

KNOX UNITED

FALL NEWSLETTER 2019



10 Knox ladies joined Central and Trinity to pack flour, sugar and rice for Samaritan House hampers on Sept 16. 400 kg of these items were delivered and gratefully received. September has a high demand for hampers, as many families have costs related to 'back to school'. From Sept 2 -13, 963 hampers were distributed. Anticipated number of hampers for Sept is 1200-1500.

Next packing bee is October 16 at 10 am at Central UC

Note: Samaritan House is in urgent need of pasta sauce and soup

I would like to say A Big Thank You to all those that took time out of their busy summers to officiate a Sunday Service or operate the Power Point. Everyone made my job easy and I appreciate all the help! Many hands made light work! Thank you from M & P Committee.

Colleen Wall



If you enjoy coffee or tea before or after church, please consider adding your name to the sheet for one or more Sundays to help with prep and cleanup. A signup sheet has been placed at the back of the sanctuary. Instructions are posted beside the coffee maker. Your help would be appreciated!

Knox Connexions

OBITUARY

RUMMAGE RATS: The Knox Church family is saddened to announce the passing of the Knox Rummage Rats sales. This talented and ambitious group was born approximately 30 years ago and met their demise this September 2019. At Knox they were nurtured and educated with the help of the Knox family, and local supporters. Over the years they have raised more than \$30,000 to support the church coffers.

At their request there will be no formal service at this time, with a pending committal date of August 32, 2069 at the Ratville Memorial Gardens!! The celebrant will be the famous, quiet spoken, somewhat shy, very reserved Mr. Cecil Foster as he now chairs the newly named Knox Indoor Garage Sale. Flowers are gratefully declined, as we grow our own beautiful flowers in the much appreciated flower beds cared for by Knox family members.

Charitable donations are also gratefully declined, but if you wish you could make donations to the nearly financially broke, Norman K Brown! (Receipts will be issued for any donations of more than \$500.00) Arrangements by Rev. Craig Miller and Mr. Foster.

The Knox Rummage Rats have done great work From their duties they did never shirk They served us well and gave their best they now deserve a well earned rest. Let us not forget what they have done. Celebrate their success and much great fun!

Norman K Brown



THE FIRST SPECTACULAR
INDOOR GARAGE SALE

SATURDAY OCTOBER 26
9 - 2

LEAVE NO BOX, DRAWER,
CLOSET, SHED, CUBBY HOLE
UNTURNS IN YOUR SEARCH FOR
ITEMS TO DONATE TO THIS
AMAZING EVENT!!!!

ITEMS ACCEPTED ON THE STAGE
AFTER OCTOBER 20

HELPERS NEEDED BEFORE
DURING AND AFTER
SIGN UP SHEET IN THE NARTHEX

Knox Connexions

From the Treasurer's Desk: Financial Update for the period January 1/August 31, 2019:

Church Givings: \$77,871.40 this equates with 2018 at \$77,956.16
Donation \$ 870.01
Total M&S Givings: \$22,512.16 slightly behind 2018 at \$23,202.30

Income: \$113,443.52 Budget \$138,274.00
Expenses: \$147,856.08
Deficit as of August 31 (\$ 34,412.56)



Note: One of our \$25,000 investments was cashed in to provide administration with enough funds to work with over the summer, as per council's directive.

Refugee Brandon Funds: \$39,168.22

Expenses have increased with expenses such as the new General Council assessment, higher insurance rate for the church, work on the boiler and roof. August church givings were up over last year at this time and M&S givings are on track.

Knox Council thanks everyone for their givings, and hopes that we can address the deficit over the coming months.



On behalf of the Knox congregation, the Knox Outreach Committee would like to express a great big thank-you to Susie McPherson Derendy for her input and guidance over the past number of years. Susie, your thoughtfulness and quiet guidance has helped immensely as we attempt to move along the path to reconciliation. Thank you for agreeing to remain on our Outreach email list. we will continue to welcome your input at any time.

Some of the current work of Knox Outreach:

- Fair Trade information to be shared, and a Fair Trade Sunday to be held
- Investigate ways we might be helpful in the transition of individuals from Brandon Correctional Center to our community - watch for notice of a brown bag lunch info session
- Monthly Sharing Circles
- Samaritan House work bees, packing staples to be added to hampers
- Workshop to be offered on deepening understanding of intercultural Ministry
- promotion of Orange Shirt day and walk to the site of Brandon Residential School
- Working with Craig in planning the Community Roundtable to identify gaps in services and ways that churches can help

Knox Connexions



Property Notes – Sept. 2019

This summer has been a busy one for Property related activities. Summer projects have included:

- Auditorium floor refinished - with thanks to Joe Ball, Wayne Clayton, Brian Manns, Duncan Waddell, and Jim Cobb, Roger Winger and Francis Cancde
- Stage front and auditorium coat/chair rack refinished
- Basement washrooms repainted.
- Communion Table and Bulletin Table tops refinished.
- Exterior railings by 17th St Entrance restrained.
- Outdated and surplus paint products taken to hazardous waste depot at City Landfill.
- East and West entrance stairwells repainted, along with the East & West Entrance areas and Narthex, as well as most interior painted doors and frames.
- South-east exterior tap replaced.
- Flower bed maintenance with help of volunteers



Wow!! What an amazing floral display in our Knox Church flower beds, thanks to the many dedicated Knox family members who contributed their expertise. You truly do have "green thumbs" and should be justly proud of your labour as so many people have said how much the gardens are appreciated. There are many people to thank for making the gardens so beautiful: The Green Spot, Knox Inbetweeners, Sylvia Roberts, Jim and Rosemary Cornett, Leanne Sprung, Jonathan Sloane, Diane and Brian Sloane, Linda Schrader, Jim & Maureen Cobb, Madelyn Robinson, Al & Isobel Robinson, Peggy & Dave Barrows, Debby & Garth Dandy, and Deb Carnegie.

Your work is much appreciated, and I do hope that you will volunteer again next year. Our planting committee of Vern Gilbertson, Duncan Waddell, and Cec Foster will help with the fall clean up. **MANY HANDS MAKE LIGHT WORK!**

Norman K Brown



HELP KNOX SUPPORT THE BENEVOLENT FUND

On a regular basis people who are in need of emergency assistance approach Knox for help. Neighbours may be looking for assistance in purchasing food, accommodations, transportation/gas, rent and/or prescriptions. These requests are handled on a case by case basis by Rev. Craig. In almost all instances individuals are referred to local agencies, most often Samaritan House and the 7th Street Health Access Centre, where their request can be evaluated and they can connect with existing support systems and resources. In some instances a food or transportation voucher is issued by Knox. Additional assistance may be provided through the Knox benevolent fund particularly with individuals and families with whom we have a long-term relationship.

How to handle these cases is an on-going challenge for many congregations, including Knox, as we attempt to find appropriate and compassionate ways to assist our neighbours.

The 7th Street Health Centre manages the Brandon Ministerial Association (*BMA*) Benevolent Fund, a resource that the *BMA* created to address critical and short term needs in our city when there are no other existing resources. This fund is managed by the centre's service navigators and is used to provide funding where there may be a gap in services. Knox makes a donation on an annual basis to this fund.

Over the past few years our congregation has been very generous in providing support, much of which was accomplished through the sale of Sobeys Gift Certificates. As a result of changes to this Program we are no longer utilizing it to raise funds. **SO! WE NEED YOUR HELP. Your donation to Knox for the Benevolent Fund goes a long way in addressing this need.**

Submitted by Knox Outreach Committee



Caring for Creation - Recycling

Recycling is just one of the ways that we can care for creation. In order to make a difference it has to be done correctly. Here are a few pointers from the Green Team to help you become a recycling Superhero!

- 1- If your plastic is number 2,4,5, or 7, it can go in the blue bin. You may remember that this winter we were telling you to recycle plastic #1. This plastic is no longer recyclable here in Brandon so best not buy it! If you do bring it home, it has to go in the garbage.
- 2- You don't need to put your recyclables in a plastic bag. In fact, bags are not allowed in the blue bin. Take your bags to Co-Op, Sobeys, Superstore or Walmart.
- 3- You should rinse out your food containers but you don't have to remove the labels.
- 4- Glass jars can go in your Blue Bin. The lids go in the garbage. Or better yet, wash and re-use them!
- 5- Bring your batteries to the church. Your Green Team will take them. Or you can take them yourself to Best Buy, Home Depot or Staples.
- 6- No Styrofoam, aluminum foil, mirrors or light bulbs. Avoid using styrofoam and aluminum foil and take your light bulbs directly to the Eastview Landfill Site or to Home Hardware on 18th St.
- 7- No needles or medicine bottles. Take them to your pharmacy.

The best way to become a recycling Superhero is to be a smart consumer. As much as possible, don't buy things that come in single use plastic. Re-use as many of your containers as you can. The longer you prolong the life of your container, the better for the earth. Contact your local MLA and MP and let them know that you want less packaging. Talk to all your favorite stores and let them know you would be in favor of a 'bring your own' container service. Take cloth bags for produce and for your groceries. Share your thoughts and ideas with others so that we can all care for creation.

Knox Connexions



Fair Trade is about doing business fairly, ethically and responsibly. Fair Trade makes sure that the farmers and people growing and processing the products get a fair price, have good working conditions and that everything is done in a sustainable way.

Each community or cooperative involved under the Fair Trade label is also given a premium that is then used by the community to improve their lives. This improvement may be books for the school, a library, or improvements in housing. The community decides how to spend this premium. It is a powerful tool that goes beyond charity and aid. Fair trade aims to empower traditionally marginalized producers in improving their own living conditions.

The city of Brandon became a Fair Trade City in 2014. It was the second city in Manitoba and the 19th in Canada to achieve this. To date in Brandon, there are 12 stores and 7 restaurants that sell Fair Trade products, four Fair Trade workplaces and two Fair Trade Faith Communities. Did you know that in 2014, 2015, and 2016 Brandon won Fair Trade Town of the Year from Fair Trade Canada. In 2017 they gave Brandon a Special Recognition Award as a Fair Trade Town All Star.

So whether you are buying coffee, chocolate or going out for supper consider going Fair Trade! Fair Trade gives you the power to make the world a better place one purchase at a time. Here are a few of the businesses serving up Fair Trade: A&W, Blue Hill Bakery, Coffee Culture, Co-Op Gas Bar, Fired Pizzeria, Forbidden Flavours, Lady of the Lake, Prairie Firehouse, Robin’s Donuts, Starbucks, The Dock on Princess.

As of July 2018, Brandon businesses selling Fair Trade products:

<u>7 Eleven Willowdale</u>	<u>Safeway 18th Avenue North</u>
<u>7 Eleven Victoria Ave</u>	<u>Shoppers Drug Mart 18th Street</u>
<u>7 Eleven 10th Street</u>	<u>Shoppers Drug Mart Victoria East</u>
<u>Bulkbarn</u>	<u>Sobey’s 18th Street</u>
<u>Co-Op</u>	<u>Sobey’s Victoria Avenue</u>
<u>Hedley’s Health Hut</u>	<u>Superstore</u>
<u>Liquor Mart Victoria Ave</u>	<u>Ten Thousand Villages</u>
<u>Liquor Mart 18th Street</u>	<u>Two Farm Kids</u>
<u>Liquor Mart Corral Centre</u>	<u>Walmart</u>
	<u>Winners</u>

Knox Connexions

Refuge Brandon update Sept 24th, 2019

We are getting to know Iman, Fatemah, and their children better as the time passes. After having grown up in Rakine(Arakan) State in Myanmar they eventually got to safety in the Penang area of Malaysia and lived there for four years or so. Their two children (Arif-4and Ummu-2) were born there. They arrived here in May this year and live in an apartment in the 26th and Rosser area.

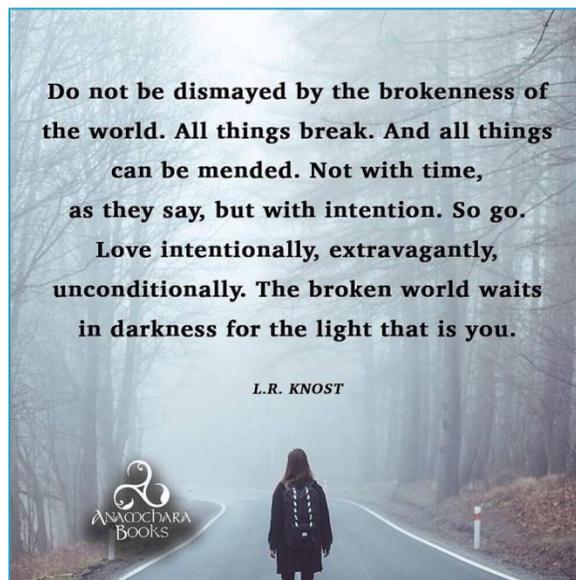
People from our group are spending a lot of time transporting them to English classes at Westman Immigrant Services now and through part of the summer Iman was able to get to classes at the Brandon Literacy Council's office on his bike. Some are also involved in getting their little boy to Nursery School. Gaining a proficiency in language is so important because they lived in an area (whether it was Myanmar, Bangladesh or Malaysia) where education was denied to them. At least this is what we understand to be the situation.

In order to help with translation and to make the cultural adjustments as seamless as possible our group has been able to get assistance from Syrian and Bangladeshi people who live here.

Abraham Tekla, the young fellow who had been in a Refugee camp in Israel arrived in Canada in June and is making a beautiful adjustment to life here. He is already working at Maple Leaf. He has the advantage of relatives here and a pretty good command of the language.

Some from our group will be taking seasonal breaks through the winter and if you are finding time heavy on your hands and would like to do some driving for us, then please let us know. We appreciate the offers we have already had!

Gerald Whetter



Knox Connexions

AFFIRM WORKSHOP **Saturday, October 19, 2019**

Knox United Church Brandon

10:00 am - 3:00 pm
lunch provided
cost: \$5.00



Gathering/coffee at 9:30 so we can start promptly at 10:00

This workshop is meant for:

- Communities of Faith who are in the process of becoming affirming
- Communities of Faith or individuals who are curious about affirming
- Communities of Faith who are already affirming

Come explore becoming affirming – what it means, why it is important, what the process entails
Wondering if the time is right for your community of faith to start talking about it?

If your church is already affirming – come explore how to grow more fully into being an affirming community

Workshop facilitators:

Liz Carter-Morgan, St. Paul's United, Virden

Laura Crookshanks, Knox United, Brandon

David Howell, Knox-Silverton United Russell

Julie Hutton, Minnedosa United

To register by Oct. 11: call Knox Office 204 727-6975 or knoxchurch@wcgwave.ca
Further information: Laura at crooks@wcgwave.ca

Affirm Committee

- Affirm Workshop being offered at Knox on October 19. This is being organized by a partnership of 4 churches: Knox Brandon, Knox Russell, Minnedosa and Virden.
- Trans Day of Remembrance Service to be held at Knox on November 20. The noon hour service and lunch will commemorate the lives of trans individuals lost over the last year. There will also be an evening vigil held – time and place will be announced shortly. This is an opportunity for members of our church family to show support to the trans community by deepening our understanding of the challenges faced by trans folks and their families.
- The anniversary of becoming affirming will be celebrated on October 27th.

Thinking Critically, Living Faithfully

Young Adults for Peace in Palestine/Israel Presentation

Wednesday October 16 at 7pm



In August Berrigan Miller Harms travelled to the Middle East with 11 other young adults (ages 18-35) from the United Church and Past Moderator, David Guiliano. She will share her experiences and talk about the hard reality of the normalization of the Israeli occupation of Palestine. With the turmoil of unresolved wars in Syria and the Yemen we rarely hear about the harsh existence of life in the West Bank.

Come and learn about what our church partner, Wi'am: The Palestinian Conflict Resolution Centre, is doing to respond to the current crisis and the trauma created by the occupation.



THE BLESSINGS OF JESUS

Blessed are those who know their need,
For theirs is the grace of heaven.

Blessed are the humble,
For they are close to the sacred earth.

Blessed are those who weep,
For their tears will be wiped away.

Blessed are the forgiving,
For they are free.

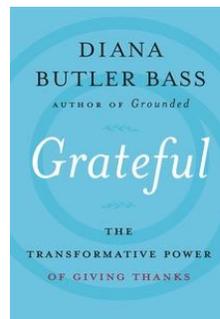
Blessed are those who hunger for earth's oneness,
For they will be satisfied.

Blessed are the clear in heart,
For they see the Living Presence.

Blessed are those who suffer for what is right,
For theirs is the strength of heaven.

Blessed are the peacemakers,
For they are born of God.

A paraphrase of The Beatitudes from *Sounds of the Eternal* by John Philip Newell
www.Heartbeatjourney.org - www.MaterialMedia.com



Grateful: The Transformative Power of Giving Thanks

Small group study/film series

Mondays at 7pm, In the chapel

If gratitude is so good, why is it so hard to do? Our study is based on the Diana Butler Bass' latest book, Grateful: The Transformative Power of Giving Thanks. In the prologue she writes, "This book is an invitation to become aware of gratitude in new ways, with the hope that if we see more clearly what is at stake, we might together nurture, encourage, and practice the sort of gratefulness that can change our hearts and communities." Join us as we eagerly seek to experience the journey to a more grateful life.

Please register on the sign-up sheet in the narthex. It is not mandatory to purchase the book but we will be using it as a guide.

You may purchase it online through Indigo Chapters or your favourite book seller. It is available in paperback, e-reader, and audio editions.

21 October - Where is God?

28 October - A Table of Gifts

4 November - Table Ethics

11 November - Grace, Gratitude and Gifts

18 November - Gratitude and Abundance

25 November - Table Memory

Thinking Critically, Living Faithfully

Anne Bokma is a longtime award-winning feature writer and columnist for *Broadview* magazine (formerly the *United Church Observer*).

She also wrote a blog for *Broadview* called "My Year of Living Spiritually," which has been turned into a spiritual memoir coming out this October from publisher Douglas & McIntyre. The book details her year of experimenting with 20 different spiritual practices and documents her journey away from fundamentalism and toward a more liberal-minded spirituality. Ann says: I think United Church folks will be interested in the book (it's ideal for book club discussions, too)

My Year of Living Spiritually: New book this fall from Broadview journalist

Memoir explores spiritual practices & journey away fundamentalism

An award-winning writer for *Broadview* magazine (formerly the *United Church Observer*) has a new memoir out this fall that explores her experimental year of sampling more than 20 spiritual practices and also documents her journey away from fundamentalism to becoming "spiritual-but-not-religious."

My Year of Living Spiritually—From Woo-Woo to Wonderful: One Woman's Secular Quest for a More Soulful Life, will be published in October by Douglas & McIntyre. Anne Bokma, a longtime *Broadview* feature writer, wrote the magazine's "Spiritual But Secular" column for four years, which led to a yearlong blog called "My Year of Living Spiritually," now turned into a book.

Bokma writes about her whirlwind year immersed in spiritual practices and how they changed her life for the better. She sang in choirs, learned to be more grateful, danced with witches, went on a pilgrimage to Henry David Thoreau's Walden Pond, tried magic mushrooms—and a whole lot more. She also details the struggles she encountered with her family when she left the strict Canadian Reformed Church, examines the impact of "religious trauma syndrome" and writes about finding a spiritual home—first in the United Church—and eventually among the Unitarians.

The book has received positive advance reviews. *Oprah* magazine columnist Martha Beck, author of *Leaving the Saints*, calls it "...an engaging, entertaining, well-researched romp through the many variations of non-religious spiritual practice." Rona Maynard, author of *My Mother's Daughter* and the former editor of *Chatelaine*, describes it as "a candid, fearless odyssey of the heart and soul" And playwright Tracey Erin Smith, founder of Toronto's SOULO Theatre, says: "If you liked *Eat, Pray, Love*, you'll go wild for *My Year of Living Spiritually*."

The book will be released on October 26. Until then, it's available by pre-order at Indigo, Amazon and local booksellers.

For more information go to: <https://www.annebokma.com/>

Worship Matters



6 October - Earthenware Jars: Hope for the Future (Final instalment in The Potter's House series), Worldwide Communion

13 October - Thanksgiving, Bloom Where You are Planted

One Prayer to Live By: "Thank You"

October/November Six Week Series

If gratitude is so good, why is it so hard to do? This sermon series is based on the Diana Butler Bass' latest book, [Grateful: The Transformative Power of Giving Thanks](#). In the prologue she writes, "This book is an invitation to become aware of gratitude in new ways, with the hope that if we see more clearly what is at stake, we might together nurture, encourage, and practice the sort of gratefulness that can change our hearts and communities." Join us as we eagerly seek to experience the journey to a more grateful life.

20 October - World Food Sunday, Everything is a Gift

27 October - Affirm Anniversary, God Crowns the Year with Goodness

3 November - Saying Thank You — All Saints' Sunday

10 November - Peace Sunday, Communion, The Common Good - Grateful Together

17 November - Blessing Everyone

24 November - Stewardship Sunday - Making All Things New

COMING ATTRACTIONS

30 September -	Orange Shirt Day Riverbank Discovery Centre 4 pm - 6 pm	Rev. Craig Miller
6 October -	Worldwide Communion; Brunch SKC Pumpkin Patch Outing “An Echo In My Soul” Das Femmes Concert 3 pm	
15 October -	Council	
16 October -	Peace in Palestine & Israel 7 pm	
19 October -	Affirm Network Event 10 am - 3 pm	
20 October -	World Food Sunday, Canned Food Collection for Sam. House	
21 October -	Grateful Group Study 7 pm	
22 October -	In Betweeners	
23 October -	Fall Lunch	
25-27 October -	ALF Youth Retreat	
26 October -	Rummage Sale	
27 October -	Affirm Anniversary Sunday	
28 October -	Grateful Group Study 7 pm	
29 October -	Community Roundtable, Details TBA	
3 November -	Brunch	
4 November -	Grateful Group Study 7 pm	
7 November -	Community Roundtable, Details TBA	
10 November -	Communion	
11 November -	Grateful Group Study 7 pm	
18 November -	Grateful Group Study 7 pm	
19 November -	Council	
25 November -	Grateful Group Study 7 pm	
24 November -	Stewardship Sunday	
1 December -	Taste of the Holidays	8 December - Advent Choir Cantata

Assiniboine Region UCC
Community Building Event
WEDNESDAY OCT. 30
10 AM
Rivers United Church
Theme: TBA
Bring bag lunch

AFFIRM UNITED

We welcome all into the life and ministry of the Knox family: persons of any age, colour, ethnicity, gender identity, sexual orientation, ability, marital status, social or economic circumstance.

KNOX UNITED CHURCH

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Knox is on Treaty 2 land. We acknowledge our responsibility as treaty people and these lands as the original territories of the Anishinaabe, Cree, Oji-Cree and Dakota Peoples, and we are in the heart of the Metis nation.