

# Knox News & Notes



September 2023

Friends at Knox,

As we come to the end of summer and prepare for the Fall semester, we are navigating changes at Knox. You are aware that our Church Administrator Mary Johnston resigned unexpectedly, so, we have been working hard to get our administrative life in order. I'm grateful for the very competent people from our leadership who have stepped to the plate and managed these changes with aplomb.

We also have several candidates to interview with regards to the Interim Ministry position, and we expect to proceed with those in the next couple of weeks. Please pray for the Holy Spirit's guidance as we seek the right person to lead Knox through a period of reflection upon its identity and purpose.

It is my prayer that Knox will be able to exhibit the quality of resilience during these uncertain times. It is tempting to want to jump ship and go where the grass is greener, but I want to encourage you all to try and dig deeper into the relationships you already have, and together see what God might actually be saying in the waiting. We have the assurance that God is working out new things amongst you, for he has said, 'I will never leave you or forsake you.' So we can say with confidence,

'The Lord is my helper

I will not be afraid.

What can anyone do to me?' Hebrews 13: 5 - 6

Preachers for the Sundays ahead:

Sept. 3rd - Glen Soderholm  
Sept. 10th - Tom Van Milligen  
Sept. 17th - Herb Gale  
Sept. 24th - TBA  
Oct. 1 - Herb Gale

God never  
leaves you.

Hebrews 13:5

Grace and peace,

Rev. Glen Soderholm  
Interim Moderator

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## *Welcome Debbie and Gary*

Knox is pleased to announce that **Debbie Skirving** has accepted the role of **Office Administrator/Bookkeeper**, effective September 11th. Debbie is a member at Knox and has a deep history with Westminster-St. Paul's. Debbie brings with her a strong background in administration, finance, and accounting. Debbie's involvement at Westminster-St. Paul's ranged from assisting with Sunday School, Nursery, VBS, collection, deposits, fundraising and she was on the Management Committee for many years. Welcome Debbie, we are blessed to have you!

Knox is also pleased to announce that in June, **Gary Hepburn** joined Knox in the capacity of **Facilities Coordinator & Custodian**. Gary brings with him a diverse background of experience including HVAC, carpentry, repairs, and maintenance. We are very fortunate to have such talent join us here at Knox! Welcome Gary, we are blessed to have you!

## ***Moments from Mission & Outreach***

The Mission and Outreach Committee has been meeting throughout the summer and is excited to share some of our fall mission projects with you!

**Give to Guelph:** As of July, Knox's rejuvenated commitment to this food donation program had donated 628lbs of food to Chalmers! Amazing, thank you! We are making a difference to those facing food insecurity here in our own community. During our communications with Chalmers, we have heard from representatives that they appreciate our donations so much and are deeply grateful. We will continue to have our Give to Guelph Sundays on the 3<sup>rd</sup> Sunday of each month, and donations are also possible at any time during each month to the decorated donation bin.

Each month, Chalmers highlights some items for considered donations.

*For September*, donations of kidney beans or baked beans, and peanut butter are being encouraged. *For October*, pasta, brown rice and peanut butter are our highlighted items. Skim milk powder and toilet paper are always needed. All donations are gratefully received.

**Run for the Cure:** We are pleased to share that Knox's participation in the CIBC Run for the Cure in partnership with St. Andrew's is happening again this year! The big day is Sunday, October 1<sup>st</sup>! St. Andrew's generously hosted our congregations last year, so this year participants and those wishing to cheer us on will gather at Knox to go together to the start line, and then come back to Knox for refreshments after their participation, with our Sunday service at Knox to follow. As this newsletter is being prepared, we are working with St. Andrew's in the final stages of registering our team "Presbyterians on the Run"; please "stay tuned" for all the details VERY SOON! As soon as everything is "live" the Mission & Outreach committee will share all the details of how to sign up to be a participant or to donate and support the Canadian Cancer Society and our Guelph Presbyterian team. If you are considering participating, please know that everyone, of all ages, are most welcome to walk or run, and that there are 1k and 5K options so the choice is yours, we'd love to have you join us!

**Refugee Fund:** For many years now, Knox, St. Andrew's and Two Rivers have worked collaboratively to maintain a refugee fund to sponsor refugees (Syrian and Ukrainian most recently) and support these families after they arrive in our community. The fund continues to be well managed, but we are cognizant of the need to maintain these monies for needs as they arise, which is a very real reality today. Donations to the Refugee fund are always warmly and gratefully received. St. Andrew's hosted a successful "Find it on the Lawn" sale and event on August 26<sup>th</sup>. The Knox Mission & Outreach Committee is working on plans to have a table at Knox's upcoming Fall Festival, with all proceeds from this table going to the Refugee fund. We will keep you informed of our plans and how you can help us as we prepare for this event. Thank you in advance for your support.

**Let's rock some socks Knox!** With the fall weather coming our way soon, often our thoughts turn to warm and cozy clothing items, including socks. Many in our local Guelph community that are facing financial uncertainty find these added clothing items an area of need as the fall and winter seasons arrive. During the month of October, we need **your** help! The congregation in collaboration with the Logos youth will be focusing on collecting donations of new socks, both adult and children's sizes, throughout the month. *The challenge to our Knox family:* how many pairs can we collect and rock socks at Knox, making it a very "Sock-ta-bulous Socktober" indeed?

Thank you for your prayerful consideration and support of our fall Mission & Outreach initiatives everyone!



## Church School Chatter



A huge shout out to our wonderful volunteers, Nancy Stepien and Mel McGurrin who did their best to provide leadership for the kids over the summer. Although numbers were down over the summer (as we often find) these ladies were ready and willing to give of their time for the children of Knox. Thank you!

Church School may take on a slightly different look beginning in September. We are working out the details at the writing of this message. To all our families out there... rest assured we WILL provide church school classes again this year. We expect to begin regular classes on Sunday September 10. There will NOT be classes on Sunday October 8, Thanksgiving Sunday. We encourage the children

to remain with their families that day in worship.

I would ask all parents to take a few minutes on September 10 to meet with me following worship in Metcalfe Hall. I need to make sure I have updated information about your child(ren) and your family.

Proverbs 22:6 reminds us of a very important thing... "Train children in the way they should go; when they grow old, they won't depart from it."

I encourage all children from JK to grade 8 to join us each Sunday for fun, interactive, meaningful classes and the wonderful opportunity to be with friends!

Blessings  
Karen Bellamy  
Church School Coordinator

## Come Sing and Play with Us

Hello to you all, and thank you for the warm welcome! My name is Alex Lank and I'm the new Interim Music Director at Knox Presbyterian. I have had a great summer getting to know as many of you as I can and learning about the life and work of the church. Now that September is (somehow) nearly upon us, I'm looking forward to kick-starting our musical programming!

I'd like to invite every member of the church to be a part of the music here at Knox, in any way possible. Like to sing? Choir will be starting up again in September, and we're always looking for more members. Play an instrument? I'd love to have you participate in a service - whether with a solo, a duet (with me or anyone else), or even just to play along with the hymns. Any experience level is great! Or maybe you're more of an "ideas" person? Let me know what hymns or music you'd like to hear and we can try to make it happen.

I can be reached at [musicdirector@knoxguelph.ca](mailto:musicdirector@knoxguelph.ca), or come chat after a service, I'd love to hear your ideas!

Looking forward to a fantastic fall season!

Alex Lank



**Join the Choir...**  
**You'll Be Glad**  
**You Did!**



## ***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 20<sup>th</sup>. Our first theme of this session will be, "Kick-Off to LOGOS!" which will be soccer related. 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. If you have questions (or need encouragement), please speak to Nancy Stepien or Karen Bellamy or e-mail [logos@knoxqueph.ca](mailto:logos@knoxqueph.ca).

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



**All LOGOS adult volunteers are invited to a Pizza Party in Metcalf Hall on Wednesday September 13<sup>th</sup> at 6:30pm.** Come get together with all your LOGOS friends for fellowship and a brief orientation meeting. Please let Nancy know if you are able to attend by e-mailing [logos@knoxqueph.ca](mailto:logos@knoxqueph.ca) so we make sure to have enough food available. We look forward to seeing everyone!





The fall schedule for the Knox Lunch Bunch is ready. **Contact Deb** through [lunchbunch@knoxguelph.ca](mailto:lunchbunch@knoxguelph.ca) to make a reservation to join us by the Friday before our outing. Please include your name, phone number as well as your email address. Numbers need to be confirmed in advance with the restaurant the weekend before our booking. Reservations are necessary to ensure that there is room for everyone.

#### Fall 2023 Reservations

<b>Tuesday September 19<sup>th</sup> 11:45 am</b> Souvlaki Flame 206 Speedvale Ave. W., Unit 4 Guelph, Ontario	<b>Tuesday November 21<sup>st</sup> 11:45 am</b> Borealis 1388 Gordon St. Guelph, Ontario
<b>Tuesday October 17<sup>th</sup> 11:45 am</b> Anna Mae's Bakery and Restaurant 4060 Line 72 Millbank, Ontario	<b>Tuesday December 19<sup>th</sup> 11:45 am</b> Montana's 201 Stone Road West Guelph, Ontario

#### ***Guelph Male Choir Invites you to Sing!***

The Guelph Male Choir is entering its 26<sup>th</sup> season. New singers are invited to join this wonderful, non-auditioned, male-voice choir. Previous musical/singing experience is an asset, but not required. A special shout out to high school-aged singers.

**Rehearsals: Wednesday evenings, 7:00-8:45 p.m. beginning September 13, 2023**



Concerts:

#### ***A Radiant Light***

Sunday, December 3, 2023, 3 p.m.

#### ***Celtic Voices***

Sunday, May 5, 2024, 3 p.m.

#### **Rehearsals and concerts at:**

All Saints Lutheran Anglican Church  
 210 Silvercreek Parkway N.  
 Guelph, ON

For more information, please contact Gord Burnett, conductor at [burnett@golden.net](mailto:burnett@golden.net).

### *In Memoriam*

#### ***Church Register of Clergy Records Received***

<i>Ann Eaton</i>	<i>Died June 1, 2023</i>	<i>93 Years</i>
<i>Norm Armstrong</i>	<i>Died June 20, 2023</i>	<i>93 Years</i>
<i>Earl Sutton</i>	<i>Died July 1, 2023</i>	<i>87 Years</i>
<i>Lois Foot</i>	<i>Died July 12, 2023</i>	<i>87 Years</i>
<i>Helen Yeo</i>	<i>Died August 20, 2023</i>	<i>100 Years</i>
<i>Isobel Muir</i>	<i>Died August 21, 2023</i>	<i>89 Years</i>





Please Note: Contact will only be made via [fallfestival@knoxguelph.ca](mailto:fallfestival@knoxguelph.ca) No messages will be sent through Facebook or Facebook messenger, however, you may visit the Event Page for updates on participants.

### Fall Festival Volunteer Form

Able-bodied volunteers needed to help set up, 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

☐ Saturday tear down @3:00 pm

☐ Friday 4:00 – 7:00 p.m.

☐ Saturday 8:00 – 10:00 a.m.

☐ 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 tables: the Raffle Table, Baked goods Preserves, Crafts and Gently Loved Jewels.**

I will donate:

☐ baking

☐ preserves (pickles, jams etc.)

☐ new items for the raffle table

I will help vendors: Friday 4:00 – 7:00 \_\_\_\_\_

Saturday: 8:00 a.m.-10:00 a.m. and again at 3:00 p.m. \_\_\_\_\_

We also need guides to direct people from the basement to Metcalf Hall and from Metcalf Hall to the basement. I will be a guide. \_\_\_\_\_

Shifts can be shortened if we have enough volunteers.

Please complete this form and return it to Karen or Lindsay as soon as possible.

## *Once in a Lifetime*

On June 16, after a long year of preparation, GCVI's Chamber Choir left Guelph for New York City to perform at Carnegie Hall. We had been invited to join an ensemble chorus in a performance by the New England Symphonic Ensemble with guest conductor Kira Omelchenko from Wilfrid Laurier University. On Friday night, after arriving in New York City, we were invited to join three members of the late David Bowie's band (Emm Gryner, Mark Plati, Everett Bradley) to perform with them during their show at City Winery. We performed the song *Life on Mars* with them and were called to sing along with many other songs. We spent the morning on Saturday at Carnegie Hall rehearsing for the show on Sunday afternoon. On Saturday afternoon, we visited the 9/11 memorial, Central Park, and Times Square before seeing the Broadway musical *Wicked* in the evening. On Sunday, we visited the Metropolitan Museum of Art before heading to Carnegie Hall for our 2:00 performance. We performed Ola Gjeilo's *Dreamweaver* with choirs from Easton, Pennsylvania and Longview, Texas, accompanied by the New England Symphonic Ensemble. These groups also performed the Latin piece *Cambridge Songs Suite No. 1* which we performed sections of as well. Many parents from Guelph (including my parents, Dave & Lisa) made the trip to watch the performance. After the performance, we had a dinner cruise around the Statue of Liberty. About 9:00 pm on Sunday, we boarded our bus for the overnight trip home to Guelph. We arrived at GCVI around 6:00 am Monday morning after a long but amazing weekend.



Submitted by Meagan Hough





## ***Hero Hotline Was A Blast!***

Knox held another successful Vacation Bible School in July.

26 registered children ranging in age from 4 years of age to finished grade 6...

9 amazing teen volunteers...

23 adult volunteers...

all came together to fill our building with joy, laughter, music, praise, games and so much more!

Over the week, and over the weeks before VBS, our mission crew collected supplies for our "Birthday Kits for Kids" outreach project. Thanks to the help of our Knox Family, and the families of those participating in VBS, we managed to fill close to 60 Birthday Kits, filled with things needed to make a birthday party for a child, reminding them that they are A Child of God and are special! That is amazing, and we were pleased to donate these to the Guelph Food Bank.

We also sent individual bags of laundry detergent with messages from the children to The Bench, helping some of our homeless or marginalized friends.

Many of our seniors and those who cannot get out were mailed hand decorated cards reminding them that God loves them and we are thinking of them.

We were amazed by awesome science experiments in class, showing us that God is truly amazing and His love for us all is great!

We played some great cooperative games, created incredible craft items and of course enjoyed some spectacular snacks each day.

All of this helped us remind our kids that EVERYONE is a HERO! We all play an important part in helping others, whether it be in our homes, our neighborhoods or our community at large. We share God's love by helping others, and being a Hero!

Looking ahead.... We plan to hold VBS the second week of July 2024. It really isn't too soon to mark your calendars!

Thanks to all who supported this children's ministry in whatever way you were able! YOU are a Hero to all of us!

Blessings

Karen and Carrie

VBS coordinators

