

# *Knox News & Notes*



September 2021

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## *Christian Character*

The people whom Jesus chose as His disciples were no thoroughbreds. For three years Jesus built character into them.

In the Gospels we have several accounts when Jesus caused circumstances where His disciples had to enter active ministry. While these situations were clearly training events, I believe character development were also high on Jesus' priority list.

These were times where the disciples had to learn how to draw on the power of God, to learn what their personal limits were, to learn how to speak into other people's lives on levels they would understand.

The incident where Simon Peter and John stopped along the way to the temple to compassionately get involved with a man disabled from birth and heal him by heaven's power (Acts 3) would never have happened if they had not learned to notice people's needs while involved in Jesus' training.

A very well-known character-building event is recorded in Matthew 14.

More than 5000 people came to hear Jesus in a deserted place. It became late and the disciples requested Jesus to send them home so they can go to the towns and buy themselves food.

"You give them something to eat", Jesus said (Matthew 14:16).

What a challenge!

These first disciples like us are all people whose minds are limited by what we believe is humanly possible. They as well as us, many a time can operate only as far as we can see. And all they see is five loaves and two fish, a small lunch good for only one individual.

The minds and hearts of the Jesus followers will have to change because of the new character Jesus is building within us. The world won't change for the better if Jesus followers can't see beyond a boxed lunch.

Jesus took the five loaves and the two fish, looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled. (Matthew 14: 19,20)

This experience had the hearts and minds of the disciples rearranged. They came to a new understanding of what it means when Christ followers have access to God.

The disciples showed their default character in the face of an overwhelming crowd in Matthew 14, but after Pentecost, they engaged huge crowds in the streets of Jerusalem with the Good News message of Christ.

As we move out of Covid to a more normal life and ministry we also face many new challenges, but we know that being involved in Jesus' ministry, the Spirit enables us to continue Christ's ministry because Jesus said: But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." (Acts 1:8)

Rev Johan

### *CIBC Run for the Cure, 2021*

As you may recall, in 2019 Knox and St. Andrew's participated in the CIBC Run for the Cure demonstrating our community spirit and raising much needed funds for breast cancer research. This year's run (like 2020) will be virtual. That means we can participate wherever we choose, whenever we choose, not necessarily on Sunday morning, October 3<sup>rd</sup>. Knox will NOT be entering a team, but you can sign up (**Guelph CIBC Run for the Cure**) as an individual and agree to walk or run 1 or 5 km. The cost to enter is \$40. or a pledge to raise \$150. for adults, \$60. for youth. Alternately, if this is a charity you wish to support, you could sponsor one of our runners or make a general donation. Thanks for keeping the spirit alive! If you have any questions, I can be reached at [worship@knoxguelph.ca](mailto:worship@knoxguelph.ca).

Judy Steer



## *Greetings To The Knox Church Family* September 2021

Since 2012, I have been blessed with the privilege of visiting many of the senior members of this congregation in their homes, hospitals, nursing homes and hospices, etc. As many of us know, as we age, our physical well-being and abilities change. These changes can often limit or prevent our participation in worship and the fellowship of the congregation.

In response to the needs such limitations present, Knox established the Pastors Aid Visitors ministry. This ministry has been part of Knox's pastoral care of the congregation for 117 years, affirming that senior members of the Knox Church family who are absent, for any reason, from worship and fellowship events are missed and valued.

In 2015 the number of members serving in the Pastor's Aid Visitors ministry had grown to 20. As of late 2019, this number had diminished and now stands at 2 active visitors, Bernice Morley and Bonna Simpson. This loss of participants was due to deaths, health or personal issues, or no longer driving a car.



The Pastor's Aid Visitors ministry includes a Card Secretary who sends birthday and Christmas cards to our seniors each year. For many years Helen McLean served in this role, while also serving as Convener of the Pastor's Aid Visitors team and as a Pastor's Aid Visitor. Since Helen's retirement, Elza Furzer has served as the Card Secretary and is currently sending more than 40 cards each year.

As the membership of the Pastor's Aid Visitors has gone down and no new members have been found, a modified version of Pastor's Aid Visitors ministry has been growing, and that is the ministry of Pastoral Phone Visitors.

At this time, we have 17 Pastoral Phone Visitors who have faithfully kept in touch with 18 of our seniors, some of whom are in senior residences, and others who are still in their own homes.

The feedback I have received regarding the Pastoral Phone Visitors has indicated that this ministry is well received and greatly appreciated by our seniors and has especially been a significant source of contact, comfort and encouragement for them during the COVID pandemic.

Pastoral Phone Visitors are assigned one senior (or two if they wish) whom they commit to calling at least once a month. The time and frequency of the phone visits are arranged between the Pastoral Phone Visitor and the senior receiving the visit.

I am writing to let you know that this ministry needs additional members willing to befriend a senior by phone-visiting once a month. Although there are some exceptions, the seniors who would be receiving your calls are ones who, for various reasons, are unable to participate in the fellowship of the congregation. Those who receive in-person or phone-visits, agree that these friendly visits are a blessing. I should note that those who do the visiting often express how abundantly blessed they are in return.

The fact is that being remembered and assured that they are essential to their community, especially their faith community, contributes to our seniors enjoyment and meaning of life. Friendly, caring visiting is one way we can be faithful to our faithful God, who calls our church family to a ministry of support, compassion, listening and advocacy - a ministry Jesus demonstrated and called us to follow.

The undeniable message of the Gospel is this: Jesus came to us so that we might go out to others. Jesus' words declare that Christian faithfulness is as simple and as challenging as this: "Love one another as I have loved you!" Serving as a Pastoral Phone Visitor is one way of doing just that.

If you would like to participate in this Pastoral Phone Visitors ministry, contact me at 519-821-0141 or email: [pastoraid@knoxguelph.ca](mailto:pastoraid@knoxguelph.ca). Please do not let such fears as "I've never done this before" or "I don't think I would be very good at this" prevent you from at least exploring this possibility for you. As I have said before, and firmly believe, whatever God calls us to do, God also enables us to do.



You have a unique God-given gift to share. A gift that only you can give and one that can significantly enrich the life of another. It is the 'gift of your presence,' a gift you can share even by phone visits, a gift that is indeed great in the eyes of God who is always present with us, and richly blesses the one who receives and the one who gives.

The "fringe benefits" of this ministry are: you don't have to leave home to do it, there is no dressing up, no problems with bad hair days, no driving, and neither age or physical limitations are a hindrance to your participation. All you need is a caring, compassionate, friendly heart and a phone.

A comment I came across recently (author unknown) presents something for us to reflect on: "God doesn't call the qualified, God qualifies the called".

#### PLEASE NOTE:

This invitation is addressed to **both women and men**, so please consider sharing the gracious gift - your presence - God has entrusted to you.  
Yes, it could be that God is Calling YOU!

#### A PARAPHRASE OF JAMES 1:27:

"Religion that is pure and genuine in the sight of God the Father will show itself by such things as visiting the widow, the widower, [the shut-in, the elderly, the sick and lonely]."



Submitted by:  
Dr. Shirley Gale  
Pastoral Assistant



## *Church School Chatter*

September 2021...already!

I have always liked September! The weather is often wonderful with less humidity and heat. Vacations may be over but the memories of the fun times linger in our minds.

To me September also means a new start.... perhaps new schools, definitely new grades, maybe new teachers, new friends, new clothes, and more! It was always exciting to do the “back to school” shopping with or for my kids! I also enjoy the “back to Church School Shopping” that I have done in the past.... even though it meant cleaning and organizing the supply cupboard, checking markers and glue and stickers!

This year, so many things are different! Our “in person” worship is still limited to a percentage of our sanctuary capacity, we must all wear masks while in the building, there is no singing, and we must maintain our social distance. Many of our church family over the age of 12 years have already received their first and / or their second Covid vaccine. I pray that those who have not received theirs yet, will go and get their vaccines before school starts in September! This is one way in which we can all be protected, and protect others! This is one way that we can all be together again sooner!

All of this preamble leads me now to Church School. We have not been together in classes since March of 2019, a long 18 months! I think I speak for all of our Church School Leaders when I say we really miss “our” kids!

At this point in time, Church School classes are not scheduled to resume as usual after Labour Day! I feel it is wise to adopt a wait and see attitude once the kids have returned to regular school. I am hoping that we can get our families back to the Sanctuary, and our kids back to Church School classes towards the end of September or beginning of October. As to what format we will follow, well, that too is not yet confirmed.

I will contact all of our kids and their families once more details about Church School are available.

A prayer for us all to pray as we look forward to new beginnings in September... “Create in me a clean heart, O God, and renew a right spirit within me” Psalm 51:10

Enjoy the rest of your summer and I pray everyone will stay safe and stay healthy!

Blessings  
Karen Bellamy  
Church School Coordinator





LOGOS.....Hoping and Praying.....

As I write this, I am hearing rumblings of a fourth wave of Covid pandemic involving unvaccinated people and children between the ages of 2 and 12. Like everyone, I am hoping and praying that this does not precipitate another lockdown.

The LOGOS Board met in August and made a very tentative plan to return in late Fall. Our priority is to keep all of our members safe. Because of this we will wait to see what happens in the schools throughout September. If everything goes well, we plan to begin LOGOS again the first Wednesday after Thanksgiving (October 13<sup>th</sup>) and run for 10 weeks until December 15<sup>th</sup>. If we are able to return, we will require all of our members aged 12 and over to be fully vaccinated and we will follow all government guidelines.

If all goes well in the Fall, we may offer a second 10 week session in the Spring beginning March 2<sup>nd</sup> and ending May 11<sup>th</sup>. (We will not meet March 16 because of March Break.)

At this time, these plans are extremely tentative- so many “ifs” and “mays”. Stay tuned for confirmation and more information as it becomes available. Let’s hope and pray that our plans can become reality and we can be together again!

Respectfully submitted,  
Nancy Stepien.



## *Hearing Loop System*

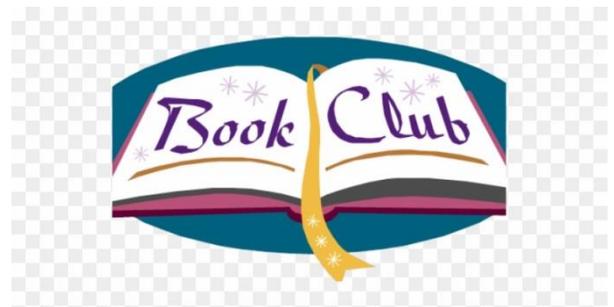


In 2016, Better Hearing Solutions installed a Hearing Loop System at Knox. A loop wire runs around the underside of the balcony allowing hearing aid wearers sitting in the middle section of the church to tune directly into the microphone used by the minister. Some of our members find the system works for their hearing aids without doing anything. Others have to change the telecoil/channel manually. For more information, email me at [worship@knoxguelph.ca](mailto:worship@knoxguelph.ca) or talk to your audiologist.

Judy Steer

## *Knox Book Club*

We are hoping to reactivate the Knox Book Club. If the Pandemic allows, we will meet in the Community Centre at 7:15 p.m. the last Monday of every month (except July and August). Books are provided by the Guelph Public Library. Our first meeting will be Monday evening, September 27<sup>th</sup>, and the chosen title will soon be available downstairs in our church library. If you are interested in joining or have questions, feel free to contact Judy Steer [worship@knoxguelph.ca](mailto:worship@knoxguelph.ca).



## *Seniors Connecting At Knox*

### *Frozen Soup Lunch Deliveries*

Our frozen soup lunch deliveries were ongoing over the summer months of July and August. This Ministry has been very well received and we will be continuing our lunch package deliveries into the fall season for 2021 and longer if necessary. A decision has been made not to return to Metcalf Hall until further restrictions have been lifted. Safety for the health of our seniors is our foremost concern as it appears a fourth wave may be part of our future.



## *In Memoriam*



### *Members Deaths:*

*Gail Beerman*

*Died July 6, 2021*

*Age 88 Years*

## Thank You

Good Morning Knox Family

I just wanted to say thank you once again for all the lovely cards, flowers, e-mails and phone calls. Reading the cards has given me so much peace and the words mean so much during a time I can't be with my other family members.

Connie is at peace because she is reunited with her daughter Boujenna which she lost in a car accident years ago.

This was so sudden and cancer doesn't wait for anyone.

How do you heal a broken heart, you don't, you just learn to live with it through memories, the laughter, the tears but most of all the love.

Thank you for being my surrogate family and sharing your love with me in this very sad time.

Blessings to you today and always,  
Mary

She's flying among the butterflies now ....RIP dear sister  
 "Our Family chain is broken  
 And nothing seems the same,  
 But as God calls us one by one  
 The chain will link again"



## Making Choices

God can help us make the right choices. Just ask him! Here are a few Bible verses that will help you make the right choice. Look up the passages in your Bibles, and then draw a line from the verse to what it tells you.

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|---------------------|---|
| 1. Deuteronomy 5:11 | a. Love your neighbor as yourself.                              |
| 2. Matthew 19:19b   | b. You shall not steal.   |
| 3. Proverbs 3:27    | c. Many who are first will be last, and the last will be first. |
| 4. Matthew 19:19a   | d. Do not forsake your mother's teaching.                       |
| 5. Proverbs 6:18    | e. Do not use God's name in vain.                               |
| 6. Matthew 19:18c   | f. Honor your parents.  |
| 7. Proverbs 6:20    | g. You shall not murder.  |
| 8. Deuteronomy 5:12 | h. Observe the Sabbath day.                                     |
| 9. Deuteronomy 5:17 | i. Do not devise wicked plans.                                  |
| 10. Matthew 19:30   | j. Do not withhold good from those to whom it is due.           |