



Knox News

God is Here for Everyone

Please visit us at: www.knoxunited.ab.ca

Spring 2010 Edition - April

We are an *affirming* community
within the United Church of Canada
506 - 4th Street SW, Calgary, AB
Office (403) 269-8382

Services

Sundays at 11:00 a.m.
Wednesdays Communion at 12:10 p.m.
Nursery & Youth Programs during service



Easter Joy

By Joanna Fuchs

Jesus came to earth,
To show us how to live,
How to put others first,
How to love and how to give.

Then He set about His work,
That God sent Him to do;
He took our punishment on Himself;
He made us clean and new.

He could have saved Himself,
Calling angels from above,
But He chose to pay our price for sin;
He paid it out of love.

Our Lord died on Good Friday,
But the cross did not destroy
His resurrection on Easter morn
That fills our hearts with joy.

Now we know our earthly death,
Like His, is just a rest.
We'll be forever with Him
In heaven, where life is best.

So we live our lives for Jesus,
Think of Him in all we do.
Thank you Savior; Thank you Lord.
Help us love like you!

www.poemsource.com

On the Look out

Submitted by: Robin McLelland

Spring's an open season on seek and search
Impatient buds squint hopefully for sun
Water peers through holes in its ice mask
Squabbling birds flap on nest construction sites
Arguing over each stringy wisp they spy

I pull on your galoshes over my old slippers
I search the new border we planted last fall
Looking for signs of the hopes we shared
When we planted those bulbs in mud and laughter

There they are, the tiny green tips
Remembering with me your skillful hands
You'll be home soon
I'll greet you with hot coffee and a smile
We'll come out hand in hand to search for spring



Easter Nostalgia

Submitted by: William Brindley

One day in the spring of 1985, Simon Sharp aged 10 years; a pupil of Brotherton Primary School was walking near a rubbish dump when he saw a glass bottle glistening in the sun. Having failed to open it he broke it with a stone and inside was a note saying, "This is treasure – anybody finding this please return it to one of the following: William or Lynda Brindley or Doreen Throssell." The note was dated July 1934! Also in the bottle were some cigarette cards, a playing card, and a stub of pencil!

Simon took this to his teacher Mr. Martin Baldwin who was very interested in his find, tried phoning around, and finally spoke to a cousin of mine, who had told him that William now lived in Canada and that Lynda was now Mrs. East and Doreen was Mrs. Holland. He later spoke to Lynda and asked her and Doreen to come and speak to the children in the school. They agreed and enjoyed their visit besides renewing old acquaintances.

While Doreen had remained in Pontefract, Lynda had lived in various parts of England since the war and in North Africa and India during the war. The school decided to have a time capsule burying of their own, and when my sister told them that I was expected to visit in the fall, it was then planned for early October.

About 100 children and several teachers and parents of this village school gave us a great welcome. We were all served tea and some cakes made by the children, and then in the main hall we sat in chairs facing the children who sat cross-legged on the floor facing us.

I explained to them that my sister, her friend, and I had put the "treasure" in a bottle and then buried it under a brick in my Dad's workshop. About 30 years later the buildings were demolished to make way for a new road through Pontefract and that the debris must have been trucked to Brotherton, a few miles away. We had completely forgotten all about this!

The children fired questions at us, and we presented to them for the school library a book about Canada. Afterwards we all went outside to the school yard and a time capsule was buried, each child lining up to put a shovelful of soil in the hole, and then a bush was planted over it. They intended to dig it up in the year 2035!

The press took their photos and interviews were given for the papers. The children were lovely and it was a great day to remember.

RumbleTummy

Submitted by: Robin McLelland

Rumbletummy loves to eat
Gets his face all dirty
Drinks his soup with slurps and slops
Spills on his nightshirty

Rumblytummy loves hot dogs
Squirts them deep in ketchup
Gnaws on them from end to end
Gulps his milk with hiccups

Rumbletummy smudgy face
Grandpa's coming over
He just loves your sticky kiss
Cause you're his supernova



Speaking About Healing Touch
By Sharon Montgomery

You're a member of Knox Healing Touch?
About that stuff I don't know much.
I've seen your room across the hall.
It seems mysterious, that's all.
What do you do?

*I give treatments to people who ask.
It really is a pleasant task.
Learning to work with energy
Has met my need for a ministry
That's real and needed.*

Well, if I wanted a treatment now,
What would it take? Tell me how
You know what I need and if it works.
Some folk might think you gals are jerks
Or at least spacey.

*You can sit in a chair while I stroke the air
Around your body to soften any cares
That you might have. It's so relaxing.
Plus, on myself it isn't taxing.
It's not me working.*

What do you mean, you're not the one?
Who else could it be? Do you mean the Son?
Do you really believe you are channelling God?
I have to admit that's really odd.
I can't believe it.

*It isn't me. I don't have the power
To change your energy in less than an hour.
It's bigger than me. It's the Holy Spirit,
Or angels, or God. No need to fear it.
It's mostly Love.*

*If you want a session on the table
Then ask for that. We'll meet when able.
Before or after church is fine*

*We'll help your energy get in line
So you feel balanced.*

*You see, a healing treatment works well
For peace and wholeness in you to dwell.
Once you relax, your body can heal
more comfortably; less pain to feel.
Love comes right through.*

*Too, many people like to leave
Donations for what they receive.
It helps to pay the costs we bear
For courses, tables and resources to share.
That helps a lot.*

Of course, I sometimes hesitate
To ask because it's often late
When I'm in pain so I wait until
The next day, then don't feel so ill.
Others need it more.

*Do you sometimes think you don't deserve
To feel less pain? Who does it serve
To stop from picking up the phone
To call us? If you're all alone
You could have help.*

I'd feel better if I knew I was paying
While over my body you were praying.
It's about reciprocity.
I'll help you if you help me.
Is that a deal?

*When we next meet for Healing Touch
A prayer for centering isn't too much
To start our session and time together.
We're joined in Spirit, and Love as ever
Comes as we heal.*

(to book a session, phone Elizabeth
at 403-253-4969)

Children & Youth Ministry at Knox United

Submitted by Dan Moulton

Huda Hakawi

We continue to explore the stories from the bible and their relevance and meaning to us today. With the generous efforts of several volunteers, we have been able to enhance these explorations with activities involving drama and art. **Edna Poffenroth** has been leading us through a re-examination of the *Parable of the Prodigal Son*, which will be (or was) presented on the 18th of April. As usual, the children and youth at Knox have brought new ideas and meanings to this discussion and have enriched my own understanding of this story from our tradition.

We are also involved in a longer-term project that will represent our on-going journey and search for spiritual growth. **Annette Campbell** is leading us through a quilting project that will represent this journey for each of us individually as well as our collective journey. Please be sure to examine it when we have it finished. We hope to display this in the labyrinth near the Cairn Project from last fall.

Camp Kasota

We have been invited to participate in the family camp at Kasota on the **long weekend in May** (May 21, 22, 23). *St. David's United Church* has assumed our traditional weekend at Kasota and generously invited us (as well as *Hillhurst United Church*) to participate in their weekend exploration of **Building Community**. As we arrive at camp on the Friday night, we will receive detailed information of activity offerings as well as be asked to sign up for those activities that we wish to explore. Each morning will include these activities. The afternoons will include free time to explore the camp and the possibilities offered at Kasota. Evening campfire will provide opportunities to share what we have learned, learn and sing songs, share talents, and build stronger relationships with those at camp. The weekend camp will come to an end on the Sunday, in order to provide all participants to get home and "relax" (read "recover") from a wonderful weekend of community and sharing.

More details will be forthcoming and everyone will get a much more complete overview with the registration materials when they are available. Please mark your calendars now!

Sanctuary@Knox

We continue to operate our learning centre for inner city youth from Monday – Thursday each week. We have new participants as well as some returning youth. Thanks to the generous contributions of our volunteer mentors, we cook and eat a complete meal together most Wednesdays and Thursdays. *Brown-Bagging-For-Kids-Calgary* provides funds for us to prepare lunches and breakfasts the other days.

As we continue to wait to hear from the Provincial Government regarding our expansion grant, we have examined ways to extend the value of our existing grant monies. *Sandra Engstrom*, a recent graduate of a Masters of Social Work program, has joined us three days a week. She brings with her a depth of experience from social work, outdoor education, special needs education, and working with adolescents in a variety of contexts. I am pleased to have her on our team. This allows me to continue to work the 20 hours for which I am hired, as well as do some of the writing necessary to achieve our goals and attain funding. Demand for the program continues to exceed our capacity. I am optimistic about receiving *some* funding from the Governments.

Alberta Distance Education has generously agreed to allow our participants to enrol in their courses without fees. This also means that they are providing us with copies of the learning materials so that we can work with those who wish to make their learning more official. Distance education courses can be done on-line or through more traditional print materials. We presently have three young people involved in math courses through them. We have two others exploring English at the high school level. We are able to offer these courses as well as *Career & Life Management*. We are also exploring *Social Studies* at the high school level, though we have not yet obtained the learning materials. We greatly appreciate the support of the people at the Southern Alberta Regional Office.

Volunteers

We can always use volunteers to support our programs. We do presently have volunteers waiting to be matched with participants from Sanctuary@Knox. However, Huda Hakawi is always an opportunity to share your talents, time, or simply your presence with the children who come on Sundays. Our time together is always provocative and enlightening.

How Healing Touch Touched our Family

A few months ago we posted a note on the Labyrinth board to ask for prayers for Shawn as he was preparing for back surgery to correct his scoliosis. (Many of you did not know **who** this Shawn was, that you were praying for at the time.) Around then Shawn also started Healing Touch sessions with Sharon and Loy before the Sunday services, and he continued treatments right up to the last possible Sunday before his surgery on January 29th. Sharon came to give Shawn a treatment in the hospital too, and after he got home, Sharon and Inger came to the house once a week to continue the healing work.

Shawn was very receptive to the healing touch treatments. He didn't even mind lying on the table. He kept a watchful eye on the ladies as they swooped their arms across him to even out his energy fields, and he was transfixed when Sharon used the pendulum. He even got so bold as to hold Sharon's hands a few times. Though Shawn can't talk, he communicated very clearly when he had had enough of a certain thing. "Time to move on," he motioned, by pushing the hands away.

Before surgery Shawn could walk, though his balance was off because his body had shifted so. After his surgery, Shawn had to learn to walk again. The first couple of weeks, even sitting up became a major ordeal. Standing, impossible! But we didn't give up. One of us had to hold him up to try and get him to weight-bear, while the other was on the ground picking up and moving one foot in front of the other. We needed to establish the idea in Shawn's head that he could walk. If we could get the will to work, the body would follow.

One day after a healing touch session, it was like Shawn was released, and he began to walk, easily and steadily. It reminded me of all the times that Jesus healed people. All people wanted to do was just touch him and be healed. They had that much faith! He has that much power.

We are very blessed to have had this experience the past couple of months. We were so afraid before the surgery, afraid of what could happen, that we would lose Shawn, our happy little boy who smiles and talks to angels.

It's been a couple of months now and Shawn is better than ever. He still needs to wear a body brace for a few more months, but he is free from pain and balanced again. God's healing power through your hands and prayers have restored all of us again.

Thank you – Arlene, Marlene and Shawn



Finance & Stewardship

Contributors Corner 2010

Description	February 2010	Year to Date 2010	Year to Date 2009
Revenue	\$44,094	\$87,716	\$78,824
Expenses	\$48,342	\$91,607	\$45,010
Surplus (deficit) from Operations	(\$4,248)	(\$3,891)	(\$12,826)

Our financial picture for January showed a break even. February showed a slight deficit of \$3,891 which is nonetheless much better than 2009. While our donations and rentals were on target in February, we must remember that the 2010 budget was forecasting a \$34,000 year end deficit so we really need to have our monthly revenue equal to our expenditures (or greater would be nice) so we don't end the year with a deficit.

Currently it costs \$1560 each day for Knox operations including salaries, benefits, supplies, energy and insurance. 30% of this revenue comes from rent, weddings and related events. The most important factor in the revenue is YOU, because you contribute 70% !

One way each us can try to avoid the deficit is to buy Knox a coffee each week - a Double Double, Grande, or Large. Pick your size. If every member and adherent did this, it would net close to \$40,000 extra dollars this year and erase the 2009 year end deficit.

Remember that Mardy Roberts and James Wear are leading the "Money" group and invite others to join them to share ideas and energy. Please talk to one of them today! On "engaging" our people and "telling Calgary who we are", we are planning an Open House" for a Sunday in May when we can showcase all of the Knox ministries including Healing Touch, Labyrinth, Music, Knox Centre, Sanctuary @ Knox and Outreach. If you can help with this event contact Chuck Curry.

Anyone who wishes to contribute to Knox can pick up a pledge package at the office. Or, call the office at 403-269-8283 and one will be sent to you. They are also available on the table outside the office or in the literature racks in the Narthex at 6th Ave.

We really appreciate the many people and households who support the ministry of Knox. Thank you!

COMING CONCERTS & EVENTS AT KNOX - 2010

April 2 **Good Friday Service @ 10:00 am**

April 4 **Easter at Knox at 11:00 am**

April 22 **Matt Andersen and Wil concert @ 8:00 pm. Tickets at Ticketmaster**

May 6, 7 **Our World Part 2 – Opening Doors- A play by Helen Young @ 7:30 in the Theatre. Tickets at the door or in advance at Sunday coffee**

May 9 **Walin' Jennys concert @ 8:00 pm. Tickets at Ticketmaster**

May 16 **Mount Royal Kantorei Choir at 3:00 pm. Tickets at the door.**

May 23 **Aldo Marchese – Ceramic Sculpture in the Labyrinth Gallery @ noon with coffee**

May 25 **Cantaré Children's Choir concert @ 7:30 Tickets at the door**

**** If you are interested in volunteering for front-of-house staff for any of these concerts, contact Chuck Curry @ 270-0742**

Spring Newsletter 2010
Mission and Outreach Committee

Year-end disbursements for 2009, a total of \$11,500, were sent to the following agencies and groups.

- Sanctuary @ Knox
- CUPS
- Calgary Drop-In & Rehab Centre
- YWCA Sheriff King Home/Family Violence Prevention Centre
- Calgary Meals On Wheels
- Calgary Alpha House Society
- Kerby Rotary House
- United/Presbyterian Campus Ministry
- Camp Kasota
- Servants Anonymous
- Horizon Housing
- Immigrant Women's Association
- Habitat for Humanity
- Awo Taan Healing Lodge
- Wood's Homes Treatment Resources
- Distress Centre

Many of these groups have already sent thank you letters expressing their gratitude. These letters can be read at the M&O table at coffeetime.

The Christmas Eve service collected \$4,496.89 for The Doorway, an agency which supports young people in their transition from street to mainstream living.

The Calgary Inter-Faith Food Bank Society has thanked Knox for its collection of food and financial donations. \$400 and 117 pounds of food were donated in 2009.

The United Church of Canada launched an emergency appeal for donations following the devastating earthquake that struck Haiti on January 12, 2010. The United Church immediately committed \$20,000 for Haitian relief and reconstruction from its Emergency Response Fund, supported by the Mission & Service Fund and supragifts. More than \$2.5 million in donations has been received from United Church congregations.

The Easter Offering is designated for the Chilean Earthquake Response of the United Church of Canada.

The Mission and Outreach Committee welcomes new members. Outreach and charity are an important part of our mandate, as are education and advocacy. We receive many appeals for support for peace and justice initiatives. Information from the United Church of Canada, and partners such as Project Ploughshares and KAIROS, should be made available to the congregation, so that action can be taken. The Committee has only 5 members, and would like more representation from the congregation in making its decisions.