



**KNOX E-NEWS for July 3, 2020**  
**knoxwinnipeg.ca 204-942-4579**

**ONLINE AND HOME WORSHIP RESOURCES**  
**Sunday, July 5, 2020**  
**5th Sunday after Pentecost**  
**YouTube Channel: Knox United Winnipeg**

**YouTube Online Worship Service This Week: July 5<sup>th</sup> at 10:30 a.m.**

**This Sunday we will be celebrating Communion together, so please bring bread and juice enough for everyone who gathers together in your space.**



**Bulletin Outlines** - can be accessed right here in the E-NEWS, attachments also provided and on our Website at <https://knoxwinnipeg.ca/online-worship/>

We invite you to print the service and follow along, participating from home as you watch the YouTube Live Stream.

To participate in worship online click on the link here or paste into your browser search bar: <http://bit.ly/2UGG3Av> alternatively go to <https://www.youtube.com/> and type into the search bar: Knox United Winnipeg.

#### **UPCOMING SUNDAYS AT KNOX**

- July 5<sup>th</sup> @10:30a.m., online at: <http://bit.ly/2UGG3Av>
- July 12<sup>th</sup> @10:30a.m., online at: <http://bit.ly/2UGG3Av>
- July 19<sup>th</sup> @ 10: 30a.m. online at: <http://bit.ly/2UGG3Av>

**Knox Board met on June 9<sup>th</sup> and following some reflection on the resources below, decided that Knox Church and Community Hub would not open for worship at this time. The next board meeting will be held, Thursday, July 9<sup>th</sup> when the board will review this decision considering the Governments updates for phase 3 of reopening.**

#### **Resources for Communities of Faith Considering Re-Opening**

From The General Council of The United Church:

<https://www.united-church.ca/community-faith/being-community/reopening-churches-during-covid-19>

**Resources for places of worship** from governments and health authorities in various provinces (Alberta and Saskatchewan), from various Regional Councils across the country and from our Ecumenical partners (Evangelical Lutheran Church Manitoba and Northwestern Ontario Synod) some of which were share in an email to active ministry personnel and pastoral charge supervisors on June 1<sup>st</sup>, 2020 ([Resources available here](#))

In addition to those resources two more have become available this week through the **Living Skies Regional Council website:**

A Discernment process:

<https://livingskiesrc.ca/wp-content/uploads/2020/06/DiscerningRe-openingTogether-Living-SkiesRC-UCC.pdf>

## AROUND KNOX

**Please hold in prayer the family of Walter Masniuk** who passed away on Sunday, June 28th. Walter was a long time member at Knox, along with Anne who ran the thrift shop - now the cafe room. Walter and Anne were also regular worshippers with Joyce Allen at Fred Douglas Lodge. Walter will be missed.

**Congratulations to All Graduates** - a big shout out to all of our graduates this year, we think you are amazing and will continue to hold you in prayer as you plan for the future.

**Nepali Language Online Worship Service** - Nepali speaking group, Immanuel fellowship worship service will be on **Zoom at 2:30 pm every Sunday**. You may join us using the link provided here. Feel free to send us your prayer concerns or anything that you would want us to do or contribute. We will have people from across Canada joining us in this service. Don't worry about the language barrier, we will try our best to find someone to interpret for you.

**Zoom Link:** <https://us02web.zoom.us/j/2042264947>

**Nepali Language Bible Study** - Srijana Shahi and Subash Bakhathi have been coordinating the Bible study ministry by Zoom, every Friday @ 7:30 pm. Again, language is not the barrier. We will find someone to interpret for you. Come, join us. **Zoom Link:** <https://us02web.zoom.us/j/2042264947>

**Global Market** – Re-opening planned for **Saturday, July 25<sup>th</sup>**, please come out to support the Global Market.

**Food 4 All** – will have it's last day, **Friday, July 17<sup>th</sup>**. As we enter Phase 3 of re-opening, the Food 4 All Committee agreed that this emergency service would be discontinued until further notice. Should there be a "second wave" of Covid (and we pray not) the committee will consider continuing the program. A huge thank you goes out to all of the volunteers and coordinators of the program, your gifts were well received in service to God and the greater good.

## COMMUNITY EVENTS/NEWS

**Community Works Manitoba** - Participate with Community Works Manitoba in a storytelling and art project on the theme of Home and Community. This project is designed to address the stress and social isolation our communities are facing in the Covid-19 pandemic. It can be delivered in small face-to-face groups or online through Zoom video conferencing. If you are interested in exploring this further, please email at [community-works@shaw.ca](mailto:community-works@shaw.ca) or phone at 204-255-1131.

**Weaving Cultural Identities** - The Vancouver Biennale presents the Weaving Cultural Identities national touring exhibition, hosted by Urban Shaman Contemporary Aboriginal Art Gallery. Weaving Cultural Identities explores multicultural identity and intercultural relations through traditional weaving as a storytelling medium. It will be held from June 19 to August 1, 2020 in the Main Gallery, Winnipeg. For more info, check the website out <http://urbanshaman.org/site/exhibitions>

**Computer Support for Seniors** – TechServeTO solves everyday technology problems for those in need. We help older adults figure out technology, free of charge. Get connected. Get technology. No strings attached. A free one-on-one service is being offered by TechServeTO <https://www.techserveto.com/>

**A & O Senior Immigrant Settlement Services** is now taking registrations for our Summer 2020 Settlement Orientation for Seniors and English conversation classes. All our classes begin the week of July 6, 2020, but we accept new students at any time. We offer programming for adult newcomers over the age of 55. All services are FREE of charge. Our program is designed to meet the unique settlement needs of older adults. The platform used for the online classes is Zoom. A class invitation will be sent to your email. You will need a computer, laptop, iPad/Tablet or cellphone to participate. To register, contact 204-956-6440 or email [siss@aosupportservices.ca](mailto:siss@aosupportservices.ca)

**A & O Support Services for Older Adults During COVID-19** - Older Winnipeggers who may be feeling isolated and in need of assistance during this trying time, can call 311 to be connected with a number of resources available through A

& O: Support Services for Older Adults, including assistance with delivery of groceries, medications, or specialized social services. Interpretation services in various languages are available over the phone. For more info, contact at (204) 956-6440 or email at [info@aosupportservices.ca](mailto:info@aosupportservices.ca).

**Family Violence Prevention Program** - If you are experiencing domestic or family violence during the COVID-19 pandemic, help is available: Call the provincial crisis line at 1-877-977-0007 or text 204-792-5302 or 204-805-6682 for support and shelter options. Free transportation to an emergency shelter is available. Victim Services has a range of supports available. Call 1-866-484-2846.

**OpenOut – Podcasts by Bill Millar** New podcast comes out each Monday [openout.ca](http://openout.ca)

Here is a list of the ones published so far and a direct link to the podcast [instead of going thru website]

Episode 0 is the intro to the podcast series <https://www.buzzsprout.com/917410/2951677>

#1. What are the possibilities? <https://www.buzzsprout.com/917410/2963266>

#2. A changing country <https://www.buzzsprout.com/917410/2965003>

#3. A changing church? <https://www.buzzsprout.com/917410/2984461>

#4. What might we look like? <https://www.buzzsprout.com/917410/3120280>

#5. Rebooting our minds <https://www.buzzsprout.com/917410/3273433>

#6. Bricks, sandals & leeks <https://www.buzzsprout.com/917410/3308146>

#7. That's how the light gets in <https://www.buzzsprout.com/917410/3402223>

#8. What's height got to do with it? <https://www.buzzsprout.com/917410/3567163>

#9. Mindlessness, Mindfulness and Moonwalking Bears <https://www.buzzsprout.com/917410/3705023>

#10. Is your 'me' a 'we'? How differences affect us 1 <https://www.buzzsprout.com/917410/3773555>

#11. How differences affect us (2): How many kisses are necessary? <https://www.buzzsprout.com/917410/3894581>

#12. De-shuttering Worship (1): diving deep with the 90%! <https://www.buzzsprout.com/917410/3994214>

#13. De-shuttering worship 2: Ubunye, Ubuntu & Amandla <https://www.buzzsprout.com/917410/4087031>

#14. Re-Opening: The Problem of Invitation (Committed 7) <https://www.buzzsprout.com/917410/4191620>

### **COVID-19 Restoring Services (Phase Three)**

<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

Public Gatherings (Implementation on June 21): Public gatherings of 50 people will be allowed indoors and 100 people outdoors, where members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. This change also applies to social gatherings, worship, weddings and funerals.

### **JOB OPPORTUNITIES**

**EDGE Employment Essentials** supports newcomers with job readiness skills and work placement. Our main objective is to help stage 1 (CLB 1-5) language learners to find Canadian work and/or volunteer experience and give support to newcomers/refugees in finding work opportunities. For more info, contact Katherine Hellmuth at 204 254-1618 [katherine@edgeinc.ca](mailto:katherine@edgeinc.ca)

**IRCOM Employment Opportunities** - IRCOM is currently recruiting for the following positions for our After School Program. Details on the position and application process can be found on our website at <https://www.ircom.ca/about-us/work-here/>

**EARS (Employment Assistance & Resource Services)** provides a free service to those who require employment support or looking for new strategies to approach the job market. For more info, Contact at 204-338-3899 or email at [info@winnipegtransitioncentre.com](mailto:info@winnipegtransitioncentre.com)

## **BULLETIN - Sunday, July 5<sup>th</sup> 5<sup>th</sup> Sunday after Pentecost**

**Swagatam, Tansi, Welcome:**

### **Acknowledgement of land:**

As we join together in worship we acknowledge that we live on Turtle island, land that creator brought out of the waters so all could have life. Turtle island is the traditional territory of Anishinaabeg, Cree, Oji-Cree, and Dakota peoples, and the homeland of the Metis Nation.



### **Gathering Together in Singing:**

#### **Medley: Soon and Very Soon / O Let The Power / Hallelujah Hosanna**

Soon and very soon,  
We are going to see the King\*; [x3]  
Hallelujah! Hallelujah,  
We're going to see the King  
No more crying then.....  
No more dying there.....

O let the power fall on me, my Lord  
Let the power fall on me.  
O let the power from heaven fall on me  
Let the power fall on me.  
For we want justice and truth and love, my Lord  
We want justice and truth and love,  
For we want justice and truth and love, my Lord.  
We want justice and truth and love

Hallelujah Hosanna x4

### **Welcome and Community News**

#### **Singing: By The Rivers of Babylon**

By the rivers of Babylon, where we sat down  
Oh how we wept, when we remembered Zion. [x2]  
  
When the wicked carried us away in captivity  
Required from us a song  
How can we sing the Lord's song in a strange land [x2]  
  
Let the words of our mouth and the meditations of our heart  
be acceptable in thy sight here tonight [x2]  
  
By the rivers of Babylon, where we sat down  
Oh how, we wept, when we remembered Zion.

### **Call to Worship:**

One: Hold us in your prayerful gaze, O God, as we come to worship  
**All: we are your committed people but we need your inspiration.**  
One: Remind us of your shadow over us, O God, as we come to worship;  
**All: you have gone with us in times past, but we need your reassuring presence.**  
One: Enable us to sense your love around us, O God, as we come to worship;  
**All: we are filled with thanksgiving, but there are testing times ahead.**  
One: Enliven us through your Holy Spirit, O God, as we come to worship;  
**All: we are ready for action, but we need you to work within our faith community.**  
**Amen**

**Singing: We Shall Not Be Moved**

We shall not, we shall not be moved (x2)  
 With God's love abiding, we shall not be moved....  
 When we love our neighbour, we shall not be moved ...  
 Crying out for justice, we shall not be moved ...  
 We shall not, we shall not be moved.  
 We shall not be moved.

**Singing: All For Jesus** - Ministry of music, Paul Hagerman

**Sharing of Peace**

**Children's Time / Music Ministry: One Love – Playing for Change – Bob Marley**

**Lord's Prayer (all languages welcome and spoken)****English**

Our Father, who art in heaven,  
 hallowed be thy Name,  
 thy kingdom come,  
 thy will be done,  
 on earth as it is in heaven.  
 Give us this day our daily bread.  
 And forgive us our trespasses,  
 as we forgive those  
 who trespass against us.  
 And lead us not into temptation,  
 but deliver us from evil.  
 For thine is the kingdom,  
 and the power, and the glory,  
 for ever and ever. Amen.)

**Nepali**

हे हाम्रा पिता, जो स्वर्गमा हुनुहुन्छ,  
 तपाईंको नाउँ पवित्र होस्।  
 तपाईंको राज्य आओस्।  
 तपाईंको इच्छा स्वर्गमा जस्तो छ,  
 त्यस्तै यस पृथ्वीमा पूरा होस्।  
 हामीलाई आज हाम्रो दैनिक भोजन दिनुहोस्।  
 हाम्रा अपराधहरू क्षमा गर्नुहोस्,  
 जसरी हामीले आफ्ना अपराधीहरूलाई क्षमा गरेका छौं।  
 हामीलाई परीक्षामा पर्न नदिनुहोस्,  
 तर दुष्टबाट छुटाउनुहोस्  
 किनभने राज्य, पराक्रम र महिमा  
 सदासर्वदा तपाईंकै हुन्, आमेन।'

**Scripture Reading:** 1 Corinthians 13

**Reflection – One Love**

“Emancipate yourselves from mental slavery, none but ourselves can free our minds.” (Marcus Garvey)

**Singing: Lord of The Dance**

1. I danced in the morning when the world was begun,  
 And I danced in the moon and the stars and the sun;  
 And I came down from heaven and I danced on the earth  
 At Bethlehem I had my birth.

2. I danced for the scribe and the pharisee,  
 But they would not dance and they wouldn't follow me;  
 I danced for the fisherman, for James and John;  
 They came with me and the dance went on.  
 Dance then wherever you may be...

**Refrain**

Dance then wherever you may be;  
 I am the Lord of the Dance, said he;  
 I'll lead you all wherever you may be,  
 I will lead you all in the dance, said he.

**Offering:**

*The ministry and mission of Knox continues, even when the building is closed. God's love and concern for those who are struggling is shared. You make it possible to carry this message to everyone. If you normally give when*

*you are in worship, we encourage you to continue your regular donations through Canada Helps. The link is here: <https://www.canadahelps.org/en/charities/107576134RR0001-knox-united-church/> All donations made will be forwarded to Knox Winnipeg. Or, if you have envelopes, you could put your offering in an envelope each Sunday and bring them with you when we get back to in person worship. Thank you for your generosity in these times of trouble.*

**Singing: Peace and Love**

Peace and love, peace and love  
Peace and love I leave with you  
Peace and love

**Communion Prayer**

God is with us!

**We are not alone!**

Lift up your hearts.

**We lift them up to God.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

God seeks to be in communion with us, and wills that we be in communion with one another.....And so we rejoice proclaiming the glory of Christ's name, saying:

**Holy, holy, holy are you.**

**Holy, holy, blessed are you.**

Reminding us of this union of body and spirit, Jesus took a loaf of bread....Through the broken bread, we participate in and become the body of Christ in the world.

In like manner, Jesus took the cup filled with the fruit of the vine....Through the cup of blessing, we participate in and become the new life of Christ in the world.

The bread and cup we partake nourishes us that we may nourish others. Through this sacrament of Holy Communion, we affirm that we are committed to Christ's way of love, peace and right relationship with one another and with God. What we symbolize here in this holy space, we make real by our service when we go forth from this place.

**Breaking the Bread, Pouring the Cup**

The body of Christ,  
the bread of life.

The lifeblood of Christ,  
the cup of blessing.

The gifts of God for the people of God.

Thanks be to God!

**Singing: MV 202 Bread for the journey**

Bread for the journey,  
Food for the way.  
Cup of God's blessing,  
Tomorrow, today.

**Distribution**

(invitation to say)

"The Bread of Life"

"The Cup of Blessing"

**Community Prayer**

**Singing: Walk in The Light**

The Spirit lives to set us free

Walk, walk in the light  
He binds us all in unity  
Walk, walk in the light  
Walk in the light (3x)  
Walk in the light of the Lord

#### **Blessing (Unison):**

Caring God, may your peace and love fall on each one of us, bringing peace and life. Enter into our innermost being. Quiet all that makes us anxious. Help us to linger in your presence and send us forward into the coming week refreshed to carry your peace to others.

So may the Spirit go with us, Jesus the Son lead us, and our God smile upon us as we go today and every day.

#### **COVID 19 Plan – KNOX United Church**

Effective **Wednesday, April 1st** Knox United Church was required to suspend, along with in person worship services, all non-essential programming; currently two essential programs will continue until further notice:

- 1) **Food Bank** – Every 4<sup>th</sup> Tuesday from 11a.m. (following the new regulations that Harvest has implemented, please see above) – **Next Food Bank: Tuesday, July 14<sup>th</sup>, 2020**
- 2) **Food 4 All** – Started March 30<sup>th</sup>, Food 4 All (a partnership of The Women’s Resource Centre, Knox Community Kitchen and The Food Bank) offers homemade lunches for pick up in front of the church, **Monday to Friday**. We thank all who are making this essential service for community members in need possible! Donations accepted through Knox United Church or through Spence Neighbourhood Association via their web page, you can find it in the drop-down menu at this link: <https://www.canadahelps.org/en/charities/spence-neighbourhood-association-inc/>

Food 4 All – to close until further notice, July 17<sup>th</sup>, 2020 is the last day (please see announcement above)

- 3) **Noon Break (AA)** – has begun to meet again in the DuVal Parlour, Monday to Friday from 12noon – 1:00, people are invited to enter and exit through the 406 Edmonton Door and there will be a limit of 20 attendees until further notice.
- 4) **Knox Building Re-Opening** – although we have opened to a few of our “single use” renters, to date the building remains closed for general use. The board will consider the next steps of re-opening at their meeting on June 9<sup>th</sup> and will share further information in next week’s newsletter.

We would like to remind anyone who might need to enter Knox building of the physical distancing guidelines and proper hand washing protocols to follow:

- Wash hands thoroughly before leaving the house.
- Avoiding close greetings like hugs or handshakes at all times.
- Don’t touch your face.
- Wash your hands when you come back home.
- Come on time, if you are late or early you might have to wait a little.
- Stay home if you are feeling unwell.

#### **PASTORAL CARE**

Peace and Grace to all of our brothers and sisters during this unique and challenging time in the history of our world. During this stressful time it will be essential that we continue to reach out and care for one another by phone, email, Facebook, Instagram, or Face Time.

Our “heart connections” and our prayers will continue to allow us to care for our own and our community’s mental, emotional and spiritual health; to this end, we are asking that you would contact Lisa, Lesley or Damber if you are willing to have your name added to a pastoral care “phone tree.” As well, if you would like to receive pastoral care phone calls/visitation, please send in your name. Over the next week(s) we will attempt to set up our very own pastoral care phone team by partnering people and working together to reach out one to another.

Of course, Lesley and Damber will be available by phone at any time for emergencies or pastoral care needs, please don't hesitate to call. You can also try calling the church at 204-942-4579 and trying their extensions.

Lesley Harrison – Minister [lharrison@knoxwinnipeg.ca](mailto:lharrison@knoxwinnipeg.ca)  
Damber Khadka – Student Minister [damskc@gmail.com](mailto:damskc@gmail.com)

Alexander Milevic – Musician [almilevic@gmail.com](mailto:almilevic@gmail.com)  
Lisa Lee – Receptionist-Secretary [admin@knoxwinnipeg.ca](mailto:admin@knoxwinnipeg.ca)

## OTHER ONLINE WORSHIP OPTIONS

### 1) Online Worship with Moderator Richard Bott

Beginning Sunday, March 22, 2020, Moderator Richard Bott will be offering an online worship service each Sunday for the duration of the COVID-19 outbreak. This will be a video-recorded service you can join on [our website](#) or [Facebook page](#). The prayers, hymns, and reflections from the Moderator's online worship will also be available in audio and text form.

If you would like to participate in the live version of this worship service, please join on [Zoom](#), Tuesdays at 4:00 p.m. PDT, 7:00 p.m. EDT, 8:30 p.m. in Newfoundland. You're welcome to turn your camera on (but leave your microphone off), and open up the chat box. The recorded version of this is what will be shared on Sundays.

### 2) Online Worship with Other Churches

Numerous United Church communities of faith are live-streaming Sunday worship services during the COVID-19 pandemic. See our [interactive worship map](#) for links to some of them. You are also encouraged to add a link to your own worship livestream. Below are a few select livestreams from various regions that you may want to join in:

In Manitoba: Click on pin on interactive map to get to the link. <https://edgeucc.maps.arcgis.com/apps/opsdashboard/index.html#/00d5083bcaff4120863a8badb2d0928a>  
Benito/Kenville United Church will be streaming online at 10:00

There are many options through the interactive map. Or you could click on one of these:

- [Rising Spirit \(Bashaw-Ponoka, AB, United Churches\)](#)
- [Forest Hill United Church](#) (Toronto)
- [GO Project Virtual Kids Camp for March Break](#): Check their webpage for online session times for children of specific ages.
- [Hillhurst United Church](#) (Calgary)
- [Rideau Park United Church](#) (Ottawa)
- [Trinity United Church](#) (Prince George, BC)
- [Timothy Eaton Memorial](#) (Toronto)
- [West Vancouver United](#) (Vancouver)

## CONTACT US

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