

Calendar

20-22 February - Zeebu Youth Retreat, Grades 7-12, Harrow UC (Wpg)

22 February - Lent One, Robert Brown leads worship

25 February - Lenten Study Begins, 2 pm Chapel

27 February - SKC grades 3-8, Ping Pong Tourney, 6 pm

28 February - Blanket Exercise, Forrest UC, Doors open at 9:30 am

28 February - Coldest Night of the Year Walk

3 March - Outreach Mtg, 1:15 pm Chapel

4 March - Lenten Study, 2 pm Chapel

9 March - Congregational Care Mtg, 10 am Library

11 March - Lenten Study, 2 pm Chapel

14 March - National Affirming PIE Day

15 March - Brunch

17 March - Council, 6:30 pm

18 March - Lenten Study, 2 pm Chapel

19 March - Broadview Reading Club, 10 am Chapel

The Way Lent 2026 at Knox

"You don't choose a life, you live a life." – The Way

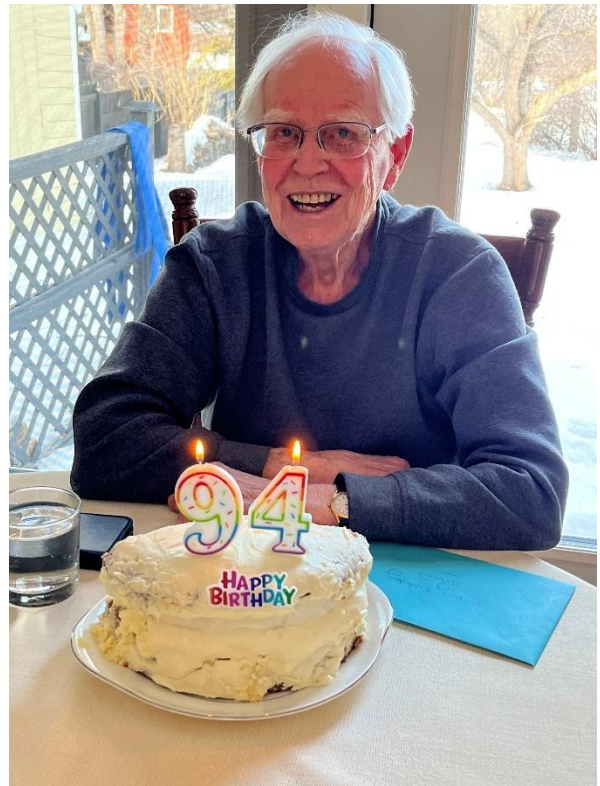
I will make a way in the wilderness and rivers in the desert. – Isaiah 43:19

Lent is a time of reflection, and there's nothing like a pilgrimage to conjure that up. Making intentional journeys has been a ritual of humankind across time and traditions. Inspired by passages in the Judeo-Christian scriptures that talk about the journeys, roads, and pathways of life, we will make our way together through this season. The popular and poignant movie *The Way*, about a father's pilgrimage in honour of his late son, who died on the famed Camino de Santiago in France and Spain, serves as a modern-day inspiration to live the life we've been given to the fullest.

The Way is currently available to watch on Netflix Canada. If you have a chance to watch the movie prior to Lent One, it will deepen your experience as we make this journey together. Plus, it features one of my favourite actors and social justice advocates, Martin Sheen.

“The Wandering Way” - Lent One
“The High Way” - Lent Two
“The Way Around” - Lent Three
“The Way Home” - Lent Four
“The Free Way” - Lent Five
“The Other Way” - Lent Six/Palm Sunday
“The Loving Way” - Good Friday
“Make Your Way” - Easter Sunday

On February 20th, Allen
Hattie celebrates an
incredible 94 years!
Happy Birthday, Allen!



NEW: THANK YOU Katheryne!

Katheryne Lumgair, a member of our Stewardship committee, hosted a fun-filled, fantastic mitten making workshop, raising \$970.00. Thank you to all participants and all who donated towards her event!

NEW: Walk with Knox!

28 February, Saturday at Knox, check in at 4 pm

It's time again for the **Coldest Night of the Year Walk** in support of Samaritan House Ministries.

This year, we have a group registered, ***Knox Rocks***, and the Braun family will be walking along with some of our youth. If you would like to donate on behalf of Knox please connect with Kendra in the office, and we will collect donations and send them in after the walk on behalf of Knox. If you would like to come and join in on the walk, check-in starts at 4 pm, the walk starts at 5, and there will be a light lunch afterwards.

The Coldest Night of the Year is a Canada-wide, family-friendly fundraising walk.

NEW: Samaritan House Food Bank Update

We dropped off another full bin of food this week.

Carla shared the following info:

- on average, they provide 1570 hampers and 180 kits per month
- kits are available for clients who are unhoused, or who do not have access to cooking facilities
- they saw 935 new clients in 2025
- they provided 22,501 hampers in 2025

In January 2026:

- 63% of their clients were children
- 3662 individuals visited the food bank this month They received 225,465 kgs of donated food from our store partners, farmers, and community donors

At the moment, they are short of canned tomatoes, pasta sauce, cereal, and snacks for children.

Thank you to our Knox people who keep filling our bin. Samaritan House is truly thankful for our contributions.

Jim & Maureen Cobb

NEW: New Hymn Book Order

The United Church of Canada has released a new hymn book called "Then Let Us Sing". Knox will be collecting names to place a group order. If you are interested in purchasing a copy, please let Kendra or Diane Shepherd know. The soft cover version with music and lyrics is \$32.95, accompanist copy with a coil spine is \$49.95 (this is a larger book). We would like to order before Easter, April 5th.

Thank you!

Reminder

The Assiniboine Affirming Cluster Invites You To National Affirming PIE Day 2026 Crafting Community With Guest Artist Rev. David Cathcart

Saturday, March 14, Knox United

Line & Wash Watercolour Workshop 10:45 am to 12:00 pm

Line & Wash is a fun and easy way to enter the world of watercolours and turn them into simple yet beautiful paintings. You will learn to sketch and draw in ink and combine it with watercolour washes to create unique and intricate works of art. When you're done, you'll have four unique bookmarks to share.

All the materials you need will be provided.

Cost: \$25 (some scholarships available)

Register by Wednesday, 4 March

Lunch available from Komfort Kitchen for \$22.50 Wraps/Side Salad/Cookie/Soda

THIS WORKSHOP IS LIMITED TO 20 PARTICIPANTS. IF YOU ARE INTERESTED, PLEASE REGISTER ASAP, AS IT WILL FILL QUICKLY. PAYMENT IS DUE AT THE TIME OF REGISTRATION.

To register online visit: <https://form.jotform.com/260355697097066>

Art Talk 1 PM

Embracing the Wonky Line and Following Happy Accidents: What Art Taught Me About Creating Community

Reminder: New Lenten Study

Bless, Break, Share: Recipes for Faithful Living
With Rev. Craig

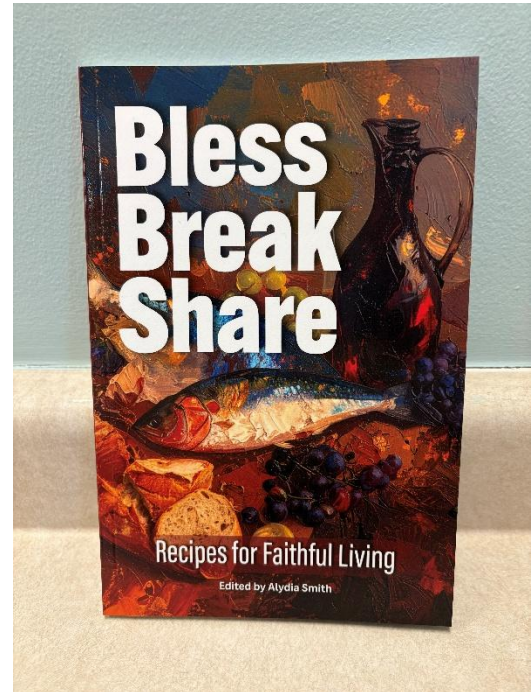
Wednesdays at 2 pm. In the Chapel at Knox.

25 February: The Table
4 March: The Table of Invitation
11 March: The Table of Longing
18 March: The Broken Table
25 March: The Table of Justice
1 April: The Table of Solidarity

To purchase a hard copy for \$15, contact Kendra
in the office.

To purchase an e-book, visit the UCRD website:

<https://ucrdstore.ca/collections/bless-break-share>



NEW: JAGM - Future Hydro Projects in Manitoba

Manitoba Hydro has published their latest Integrated Resource Plan (IRP) which is a 10-year plan for our province's electricity and fossil gas needs. I encourage you all to look it over [2025 Integrated Resource Plan](#) and attend an Open House on March 3 at the Brandon Legion from 5:30 - 8:30pm. There are also virtual sessions on Teams and there is more information about the open house here: [Brandon dispatchable capacity project](#)

Those of us concerned about Climate have some concerns about this plan. The reliance on a new, expensive fossil gas plant is counter intuitive to our fight against the climate crisis and may slow down our transition to renewable energy. The plan does present some renewable energy to come on board, but a very small amount and, according to the Manitoba Climate Action Team, Hydro overestimates the cost and underestimates the potential of wind, solar and battery storage.

Efficiency Manitoba has been calling for more geothermal heat pumps and has a program to make it reasonably affordable. The IRP, on the other hand, chooses a path of continued reliance on natural gas for heating with no plan or indication of how that might eventually be phased out. How this constitutes a contribution to the "Net Zero" provincial climate plan is unclear at best. There is a back-log on getting geothermal installed right now. But that's a problem that could be solved. Rather than committing to fossil fuels, which exacerbate the crisis, we need to work toward clean, renewable technology.

For a more in-depth look at the IRP, James Wilt, the Policy Development Manager for the Climate Action Team has a great blog here: <https://climateactionmb.ca/manitoba-hydros-new-irp-plans.../>

Read up on this important issue and write to your MLA, as well as the Minister of Finance Adrian Sala; minfin@manitoba.ca and Mike Moyes as the Minister of Environment and Climate Change; minecc@manitoba.ca Also consider attending the Open House on March 3rd.



FORREST UNITED CHURCH
KAIROS Blanket Exercise

Saturday, February 28, 2026 at 10am
(doors open at 9:30am)

Blanket Exercise will take 2 - 3 Hours
Lunch to follow

The KAIROS BlanketExercise™ program is a unique, participatory history lesson – developed in collaboration with Indigenous Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples.

Please email to register: kwp.4est@gmail.com

NEW: Mission & Service

Where Play Builds Community

[Where Play Builds Community | The United Church of Canada](#)

Reminder: Getting Better Together with Prairie Mtn Health

A **FREE** six-week program for living better with ongoing health conditions. Learn to manage pain, start exercise, and increase energy levels.

Available on-line, March 12 - April 16, Thursdays 1:30-4 pm

Or in-person, April 7 - May 12, Tuesdays 1:30-4 pm at Knox United Church.

For more info or to register rcullen@pmh-mb.ca or call 1-877-509-7852

Reminder: New Email Address for Knox

For email & e-transfer, please update your records.

admin@knoxunitedbrandon.ca

Reminder: Greenspot & Sobeys Gift Cards

Greenspot Home & Garden and Sobeys gift cards are restocked and available in the church office. A portion of every card supports our church's outreach ministries throughout the community.

Sunday Morning Worship on YouTube

Join our Sunday worship at 10:30 AM on YouTube

<https://www.youtube.com/c/TheKnoxKonnexion>

Or search *The Knox Konnexion*