saturday December 8 from 9:30 – 11:30 so if you have a child or grandchild who will be participating in the pageant, please remember to mark the rehearsal on your calendars! Following the pageant on Sunday, everyone is invited to celebrate the birth of Jesus with cake during our coffee hour.

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." (Matthew 19:14)

Blessings
Karen Bellamy
Church School coordinator



An Update On Our Knitted Therapeutic Twiddlemuffs And Twiddlecuffs Ministry

People with dementia often have restless hands and can be soothed by having something to keep their hands occupied. The muffs provide a source of sensory (both visual and tactile) stimulation and comfort while at the same time keeping hands snug and warm.

This update is regarding the ongoing ministry of the women who have been faithfully at work with needles and yard and those important 'twiddle bits' that are attached to each Twiddlemuff and Twiddlecuff. These are currently being donated to the Guelph General Hospital and the Alzheimer's Society. The Twiddlemuffs are given to patients, who have any form of dementia, as a means of comforting them (and sometimes diminishing the need for medication) when they become anxious or agitated. Each patient takes this home with them which means the supply needs to be regularly replenished.

The Twiddlecuffs are provided for patients in the Intensive Care Unit who have any form of dementia. These Twiddlecuffs are placed over the intravenous setups in their arms and prevents the patient from pulling out the needle and causing further complications.

To date, Geraldine Sanderson and her group of women - all seniors - have provided well over 200 Twiddlemuffs and over 75 Twiddlecuffs and still counting. They have also provided nearly as many Pneumonia Prevention Vests and Hats for new born babies. These vests and hats are shipped, by the WMS, to India and are saving the lives of babies. Geraldine and her group are not the only knitters involved in this ministry. The number of Twiddlemuff/cuffs and Vests and Hats is being added to by other knitters in the congregation. Most of the yarn - many types and colours - is donated and gratefully received and all of it finds its way into the Twiddlecuffs, Twiddlemuffs, vests and hats.

It is both moving and inspiring to see 'senior power' in action and in such a wonderful ministry and to know that each muff, each vest and hat, will provide a warm and comforting touch for someone we are unlikely to ever meet but who will benefit and be comforted by the kindness and compassion of our faithful knitters.

I want to share with you an email I received from Carrie Gordon regarding a recent "comforting touch" that made a meaningful difference. Carrie writes:

Hi Shirley,

Just wanted to share a story with you and your awesome knitters! Yesterday while working my paramedic shift, we had a very young patient with a genetic process that presents similarly to autism..... This young child was VERY active and agitated, and I wanted to find something to help distract them. In the dementia care cupboard in the ER, I found a Twiddlemuff!! I gave it to this young person... They were absolutely enthralled with it, especially the bell. They played contentedly with the links of beads and the belt buckle attached to the inside. The different yarns made for a lovely tactile contrast.

Just wanted to let you and your knitters know that your gifts and talents really DO make a difference, and not just in the lives of seniors, but cross generationally, as proven today.

Thanks Shirley,
Carrie

Twiddlecuffs Ministry continued

I also shared this with Tuyen Le, the Elder Life Specialist at the Guelph General Hospital and this was her reply:

Hi Shirley,

I hope you've been well. I'm so glad you forwarded this to me! It's so great that the effort and work that has been done in making the twiddlemuffs is being recognized by others! We're continually grateful at GGH to you and your members for the twiddlemuffs that have been donated and continue to use it to enhance the lives of your patients.

Best, Tuyen Le.
Elder Life Specialist.
Guelph General Hospital

I recently learned that a visitor from Australia learned of this work being done by our senior women and has taken the idea - and the patterns! - back to Australia to touch lives there.

Isn't it wonderful that something we take for granted and may even consider a simple deed - knitting! - can become such a powerful witness to the presence and love of God. If we are willing, God does indeed use our hands to do God's work which at Knox certainly includes knitting. **Well done!**

Submitted by: Dr. Shirley Gale, Pastoral Assistant

Look Into God's Word

In the Psalms you can find daily food in abundance---good food, tasty food, food to fuel your Christian Life. We can find our Father in Heaven speaking to us from the Psalms, regardless of our circumstances. If 149 Psalms are daily food, Psalm 119 is a banquet! 176 verses through the Hebrew alphabet. Look and find something to feed your soul today.

- Verse 2:** Blessed are they who keep His statutes, and seek him with all their heart.
- Verse 11:** I have hidden your word in my heart that I might not sin against you.
- Verse 24:** Your statutes are my delight; they are my counselors.
- Verse 45:** I will walk about in freedom, for I have sought out your precepts.
- Verse 89:** Your word, O Lord, is eternal; it stands firm in the heavens.
- Verse 103:** How sweet are your words to my taste, sweeter than honey to my mouth!
- Verse 133:** Direct my footsteps according to your word; let no sin rule over me.
- Verse 160:** All your words are true; all your righteous laws are eternal.
- Verse 165:** Great peace have they who love your law, and nothing can make them stumble.
- Verse 176:** I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.

Knox Presbyterian Church Presents

Our 2nd Annual Fall Festival

A one Day Vendor/Artisan/Crafter Sale

Saturday, October 27, 2018

10:00am to 2:00pm

**20 Quebec Street
Guelph ON**

Enter off of Chapel Lane

25+ ARTISANS, CRAFTERS & LOCAL VENDORS

**Raffle Table, Bake Table & Tea Room
FREE ADMISSION**

For further information contact

fallfestival@knoxguelph.ca ,

**www.knoxguelph.ca or see Events on our Facebook
page.**



We have 32 tables (and counting) of treasures to start your Christmas shopping. Need a new wreath?

Have a new baby in your family? How's your sweet tooth? Want to stay warm with a new winter hat, slippers or leggings? How about something to catch the sun's rays and cast colours into your room? Tired of your old recipes? Needing new jewelry, beauty products, essential oils and soaps? Looking for more storage containers or carrying bags? Want something to spice up your recipes? Looking for environmentally friendly cleaning ideas? Just like to shop and socialize? If you answered yes to any of these questions then you will want to be at Knox on October 27th between 10 & 2.

After you have browsed the tables **upstairs** in Metcalf Hall, and **downstairs** in the McGillvary Room, you'll want to relax in our Tea Room and enjoy homemade scones and a beverage while you decide which container to put your raffle tickets in.

Don't forget to visit the Knox Ladies tables where you will find homemade baking and preserves.

A list of participants can be found on our website at knoxguelph.ca, click on Fall Festival poster, click on List of Participants.

Looking forward to seeing you, your friends and family on October 27th.



Help Wanted

Fall Festival is coming up quickly, and we are ready to organize our helpers!!

How can you help, you ask? Keep on reading!

We are looking for *homemade preserves* or *baking* to be donated to our Knox Ladies Table. Donations should be dropped off no later than 11:00 a.m., Friday, October 26th. Please package cookies, muffins, tarts, squares etc. by either 6 or 12 per package. New Styrofoam trays are available for your convenience. We will have them in Metcalf Hall on Sundays. You don't need to worry about pricing, we will do that for you.

Teen and adult helpers are needed to be *runners*, *greeters* at the door, *ticket sellers* and *general help* where needed.

We will need lots of help to *take down tables and chairs* on Saturday following the event. If you can help with this from 2:00 on that would be great!

If you can help in ANY of the above areas, please speak with Lindsay or Karen. Remember teens, this can help towards your volunteer hours too!

Thanks for your continued support of the Knox Retreat Ladies events.



Thanksgiving is not only about the turkey and the feast that follows, it is a quiet reflection of how God is showering His abundant blessings upon you. So thank Him with all your heart! May this Thanksgiving give you more reasons to thank God each day! On the calendar, Thanksgiving Day may appear just once, however in an honest man's life Thanksgiving comes every day! Thanksgiving is not only meant to thank God for the gifts that we have already received but even for the gifts that we are going to receive in future. May Thanksgiving give you more reasons to work even harder for the coming year so that you can be all the more thankful next year. Give thanks to God for each day, good or bad; for just like the good days are meant to make you happy, the bad days are meant to make you strong. Praise and worship on the day of Thanksgiving! Thank God because not everyone can afford a big Thanksgiving feast and get-together. May God shower His blessings upon you! One of the best gifts you can give someone is the gift of thanking them for being a part of your life. Thank you all for letting me be a part of yours. May God bless you and may you have a wonderful Happy Thanksgiving Day!

Mary Johnston (Office Administrator)

Your Congregational Life Committee

Sunday, November 4 – 174th Anniversary Luncheon, Metcalf Hall

Save the date. This anniversary luncheon event will happen after worship service at 12:00 noon. Further detailed information will occur in the fall. Tickets will go on sale in October.



Senior Connecting at Knox

A delicious homemade lunch served to your tables will be followed by a feature event involving entertainment provided on a monthly basis. There is no fee, but a free will donation will be appreciated.

Monthly Date: Last Thursday of each month (except July and August)

Time: 11:30 am to 2 pm

Lunch: 12:00 noon

Feature Event: 1:00 pm

Place: Knox Church, Metcalf Hall

Entrance: rear church doors off Chapel Lane

Remaining Dates:

Thursday, October 25, 2018	Thursday, March 28, 2019
Thursday, November 29, 2018	Thursday, April 25, 2019
Thursday, December 13, 2018	Thursday, May 30, 2019
Thursday, January 31, 2019	Thursday, June 27, 2019
Thursday, February 28, 2019	

Contact:

For inquiries about bus service or information regarding this ministry, contact Wendy at seniorsconnecting@knoxguelph.ca or the Church Office Administrator at 519-821-0141

Offering: Through Envelopes, PAR or ... **A Gift of Publicly Traded Securities**

For some people, donating securities to Knox rather than giving on a weekly basis through envelopes, or on a monthly basis through PAR may make more financial sense for some because you don't pay taxes on the capital gains. It is easy to do and if you choose this method of giving, you only do it once a year. Your financial advisor has the details. Here is the process in a nutshell.

1. With your advisor, you fill in a form designating a security that will be given to the Presbyterian Church in Canada.
2. PCIC receives the gift, and then sells the security, issuing a receipt to you for the amount received.
3. The amount PCIC receives is forwarded to Knox.

The result: in three easy steps, Knox receives your offering and you get a break in your taxes. This method of giving is not for everyone. How each of us gives and the amount that each gives is a personal choice. But for some, an annual gift of securities might be a good option.

Diane Harvey, FC Convener

Knox Youth

As we enter into a new season, we have begun to think, pray and plan on how we can not only grow in our faith but also how we can put our faith into action. 1 John 3:18 says "Dear children, let us not love with words or tongue, but with action and in truth". Knox Youth have been working on monthly service projects, and will be partnering with the Mission's Committee to do joint initiatives, welcoming all members the congregation to participate.

Congregational Outreach Initiatives

September 23- November 4: Coat Drive

- ❖ Give the Gift of Warmth
- ❖ Donate new or gently used coats
- ❖ Accepting all sizes (child- adult)
- ❖ Drop off your donation in Metcalf Hall
- ❖ Donations accepted until Nov. 4th

November 4- December 2: Christmas Fund Raising

- ❖ Through Presbyterian World Service & Development Christmas Catalogue
- ❖ Knox Youth have identified a goal of raising \$650 to purchase a cow
- ❖ Donations accepted until December 2nd
- ❖ Donations accepted through Sunday offering, please mark your donation as "cow fund"

November 18- Santa Clause Parade

- ❖ Join us in marching in the Santa Clause Parade
- ❖ Participants must be able to walk for the duration of the parade
- ❖ Participants must be 9 years old or older
- ❖ Sign up at the youth board in Metcalf Hall (by Oct. 14th)

December 9- Caroling at Nursing Homes

- ❖ Join us as we visit the local nursing homes to bless the residents with some classic Christmas hymns and carols

Upcoming Youth Events

October 20- Pumpkin Party

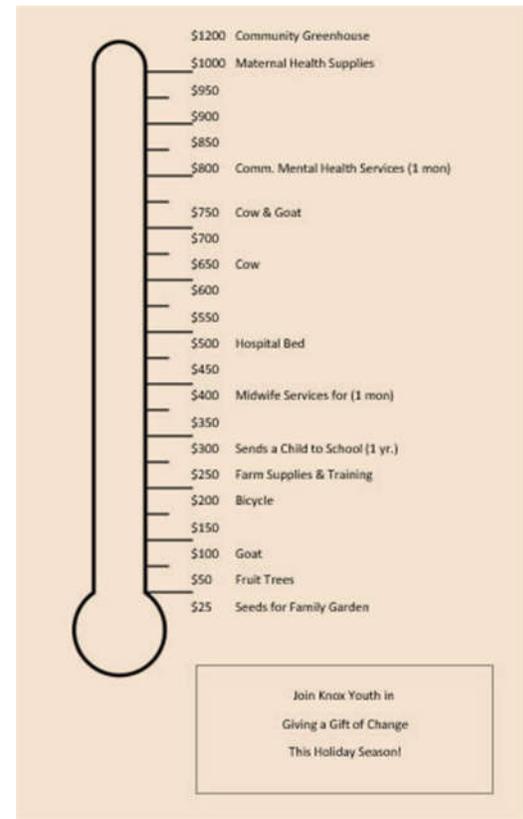
December 10- Youth Christmas Party

Baptisms

On August 30th Natasha Broeckel publically declared her faith, and was baptized in full water immersion at Bull Lake, Arden ON.

"At that time Jesus came from Nazareth and was baptized by John in the river." Mark 1:9

"Jesus said, 'Go then, to all people everywhere and make them my disciples, baptize them in the name of the Father, the Son, and the Holy Spirit, and then teach them to obey everything I have commanded you.'" Matthew 28:19-20



Amazing Race- Knox Style!

On September 22nd the youth participated in an Amazing Race across the city of Guelph. They followed clues and completed challenges that blessed our community, honoured our service providers, and shared the love of Christ.



These challenges included:

- Tying their partner shoes
- Memorizing a verse
- Serving donuts and coffee to the Police and Fire Station
- Donating a Bible and Praying for someone
- Donating socks to the Drop-In Centre & Wyndham House
- Donating diapers and wipes to Michael House
- Donating care packages to Norfolk Manor (senior's residence)
- Singing "Oh Canada" at city hall
- Donating non-perishable food to Chalmers Community Services Centre



Team “Not Fast... Just Furious” (Natasha & Alice)



Team “Oki Doki” (Eve & Zola)



Team “Zing” (Simon & Haylieh)



Congratulations to the Winners of the Amazing Race!
Team “Brain Nuggets” (Sophie & Lilly)



Team “Unicorn Toasters”
(Ross & Megan)

STAY UP TO DATE!

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



www.facebook.com/knoxyouthguelph



www.instagram.com/knoxyouthguelph



PUMPKIN Prayer

Dear Jesus,
As I carve my pumpkin,
Help me pray this prayer.

Open my mind so I can learn about You
(Cut the top off the pumpkin)

Take all my sin and forgive the wrong that I do,
(Clean out the inside)

Open my eyes so Your love I will see;
(Cut eyes shaped like hearts)

I'm sorry for times I've turned up my nose at what you've given to me.
(Cut a nose the shape of the cross)

Open my ears so Your word I will hear;
(Cut ears shaped like the bible)

Open my mouth to tell others You're near.
(Cut the mouth in the shape of a fish)

Let your light shine in all I say and do!

Amen.
(Place a candle inside and light it)