

# *Knox News & Notes*



April/May 2021

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## *Some questions can sometimes paint us into a corner*

I believe most Christians at some point asked the following question:

Am I doing enough for the Lord?

Should anyone ask me this question my answer would be no, I do not think so.

There are many other questions related to congregational ministry that tends to paint ministers and congregations into a corner when we need to answer them honestly, questions like:

- Is there enough life and energy in the church?
- Are we doing what we are supposed to do?
- Do we have a vibrant group of young people and young families who are actively involved in our church family?
- Are our seniors taken care of?
- Do we really love the Lord as we should?

Many more questions can be added to this list.

There is a problem with questions like these if they are the only questions we ask.

The problem with these questions is that they tend to force us to have our focus only on our shortfalls and deficits and this is not always helpful. Asking only these questions can paint us into a corner where we might feel like a failure and powerless.

To be honest, who can ever answer with certainty that they are a hundred percent positive that there is no room for any improvement, or that we have arrived, and nothing needs to change or be done differently ever again. Other questions are needed as well.

Questions that shift your focus to the Lord and those who in their own unique way are making a difference in whatever way, large or small.

Questions like:

- Where have you seen the positive influence of God's grace in someone's life this past week?
- What spiritual growth have you noticed in your life?
- Which people are making a difference to the plight of the poor?
- What beautiful things are happening at Knox and in other congregations right now?
- Which people bring hope to others and into your life and what do you learn from them?

We need these questions, which shift our attention to God and to the good God's children are doing in the world.

Yes, Christians and the Church fall short and make mistakes because we are human but let us try and not only have our focus on the mistakes and shortcomings but also how God's people live to his glory.

Kennon Callahan in his book *12 Keys to an Effective Church* wrote:

Many congregations ask the wrong first questions - What are our needs? What are our problems?

Callahan says it is the wrong questions for two reasons:

1. These questions deny what God has already shared with His congregation.
2. They focus only on our needs and problems rather on what God is calling us to be in Him and then what we should do in His Name.

We should also ask:

1. What are our present strengths given by God?
2. How can we expand them to serve God more effectively in mission?
3. Which strengths could we add that we might be more effective?

We are still dealing with the Pandemic and we have no idea what awaits us after Covid.

May we continue to build on God given hope that is:

- Responsible and realistic
- Courageous and compassionate
- Prayerful and passionate

We take seriously the fact that it is the God of Abraham, Isaac, Jacob, Moses, the prophets, and the New Testament church that go before His people leading them toward the future.

Many congregations think more poorly of themselves as they should.

We need to be aware of the PBD principle – Perception yields Behavior and Behavior yields Destiny.

Our behavior, perception and destiny are linked to what happens on Easter Sunday – He is not here He is risen from the dead; Jesus says: Look I make all things new!

Rev Johan





# Congregational Meeting

*Zoom AGM Sunday April 11 at 12:30 pm.*

Covid prevents us to meet in person for our Annual meeting this year.  
Session decided to proceed with a Zoom Annual meeting.

The Zoom Invitation will be available in Johan's email to the congregation on Friday April 9.  
Those of us that do not have a device like a laptop, desktop or iPad can call in to the AGM online meeting and participate that way.  
This is how you go about:

These are Toronto-area numbers, so there may be a long-distance charge.

## **Dial by your location**

- +1 647 374 4685 (Toronto)
- +1 647 558 0588 (Toronto)

Meeting ID: 825 7012 7011

Passcode: 716458

Phone-only participants should try to join by calling about 5 minutes prior to the start of the meeting (around 12:25 PM) so they arrive in good time for the start of the meeting.

To join the meeting:

1. Call one of the two Toronto-area numbers listed.
2. When prompted, enter the Meeting ID number
3. When prompted, enter the Passcode number
4. Follow any other directions as prompted by the phone system

Hard copies of the Annual Report will be available at the office Monday to Friday 9 am – 1 pm for pickup as well as on Sunday March 28 and April 4 for those planning on attending in person worship.

## Musical Notes

by Chris Fischer, Pastoral Musician (*pronouns: they/them/their*)

As I write this, it is a few days from the beginning of what will be an extended (six months at least) medical leave from my duties as Pastoral Musician for Knox Church. On April 1, I am to receive a stem cell transplant - essentially a brand new immune system - with the goal of curing my leukemia. (I was diagnosed last October, and have been receiving chemotherapy ever since. This procedure promises to end the need for future chemo.)

Recovery will be long, but I am really looking forward to being able to live a more normal, healthy life once again. Being able to do things I used to take for granted - including feeling the soles of my feet at the organ pedalboard (which I have trouble with now: a side effect of my medication) - would be wonderful.

Some days it is hard to maintain an optimistic outlook, as I have been struggling with the effects of my chemo treatments for the better part of the past five months, but your support and prayers have made a huge difference for me. So many Knox members have helped me, bringing food, picking up groceries, driving me to the Grand River Cancer Centre for appointments... I am so thankful for your generosity!

There will be many Sundays for which Johan will be arranging for other musicians to provide hymns and other music for praise, prayer, and proclamation until my return; I am grateful to each of them, and to all of you as a congregation for allowing me this time to heal. Music ministry is my vocation, my calling, and I will not really be myself again until I can be back in our Sanctuary, at the keyboard and in front of our choir and bell ringers.

We as a family of Jesus' disciples have done so well during this pandemic to stay connected with, and caring for, one another. It will be glorious indeed when we are all able to worship - and sing! - together again. The promise of that vision is what inspires me as I look forward to returning to the bench this fall... And to joining my voice with yours!

Have a blessed Holy Week and Easter season, all. I'll see you soon!

we believe in prayer  
**WE BELIEVE IN**  
 THE POWER OF  
**HEALING**  
*We believe* FAITH  
 CAN MOVE MOUNTAINS  
*we believe in hope, grace and mercy*  
**WE BELIEVE IN**  
 MIRACLES



## *Seniors Connecting At Knox*

### *Frozen Soup Lunch Deliveries*

As of October, 2020, Seniors Connecting At Knox has taken on a new initiative because COVID-19 has kept us from meeting in person over lunch at Knox Church in Metcalf Hall.

On the fourth Saturday of every month a frozen homemade soup lunch including bun and cheese with dessert is delivered to 32 people. Homemade soup is made in the Knox kitchen by Ann, Karen and Nancy S., and then frozen in single portion containers. Chartwell Wellington Park Retirement Residence provides, for this ministry, activity booklets and a fabric bag for transporting the individual soup lunch package. Seven delivery ladies, Yvonne, Elza, Nancy D., Jean, Lindsay, Ann and Wendy make these monthly deliveries. In some month's the delivery includes cards made by children and/or families.



This successful ministry has received positive feedback from the recipients of our lunch packages. We have received many cards as well as verbal appreciation and gratitude for this home delivery service. Even during this pandemic, with safe practices put in place, we have stayed connected with members of our Knox family and the community through this endeavour.

Since you are unable to view on our bulletin board in Metcalf Hall the cards we have received, here are some of their writings:

“..... I thank you very much for your help. I feel very blessed knowing that people are thinking of, and praying for me. Please know you are in my thoughts and prayers as well.”

“To all the ladies who help make this meal possible, I sure appreciate them.”

“To Knox Church Children and Families: Thank you so much for the beautiful card I received to-day. It brought a ray of sunshine into my day.”

### *Church School Chatter*

Like everyone, I am still amazed that it has been a full year since many of our programs, including Church School, had to be cancelled due to the pandemic. In March of 2020 we suspended classes, thinking it would only be for a few weeks!

As this is being written, plans are underway to hopefully resume in person worship. This is exciting news and I pray we will be able to do so without any further shut downs. Once we are able to safely be together at Knox again, plans will begin for Church School classes. I am hopeful that by the summer we will be able to resume all ages joint classes each week. Personally, I really miss seeing and being with all our kids!

Until we can all be together safely, I pray everyone will continue to follow the precautions Public Health has developed, get your vaccinations as soon as you are able and above all, stay safe and stay well!

Blessings  
Karen Bellamy

## *A Prayer for Those Feeling Alone because of COVID-19*

Submitted by Lois Stockton

I feel alone, Loving God, and it troubles me.

I miss so much.

I miss the casual greetings of neighbours,  
the warm hugs of family members.

I call them to mind:

(time of silent reflection)

I miss being able to shop wherever I like  
whenever I like.

I am thankful for online shopping but  
I miss the groups of which I am a part,  
exercise and special interest groups.

I remember my friends there by name:  
(time of silent reflection)

And I miss what I have taken for granted all these  
years,  
being in church for the Sunday service.

I miss greeting old friends and new friends of the faith community,

I miss being present when the words of scripture are read,

I miss the time of reflection that follows,  
and I miss the singing, how I miss the singing!

I miss making a joyful noise together, but I also miss our mid-week study groups.  
(time of silent reflection)

I am thankful for the wonders of the Internet,  
through which I can see family members and friends  
and talk with them as if they were close, but I can't touch them  
or see how they are. I miss the holding and the hugs.

I rejoice that the Internet brings worship to my living room.

It is good to greet my fellow worshippers online;

it is good to share in the worship life of the faith community.

I give thanks for modern technology, but it isn't the same, and I long for the time  
when we can get back to our church community home again.

Be my companion in the loneliness, Loving God,

be strength when I feel weak, be endurance when I feel like despairing,

be the source of hope when there seems nothing to hope for,

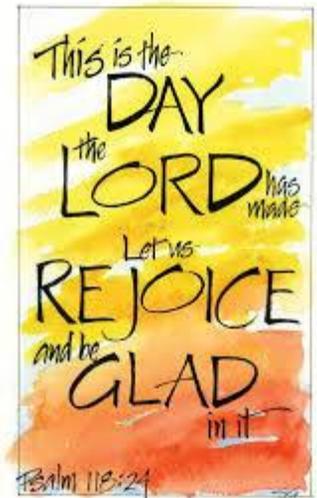
and stay with me in all the pandemic days.

I offer my prayer in the name of the One who knew loneliness and what it felt like to be utterly  
abandoned, Jesus the Christ. Amen.



—By David Sparks, United Church of Canada minister

**10 Fantastic Words** – The World Backbone  
 The Most **Selfish** One Letter Word –  
**I** - Avoid It  
 The Most **Satisfying** Two Letter Word –  
**WE** – Use It  
 The Most **Poisonous** Three Letter Word –  
**EGO** – Overcome It  
 The Most **Used** Four Letter Word –  
**LOVE** – Value It  
 The Most **Pleasing** Five Letter Word –  
**SMILE** – Keep It  
 The **Fastest** Spreading Six letter Word –  
**RUMOUR** – Ignore It  
 The **Hardest Working** Seven letter Word –  
**SUCCESS** - Achieve It  
 The Most **Envious** Eight Letter Word –  
**JEALOUSY** – Distance It  
 The **Most Powerful** Nine Letter Word –  
**KNOWLEDGE** – Acquire It  
**AND**  
 The **Most Valued** Ten Letter Word –  
**FRIENDSHIP** – Maintain It



## *In Memoriam*



### **Church Register of Clergy Records received:**

#### Members Deaths:

<i>Linda J. Carthew</i>	<i>Died February 19, 2021</i>	<i>Age 83 Years</i>
<i>Victoria Marie LeDuc</i>	<i>Died February 28, 2021</i>	<i>Age 94 Years</i>

## ***God's Pharmacy! Amazing!*** – Food for thought from an email.

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow learners...God left us a great clue as to what foods help what part of our body!

**A sliced Carrot looks like the human eye.** The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

**A Tomato has four chambers and is red.** The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.

**Grapes hang in a cluster that has the shape of the heart.** Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

**A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums.** Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

**Celery, Bok Choy, Rhubarb and many more look just like bones.** These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

**Avocadoes, Eggplant and Pears** target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.

**Onions look like the body's cells.** Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

