

# Knox News & Notes



September 2022

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Dear Knox family I trust everyone had a good summer holiday.

Most of us are gearing up for the business of being back to our day-to-day routine whether it is back to work or school or whatever we do when we are not on holiday.

There will be days we will feel rushed and wished we could be back on holiday.

I came across something writer Charles Swindoll wrote when he once found himself with too many commitments in too few days.

He got nervous and tense about it. His overly full program caused him to snap at his wife and children, choking down his food at mealtimes, and feeling irritated every time there was an unexpected interruption in his day. He recalls in his book "Stress Fractures" that before long, things around their home started reflecting the pattern of his hurry-up lifestyle.

Then it happened.

After supper one evening his younger daughter, Colleen wanted to tell him something important that had happened to her at school that day.

She began hurriedly. Daddy, I want to tell you something and I'll tell you really fast.

Suddenly realizing her anxiety and frustration he answered, "Honey, you can tell me - and you don't have to tell me really fast. Say it slowly."

He would never forget her answer: "Then listen slowly."

We are busy I know, and many a time we need to hurry up to get everything done but let's be attentive of how constant business can negatively impact us and others sharing our lives with us.

Life in general, and especially constant over business leaves scratch marks on our bodies and spirits. Whether you are young or old we all get tired and exhausted.

As we enter a new semester after our summer holidays listen "slowly" and carefully and integrate what Isaiah once wrote in chapter 40:28 - 31 *Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

In God's presence, new energy always awaits his children.

Fresh, new life is the gift to everyone who finds refuge in him.

He picks up those who are tired and shows mercy to those who feel burned-out.

He carries the burdens of the discouraged.

Those who trust and wait on the Lord always find rest in him.

Slow down, God is trying to show us another way when willing to "listen slowly".

Rev Johan



*In Memoriam* 

***Church Register of Clergy Records received***

<i>Gordon Ernest Humphries</i>	<i>Died July 26, 2022,</i>	<i>98 Years</i>
<i>Charles Calvin (Cal) Christie</i>	<i>Died June 24, 2022,</i>	<i>86 Years</i>
<i>Mary McGurn</i>	<i>Died June 26, 2022</i>	<i>99 Years</i>

**Our condolences are also extended to the families of:**

**Dorothy Drake age 83 Died June 5 2022 (Sharon Harrison’s sister .)**

**Richard Green age 63 July 9/2022 (Elza Furzer’s son-in-law.)**



**Fall Festival Volunteer Form**

Able-bodied volunteers needed to help setup, tear down, help vendors bring in their wares and greet at the entrances. This is a great opportunity for teens to collect volunteer hours. Everyone is welcome to help by completing form (print/fill) and email to [fallfestival@knoxguelph.ca](mailto:fallfestival@knoxguelph.ca).

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**Setup/Tear Down Help:**

- Friday setup @10:00 am
- Friday 4:00 – 7:00 p.m.
- Saturday 8:00 – 10:00 a.m.
- Saturday tear down @3:00 pm
- Saturday 8:00 – 10:00 a.m.

**Greeters needed for Quebec St. & Chapel Lane**

- 9:30 a.m. – 12:30 p.m.
- 12:20 p.m. – 3:00 p.m.

**The Ladies of Knox will have two tables: the Raffle Table and Baked goods preserves and some craft items.**

I will donate:

- baking
- preserves (pickles, jams etc.)
- new items for the raffle table

**It was also suggested that we collect and sell “Loved but Un-used Jewelry” in good condition.** A volunteer is needed to organize the collection, pricing, and display of these items.  I will coordinate the Jewelry Project

*Proceeds of the Fall Festival will be directed to Ukrainian Relief Funds and Women’s Ministries at Knox.*



## LOGOS- Where Everyone is a Child of God!

Knox Church is once again offering its LOGOS Ministry! LOGOS is a Christian Education Ministry that nurtures children, youth, adults and families into a lifetime of Christian faith and discipleship through the development of meaningful relationships. All children from JK to the end of High School are welcome. Come join us at Knox on Wednesday evenings from 5:00- 7:30pm beginning September 28<sup>th</sup>. Our first theme of this session will be, "All Smiles!" We look forward to getting re-acquainted with all our old friends and welcoming some new people too.

We will continue to follow the same timetable format we have followed in the past which will include Family Time, Bible Study, Worship Arts and Rec/Play. New information brochures are available and registration forms will be coming soon.

Are you an adult in our congregation with a love for ministry, a willingness to help and availability on Wednesday afternoon and early evening? LOGOS would love to have you as a volunteer. This Fall, we need assistance in all areas, but we are especially looking for reliable help in the kitchen. If you have questions (or need encouragement), please speak to Nancy Stepien or Karen Bellamy or e-mail [logos@knoxguelph.ca](mailto:logos@knoxguelph.ca).

LOGOS is a joyful ministry! Come and experience it with us!



## ***VBS was an Epic Adventure!***



The week of July 11 to 15 found Knox filled with laughter and much joy!

32 children and almost 30 teens and adults shared God's love through song, prayer, praise, stories, science, outreach, games, skits, snacks and so much more! We are so very grateful to all the families who sent their children for the week of Surf Shack.

We also wish to say a huge thank you to those of the Knox family who supported VBS through donations, prayer and more. A children's ministry

like VBS is successful only because of the compassion, care, support and prayer of all.

Thank you to all... see you next year!

## ***CHURCH SCHOOL CLASSES make a come back!***

Beginning on September 11, 2022, regular Church School classes will return!



It has been a long time since we were able to safely hold classes in our lower level! All children who are 4 years of age up to grade 8 are invited to take part. We will gather in the sanctuary with a return to Children's Time then will head to our classes.

We have an amazing teaching team in place and ready to share God's love with the kids. All that is needed now is the commitment of our children and their families to be a part of the adventure!

In order to help with the planning and organization of our classes, it would be great to hear from all. Please send an email to [karen\\_bellamy@sympatico.ca](mailto:karen_bellamy@sympatico.ca) to let me know which kids will be joining us and their ages.

Any high school aged youth who are looking for volunteer hours should also contact me. There is always a need for classroom assistants, and this will qualify towards your needed volunteer hours. I look forward to hearing from and welcoming all of our kids and their families back to Knox!

Blessings from  
Karen Bellamy  
Church school Coordinator

## **News from the Ecumenical Campus Ministry**

This September sees the University of Guelph welcoming its largest class of first year students ever. Nearly 6,000 new students will be on campus this Fall, bringing UofG's enrollment to approximately 30,000.

The Ecumenical Campus Ministry is planning to receive these new students with a variety of Orientation Week activities (Sept. 4-10), as well as a slate of regular programming, which includes:

- Community Dinner (each Wednesday 5:30pm)
- Vespers Worship (each Thursday 5:30pm)
- Labyrinth Drop-in (each Friday 11am-1pm)
- Fall Day Retreat (Sat. Sept. 24 at St. Brigid Villa)

Natasha Luth, a fifth year Creative Writing student, has taken on the role of Coordinator for ECM's Queer Christian Community. QCC draws together students looking for an affirming space at the intersection of their Christian faith and LGBTQ2IA+ identities.

Two of ECM's recent graduates - Rowena Hetherington-Wilson and Jamie Gibson - begin studies in the Master of Divinity program at Emmanuel College this Fall. Your prayers for them, all recent grads, and current ECM students are most welcome and warmly encouraged.

With so many challenges facing young adults and institutions of higher education in recent years, chaplaincies like ECM have become vital sources of support and encouragement. ECM is only able to have a presence on the UofG campus because of support from Anglican, Presbyterian, and United Church communities of faith in our region.

2023 marks the 55th anniversary of ecumenical campus ministry at the University of Guelph. It was 1968 when Anglican and United Church visionaries collaborated to hire Rev. Ritchie McMurray as UofG's first ecumenical chaplain.

Local churches are being asked to sponsor ECM's 55th year, in ways that will make the campus ministry sustainable into the future. These requests are coming to church sessions, councils, and boards for your prayerful consideration this Fall. Currently, ECM faces a financial shortfall of approximately \$25,000 each year.

To learn more about ECM's programs, our role on campus, how you might donate to ECM, or get involved, visit [www.ECMguelph.org](http://www.ECMguelph.org) or email the Ecumenical Chaplain - Andrew Hyde - at [hydea@uoguelph.ca](mailto:hydea@uoguelph.ca).



EMC students met throughout the summer to connect and encourage one another



### ***Lunch Bunch***

September Lunch Bunch will be at East Side Mario's on Stone Road, Tuesday, September 20, 11:45a.m. To register send a message to Carla at [lunchbunch@knoxguelph.ca](mailto:lunchbunch@knoxguelph.ca). Include your name, phone number and email address.

## ***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 continues to be very well received and we will be delivering our lunch packages into the fall season for 2022.



**♪ Musical Notes ♪**

by Chris Fischer, Pastoral Musician

**“Beyond the Boundaries”***My love colours outside the lines, tear back the curtains, sun come in and shine.**I want to walk beyond the boundaries where I've never been before,**throw open doors to worlds outside the lines.*

– Gordon Light, ©1995, The Common Cup

Company

How many of us were admonished as children (or even adults) to “stay inside the lines” when it came to school art projects, cards, or even colouring books? What do you suppose such adherence to rigid boundaries or limits does, not only to our creativity, but to the way we see the world? There is a popular aphorism in church circles: we can't change the way we do things “because we've always done it this way.”

As a classically trained musician, this pattern of thought is deeply ingrained: play the right notes, strictly as the composer intended in the score; don't dare improvise or leave anything to chance. And don't change the words! It was far more important, following this logic, to be correct than to be musical, to be faithful to the letter of the original than to honour its spirit or larger purpose as a work of art. The example of Jesus is a very striking antidote to this way of thinking since he regularly violated the legalistic limits of the religious leaders of his day. He hung out with sinners, did work on the sabbath, spoke to people at the bottom of the social ladder, and healed foreigners. Jesus coloured outside the lines, and he never met a human tradition that he didn't challenge.

In our Christian worship services, for generations, the texts of our prayers, hymns, and scripture translations employed the language and cadence of the English of three or four centuries ago; in fact, some Christian denominations still make use of even older liturgical texts today. In the seventeenth century Book of Common Prayer, for example, human beings are invariably referred to as “men,” whether non-male humans are being referred to or not; the assumption was (and still is, in some parts of the English-speaking Christian culture) that “man” includes all of humanity. As you may recall, beginning in the 1960's, the feminist movement caused many Christians (and others, of course) to rethink the significance of this “exclusive language”, to the point that we would be hard-pressed in 2022 to find a plurality anywhere of female or gender-diverse people who feel included by “generic man.” Over the decades, the church in Canada has shifted toward what theologians, liturgists and hymn writers call “inclusive language,” incorporating diverse prose and poetry to refer to human beings; it is now the norm to – imagine! – mention “women” in church!



I don't believe that very many would argue that this linguistic shift doesn't represent progress: a better, more equitable way of seeing and addressing the contemporary world, which happens to be a very diverse place. There has been quite a bit of resistance, however, emanating from "traditional" church musicians, choristers, and worship committees. (I know several people who would prefer that hymn texts, for example, remain unaltered, even if replete with "man" and "men" and "mankind", alongside exclusively masculine vocabulary, and imagery for God, too.)

There is a saying, though, that is worth pondering: "If God is male then male is God." (Theologian Mary Daly, in 1973, wrote these words in her book, "Beyond God the Father.") We know that the Bible contains so many more ways to describe the mystery that we call God than terms like "Father," "Lord" or "King." There are entire books in the Hebrew Scriptures that refer to the Holy Spirit as Breath, or Wisdom: feminine words, denoting a feminine nature to the Divine, as well as a masculine one. Jesus speaks of himself as a "mother hen" in his lament over

Jerusalem in the Gospels, and the prophet Isaiah has God proclaim that God would never forget God's people any more than a mother would forget her baby.

I don't imagine that anyone in the world could seriously claim that equality for all genders of humankind has been achieved. The linguistic critique of feminism still very much has a purpose, and I believe that we who serve the church in positions of worship leadership ought to pay more attention to the language that we use, not only in reference to people but also in our God language. Diversity is not a novelty or a catchphrase: it points to truth.

The final challenge I would offer in this article for our congregation to consider, when it comes to the words of the hymns we sing, is the extent to which we include the existence of folk in our midst who are of different genders than the binary "male" and "female". (Nearly five per cent of humans, according to scientists, identify as nonbinary, gender-fluid, or intersex; we are neither male nor female in how we experience our personhood, nor in how we relate to the world beyond ourselves.) As we, along with the wider Presbyterian Church in Canada, seek to be affirming of members of the 2SLGBTQIA+ community, and as a congregation (as we state in our church's land acknowledgement) "to take down the walls that divide us," let's reflect on hymns that routinely have us sing of "women" and "men", of "brothers" and "sisters", "mothers" and "fathers".

Perhaps, as with our descriptors for the transcendent reality of God, we can open the door toward seeing, in the texts of our songs and prayers, that humanity is more than we imagine in our traditional binary language. Perhaps we, as that hymn says, can "throw open doors to worlds outside the lines" – and stop leaving folks out of the circle of our family.

I welcome any and all questions on this important and far from simple topic... I feel very deeply that it is time for us to start the conversation, as we continue to strive to embody the boundary-breaking, inclusive love of God as lived by Jesus, across the generations.



There will be no worship service at Knox that day. We will join St Andrews at 11 am for worship.

### Run for the Cure

Few of us are untouched by cancer. We know someone who has had cancer which may include ourselves. Breast cancer is the second most prevalent cancer in Canada and the most prevalent kind of cancer diagnosed in women. Roughly one in eight women will be diagnosed with breast cancer in their lifetime. When detected early through screening measures such as mammograms, the survival rate of those diagnosed with breast cancer is roughly 88% (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/breast-cancer.html>). Generating awareness and raising funds to enhance prevention and treatments are key measures to address breast cancer. Run for the Cure has become an important event that both raises funds for research and awareness about breast cancer.

Run for the Cure is not an event, but a series of events that occur locally that bring communities together in the common effort of addressing breast cancer. In 2019, Knox and St. Andrew's joined together to form a team called Presbyterians on the Run. Run for the Cure is back in person, after a hiatus of several years. The Run is 2 October 2022 and once again, Knox and St. Andrew's are mounting a team. You can find us at:

[https://support.cancer.ca/site/TR/RunfortheCure/RFTC\\_NW\\_odd ?team\\_id=492271&pg=team&fr\\_id=28519](https://support.cancer.ca/site/TR/RunfortheCure/RFTC_NW_odd ?team_id=492271&pg=team&fr_id=28519)

We would appreciate your support, either by joining the Run or sponsoring someone. After the Run, there will be a brief service hosted by St. Andrew's. Please plan on joining us. Run for the Cure is an important way for the City of Guelph to see that Presbyterians are engaged members of the community. And, as a final note: you don't need to run; walking is fine. If you have questions, please contact Ann Wilson ([annwilso@uoguelph.ca](mailto:annwilso@uoguelph.ca))



## Guelph Tai Chi for Health - A “Community within a Community” at Knox Presbyterian Church

-- Linda Kearns, Senior Instructor

Just as Knox could be looked at as a community within the broader Guelph community, our tai chi group, **Guelph Tai Chi for Health** (GTCFH), could also be looked at that way. It is more than just an exercise program that meets in space provided by the church.

**GTCFH** is a place for friends to gather, to enjoy each other’s company, to deepen our appreciation and knowledge of the art of tai chi, to value each other as individuals, and to help each other in times of need.

For more than thirty years I have led this tai chi group at Knox for no personal fee. For me this is my community service. It is my way to give back to Guelph, to help folks who just want to improve their physical, emotional, and mental fitness by adding a relaxing, low impact exercise program to their daily routine.

Although each of us practice tai chi individually, one of the hallmarks of tai chi is that it fosters compassion and cooperation. Our group has done the same routines for years. We help each other and welcome new people who may lack confidence or coordination by encouraging them to be patient and kind to themselves as they learn the routines.

This is most important when it comes to helping those of us in our little tai chi community who are not “relatively” healthy.

Over thirty years of instruction I have had group members fighting cancer, chronic fatigue, painful and crippling arthritis, debilitating back pain, heart disease, mental illness, joblessness - and most recently the isolation of a global pandemic. Some have been referred to me by health professionals. Others found the group out of desperation, just one more try to help themselves solve a deep personal problem. Several of the members of my group who started through illness nearly thirty years ago are still practicing with me today.

Just as you know that the members of Knox rally around those in your community facing problems, our group behaves the same way.

One member of my group spent her last few weeks battling terminal cancer - and attending our classes. The group supported her by bringing ready-to-eat meals for her to take home. They offered words of encouragement; they offered an arm or a chair. At the end, they visited her in the hospital, took care of pets, and participated in the funeral. She said that she kept coming, even when it was clearly a struggle, because it was a respite from her disease. It gave her some pain relief. And she felt loved and welcomed. When she left us, our community was diminished.

To many observers, tai chi is just a slow moving, low impact exercise program practiced by mainly older men and women. It is that, but it is much more. It is a place that aims to make us all feel better about ourselves and each other. When we feel better, we can share our well-being, and our community-at-large is a better place to live.

We are deeply grateful to the Knox community for supporting our little community since 1996.

Submitted by Mary Johnston



## ***Yoga at Knox***

It is so wild for me to realize that I have been teaching yoga for 27 years! And guess what? 24 of those years I have been teaching at Knox Presbyterian Church. As I reflect on my yoga teaching journey I am filled with immense gratitude for Knox and Metcalf Hall. Knox has been a second home to me. Maybe we chatted in the entrance way? Maybe you were on your way to book club or to an evening meeting? I have been so blessed to have met so many wonderful people from the congregation over the years. And I look forward to meeting more folks in the years to come. My yoga students have also been blessed to find a safe haven in my classes at Knox.

When I first started teaching yoga I was 21 years old. We didn't use yoga mats, but blankets on the floor! We gathered to stretch out and strengthen our bodies, but also to find community. Metcalf Hall is just the perfect space with its high ceilings and spaciousness. I am 48 now and I am blessed to continue teaching and gathering with folks on this journey of self-discovery and self-acceptance. Yoga is an embodied practice of self love. I believe that when we learn to be kind to ourselves, we learn to be kind to others.

In May of 2020, at the beginning of the pandemic, I received a Women of Distinction award for my work in the community, in particular my work in maternal care. I have been teaching prenatal and mama baby yoga classes for the past 20 years! Much of this time I have been a single mother, and I knew deeply the power of community and the need that exists for mothers to come together. Knox has helped me create space for mothers to gather. These classes help mothers feel connected and supported. Mothering can be such a lonely journey and I have been helping women come together to remember that we are not alone.

In August 2022 after two years of Covid I think we could all agree how important community is. Thank you deeply Knox Community for sharing your wonderful space with me. Countless people have messaged me over the years to share how my classes have improved their quality of life. So just think of all the lives that you have unknowingly helped. It is amazing!

If you want to check out my website here is the link.

[www.yogawithchantalle.com](http://www.yogawithchantalle.com)

In love and kindness

Chantalle Asselin

Submitted by Mary Johnston

