

Knox News & Notes



April/May 2022

Easter and the new me, myself, and I

Ralph Waldo Emerson, in an article once wrote - *"I pack my trunk, embrace my friends, embark on the sea and at last wake up in Naples, and there beside me is the stern fact - the sad self, unrelenting, identical, that I fled from."*

This is how it goes in life – we can immigrate, move to another city or town, flee, start over somewhere else, but me, myself and I, always travel along every time.

A new neighborhood, a new job, or even a new country doesn't mean you're suddenly someone else.

The excitement of new experiences and new places may make you forget about yourself for a while. But ultimately, it's your face that looks back at you in the mirror every time. You are you. You are not someone else. You think like you, you talk like you, and you live like you.

If you don't come to terms and are at peace with yourself and who you are in Christ, nothing is going to help.

Not even all the holidays, possessions, or plastic surgery in the world will bring you inner peace. No self-help program or gym membership where a personal trainer helps you to exercise will satisfy you. We always run into ourselves.

Christians need to understand and experience our identity, our humanity, our talents, our daily tasks and responsibilities, our life choices, our friendships, yes everything, in and through the Lord. If not, we will always deal with some degree of dissatisfaction, grappling with questions like why am I not as perfect, beautiful, smart, cute, successful, happy, rich, prominent, or blessed as the rest?

I love the way the Message paraphrased 2 Corinthians 5: 14 – 20. Paul's words in these verses gives us a wonderful perspective on the life changing influence the message of Good Friday and Easter has on our lives. ***Our firm decision is to work from this focused center: One man died for everyone. That puts everyone in the same boat. He included everyone in his death so that everyone could also be included in his life, a resurrection life, a far better life than people ever lived on their own. Because of this decision we don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong, as you know. We certainly don't look at him that way anymore. Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life emerges! Look at it! All this comes from the God who settled the relationship between us and him, and then called us to settle our relationships with each other. God put the world square with himself through the Messiah, giving the world a fresh start by offering forgiveness of sins. God***

has given us the task of telling everyone what he is doing. We're Christ's representatives. God uses us to persuade men and women to drop their differences and enter into God's work of making things right between them. We're speaking for Christ himself now: Become friends with God; he's already a friend with you.

A blessed Easter to all.
Rev Johan

Good Friday Tenebrae Service, 7 pm Friday April 15
Easter Sunday Communion Service, April 17

Church Directory Photos – What You Need To Know!

- **Photo Sessions are soon – March 30, 31, April 1, 2 and May 11, 12, 14. You will not be reminded of your day and time.** If you are unsure, contact Judy Seer (worship@knoxquelp.ca).
- **It's not too late to book your appointment!** If you were missed or have changed your mind and would like to be in the Directory, contact Judy.
- **Arrive early for your appointment.** Allow time to find a parking space, maybe on either side of Baker Street, on Chapel Lane or on Quebec Street.
- **If coming to the church is an issue for you, you can arrange for a taxi or a home photograph.** Contact Judy about these options.
- **Enter the church by pressing the buzzer at the Chapel Lane door.** Proceed downstairs to the McGillivray Room.
- **A volunteer will ask your address, phone number and email address.** This information is listed at the back of the Directory and will be used to update the church's records.
- **Your appointment will take approximately 30 minutes.** The photographer will take several poses and then show them to you, so you can choose the one you want in the Directory.
- **You will receive a FREE 8 by 10 of your chosen pose and a Church Directory.** There is no charge to you or the church, unless you choose to order additional photos.
- **Many, many thanks to all the volunteers who graciously agreed to help with this major project!**
- **Thank you for participating!** Plan to enjoy cookies and juice and a little visit with the volunteers. We hope your Picture Day is a pleasant experience!

♪ Musical Notes ♪

by Chris Fischer, Pastoral Musician

"Grace in Uncertain Times"

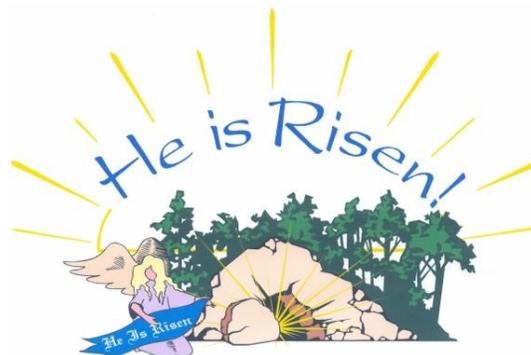
This little column of space, written as it is for a general interest church newsletter, is my opportunity to connect the members and friends of the Knox congregation to concepts related to sacred music: an art form that can speak to the depths of our spiritual being as no other art form can. At times like these in our world, amid a pandemic (still), war, growing economic worries and a deepening environmental crisis, it is especially challenging to say anything "useful." Indeed, as a musician, I have to say that I don't feel terribly useful right now; I can't help people experiencing homelessness find housing, or treat illnesses, or rescue families from burning buildings. In fact, I don't "produce" anything other than specific patterns of sound, which are temporary.

On the other hand, music may not be an "essential service" like health care or the delivery of emergency aid in conflict zones, but it is essential to the human spirit, and to our ability to feel empathy and unity with others. Without it, we are less human. And without making music in worship, we fall short of our potential as children of God. So not being able to sing out as a community for these past two years has been particularly difficult to endure. I'm sure that you all miss singing as much as I do!

The good news as I write this is that restrictions are gradually beginning to loosen, such that our congregation should be able to begin once more to raise its collective voice in song (even standing!), just in time for Easter. In this way, I hope that we can all feel, even to a small degree, less alone. The isolation that enveloped our community starting in March 2020 has had a devastating toll, on our emotional, psychological and spiritual health.

This Holy Week and Easter, as we gather (both in person and online) to remember the life, death and resurrection of Jesus Christ, and the promise of new life for all of humanity, pay attention to what the music of Palm Sunday, Good Friday and Easter Sunday has to say. The music, beyond any words, conveys the depth of our emotions, from grief and sadness to joy and triumph. It allows us to feel connected to our humanity and to our community once again; it enables us to find our voices, voices which have been underused for far too long. Most of all, it inspires us with the constant presence of the grace of God, which surrounds us each and every day, but especially at this, the high point of the Christian year, reminds us that such grace abounds, even in the darkest of times.

This Easter, let us find joy: the joy that comes with the assurance that suffering and death will not have the last word. Hallelujah! Christ is risen indeed!





WE'RE BAAAACK!!!!

It's been a long two years – so, it is with much excitement we announce

The Return of Vacation Bible School!!

We are READY to “Ride the Wave of God’s Amazing Love”, returning to our roots with Cokesbury’s well loved theme “Surf Shack!”

This summer, our church will once again be converted into an Ocean-themed fun zone, teaching children in our community to “Shine Bright”, “Hang Loose”, “Be Joyful” and so much more! The Theme Verse this year is “Remember that the Lord is Great and Awesome!” – Nehemiah 4:14b

What do we need?

- Children (aka Surfers aged 4 – 12)
- Helpers / Shepherds (aka Lifeguards, adults or older teens)
- Section Leaders and Section Helpers (aka Surf Instructors)
- prayers, prayers, prayers and more prayers! (everyone!)

If YOU are able and willing to share your gifts and talents, in any capacity, please reach out to Karen or Carrie soon! We will also be looking for donations of specific items closer to July!

If you know of a child who would be interested in this amazing, action packed, fun, music filled and joyful ministry, please reach out to Karen or Carrie at vbs@knoxguelph.ca You can also fill in a registration form and return it to Knox. Registration Forms are available at the three entrances to the sanctuary each Sunday morning, or on line at www.knoxguelph.ca

VBS is open to ALL SURFERS aged 4 years (by July 11) to Finishing grade 6 in June 2022.

VBS is also open to all teens and adults (of all ages) in a multitude of fun and engaging roles!

Come on out and “Hang Ten” with us!

JULY 11 – 15, 2022
9:00 – 12:00 DAILY

COWABUNGA!!



Spring is here and restaurants are open. Let's go for it.

Lunch Bunch will meet at Montana's on Stone Road the 19th of April at 11:45am. For reservations please send an email to lunchbunch@knoxguelph.ca. Include your name, phone number and email address and Carla will contact you.



The Women's Retreat planned for May 27, 28, 29 cannot be confirmed at this time because Dove House has not yet been re-opened after extensive renovations. Updated information will be available on the Knox Church Calendar as soon as it becomes available. If you think you might be interested in attending for the weekend or a day and need more information please send an email to:

womensretreat@knoxguelph.ca.



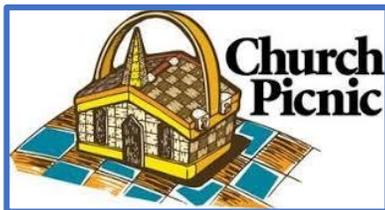
Congregational Life Committee

SonRise Breakfast Take-Away – Sunday, April 17

On Easter Sunday we will have available a *SonRise Breakfast Take-Away*. This will include a container with a homemade muffin and some chocolate Easter eggs. You will have three muffin choices to choose from. You can pick up a labeled take-away container on your way out of the sanctuary after worship service.



Knox Worship Service and Picnic – Sunday, June 12



There will be two worship services on picnic day. Our plans for the picnic have been changed from our pre-pandemic format for this year. **We ask that you bring your own picnic lunch, lawn chair, etc. to Riverside Park, Red Roof Large Shelter (located farthest from Evergreen Seniors Centre). Drinks and dessert** will be provided. After lunch a family/group craft will be offered that we can do together.

Worship Service – Knox Church Sanctuary – 10:30 am

Worship Service – Riverside Park Red Roof Large Shelter – 11:00 am

Picnic Lunch – after worship

Family/Group Craft – after picnic lunch

CRABBY OLD WOMAN?

INTRODUCTION TO A TRUE STORY

In today's world the number of seniors is growing every year, and this is for various reasons one of which is the health care most people receive. However, some see this as a growing problem and cost for society. So often hear news reports on how this perception is affecting the attitude of caregivers toward the elderly in nursing homes and thus the kind of care given.

This true story gives us something to think about especially when we remember that one day we may be a resident in a nursing home. If or when this happens, what kind of care do we want and what attitude toward us would we hope to find in our caregivers? What can we do now to help change attitudes and secure compassionate care for all our elderly brothers and sisters?

This story is about a elderly woman but it applies equally to elderly men.

CRABBY OLD WOMAN

When an old woman died in the geriatric ward of a nursing home in Moosomin, Saskatchewan, it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem.

Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Alberta.

The old woman's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this little old woman, with nothing left to give to the world, is now the author of this 'anonymous' poem still winging across the Internet.

CRABBY OLD LADY

*What do you see nurses?
What are you thinking?
A crabby old lady
Uncertain of habit
Who dribbles her food
When you say in a loud voice
Who seems not to notice
And forever is losing
Who, resisting or not
With bathing and feeding
Is that what you're thinking?
Then open your eyes, nurse*

*I'll tell you who I am.
As I do at your bidding,
I'm a small girl of Ten.*

*What do you see?
when you're looking at me?
not very wise,
with faraway eyes?
and makes no reply.
'I do wish you'd try!'
the things that you do.
A sock or shoe?
lets you do as you will,
a long day to fill?
Is that what you see?
you're not looking at me.*

*As I sit here so still,
as I eat at your will.
with a father and mother,*

Brothers and sisters

who love one another.

*A young girl of Sixteen
Dreaming that soon now
A bride soon at Twenty
Remembering, the vows*

*with wings on her feet.
a lover she'll meet.
my heart gives a leap.
that I promised to keep.*

*At Twenty-Five, now
Who need me to guide
A woman of Thirty
Bound to each other*

*I have young of my own.
a secure happy home.
My young now grown fast,
With ties that should last.*

*At Forty, my young sons
But my man is beside me
At Fifty, once more,
Again, we know children*

*have grown and are gone,
to see I don't mourn.
babies play 'round my knee,
My husband and me.*

*Dark days are upon me
I look at the future
For my young are all rearing
And I think of the years*

*my husband's now dead.
and shudder with dread.
young of their own.
and the love that I've known.*

*I'm now an old woman
'Tis jest to make old age
The body, it crumbles
There is now a stone*

*and nature is cruel.
look like a fool.
grace and vigour depart.
where I once had a heart.*

*But inside this old carcass
And now and again
I remember the joys
And I'm loving and living*

*a young girl still dwells,
my battered heart swells.
I remember the pain.
life over again.*

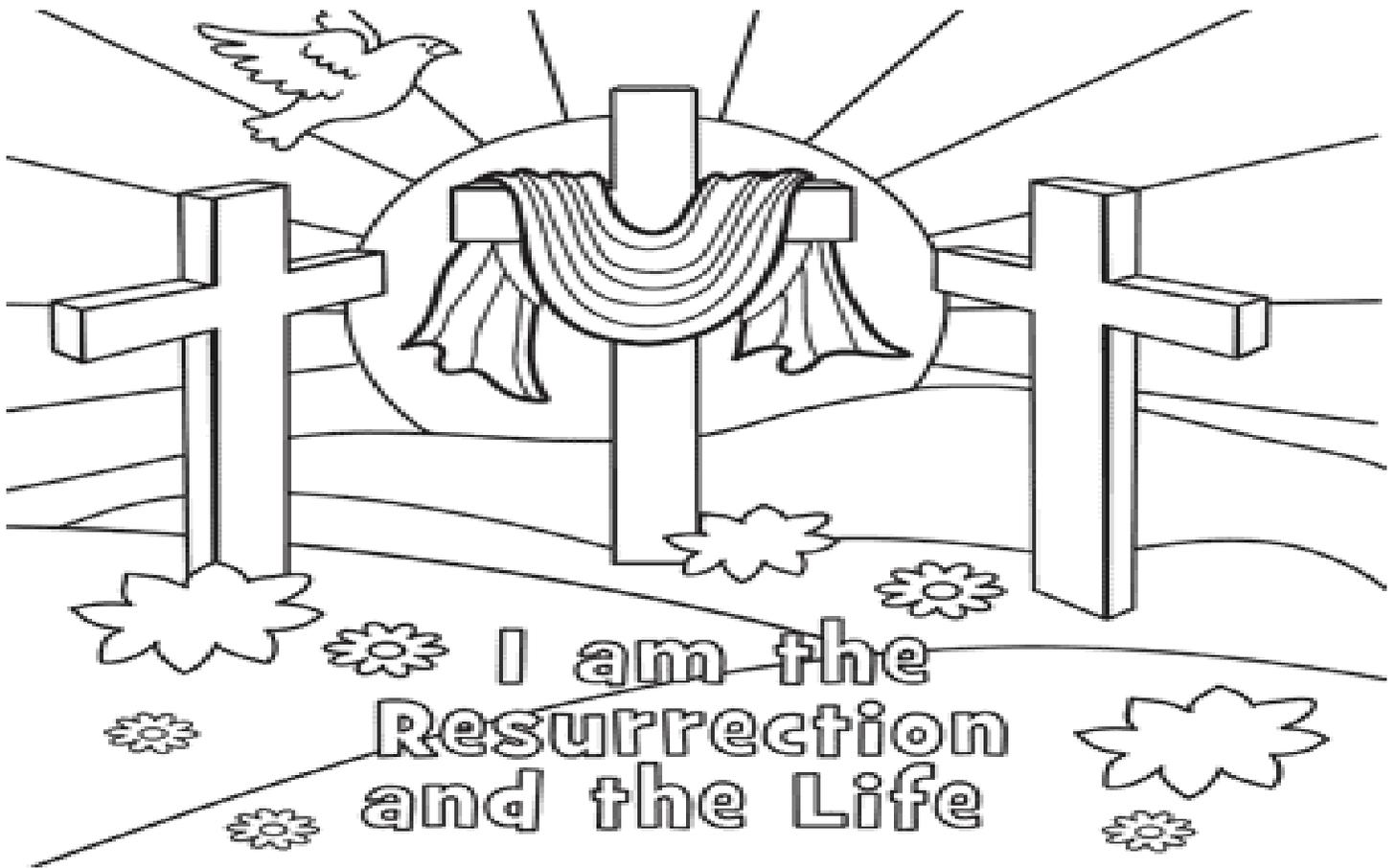
*I think of the years, all too few
And accept the stark fact
So open your eyes, people
Not a crabby old woman*

*gone too fast.
that nothing can last.
open and see.
look closer see ME!!*

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Submitted by: Dr. Shirley Gale





In Memoriam



Church Register of Clergy Records received

George Soule

Died November 19, 2021

Age 84 Years

Please note: Unfortunately, the church office was not notified of the passing of George Soule and therefore his name was not recorded in the last newsletter or the Annual Report. We regret this omission.

Rev. John McGurrian

Died February 27, 2022

Age 76 Years